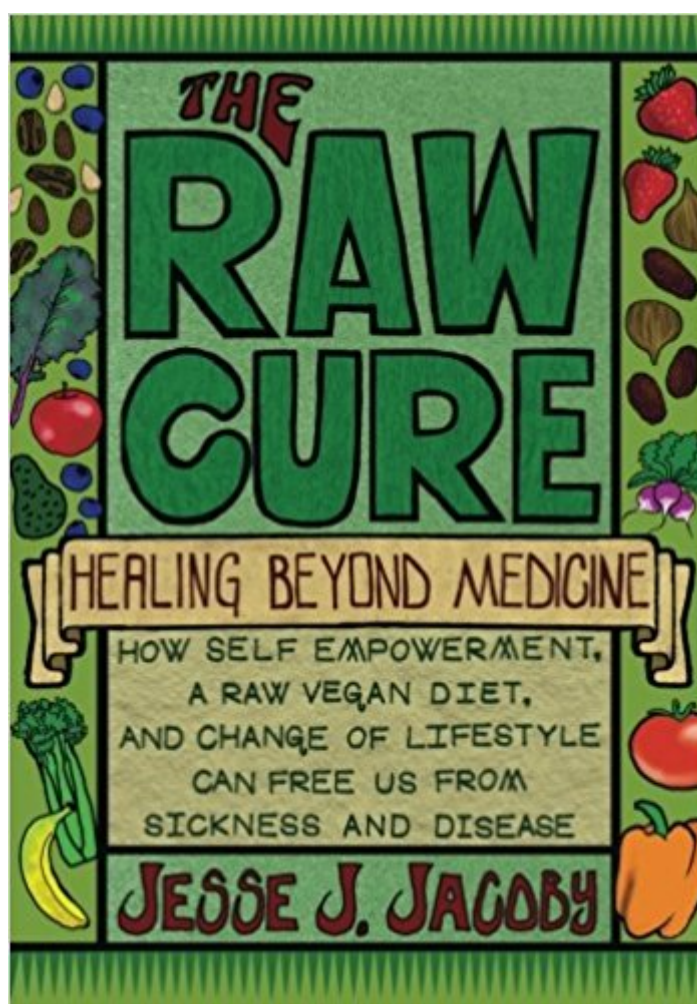


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# The Raw Cure: Healing Beyond Medicine: How Self-empowerment, A Raw Vegan Diet, And Change Of Lifestyle Can Free Us From Sickness And Disease.





## Synopsis

People are finally catching on. There is no way around the fact that the consumption of meat, eggs, the variety of products made from dairy, and foods containing toxic chemicals and refined ingredients trigger the most common diseases afflicting humans. While we remain fearful of nuclear accidents, wars, floods, fires, tornadoes, typhoons, hurricanes, earthquakes, and car crashes, the truth is that the vast majority of people in commercialized civilization are more likely to die from the symptoms resulting from their dependence on prescription drugs, living a toxic lifestyle, and making poor dietary choices. Chief among those bad choices are eating meat, dairy, eggs, refined and fatty foods, and foods containing synthetic chemicals. Meat, eggs, and dairy products are not ideal food sources for humans. We have simply been lied to by the multi-billion-dollar industries that are responsible for producing these low-quality foods, as they continue to profit from products that are the result of the mass-breeding, mistreatment, and killing of harmless, sentient beings that can feel pain just as much as we can. The truth is that eating meat, dairy, eggs, and refined and chemically-altered foods is deleterious to our health. The common degenerative and chronic diseases we are afflicted with today are directly linked with the food choices we make. By eating more raw fruits and vegetables, removing animal products and junk foods from our diet, and making healthier lifestyle choices we will soon find that we no longer need the vast amount of what we call 'healthcare'. We will drastically reduce the costs associated with surgery and our dependence on toxic, synthetic chemical drugs. Incidence of heart attacks, strokes, diabetes, arthritis, cancer, and obesity will plunge, and we " and Earth " will be much healthier. Rather than choosing to be ignorant of the truth, it is time for us to take back our health, empower ourselves, gain compassion, and quit contributing to these acts of cruelty we call 'animal farming'. Doing so will greatly reduce our use of fossil fuels that are destroying life on Earth. Using medical studies, and reliable scientific research, the author provides strong evidence that the link between nutrition and disease is more paramount than we once believed it to be. This book exposes the truth, and will guide you on your journey to take back your health.

## Book Information

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[plantpoweredliving.com/2013/04/17/the-raw-cure-healing-beyond-medicine-book-review/](http://plantpoweredliving.com/2013/04/17/the-raw-cure-healing-beyond-medicine-book-review/)"When I was diagnosed with thyroid disease, doctors told me I'd have to take a synthetic pill daily for the rest of my life for my thyroid to function. Jesse and I sat down to discuss nutrition guidelines that could be helpful for my particular disease. I started to replace my diet with raw, organic foods. Soon after, I got a complete blood and thyroid test. Not only did my cpt come out perfect, so did my thyroid levels! I am now off of the pills and feel GREAT! Read his book, The Raw Cure! Jesse is a genius on this topic and is sincerely genuine about spreading the word." - Cindy Vowels, IL "If you want to become an expert on nutrition, or expand your current nutritional expertise, this book should be front and center on your bookshelf next to The China Study and books by our favorite vegan doctors. Yes, this book is that informative and well-written. Chock full of quotes from respected doctors and scientific studies, complete with common sense explanations, this book answers every question about how plant-based foods truly bring optimal health and cure disease. It is a must read for everyone." - Vegan Health and Fitness Magazine

Jesse Jacoby is a dedicated raw foodist who has devoted his life to the raw food movement. He abides by a raw, organic vegan diet, lives a natural lifestyle, and is compassionate towards all living creatures on Earth. Jesse is a longevity expert, nutritionist, certified raw organic nutritionist, certified lifestyle and weight management consultant, certified personal trainer, and holistic health coach. He truly believes he can help anyone greatly improve their quality of health no matter what age or how severe their issues may be, without having to rely on chemical drugs.

This book tells the truth. The truth hurts. The truth will set you free from disease and disorder in your body. Jesse's voice is one of dissension in our very broken food and medical culture. I am a

physician who has personally experienced the impact of meat, dairy, and junk food on my body (hypertension) which was NOT reversed by medication... BUT was reversed in ~ 3 weeks by eliminating ALL flour, sugar and junk food. Later I eliminated all meat dairy, and refined oils and now enjoy a very slim and trim body. I also experience quite frequently what it feels like to be a voice of dissension in the medical profession, however, I am committed to sharing the truth. Thank you Jesse. I often recommend your book and proudly display it in my home and office.

After reading 80/10/10 (which was really good) I read this book and it was just amazing to say the least. It's straight forward, big, SO informational and easy to read. Actually it was it difficult to put down! If you want to change your life, be healthy and happy and don't know where to start or why, please read this book. I really hope he decides to write more books in the future. Also, he gives a lot of great recommendations for other books for even more info if you love to continue reading and learning. Get this book. Also, the cover is adorable with all the little veggies. Love it.

When I read this, it wasn't a matter of if he was right. It was can I do it. I have been a vegetarian for over 30 years. This was the final book I needed to read. My daughter and I went vegan at the same time when we read it. I consider it a cornerstone in the whole endeavor. I have had five others sold because of my talking it up.

The Raw Cure: Healing Beyond Medicine is the best book I've read on why we absolutely must stay with a raw vegan lifestyle for our physical, mental, emotional, spiritual and planetary health. The reasons are mapped out methodically in this excellent volume of research done by author Jesse J. Jacoby. As the author of Creating Healthy Children, I am one who knows for sure that the principles and guiding research in The Raw Cure if started out early in life will lead to a fulfilling and long life of health and happiness. The ignorance seen today in abuse of animals, consumption of animals as food, and intake of fake processed and refined chemical-laden foods is sky-rocketing into epidemic proportions everywhere imaginable. Jesse Jacoby in The Raw Cure takes us back to where we need to be, in a world where animals are treated with respect as the creatures who share our planet, and to a place where we can return to health by following Nature's plan. I recommend this book to all my raw food coaching clients and thank Jesse for the phenomenal labor of love he has put into this masterpiece.

Perfect condition! I like the author's voice. I appreciate the Raw food movement. I wish there was

"how to" information in the book or I would not have bought it. I didn't really need to know the author's philosophy as much as I need to learn recipes, ideas in how eating healthy can become my everyday experience because it cost money, instead of just one person telling me their opinion. I liked that the author had some other references and I do like reading personal experiences. Maybe I will share this book with someone who needs an introduction to Raw food and vegan living.

I loved this book! I work as a nutrition counselor and Pilates instructor and I have read nearly 50 books on the subject of nutrition and this is the most well researched of them all. Jacoby writes with a fervor and a passion that one can't help but feel in the pages. If there is one book I'd recommend to begin a serious life transformation towards one of health, compassion and happiness. This would be it. If I have one criticism, it is that it may be a bit repetitive at times, but I still never was bored with the book, it just felt as if He was trying to hammer home points he found the most important. Read this book, tell a friend and make the world a better place.

A few years ago, I started on a quest to better understand nutrition and it's effects on health. If I were to have read "The Raw Cure" back then, I would have dismissed this information as being too far left written by an extremist. But after reading many other books and publications, I now realize that the information in this book is truthful and eye opening. Our planet will surely perish if we ignore the realities of our present system. The biggest rewards for following this type of lifestyle: freedom from sickness and disease, freedom from prescription drugs and invasive medical procedures. Knowing that I am doing less harm to the environment and laying the groundwork for the survival of future generations gives me hope for my children and grandchildren.

This book has a lot of brilliant information that can benefit most everyone. With that said, I must caution readers to beware of the authors exuberant passion on this subject. In his attempts convince fence sitters and others of the great wonders of his way of life, he will forget kindness, care, and compassion for others who fail to see the need to eat better or even contribute to societies healthy eating problems. I read the reviews on this book prior to purchase knowing there might be problems. The man is very qualified with education and self education and a wealth of experience to go with it. I agree with the man, but I also agree with the other reviewers. When weighing the positives verses the negatives in the projections of his writings, I must say he sways heavily on the negative side. I for one, am able to put that personal flaw aside and enjoy a otherwise brilliant book.

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