



# Discovering Raw Alkaline Cuisine: Through Love, Passion and Health One Chef's Journey

*Salomon Montezinos*

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“Discovering Raw Alkaline Cuisine” is One of a Kind! Delicious Raw Alkaline Recipes. There is no other book that combines both raw and alkaline diet regimens. There are a number of recipe books on the market that are either raw OR alkaline. With Chef Sal Montezinos’ “Discovering Raw Alkaline Cuisine,” you get recipes for both raw and alkaline foods combined into 126 delicious, energizing recipes. Recipes include dishes for Appetizers, Entrees, Beverages, Desserts, Dips, Dressings, Salads, Sauces, Snacks and Soups. From “Zucchini Fettuccine Alfredo” to “Almond Brittle Crunch” to “Pineapple Cucumber Gazpacho” to “Pumpkin Mousse” to “Sunny Island Aperitif”, to “Krunchy Krispy Kale Kraklins” to “Rawsage Pizza” on “Herbed Salba Pizza Crust” and so much more. An award winning chef/ restaurateur, Chef Sal has brought his 50-plus years of culinary expertise to the raw, vegan table, using alkaline-based foods, prepared with a delicious flair. Inside the book you will also find chapters on items you will need to stock a raw kitchen, lists of alkaline-based vegetables, fruits, nuts and seeds, where to find “odd duck” produce and grocery items, and keeping yourself fit and healthy. His book offers information on why it is important to eat a raw and alkaline diet for optimum health. The Importance Of Eating Raw Eating raw will deliver many of the same benefits as going alkaline, such as a higher energy level and improved health conditions. Eating raw also delivers another jolt of life force to your food. The dominant thought behind raw foods is that they are living foods, as opposed to dead foods, which have had the nutrition cooked out of them. Cooked foods can lose up to 85% of the nutrients you otherwise would have received. The Importance Of Eating Alkaline-Based Foods According to the Science of Dr. Robert Young author of “The pH Miracle”, the pH level of the body must be higher alkaline to ensure optimal health. Studies show that an alkaline body can help to prevent serious health problems, such as: Obesity, Diabetes, Asthma, High-Blood Pressure, Arthritis, Heart Disease and more. Chef Sal shares his philosophy of staying energized and keeping young through a lifestyle of healthy living through exercise, diet and a positive outlook.

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