



# Eating Without Heating: Favorite Recipes from Teens Who Love Raw Food

*Sergei Boutenko, Valya Boutenko*

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I wish there were some way that I could get this message out to every single one of you. A message that would touch your lives and have you see that happiness is not sold in little baggies or a 40 oz. glass bottle. I wish that there were some way to show you, my own generation, that we can all be happy and free without drugs. I wish I could stop you from hurting your body and make you see how much you will regret it later in life. Most of all I wish that I could unite all of you and show you that every single one of you is beautiful and miraculous and that life would not be the same without you. Unfortunately, that is impossible, because the only way of teaching is actually not teaching at all! The only way I can get others to follow is by being a good example and sharing my story when asked. The words of even the wisest man are worth nothing if no one wants to hear them!

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