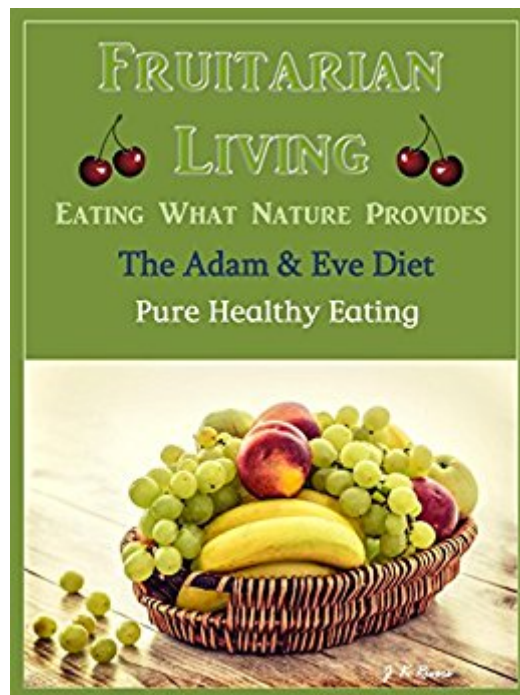




The book was found

Fruitarian Living - Eating What Nature Provides: The Adam & Eve Diet - Pure Healthy Eating



Synopsis

Just imagine what it would be like to live a perfectly healthy, energetic lifestyle free from disease, sickness, and suffering. Surely, that would be paradise. Not ever be sick, or depressed, or confused. To be your best and highest self with a perfectly healthy body and mind. This Guidebook is designed to help and encourage you to live such a lifestyle, eat as much as you want without regret or guilt. To live just like Adam & Eve, an amazing healthy beautiful life.

Book Information

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Customer Reviews

I'm transitioning to a fully vegan diet, with 75% being fruitarian. I found this book simple in a good way, and inspiring.

This book is such a little gem that is light hearted and funny. Anyone needing inspiration to be 100% fruitarian should read this.

Wonderful, clear , sincere, poetic thoughts on fruit . The truth about living in today's society as a fruit eater .i totally enjoyed every word

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