



Raw Magic: Super Foods for Super People

Kate Magic

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There are some foods that have the power to change your life. There are certain foods that when you eat them, your body is in heaven, your cells start singing, your mind becomes ecstatic. "Yes," they cry in unison, "Yes, these are the foods that I have been waiting for. These are the foods that I have been craving, that my body has been missing my whole life." Sometimes, it is a particular nutrient you have been lacking. But more often with these foods it is their synergistic properties. They have a magical energy that comes not only from the synergy of their nutritional composition but from the way they are grown, the lands they are from, their history. Many of them are sacred plants in their countries of origin.

What distinguishes *Raw Magic* from other raw food books is its emphasis on remarkable raw superfoods that can now be accessed at natural food stores and online. It's new, it's magic.

Kate Magic is a raw food superstar in her United Kingdom home, but also often flies to North America for teachings and events. She also supervises the well-trafficked website rawliving.com.

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