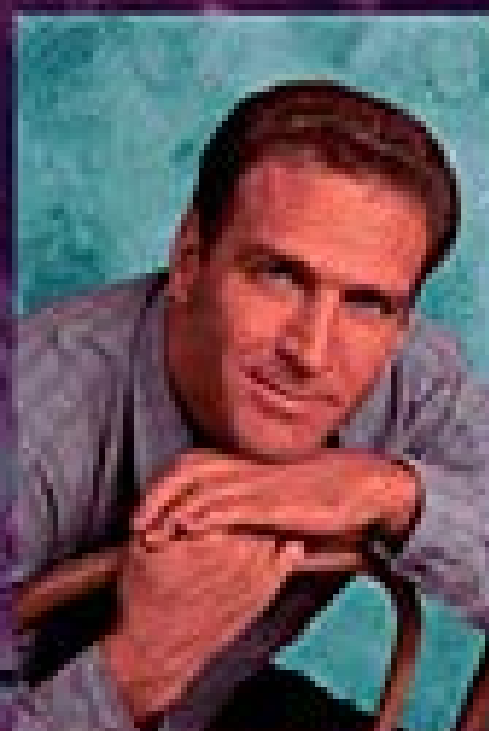


Expanded and revised in 2005

WE WANT TO LIVE

Volume One: Out of the Grip of Disease and Death (the Story)
& Volume Two: Healthfully (the facts)

the PRIMAL DIET™



Arjunus Vonderplanitz

Every millennium has at least one great catalyst that changes people's lives. This book is one. It reveals how we can live without disease, fear of disease, and the physical, mental, emotional and spiritual bankruptcy that results from disease. Also, we learn how to live with more clarity, strength and energy.

Aajonus Vonderplanitz

We Want to Live: The Primal Diet (2005 Expanded Edition)



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Rare Book



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Tremendous The very best for a world whose food has been so severely altered to your ruin, for money. Worth Considering! This book is a rare opportunity to reconsider how you view health, food, as well as your body. I have already been eating much like Aajonus's guidelines for approximately 9 years, and it's been a powerfully freeing encounter for me. I don't claim that this is a diet which will heal you; rather it is an opportunity to consider and then explore different food choices, with the hope that you might experience new solutions for old problems. I certainly found powerful solutions by exploring Aajonus's ideas. If you read the health publications or head to health food shops, you can't help but see ads and articles everywhere touting the "raw" diet plan. Will THE TRUE Diet Guru Please OPERATE! And his story, however unbelievable, is worth reading! You can find two main reasons why I hate to observe natural diets being sold the direction they are being sold today. He spends a lot of time in the reserve explaining the difference between natural and prepared foods and you could eat foods natural, such as butter and cream, without struggling the same health ailments you would suffer if you ate them after pasteurization (cooking). It was not prepared, but that's about all you can say for it. For me, once people discover out that raw dead foods are useless as far as making them healthier, they'll reject the whole raw food motion as yet another fad, and it will fade away alongside the rest of the food fads. Number two, most if not all the raw food gurus you see are touting a strict raw vegan diet which include no dairy, eggs or meats. This book was written to show you a different way.. unique and helpful he is eccentric but ignore that and get the nice stuff out of his book This book Saved MY ENTIRE LIFE The information in this book saved my life when doctors would have killed me. The writer of this book is over sixty years old and has already established over thirty years of encounter with all sorts of raw diets including vegetarian and fruitarian, not to mention sharing experiences of many many clients who used raw meals to remedy themselves of various diseases and health issues that wouldn't react to any other sort of treatment.. It's been my knowledge that everything Aajonus said to perform for a medical condition, worked just as he said it could. You can find consequences, Mr. Extreme diet plan, but with plenty of very useful guidelines I will probably hardly ever eat out of the book, but as someone who uses homeopathy, herbs, and lots of "kitchen medicine", I find the concise descriptions (from the author's viewpoint) of the complexities and remedies for various illnesses to be really worth the price of the book. It happened to him, and it could happen to you. One is that some people are taking advantage of the raw food motion and the ignorance of the general public by selling raw dead meals, dead from processing. Did you know that pasteurized (cooked) milk in fact removes calcium from your body instead of putting it in? One of the things I like about the foods advocated to be used in this book is that they are mostly everyday foods that people are familiar with.. I've eliminated it from my library because I can't afford to provide space to worthless books. Among the books, that I reviewed earlier, offers nothing in it but very pictures and little else.. You need to spend money on these exact things having no idea what they'll taste like. So, in case you are interested in going raw or thinking about optimal wellbeing through diet, be clever, cut costs and read a reserve written by someone who has been there and done it all.. And I really believe that anyone who is really thinking about improving their health must read it to find the whole picture of not only how natural living foods can enhance their health but how and what to eat in the form of raw foods to be able to maximize their health giving characteristics.. New Solutions for Old Problems; raw seafood . Lose pounds and gain energy in a healthy manner. Thank you Aajonus As an ex vegan who felt like death for 4 years on a plant based diet, this publication has been life changing. It's time to break the condition and start living. Vonderplanitz points out, to being a rigorous fruitarian or vegetarian, particularly when certain foods are emphasized, such as outward

indications of over-emotionality to the point of becoming bi-polar or manic depressive, hyperactive, irritable, actually getting tooth decay. This book has saved my entire life! If I understood . You won't learn much from reading it, but it marketed because it arrived beneath the name of a man who was the raw foods poster boy at that time.. This book has saved my entire life! If I knew about this right from the start, I wouldn't have suffered just as much as I did. Five Stars The guy is radical, but a genius. Two Stars Did not surface finish reading it, fall a rest after 20 pages .If you go through the health magazines, so as to all the advocates of the raw vegan diets are young, and that's not really a bad thing, but just how much experience can they will have? Aajonus was a genius with a particular intuitive understanding of how exactly to heal the body naturally using only ordinary natural foods. People thinking about diet should read it first, then they can read all the other raw diet plan books and magazine content they want, if indeed they still desire to. His ideas will be promoted by doctors and alternate practitioners everywhere IF there is money to be produced from it. The problem is, via this technique there are no pills or natural herbs to market and get wealthy from. Instead, Aajonus told visitors to get themselves some natural milk, or raw butter . I am the owner of a number of other raw food books which include all sorts of expensive and exotic foods in the dishes... He had incurable tumor in his youth, wich was healed by a raw, organic, unaltered diet of not just vegetables This tremendous brain shares knowledge and knowledge with simple remedies=...raw eggs. There is no money in it for him, to provide them that information apart from what he was payed for his book and/or any phone consultations – which despite what one reviewer said, had been dirt cheap compared to what it costs to see a medical doctor .I believe a wise and judicious person should get the complete picture of what raw foods may and cannot do, plus they can't get it unless they read this publication because this author may be the only one who knows more than enough or is willing to tell the complete truth about diet. Tremendous The best for a global whose food has been so severely .. Not my thing, but interesting. Eating raw food may be beneficial, but not my matter. My health improved vastly over time following his diet suggestions...and what he prescribed actually worked.



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