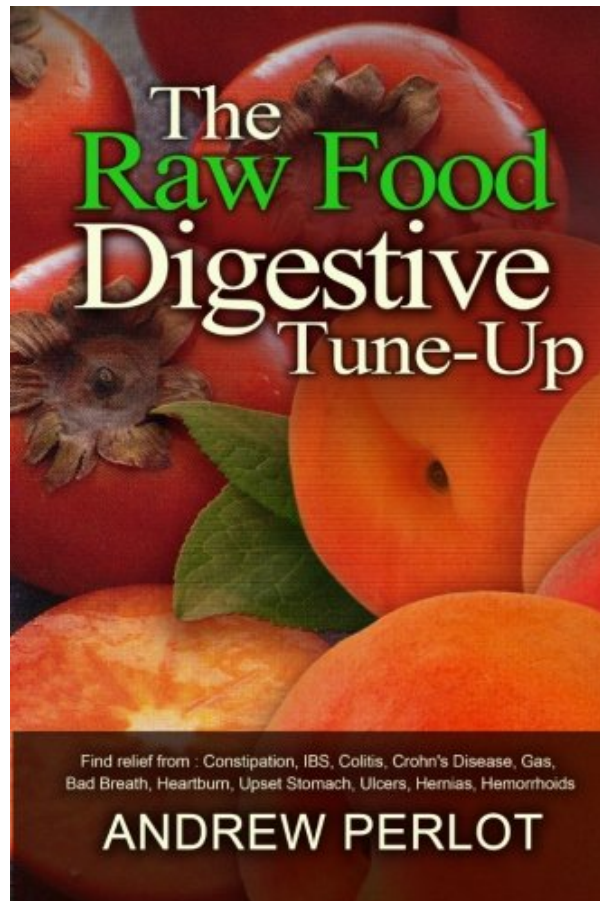
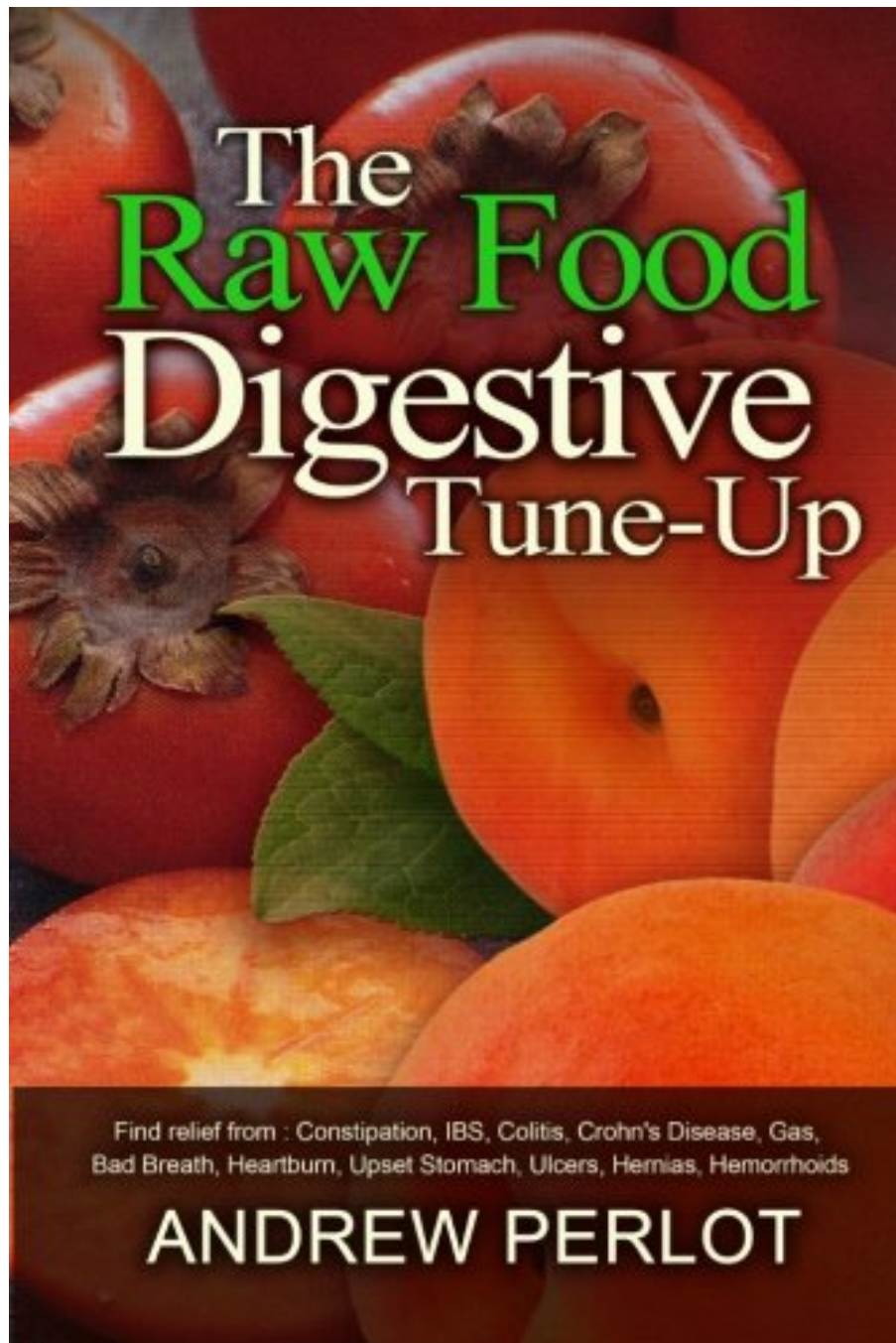


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## Most helpful customer reviews

5 of 5 people found the following review helpful.

Warmly recommended

By Marina Grubic

This book simply puts a modern man into shame - is it possible that the solution to digestive problems that burden many people is so obvious and simple, and yet, it seems that most people fail to see it.

The author, Andrew Perlot, gives a simple and logical solution for digestive easy, well backed up by science and empirical evidence. It is good to know that the author solved his own ulcerative colitis and that he is thriving on the dietary regime and lifestyle he recommends.

I am coming from the background of hurting my intestines pretty badly for years and even though I have been on a low fat raw vegan diet since February 2012, I would still feel some intestinal pain now and then. This book finally opened my eyes to what I was doing that was hurting me.

Thank you Andrew for sharing this invaluable knowledge and experience! I am sure it will be (and it certainly already is) a huge help to many people!

5 of 5 people found the following review helpful.

This Book is the Answer to Your Digestive Discomfort

By sophiefire13

I cannot recommend The Raw Food Digestive Tune-Up enough. Andrew shares his knowledge and experience in an easy-to-follow manner that is enjoyable to read. I really enjoy how the book breaks down disorders and symptoms, explaining each one clearly, as well as practical application of how to remove those unwanted symptoms. Questions that I had for a long time were answered and issues I always wondered about began to make sense for the first time in a clear, understandable way. On top of everything it was well written and really fun to read, which I find rare in this genre of books.

Applying the protocols suggested in The Raw Food Digestive Tune-Up I was able to heal my own digestive disorders, which plagued me for years, greatly decreasing the quality of my life. I could not be more thrilled

to be thriving on a healthy raw food diet, in many ways inspired by Andrew's work in this book, as well as his other great works (which I recommend checking out).

I highly recommend spending the \$10-\$20 on this book and saving yourself thousands in doctors bills and meds, not to mention emotional and physical distress. It is incredible to think that you can learn the way to ideal health for such a low price. Treat yourself to the quality of life that you deserve.

4 of 4 people found the following review helpful.

Good Stuff from Andrew

By Alan G.

Andrew Perlot strikes again with a revealing glimpse into the nether regions of our digestive system - the MOST important "organ" in our body! Take CARE of it, and follow Andrew's "tune ups" and feel better - fast. And when that's taken care of, read Andrew's "Raw Food Weight Loss and Vitality" ebook/hardcover... that is also chock full of information for a sensible raw food diet. Don't let the word "raw" put you off - it simply means natural food that doesn't need cooking to eat... as mother nature intended.

This review left by Alan's wife, Susan - who is a self-admitted fan of Andrew Perlot who taught her to ditch the cooked food and eat real, wholesome fruits and veggies - lose weight - AND feel and look great! But, if you're in need of a tune up, read the Raw Food Digestive Tune-Up book first. Cheers, Susan. :-)

See all 3 customer reviews...

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