



Enlightened Eating

Caroline Marie Dupont

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This book represents a 17-year journey into the compelling and powerful world of nutrition. Readers are encouraged and given practical ways to consume food in its natural life- and health-giving state, eat a more plant-based diet, include an abundance of living, raw foods, detoxify and heal various symptoms and diseases, and listen to their bodies. With this collection of easy-to-follow, foolproof recipes using fresh, healthy ingredients with consistently delicious results, nourishing family and friends becomes a pleasure. More than just a cookbook, Enlightened Eating offers an inspirational approach to food that leads to wholeness, health, and peace.

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