



## Dining In The Raw

*Rita Romano*

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# Dining In The Raw

*Rita Romano*

## **Dining In The Raw** Rita Romano

Celebrating the health benefits of raw foods, a noted chef and nutrition expert combines macrobiotic, vegan, allergy-free, and raw-food dietary programs in a guide that explains how raw foods can help control overeating, normalize weight, retard aging, and promote healing. Reprint."

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