

New Books Help You Lose Weight Naturally with Healthy Alternatives to Favorite Comfort Food Cravings

Contact:

Jeff Gerard
(813)333-2626
jgerard@quantummindpress.com
www.rawfusionliving.com

Tampa, FL – Tampa Bay author, therapist, raw foods chef/educator LindaJoy Rose, Ph.D. has just released the first two volumes of *Raw Fusion Living*, a series filled with tips for a healthier diet.

“*Raw Fusion* blends the tremendous health benefits of a raw living foods diet with the great tastes of traditional mainstream meals,” explains Dr. Rose, who has appeared on a variety of television shows and local venues speaking about healthy eating. “Dr Oz says eating raw foods has immeasurable health benefits, but few people can maintain a completely raw diet.”

Raw Fusion teaches you how to blend the best of both worlds, creating tasty, healthy alternatives to your favorite comfort foods, like pizza and desserts, that can pack on pounds and impact your health. And you can enjoy these *Raw Fusion* dishes guilt-free as they're packed with nutrition-dense superfoods that help you function at your highest levels.

The books are filled with information-packed contributions from 25 of the leading raw and living food experts including Victoria Boutenko, author of *Green for Life*, Angela Elliott, Tera Warner, Susan Schenck and Dr. Ritamarie Loscalzo,

Raw Fusion Volume 1: Better Living through Living Foods guides you through the maze of modern-day food choices to make more informed decisions about how to best fuel the body's vitality. This book shows how to implement a nutritious eating program to boost energy, please the palate, and tap your highest potential. *Raw Fusion Volume 1* includes nutritional facts, kitchen setup, practical meal plans, preparation shortcuts and how individual foods impact your body, mind and well-being.

Raw Fusion Volume 2: Recipes is a 150+ recipe book dedicated to creating delicious, nutritious alternatives to those traditional favorites filled with sugars, fats, preservatives, toxins and other undesirables. From Green Smoothies breakfasts and luscious lunch salads, to Portobello Pesto Pizza for dinner and Frozen Banana Cream Pie desserts, Dr. Rose provides a variety of ways to feed your family nutrition-packed, allergy-friendly, preservative-, dairy-, gluten- and sugar-free meals.

“If you can replace high-fat, high-sugar, highly processed, guilty pleasure meals, snacks and desserts with healthy treats that taste great, you'll lose weight, feel more energetic and perform at higher levels...naturally,” Dr. Rose explains.

Parents will especially appreciate the tips aimed at helping kids get their daily dose of greens, painlessly. “In fact, most kids start demanding their greens every morning after they taste these Green Smoothies,” Dr. Rose notes.

A therapist and international trainer for more than 25 years, Dr. Rose even includes easy-to-follow psychological tips to help you conquer your cravings for sweets, fats and processed foods and speed your transition to a healthier lifestyle.

The pioneer of the *Raw Fusion* movement, marrying raw and cooked foods in fun, practical and attainable ways, LindaJoy Rose, Ph.D. is a raw foods chef and educator who used raw foods to overcome a series of debilitating medical conditions.

The *Raw Fusion* series is available through Amazon and the Raw Fusion website at www.rawfusionliving.com.