**The enzyme effect the natural health guide to the benefits of raw food**

**Get this fantastic eBook today and find out why more and more people are switching to raw food. Find out how you can benefit too and answer these simple questions.**

**Would you like to know why cooked food is responsible for thousands of health problems all over the world?**

**Do you want a healthier diet?**

**Do you want to know exactly which foods have the best benefits when eaten raw?**

**Do you want to have the best immune system you can and fight off illness and disease in a completely natural way?**

Raw food forms a substantive part of our diets wherever we are in the world. Yet knowing which raw meats, fruit and vegetables hold the greatest health benefits is not so easy.

Most people know that if you boil certain vegetables you will lose some of the vitamins and minerals they contain. But did you know that some vegetables actually are better for you raw when prepared in certain ways, or marinated using certain oils.

Further choosing which meats, fruits and vegetables to eat raw in your diet has a huge impact on your overall health, well-being and immune system.

That's why our team have put together this complete guide to natural health and raw food. We've called it the Enzyme effect because enzymes are responsible for the proper digestion of food, the well-being of your digestive system and fighting off diseases - choosing the correct enzymes for the most natural health benefits.

Our complete guide to raw food gives you

- A full understanding of the negative effects certain cooked foods can have.

- A full exposition of the health risks than can affect you if you don't eat more raw foods!

- A full exposition of the health benefits of eating raw food

- A comprehensive review of the key raw fruits YOU need in YOUR DIET!

- A comprehensive review of the key raw vegetables YOU need to maintain a healthy and balanced diet.

- A comprehensive review of the best balance of raw grains you can have to maintain a healthy body and a properly functioning immune system.

So why delay make sure you grab your copy of - The enzyme effect; the natural health guide to the benefits of raw food.

**WE GUARANTEE THAT THIS BOOK WILL IMPROVE YOUR HEALTH WHEN YOU APPLY ITS CONTENTS.**