

Yuri Elkaim claims to have undertaken extensive research about the health benefits of raw foods, and bundled it together in a simple guide called Eating For Energy. This book that contains a wealth of dietary advice, general nutrition, and scientific information about the foods people eat has caught the attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Eating For Energy is a diet plan based on the extremely popular raw foods diet regime that includes essentials that your body system demands and uses in a natural way," reports Stevenson. "The principles behind consuming raw food are a diet plan packed with raw foods which are rich in digestive enzymes, provide life energy, consist of disease-preventing nutrients, and offer huge amounts of alkalinity in your body system."

Eating for Energy comprises several components although the basic one is the downloadable e-Book guide which consists of 390 pages that contains important pieces of information that can help dieters to successfully finish the program. A collection of appetizing food recipes is also included in the e-Book. Additionally, the guide explains how raw foods can help dieters lose weight and elaborates the other health benefits that one can get from eating raw foods. The system is also considered as an authority when it comes to raw food dieting as there is almost nothing about raw foods that is not covered.

"Eating For Energy program is more than just about calorie counting and losing weight; it is a healing guide that helps you replenish both on the inside and on the outside. You will get detailed explanations on plant based raw foods with the highest nutritional value, together with well balanced diet guidance," says Stevenson. "A diet system created by Yuri Elkaim, Eating for Energy focuses on raw food eating. The underlying concept of this system is that the foods' health benefits are best attained when they are eaten raw. It's known that the nutritional benefits found in food decrease with cooking. This means that the longer the food is cooked, the less nutritional benefits it can provide."

"Eating for Energy is believed to provide more benefits than just assisting dieters to shed off their excess pounds. The author goes deeper than simply giving dry details of what raw foods will give you energy, or help you with some health ailments. This program explores the diets of our forefathers, before the invasion of processed foods that contribute a lot to weight gain and increased risk of diseases. Eating for Energy makes it a lot easier for dieters to lose weight than other diet programs available in the market. Its raw food claims seem to be supported by science."

Those wishing to purchase Eating for Energy, or for more information, click here.

<http://healthavenger.com/go/EatingForEnergy/>

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