

**T**he Complete Guide to Raw Cultured Vegetables, Natures Rejuvenative Foods And Their Use For Peace is packed with life- and planet-enhancing information about the nourishing tradition of raw cultured vegetables—such as raw sauerkraut and kimchi. Author Evan Richards, founder and CEO of live food company Rejuvenative Foods since 1980, has discovered correlations between raw cultured vegetables, peace and ecology-oriented planetary enhancement.

This book outlines the history and cultural background of raw cultured vegetables, and shows how they have been an integral part of human communities throughout history. Author Evan Richards discusses their nutritional benefits, backed by the latest scientific and empirical evidence, and how they are linked to a more healthful way of eating and living for enhancing peace on Earth at all levels, individual, community, and planetary.

With fifteen great recipes for how to eat and how to make raw cultured vegetables and a host of tips on peaceful community building, this book encourages us to enjoy the total benefits of nature's rejuvenative foods.

