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Contributors

FRESH Network.

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FOR MORE INFORMATION

For those who are looking for more written information, The FRESH Network is the best place to find out more in the very detailed newsletters and advisory service. Enclosed you will find full details, along with an application form to subscribe.



THE FRESH NETWORK BOOK SERVICE

For more in-depth books and publications, The FRESH Network can now offer some of the foundation books of the Fruitarian and Raw Eating movements. These books have been directly imported from the relevant publishers, by the network, offering you a valuable book service for these titles that were once not easily obtainable.

TITLE	AUTHOR	DESCRIPTION	PRICE
Raw Food Nutrition	Compiled by Susie Miller	An introduction to the founding principles of vegan raw food nutrition. A comprehensive guide that looks at all the important issues such as protein, calcium, iron, vitamins, minerals, detoxifying, food combining, with clips from many of the books detailed below. A 42 page booklet.	£2.50
I Live on Fruit	E. Honiball & T. C. Fry	An excellent account of the personal experiences of each of the authors who have both been Fruitarians for over 20 years. Full of comprehensive facts, and questions and answers. Essie Honiball's life was transformed from a weak and sickly person to someone who today enjoys radiant health. Mr Fry is the director of the Health Excellence Systems, promoting Life Science activities.	£7.00
Raw Energy	Leslie & Susannah Kenton	Full details on the Raw Energy system with sample menus and recipes. Gives a good grounding on raw food principals, philosophies and programs for change. NB. They advocate a 75% raw food program and do include some dairy and meat products.	£5.99
Raw Energy Recipes	Leslie & Susannah Kenton	As above, but primarily a recipe book	£3.99
Living Health	Harvey & Marilyn Diamond	An excellent comprehensive program for complete health. Based on the 'Natural Hygiene' principals, it contains excellent background information on why to change to a raw food way of life, as well as recipes and ideas on how to change. Also includes chapters on all elements of health, such as air, water, rest, exercise, sunshine, loving relationships, detoxification, and children as well as food. Again please note that some of the ingredients advised may not be animal free or vegan.	£5.99
Food of Truth, The Key to Dietary Perfection	David Shelley	Produced by the Australian Fruitarian Network, by an English author, it is a very comprehensive account of some of the possible reasons behind a Fruitarian diet.	£5.50
Fruit The Food & Medicine For Man	Morris Krok	Written in 1961, this book explores the cleansing and nutritive advantages of a fruitarian diet. It compares the fruit system with other therapies as well as offering the author's personal experiences and comprehensive ideas. A classic book on fruitarianism.	£7.50
Formula For Long Life	Morris Krok	A companion volume to 'Fruit The Food & Medicine for Man'. It traces the dynamic self-healing power of the body from pregnancy to adulthood. It includes case histories, and chapters on how the body works, diet and disease, raw food versus cooked food and the nutritive quality of such a diet.	£6.00
Fruitarian Diet & Physical Rejuvenation	O.L.M. Abramowski M.D.	Written by the late senior physician to the District Hospital, Mildura, Australia. Written with great experience from seeing the remarkable cures from a fruitarian diet. It outlines the basic fundamental theories behind man's natural diet.	£2.00
Fruit Can Heal You	O.L.M. Abramowski M.D.	A companion volume to 'Fruitarian Diet & Physical Rejuvenation', giving more details on the senior physician's amazing successes with healing with fruit, including all the relevant details, case histories and founding facts.	£5.50

PLEASE TURN OVER.....

- SIDE 2 -

Blatant Raw Food Propaganda	Joe Alexander	"Sell your stove to the junkman and feel great." An excellent natural food book, packed full of useful information for the living food advocate. A witty, serious, historical and personal exploration into eating raw food, from this modern day American writer.	£9.30
The Grape Cure	Johanna Brandt	The author offers her personal contribution toward the solution of the Cancer problem, and her personal experiences in overcoming this ailment. An amazing testimony about the healing properties of a mono-fruit diet.	£3.50
Mucusless Diet Healing System	Prof. Arnold Ehret	The complete workable program for cleansing, repairing, rebuilding and maintaining a healthy body. It explains in plain, understandable, simple language the Ehret method, so that anyone can apply it. Over a quarter-million copies of this book have been sold. A classic for raw food eaters.	£4.00
Rational Fasting	Prof. Arnold Ehret	Contains complete instructions for fasting. An answer to how, why and when to use this therapy. This thought provoking book has enabled many thousands to overcome illness & return to superb health. Ehret shows that Nature alone heals best, as soon as the supply of food is stopped.	£3.00
Survival Into the 21st Century	Viktoras Kulvinskas	A comprehensive manual by this modern American 'Food Guru' giving practical information on starting the path of natural living. A 'How To' book covering many subjects from natural healing, wheatgrass therapy, sprouting, and "how to enjoy every life experience to expand your consciousness and rediscover the true meaning of life." With full explanations behind a raw vegetarian diet, natural lifestyle and healing techniques. A large A4 sized book.	£12.50
Life in the 21st Century	Viktoras Kulvinskas	An incredible collection of over 100 stories, and articles by and about people who are pioneers in the fields of wholistic health, dietary technology, natural healing, raw vegetarian diet, and consciousness expansion. Also contains up to date information on the benefits of a raw vegetarian diet and many more subjects. A companion book to Survival into the 21st Century	£9.00
Love Your Body	Viktoras Kulvinskas	Mainly the recipe book accompaniment to his other books, but also containing brief outlines on the reasons behind his suggested programs. An excellent introduction to his work.	£6.00
Light Eating For Survival	Marcia Acciardo	With over 450 Raw Recipes for your health and enjoyment. A spiral bound book using all raw, vegan ingredients.	£9.30

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WITHIN THE UK**

Please add £0.75 for one book
plus £0.50 for each additional book ordered

**PLEASE ADD AN EXTRA 50p FOR THE 2 KULVINSKAS
BOOKS - 'Survival Into the 21st Century' and 'Life in the
21st Century' - as these are very heavy books in weight!**

OVERSEAS ORDERS

ALL PAYMENT MUST BE IN £ ENGLISH POUNDS

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POSTAGE COSTS:

TO EUROPE: one book £1.20

for each additional book £0.80

TO REST OF WORLD: Air mail: £3.00 each book

Surface mail: £0.80 each book



INTRODUCTORY LEAFLETS

These leaflets cover some of the key areas where questions are most often asked:

The Fruitarian Approach	M. Thomas Salsburg	A very detailed article which includes information on protein, B12, Chlorophyll, vitamins and minerals etc.	6 pages (A4) Cost £1.00 Inclusive of UK postage
Fruitarianism - 'The Natural Food of Man'	Hereward Carrington	A very detailed article on many aspects of Fruitarianism including information on: nutrition, acid/alkali effect, the effects of heat on food, and what cooked food does to our bodies, why you don't need hot food in a cold climate, etc.	Approx. 15 pages (A4) Cost £1.50 Inclusive of UK postage

To order these leaflets or books, just send payment to the FRESH Network.

Please allow 28 days for delivery

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