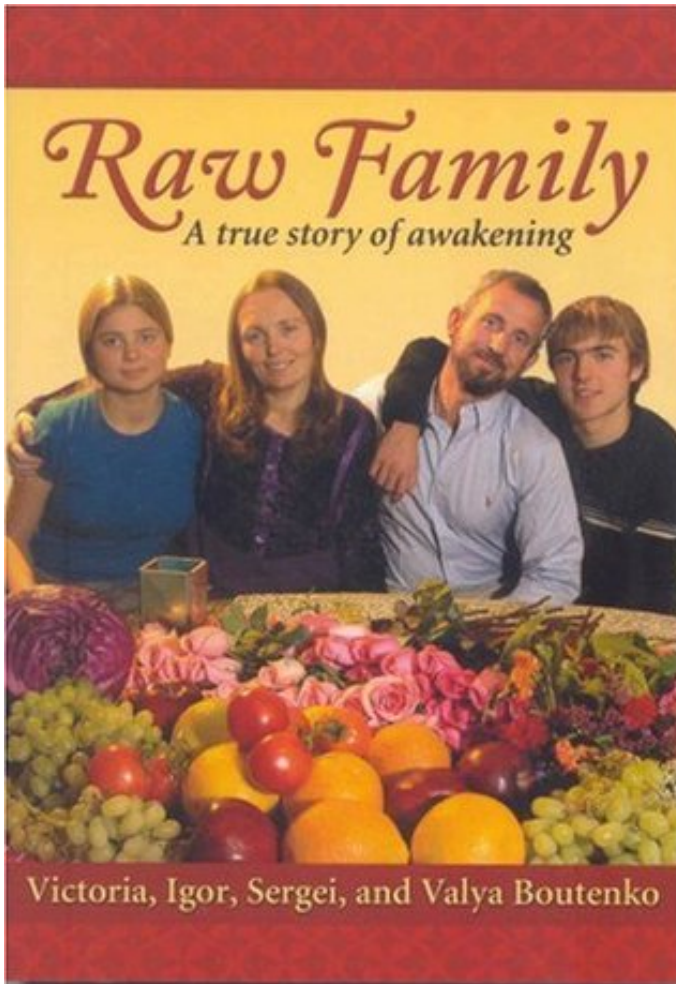

Victoria Boutenko

Raw Family



Title: Raw Family

Author: Victoria Boutenko

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Description

There is no knowledge more important than the knowledge of listening to our body for the sake of our own health. We have an illusion that someone from the outside can heal us. If anybody can heal us, it is only ourselves. It will take centuries for science to learn the hopelessness of the attempt to push the everchanging human body into frames of scientific theories. But it is possible to know what we need to do here and now for our health. It is possible to learn to listen to our body's voice.

Insightful reviews

Melanie: I've read quite a bit lately on raw foods, and this book is different from them all. I finished it in one sitting because I couldn't put it down. The Boutenko's welcome us into their lives and share their journey from dire illness to raw foods as a family.

Written in such a way that each family member's voice is included, this book chronicles their introduction to raw 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, instead beginning to research the effects of diet on health.

Amazingly, the whole family went raw together a short time afterward, and this story includes all the thoughts and feelings, all the changes they experienced as a result of their live food diet. Reading it does something that other more technical raw food manuals and cookbooks cannot do: it allows the reader to actually see what life might be like as a raw fooder.

Though the Boutenko's and their children were experiencing 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 making the transition with older children is indeed possible.

This is an inspiring book, and it includes a small recipe section and some before and after photographs of the family. A gem!

Mary Strack- Lebaron: Their adventure of being on Raw food Wonderful!1

Lindsey: This is not really a book to read if you're looking for information on switching to a raw foods diet, but it is an interesting story of how an entire family went from being rich in money and indulgent in food to diseased to healed (after they totally went out on a limb and switched their diet overnight) to broke and homeless to very happy and peaceful.

It's a very fast read (68 small pages - the rest of the book is recipes and photos), and one of the most interesting things is how each member of the family contributes to the telling of the tale. Each passage starts out with the name of the family member who wrote it. My favorite section was Sergei's message to teenagers. I love how he is so positive about his diet and how he talks about how easy it is to still be social even if your diet is radically different from that of your friends'.

Kat: this can be a brief e-book yet with nice impact!!!

Margaret: The Boutenko's are really a family members of health practitioners who consume their talk. it's a very brief publication yet good written. Did get pleasure from their trip to sturdy health.

Lorra Fae: i have learn this prior to - in 2008, it was once one of many first books I examine the uncooked meals diet. Life-changing. even if I now stick with a low fats uncooked vitamin (5.5 years later), this little e-book continues to be a phenomenal resource of inspiration. learn it back this day only for a few nostalgia :) speedy read.

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