



# Raw Family

A true story  
of awakening

Victoria, Igor, Sergei and Valya Boutenko

Victoria Boutenko

## Raw Family : A True Story of Awakening



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A very inspirational tale of a family that became desperately ill with serious illnesses, like juvenile diabetes, arrhythmia, asthma and arthritis. By changing their diet plan radically to a Natural Food diet, all four of them went from desperation and sickness to full healing and pleasure. Contains 30 colored images and twelve delicious raw food quality recipes. Written in an exceedingly unique format of a family group chronological biography.



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A must read. I really enjoyed the book. VI thorery Enjoyable Read I thoroughly enjoyed scanning this book and was astonished by a few of the treatments that the family members experienced. I am reading and studying the raw food life-style and the fantastic health benefits of the lifestyle. The healthy benefits both achieved are short of amazing. I thank the Boutenko's for sharing their story with us readers about the struggles they faced initially of their trip from cooked food to raw meals. I finished it in one sitting because I couldn't place it down. I likewise have some arthritis that I'd love to see gone as well. I'm thrilled to have come over the Boutenko's. Their understanding and life encounters are worth gold. Many thanks. Teresa Easy, joyful, inspiring read I read this book in one night, and have not yet tried out the quality recipes, though I wish to do so over time. I must say i liked the movement of the story. Different members of the family takes turns telling parts of the story of their journey. Very inspiring and motivating reserve ~ I wish more people would embrace the idea of raw foods just how Victoria B. I obtain that message as: Be free, End up being honest with yourself (and others), Stick to your gut wisdom (body and intuition), Experience unconditional like (giving and receiving), Have faith in the Universe helping you, and also have fun! We am considering going fully or near fully 'raw'. this book gave me a straightforward story about people who have serious health problems that truly had been alleviated by their change of lifestyle. that keeps most people on the brink of physical disaster their entire lives.. The Road BACK AGAIN TO Health I love this publication! Once you finish "Natural Family" you will be hungry for even more, and you may aswell get the shipping lower price from ordering them all. Four Stars for a pal and he liked it Five Stars An excellent story with an excellent message for health. If you are even the slightest bit interested in your health and longevity, this is the first in a series of "MUST Go through" books by Victoria Boutenko! It is the perfect "primer" to arrange the synaptic patterns of your brain to accept more worth from reading "Green forever." I appreciate a thimble-full of real-world proven information in addition to all of the oceans of theory and conjecture that are out there. Victoria has the PERFECT background to have broken through the barrier of B. - Just go ahead and get all her various other books with your order of this one. The adventures they embarked on are actually real and actually inspiring, posing deep queries for us now in our society. She also offers the tenacity to proceed find the info that she needs, and the wisdom to glean the real from the questionably motivated. I don't live in a safe spot to sleep outside and I cannot afford to build a screened porch, so I wish I understood if this might really help me. Great, inspiring story. Although Boutenko's and their children were encountering health problems due to their diet and lifestyle which strongly influenced their desire to go raw and encouraged them to stick with it, their story offers hope that producing the transition with teenagers is indeed possible. provides. S. Thanks Boutenkos. GREAT INSPIRATIONAL Go through! It's kept very simplistic, which really is a small unfortunate but also useful in gathering the message they really want to convey. S. We'd see a dramatic reduction in disease, less need for medical intervention and a vibrancy that no other diet can give. Seeing how this family gave up the standard American diet plan and adopted a natural lifestyle will make you think twice about the foods you take in, and will inform you as to why we've medical issues and low energy abounding. This is a publication of desire to restore what we've lost.. A gem! What an inspiring story of this family's transformation by eating raw meals; from serious health difficulties to radiant wellness! Well written and hard to place down. Raw Family members keeps evolving. They truly care about empowering others by producing intuitive food choices that will help you are feeling young and healthy. Read it in a single sitting, couldn't put it down! I've read a lot lately on raw foods, and this publication is different from them all. I'd like this for myself, I'd like more energy, clear epidermis and to free of diabetes. The Boutenko's welcome us to their lives and share their journey from dire disease to raw foods as a family group. Written so that each family member's tone of voice is included, this book chronicles their launch to natural foods in 1994 when Sergei, then in 3rd grade, was diagnosed with "incurable" juvenile diabetes. Following her instincts, his mother Victoria refused to put him on insulin,

rather beginning to research the effects of diet on health. Amazingly, the whole family went raw jointly a short while afterward, and this story includes all of the thoughts and feelings, all the changes they experienced as a result of their live food diet. Reading it can a thing that other more specialized raw meals manuals and cookbooks cannot perform: it enables the reader to really see what life might be like as a natural fooder. P. That is an inspiring book, and it includes a small recipe section plus some before and after photographs of the family. ! It was inspiring and encouraging. I am 80% a diabetic natural foodist and struggling because my pounds has gone up as well as my A1c on this diet. I understand many people are being healed of diabetes with it and losing huge amounts of weight but it sure hasn't proved helpful that way for me. A great way to eat! A friend is doing that with her daughters and says it has made a huge difference in their lives. But she can't clarify why and the writer of this publication hasn't described what the huge benefits are. All that apart, anyone who is with the capacity of converting a dieing, disabled category of fatties into four super-healthy pioneers who also walked over 2,600 miles of Pacific Coast Trail, not merely eating the normal foods found on the way, but getting even healthier from doing this, hasn't only my attention, but my respect and admiration. I desire the author would clarify why they sleep outside in all weather. I love this publication and idea so very much I actually ordered it for my brother and sister-in law, who was simply experiencing health challenges. Hard to place down. Victoria has become my number-one health hero! It really is wonderful to observe how a modification in eating and way of living could totally transform a family group of four. I also suggest reading Victoria Boutenko's books on Green Smoothies. The Raw Family members is Magnetic! Thank you! It's not bad It's a good movie Great book great book!



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