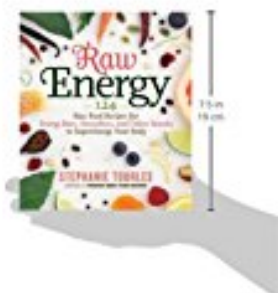


[PDF] Raw Energy: 124 Raw Food Recipes For Energy Bars, Smoothies, And Other Snacks To Supercharge Your Body

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About the Author

Stephanie L. Tourles is a licensed holistic esthetician, certified aromatherapist, and gardener with training in Western and Ayurvedic herbalism. She is the author of eight books, including *Organic Body Care Recipes*, *Raw Energy*, *Naturally Healthy Skin*, *365 Ways to Energize Mind, Body & Soul*, and *Natural Foot Care*. She lives in Orland, Maine.

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