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\* THE raw reference\* Becoming Raw is \*the\* textbook on raw veganism. But, don't let that scare you away! But, don't let that scare you away! Although the book is solidly based on oodles of accurate and up-to-date scientific studies (some chapters have well over 100 references cited!), the authors present the information in a way that--like the raw food itself--is highly and easily digestible.

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