

## EATING IN THE RAW ALT CAROL%0A

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## Carol Alt Raw Food Diet

My first experience with the raw food diet was a 4 day weekend with the girls and Carol Alt's book "Eating In The Raw." Carol Alt is known as a supermodel, but she also is a raw food proponent and author.

[Eating in the Raw: A Beginner's Guide to Getting Slimmer ...](#)

[Eating in the Raw: A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way: Carol Alt: 9781400052844: Books - Amazon.ca. Skip to main content . Try Prime Books. Go Search EN Hello, Sign in Your Account Sign in Your Account Try Prime Wish List Cart. Your Store Deals](#)  
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[Eating in the Raw: A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way \[Carol Alt\] on Amazon.com. \\*FREE\\* shipping on qualifying offers. Ten years ago, Carol Alt was feeling bad. Really bad. She had chronic headaches, sinusitis, and stomach ailments; she was tired and listless. And then Carol started](#)

## Carol Alt Eating in the RAW - lamberjules.com

That's what a raw diet can do for you. It keeps you young, full of energy, and your mind sharp. According to a PR.com interview with Alt, she changed her lifestyle of eating the traditional SAD (Standard American Diet) at 34 due to a lack of energy, nutrition, and poor eating habits from all the years in modeling.

## Eating in the Raw by Carol Alt - AbeBooks

[Eating in the Raw: A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way by Carol Alt and a great selection of related books, art and collectibles available now at AbeBooks.com.](#)

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at ...

Carol Alt: Raw food has worked for me and I'm in awe at the power of it. On a January day in 1996, at age 35, Carol Alt found herself on location in Venezuela with a young and up-and-coming model.

**Eating in the Raw: A Beginner's Guide to Getting Slimmer ...**

The Paperback of the Eating in the Raw: A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way by Carol Alt at Membership Educators Gift Cards Stores & Events Help

**Eating in the Raw by Carol Alt -**

**PenguinRandomhouse.com**

Ten years ago, Carol Alt was feeling bad. Really bad. She had chronic headaches, sinusitis, and stomach ailments; she was tired and listless. And then Carol started eating raw and changed her life. Eating in the Raw begins with her story and then presents practical, how-to information on

**Carol Alt (Author of Eating in the Raw) - Goodreads**

Constantly in search of new frontiers, Carol Alt is the ultimate chameleon. Since her days as the world's most renowned Supermodel, Carol Alt has gone on to be author, actress and entrepreneur.

**Raw Food Diet: Eating in the Raw - Freedieting**

Raw Food Diet: Eating in the Raw Background Eating in the Raw was written by supermodel Carol Alt who was once called one of the most beautiful women in the world.