

[PDF] Naked Chocolate: The Astonishing Truth About The World's Greatest Food

David Wolfe, Shazzie - pdf download free book



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Description:

Review "This book will lead you on a journey into the world of chocolate. Learn the myths and legends associated with this life-giving food, what it's really made of, and many new ways to eat, cook, and enjoy chocolate. With recipes that utilize not just chocolate but other life-giving, rich-in-nutrient foods, you'll discover chocolate doesn't just come in candy bars... This book provides a comprehensive, one-of-a-kind perspective on chocolate that hasn't been explored before."

About the Author David Wolfe is one of the world's leading nutrition on raw food. He is the author of *Eating for Beauty* and *The Sunfood Diet Success System*, as well as numerous DVD and audio programs. As a health and personal success speaker, David conducts over 100 inspirational lectures and seminars and hosts six adventure retreats each year in the United States, Canada, Europe, and the South Pacific. At these events he inspires people to optimize their health and achieve their full potential by employing positive thinking, superior nutrition and, of course, by eating chocolate! Born in East Yorkshire, UK, in 1969, Shazzie had a typical northern lifestyle and diet in her formative years. As an adult, she suffered from lethargy, depression, brain-fog, bad skin, and aches and pains—until she created a detox and rejuvenation program for herself. These days she feels younger than ever before, has relentless energy, and a body that functions as it should! Shazzie spreads the secrets that she's uncovered to millions of people throughout the world via her web sites, books, magazine columns, workshops, and retreats. She is the author of *Detox Your World* and *Detox Delights*.

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