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# ALIVE!: LEADING A RAW FOOD LIFESTYLE, DESTINED TO MAKE YOU SOAR



Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the first half of his 30s, Brian Rossiter transformed his health and life by transitioning from the standard American diet to a low-fat, fruit-based raw vegan lifestyle following Doug Graham s 80/10/10 guidelines. Rossiter enjoys 10 or more pounds of fruit, 2 or more pounds of greens and a limited amount of fat a day. This diet...

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- Authored by Brian Rossiter
- Released at 2012



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