



The Living Foods Lifestyle

Brenda Cobb

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The Living Foods Lifestyle Brenda Cobb

Brenda Cobb has written an inspiring story, describing her recovery from a diagnosis of cancer and her founding of a school to teach the Living Foods Lifestyle to others. In her book, Brenda includes many stories from her students, who have recovered from many chronic diseases, including arthritis, diabetes, heart disease, asthma, AIDs, depression, Bell's Palsy, obesity, allergies, and candida. Brenda reviews the causes of disease, discussing the many ways toxicity and deficiency have found their way into the modern lifestyle. She then discusses why raw and living foods are healing, and provides a detailed description of the various elements of the lifestyle. In her chapter on Body-Mind-Spirit, Brenda delves into the importance of cleaning the colon and thinking positively. This forms an important element in the Lifestyle and the healing process. Next, Brenda tells how to set up and maintain a kitchen for the Living Foods Lifestyle. Formerly a gourmet cook, Brenda provides detailed recipes for the four basic healing foods and an additional 54 recipes. She includes main dishes, salads, dressings, desserts, crackers and cookies. Finally, Brenda provides a complete description of the 10 day program at her Institute in Atlanta, in which students are able to detoxify and begin their healing process. In short, The Living Foods Lifestyle is a very complete guide to the Lifestyle. After reading this book, people will be able to do the program on their own.

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