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## Rawked: Blow the Lid Off Your Nutritional Journey (Paperback)

By Center for Imaging Science Michael Miller

Running Smoothie, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Rawked encompasses all phases of nutritional health. In it, providing step-by-step instruction using my three-step plan, R.A.W. This process touches on all aspects of health, from buying the right types of foods and how those foods affect the human body, to incorporating the best exercises one can do in the shortest amount of time. The language in which this book is written in is conversational and personal. It is designed to raise awareness, educate, and motivate the readers to action. Rawked is designed to help people with the following: - Weight Loss - More Energy - Terminally ill patients, such as cancer - People with high-blood pressure and diabetes, and other illnesses - People on-the-go that want to eat better - Searching to live a healthier lifestyle - Athletes - Delicious Smoothie Recipes - Proper Workout Techniques - And more Rawked sheds light on and debunk the many misconceptions Americans have on the food industry. No topic is out of bounds from how food is grown to how it gets digested. We provide in-depth analysis on hot topics such as fats, carbs, hormones,...



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