

RawVegan  Blessings

HOLISTIC HEALTH • BEAUTY • LONGEVITY EDUCATION

THE RHVHA ART OF INNER RENEWAL

Cleanse Your Inner Environment • Awaken Your Vitality • Nourish Your Life



CLEANSE • AWAKEN • NOURISH



MARIANA KIRIAKOVA • RAW VEGAN BLESSINGS

Bring More Life Into Your Life.™

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A MAGNIFICENT LIVING INTELLIGENCE

PARTS

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APPROACH

RHVHA

FOCUS

Inner Renewal

Your body is a magnificent living intelligence.

Every moment, without your conscious direction, countless processes are taking place within you. Your heart circulates blood, your digestive system transforms food into nourishment, your cells produce energy, and your organs work together to maintain the delicate balance of life.

Your body never stops working for you.

Yet the way you nourish yourself, the way you move, the quality of your rest, and the environment you create around yourself can profoundly influence how you experience your health and vitality.

The RHVHA — Raw High-Vibration Holistic Approach — invites you to become an active participant in your well-being.

It is a philosophy of conscious living that honors the interconnected relationship between the body, mind, emotions, and the natural world.

True holistic wellness is not built upon one isolated practice. It emerges from the daily choices that nourish your body, support its natural functions, and allow you to experience life with greater energy, awareness, and purpose.



1. Your Digestive System: The Foundation of Nourishment & Elimination



SECTION 1

YOUR DIGESTIVE SYSTEM

The Foundation of Nourishment & Elimination

Every meal begins an extraordinary journey within your body.

Food is broken down, nutrients are absorbed, and the remaining digestive material travels through the intestines until it is ready to be eliminated.

Your large intestine plays an essential role in this process. It helps regulate water and electrolyte balance, forms and stores stool, and provides a living environment for trillions of microorganisms that participate in digestive and metabolic processes.

Within RHVHA, digestive wellness is one of the foundations of creating a nourishing internal environment.

WHEN ELIMINATION BECOMES SLUGGISH

The body has its own natural rhythm of elimination. When this rhythm is disrupted, digestive discomfort may arise. Some common experiences include:

- ♥ Infrequent or difficult bowel movements.
- ♥ Abdominal fullness and bloating.
- ♥ Hard or dry stools.
- ♥ Excessive straining during elimination.
- ♥ A sensation that the bowels have not emptied completely.
- ♥ Changes in digestive comfort and appetite.

These experiences can be influenced by hydration, dietary composition, intestinal motility, physical activity, medications, and other factors.

The RHVHA philosophy encourages us to recognize digestive changes as valuable information about the body's current needs. Rather than ignoring these signals, we can begin exploring the daily habits that influence digestive function.

RHVHA REFLECTION

Your digestive system is not separate from the rest of your body. Supporting comfortable elimination is part of nurturing your overall well-being.

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2. Reconnecting With *Your Natural Elimination Rhythm*

LISTEN • SUPPORT  FLOW • FEEL BETTER

*Your
Body
Knows* 

A HEALTHY
INSIDE CREATES
A BRIGHTER
TOMORROW



SECTION 2

RECONNECTING WITH

Your Natural Elimination Rhythm

Your body communicates through sensations, impulses, and biological rhythms.

One of the simplest ways to support digestive wellness is to become more attentive to these natural signals.

CREATE A PEACEFUL MORNING ROUTINE

The morning offers an opportunity to reconnect with your body's natural rhythm. As you awaken, introduce gentle habits that encourage relaxation and digestive comfort.

- ♥ Begin your morning with a glass of water.
- ♥ Allow yourself sufficient time to use the bathroom without rushing.
- ♥ Respond to your body's natural urge to eliminate.
- ♥ Enjoy a nourishing breakfast that supports your daily energy needs.
- ♥ Incorporate gentle movement to awaken your body.
- ♥ Create a calm environment that allows you to relax.

The digestive system often becomes more active after eating, particularly in the morning. Establishing a consistent routine can help you recognize and respond to your individual bowel habits.

EXPLORE A MORE NATURAL ELIMINATION POSITION

The position of your body can influence how comfortably stool passes through the rectum. Using a small, stable footstool while seated on the toilet can help create a more squat-like position.

With your knees elevated and your upper body leaning gently forward, the muscles involved in elimination may relax more easily. Allow the process to unfold naturally, without unnecessary straining.

RHVHA REFLECTION

Sometimes supporting your body begins with something as simple as slowing down, becoming present, and honoring its natural signals.



3. Raw Living Foods: Nourishment for Your Inner Ecosystem



SECTION 3

RAW LIVING FOODS

Nourishment for Your Inner Ecosystem

The food you consume becomes part of the environment in which your body performs its daily functions.

Within RHVHA, raw living foods are celebrated as a beautiful way to bring the abundance of nature into your daily life. Fresh fruits, vegetables, leafy greens, sprouts, seeds, and other plant foods offer a variety of nutrients that contribute to the body's normal functioning.

THE GIFTS OF LIVING PLANT FOODS

- ♥ Natural water content contributes to daily hydration.
- ♥ Dietary fiber supports stool formation and bowel regularity.
- ♥ Vitamins and minerals participate in cellular and metabolic processes.
- ♥ Diverse plant compounds contribute to a varied and nourishing diet.
- ♥ Certain plant fibers provide nourishment for beneficial intestinal microorganisms.
- ♥ Nuts, seeds, and avocados provide healthy fats and concentrated sources of energy.

The RHVHA approach encourages variety, nutritional adequacy, and a conscious relationship with food. A nourishing diet should provide sufficient energy, protein, essential fatty acids, vitamins, and minerals while respecting individual digestive tolerance.

RHVHA PRACTICE

Create a Colorful Living-Food Plate

Explore combinations of:



Fresh leafy greens



Water-rich vegetables



Colorful seasonal fruits



Sprouted seeds or legumes



Avocado



Soaked nuts and seeds



Fresh herbs

Allow your meals to become an expression of abundance, beauty, and gratitude.

RHVHA REFLECTION

Nourishment is not simply about what you remove from your diet. It is also about what you consciously bring into your life.

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PART II — EXPLORING HOLISTIC COLON CLEANSING

4. Understanding Different Approaches to Digestive Cleansing

KNOWLEDGE • AWARENESS • NATURAL WELLNESS

*A Cleaner
You
A Brighter
Tomorrow*


NATURE
SUPPORTS
YOUR
NATURAL
RHYTHM



SECTION 4

UNDERSTANDING DIFFERENT APPROACHES *to Digestive Cleansing*

Throughout the history of natural health, various traditions have explored practices intended to support intestinal elimination.

The Hippocrates Health philosophy includes several approaches that extend beyond everyday nutrition and movement. Within RHVHA education, we can explore these practices while distinguishing traditional holistic concepts from established physiological effects.

WATER-BASED INTESTINAL CLEANSING

Enemas involve introducing liquid into the rectum to encourage the evacuation of stool. They are used in certain healthcare settings for specific digestive conditions and medical procedures. Natural-health traditions have also incorporated enemas into broader cleansing practices.

BOTANICAL AND NUTRITIONAL RECTAL PREPARATIONS

Some traditional wellness programs have explored the introduction of plant-based liquids into the lower digestive tract. Examples discussed in the Hippocrates approach include wheatgrass, barley grass, and other green plant preparations. These practices reflect the historical belief that plant-derived substances could support intestinal nourishment.

WHAT THE EVIDENCE SHOWS

However, introducing plant juices or supplements into the rectum has not been established as an effective way to nourish the colon, restore electrolyte balance, or cleanse the body. Such preparations can introduce microorganisms or irritate delicate intestinal tissues.

COLON HYDROTHERAPY

Colon hydrotherapy is a procedure in which water is introduced into the large intestine using specialized equipment. It has been incorporated into some natural-health programs as an approach to intestinal cleansing.

The procedure is distinct from the body's normal process of eliminating stool and from medically indicated treatment for fecal impaction.

WHAT THE EVIDENCE SHOWS

Routine colon hydrotherapy has not been shown to provide systemic detoxification benefits and can cause complications, including dehydration, electrolyte disturbances, infection, and bowel injury.

THE RHVHA PERSPECTIVE ON NATURAL ELIMINATION

The body already possesses sophisticated systems for processing and eliminating waste. The digestive tract, liver, kidneys, lungs, and skin perform different functions that contribute to maintaining internal balance.

THE RHVHA PERSPECTIVE

Supporting these natural processes through appropriate nutrition, hydration, movement, sleep, and medical care when needed is central to a sustainable approach to digestive wellness.



PART III — MOVEMENT AS A SOURCE OF VITALITY

5. Awaken Your Body Through Conscious Movement

*A Stronger
Healthier
Happier You*
♡

MOVE • BREATHE • ENERGIZE • THRIVE

MOVEMENT
CREATES
A BRIGHTER
TOMORROW
♡



SECTION 5

AWAKEN YOUR BODY

Through Conscious Movement

Your body was created for movement.

Every step you take, every muscle you activate, and every deep breath you experience involves a beautiful coordination between your nervous system, cardiovascular system, respiratory system, and musculoskeletal structure.

Movement is one of the most accessible ways to support the body's natural functioning. Within RHVHA, physical activity is not viewed simply as a means of changing physical appearance. It is a daily opportunity to cultivate strength, flexibility, vitality, and a deeper connection with your physical body.

HOW MOVEMENT NOURISHES YOUR LIFE

1

Awaken Circulation

As your muscles become active, your cardiovascular system responds by increasing the delivery of blood to working tissues. Regular movement supports cardiovascular fitness and the body's ability to transport oxygen and nutrients.

2

Support Cellular Energy

Your cells continuously transform nutrients into usable energy. Physical activity challenges and strengthens the body's capacity to produce and utilize this energy efficiently.

3

Encourage Digestive Movement

Regular physical activity can help support intestinal motility and comfortable bowel regularity. Even a gentle walk can become a meaningful part of your digestive wellness routine.

4

Preserve Strength & Mobility

Resistance and weight-bearing activities help maintain muscle mass, bone strength, and physical independence. These benefits are especially valuable as we move through different stages of life.

5

Nurture Emotional Well-Being

Movement can help reduce stress, improve mood, support restful sleep, and create a greater sense of connection with your body.



6. Three Dimensions of a Balanced Movement Practice

A holistic movement routine brings together different forms of physical activity.

MOVE • ENERGIZE • STRENGTHEN • THRIVE

*A Healthier,
Happier, Brighter
You*
♥



SECTION 6

THREE DIMENSIONS

of a Balanced Movement Practice

A holistic movement routine brings together different forms of physical activity. Each offers a unique contribution to your body's overall function.

01

CARDIOVASCULAR MOVEMENT

Move With Rhythm

Cardiovascular activities engage your heart, lungs, and major muscle groups through continuous movement.

Explore walking, cycling, swimming, dancing, or other enjoyable activities that increase your breathing and heart rate. These activities help develop endurance and support cardiovascular and metabolic wellness.

02

FLEXIBILITY & MOBILITY

Move With Freedom

Your joints and muscles benefit from regular, comfortable movement through their natural ranges of motion.

Explore gentle stretching, yoga, and mindful mobility practices. Allow each movement to become an opportunity to release unnecessary muscular tension and reconnect with your body.

03

RESISTANCE & STRENGTH

Move With Power

Your muscles respond to appropriate physical challenges by adapting and developing greater strength.

Resistance bands, free weights, bodyweight movements, and strength-training equipment can all become part of a balanced routine. Progressive strength training supports muscle development, bone health, balance, and functional independence.

RHVHA REFLECTION

Your body is not asking you to remain the same.

It possesses a remarkable capacity to adapt to the activities you practice consistently.

Every conscious movement is an opportunity to cultivate the physical strength and vitality that support your desired quality of life.



PART IV — THE SKIN:
YOUR LIVING CONNECTION WITH THE WORLD

7. Dry Skin Brushing —
A Ritual of Conscious Body Care

EXFOLIATE • STIMULATE • RESTORE • GLOW

Healthy
Skin
Happier You
♡

SELF CARE
IS A BEAUTIFUL
WAY TO HONOR
YOUR BODY



SECTION 7

DRY SKIN BRUSHING

A Ritual of Conscious Body Care

Your skin is much more than the visible surface of your body.

It is a living, protective organ that participates in temperature regulation, sensory perception, immune defense, and the maintenance of your internal environment. Within RHHVA, caring for the skin is an expression of gratitude for the body that carries you through life.

DISCOVER THE RITUAL OF DRY SKIN BRUSHING

Dry brushing is a traditional self-care practice that uses a natural-bristle brush to gently exfoliate the skin. It can become a mindful moment of connection before your morning shower.

Explore the practice through gentle movements, beginning at the feet and gradually working upward along the body. The experience can help remove loose surface skin cells and leave the skin feeling smoother.

CREATE YOUR PERSONAL BODY-CARE RITUAL

1 Choose a soft brush that feels comfortable against your skin.



2 Begin with gentle strokes along your feet and legs.



3 Continue along your arms and torso.



4 Use lighter pressure around sensitive areas.



5 Follow with a comfortable shower.



6 Finish by moisturizing your skin.

WHAT THE EVIDENCE SHOWS

The traditional holistic philosophy associates dry brushing with circulation and lymphatic stimulation. Its established physical benefit is primarily exfoliation; systemic detoxification and increased lymphatic drainage have not been demonstrated.

RHVHA REFLECTION

Care for your skin with the same love and intention you bring to nourishing your body from within.

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PART V — AROMATHERAPY: THE LANGUAGE OF NATURE

8. Invite the Essence of Plants Into Your Daily Life

BREATHE • BALANCE • UPLIFT • HEAL NATURALLY

*Plants
Nourish
Body
Mind
and Soul*


A HEALTHIER
HAPPIER
MORE VIBRANT
YOU



SECTION 8

INVITE THE ESSENCE OF PLANTS

Into Your Daily Life

Nature communicates with us through color, texture, sound, and aroma.

The fragrance of fresh flowers, the refreshing scent of citrus, and the calming atmosphere of a botanical garden can create meaningful sensory experiences.

Aromatherapy explores the use of aromatic plant extracts as part of complementary wellness practices. Within RHVHA, it offers another opportunity to bring the beauty of nature into your daily environment.

CREATE AN ATMOSPHERE OF HARMONY

Explore the sensory experience of:

♥ Fresh lavender	♥ Rosemary
♥ Citrus peels	♥ Mint
♥ Fresh flowers	♥ Aromatic herbs
♥ Appropriately used essential oils	

Pleasant aromas may contribute to relaxation and emotional comfort through their connection with the brain's sensory, emotional, and memory pathways.

THE RHVHA AROMATHERAPY RITUAL

Create a peaceful environment in your home. Dim the lights, open a window for fresh air, and surround yourself with natural aromas that you enjoy.

Allow the experience to accompany your meditation, journaling, gentle stretching, or evening relaxation.

RHVHA REFLECTION

The environment you create around yourself can become a beautiful extension of the care you give your body and mind.



PART VI — WATER, WARMTH & RESTORATION

9. Sauna — Embrace the Comfort of Warmth

DETOXIFY • RELAX • REPLENISH • RESTORE

*Sweat
Breathe
Reset
Thrive*
♡



SECTION 9

SAUNA

Embrace the Comfort of Warmth

Warmth has long been incorporated into traditional wellness rituals across different cultures.

A sauna creates an environment in which the body responds to elevated temperatures through changes in circulation, heart rate, and sweating. Within RHVHA, sauna bathing can be appreciated as a sensory experience that encourages relaxation and conscious rest.

THE SAUNA EXPERIENCE

- ♥ Feel the warmth surrounding your body.
- ♥ Allow your muscles to relax.
- ♥ Experience the natural process of sweating.
- ♥ Enjoy a peaceful environment away from daily distractions.
- ♥ Reconnect with your breath and bodily sensations.

A NOTE ON SWEATING

Sweating is one of the body's primary mechanisms for regulating temperature. The kidneys and liver perform the major physiological work of processing and eliminating many metabolic waste products.

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10. Steam Bath — The Embrace of Warm Water Vapor



CLEANSE • RELAX • DETOXIFY • REJUVENATE • FEEL ALIVE



WARM
WATER
HEALS
A HAPPIER
YOU


WELLNESS
BEGINS
WHEN YOU
SLOW DOWN


Breathe
Release
Renew


SECTION 10

STEAM BATH

The Embrace of Warm Water Vapor

Steam bathing offers a different sensory experience through the combination of warmth and humidity.

The moist atmosphere can create a feeling of comfort and relaxation. For some individuals, warm humid air may temporarily ease sensations of nasal dryness.

The experience can also become an opportunity to release muscular tension and enjoy a quiet moment of rest.

RHVHA REFLECTION

Water is an essential element of life.

Whether you are drinking it, bathing in it, or enjoying the warmth of steam, allow your relationship with water to become one of gratitude and conscious appreciation.



SECTION 11

WHIRLPOOL

Relaxation Through the Movement of Water

Warm water and gentle water movement can create a soothing environment for the body.

A whirlpool combines buoyancy, warmth, and mechanical stimulation to offer a relaxing sensory experience. Within a holistic wellness routine, it can provide an opportunity to unwind after physical activity or a demanding day.

Enjoy the experience as a moment of stillness, comfort, and reconnection.

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Healing
Through
Touch


PART VII — CONSCIOUS TOUCH & EMOTIONAL WELL-BEING

12. Massage — Reconnecting With the Body Through Touch



RELAX • RELEASE • REPLENISH • RECONNECT

A CALMER
MIND
A HAPPIER
HEART
A HEALTHIER
YOU



SECTION 12

MASSAGE

Reconnecting With the Body Through Touch

The body responds to touch through a complex interaction between the skin, muscles, sensory nerves, and brain.

Massage is a traditional bodywork practice that uses different forms of pressure and movement to create physical and sensory effects. Within RHVHA, massage can be appreciated as a practice of conscious body care.

THE EXPERIENCE OF MASSAGE

- ♥ Encourages relaxation.
- ♥ Can help relieve temporary muscular tension.
- ♥ May reduce perceived stress.
- ♥ Supports a sense of physical comfort.
- ♥ Creates an opportunity for mindful body awareness.
- ♥ Can contribute to emotional well-being.

THE MIND-BODY CONNECTION

Emotional experiences can influence muscular tension, breathing patterns, and the way we perceive physical sensations. Likewise, physical relaxation may contribute to a calmer emotional state.

Massage provides an opportunity to explore this relationship through intentional touch and a peaceful environment.

RHVHA REFLECTION

Your body deserves care, attention, and gratitude — not only when something feels uncomfortable, but as part of your everyday relationship with yourself.

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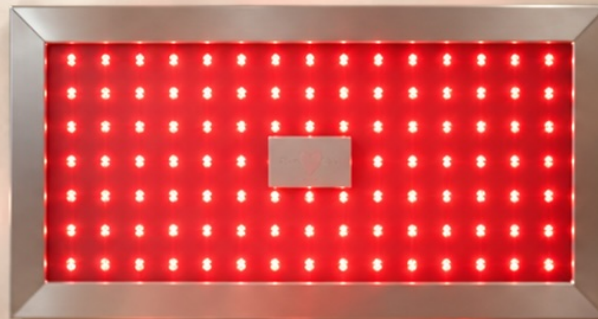
PART VIII — LIGHT, ENERGY & MODERN WELLNESS TECHNOLOGIES

13. Exploring the Relationship Between Light, Electrical Stimulation & the Human Body



REJUVENATE • BALANCE • HEAL • THRIVE

*Modern
Tools for a
Healthier
Brighter You*

LIGHT
SUPPORTS
LIFE


EXPLORING THE RELATIONSHIP

Between Light, Electrical Stimulation & the Human Body

The human body is an extraordinary biological system in which electrical signals, chemical reactions, and cellular communication continuously interact.

The nervous system uses electrical impulses to transmit information, while the heart relies on coordinated electrical activity to maintain its rhythm. Modern healthcare and wellness technologies explore different ways of interacting with these physiological processes.

1

Electrical Stimulation

Certain technologies deliver controlled electrical impulses to stimulate nerves or muscles. Depending on the specific device and application, electrical stimulation may be used in pain management, rehabilitation, or muscular activation.

2

Electromagnetic Field Technologies

Pulsed electromagnetic field devices generate changing electromagnetic fields. Specific medical devices have established applications, including selected bone-healing indications. Other applications remain areas of ongoing investigation.

3

Red & Near-Infrared Light

Photobiomodulation uses particular wavelengths of light to interact with biological tissues. Research has explored its potential applications in skin care, certain pain conditions, wound healing, and rehabilitation. The effects depend on the specific technology, wavelength, dose, and intended application.

THE RHVHA PERSPECTIVE

Modern wellness technologies can be explored as complementary tools within a broader lifestyle centered on nutrition, movement, sleep, emotional well-being, and conscious self-care.

They are not interchangeable, and each technology should be understood according to its individual mechanism and evidence.

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PART IX — YOUR RHVHA DAILY RITUAL OF RENEWAL



NOURISH • MOVE • ALIGN • CREATE • THRIVE

*Small
Rituals
Create a
Brighter
You* 



SECTION 14

CREATE A DAILY ENVIRONMENT

That Nourishes Your Life

The RHVHA philosophy is not about collecting endless wellness techniques.

It is about creating a conscious lifestyle in which your daily choices work together to support your physical, emotional, and mental well-being.

Your morning habits, the foods you enjoy, the way you move, the environment you create, and the quality of your rest all become part of your personal wellness experience.

MORNING

Awaken Your Vitality

- ♥ Welcome the sunrise and natural morning light.
- ♥ Begin your day with hydration.
- ♥ Honor your body's natural elimination rhythm.
- ♥ Practice mindful breathing.
- ♥ Enjoy gentle stretching and movement.
- ♥ Spend time connecting with nature.
- ♥ Nourish yourself with a satisfying breakfast.

DAYTIME

Nourish Your Inner Environment

- ♥ Enjoy colorful, nutrient-rich plant foods.
- ♥ Include sufficient energy, protein, and healthy fats.
- ♥ Stay hydrated throughout the day.
- ♥ Walk and move regularly.
- ♥ Practice resistance training as part of your weekly routine.
- ♥ Create moments of stillness and conscious breathing.



EVENING

Restore & Reconnect

- ♥ Enjoy a nourishing evening meal.
- ♥ Take a gentle walk or practice comfortable stretching.
- ♥ Create a calming atmosphere in your home.
- ♥ Explore relaxing body-care rituals.
- ♥ Practice meditation, gratitude, or journaling.
- ♥ Dim artificial lighting as bedtime approaches.
- ♥ Allow sufficient time for restorative sleep.

CLEANSE • ALIGN • HEAL • BECOME • CREATE

Your holistic wellness journey begins with the conscious decision to create a different relationship with yourself.



Cleanse

Release what no longer serves your body, mind, and emotional well-being.



Align

Reconnect with your natural rhythms, your authenticity, and your inner truth.



Heal

Support the body's natural processes of maintenance, repair, and recovery through conscious daily choices.



Become

Embody the person you are choosing to become through the habits you practice and the life you create.



Create

Cultivate a life filled with vitality, beauty, purpose, and meaningful experiences.

Your body is not simply a physical structure that carries you through life.

It is a magnificent living system that continuously adapts, communicates, and responds to the environment you create. Every nourishing meal, every conscious breath, every movement, and every moment of rest becomes an opportunity to participate in your own well-being.



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CLEANSE • ALIGN • HEAL • BECOME • CREATE

*The body is the healer.
Bring More Life Into Your Life.*

Master Your Diet  Master Your Destiny.

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With Love, Light & Raw Vegan Blessings,

Mariana

M A R I A N A K I R I A K O V A

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Master Your Diet ♥ Master Your Destiny.



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Educational Disclaimer

This material is provided for general educational and informational purposes and reflects the holistic wellness philosophy of **Raw Vegan Blessings** and RHVHA, together with selected concepts from the Hippocrates Health Program.

It is not medical advice, diagnosis, treatment, or a substitute for professional healthcare. Some historical holistic practices discussed here, particularly enemas, colon hydrotherapy, and botanical rectal preparations, have not demonstrated routine detoxification benefits and may cause serious complications.

Individual health conditions, nutritional requirements, and responses to wellness practices vary. Consult a qualified healthcare professional before undertaking invasive cleansing procedures, fasting, intensive exercise, or therapeutic interventions, particularly if you have an existing medical condition.

Raw Vegan Blessings provides holistic wellness education and coaching and does not diagnose, prescribe, or treat medical conditions.

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