



The Raw Truth Recharge: 7 Truths For Total Health and Fitness

By Robbie Raugh

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"This book will without a doubt, transform your life." - Jill Kelly, wife of Jim Kelly and NY Times Best Selling Author, Speaker

"The Raw Truth Recharge was written by a graduate of the Institute for Integrative Nutrition. If you are looking for a book to significantly improve the quality of your life, your health, and your vitality, I highly recommend you read this book and be in touch with Robbie Raugh, RN so your life can be the best life possible. – Joshua Rosenthal, MScEd, Founder/Director, Institute for Integrative Nutrition"

The Essential Guide To Faith - Family - Food - Fitness

Do you feel sick and thick and tired? Do you think losing weight is about dieting, counting points, or counting calories? Maybe you're eating the right foods and not seeing results?

The Raw Truth Recharge will teach you 7 Truths about Faith, Family, Food, Fitness, Detox, Sleep, and Stress Management, and how all of them are vital to your health—mentally, physically, emotionally and spiritually. God's Word gives us clear instructions on how to take care of our body, and it's not just about what we eat and how much we exercise.

Learn how to increase your energy, be fit and feel healthy, decrease your body fat, increase your muscle mass, shape your body, cut cravings, take care of your body, and focus your energy to fulfill your calling. God's Word actually gives us clear direction on all of these truths.

The Raw Truth is that God wants us to be proactive about taking care of our bodies, our "mobile homes" or "temporary earth suits," with the right motives, to accomplish His purpose for our lives.

If you want to get lean, then you need to lean on the Lord! Do you need inspiration and motivation to either get or stay on track? Then this book is for you!

Robbie shares a deeply personal account from her private journals, as she faced both her own life struggles, along with the sickness and loss of her three immediate family members.

Learn that no matter what you are facing in life, if you seek God first, He will not only direct your paths, but He will give you peace and strength that surpasses all understanding.

Robbie Raugh, a Registered Nurse and Board Certified Integrative Health, Fitness, and Nutrition Practitioner, is armed with credentials. In this book she draws from her 30 plus years experience working in the Health, Nutrition and Fitness Industry. She also writes about her personal experiences and struggles with her own desire and preoccupation to be "thin and perfect", while having to be "on stage" as an International role model in the Fitness Industry, for over 3 decades. She has studied more than 200 dietary and fitness theories from World Class Doctors of Nutrition, Fitness and Wellness both from the School of Integrative Nutrition in NYC where she attended, and also throughout her vast 30+ year career in the Industry. Throughout Robbie's career she has seen and experienced many fitness and dietary theories first hand, and knows what works, what doesn't work, and why. Robbie shares all of her secrets, tips of the trade and more, in this inspirational book - and that's the Raw Truth!

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Editorial Review

Review

“It would be near impossible in a few sentences, to describe the impact that Robbie Raugh has had on our lives and health. Yes, she is certified, qualified, and amazingly talented. But more than that, she sincerely cares about people, and wants them to prosper in every way. We would not be where we are today without Robbie’s love and guidance. This book will without a doubt, transform your life”

~Jill and Erin Kelly

Wife and Daughter of Jim Kelly, NY Times Best Selling Author/Speaker

“Robbie Raugh is a consummate fitness professional. She has a deep understanding and many years experience in the fitness and wellness industry. She has excelled in everything she has done, and once again, she brings her expertise and knowledge to this amazing and helpful book. I highly recommend this book; it is a great addition to any health, wellness and fitness library.”

~Carol Scott

CEO-ECA World Fitness Alliance

“This book, The Raw Truth Recharge: 7 Truths to Health and Fitness, is more than an exclamation point on her storied career. It is another chapter in her continued quest to rejuvenate the mind, body and soul of her followers. It captures Robbie's sense of focus on those things that create balance in our lives and make us better individuals to ourselves, our families, and our communities.

Robbie is truly a dedicated motivator through her actions as well as her words. Her enthusiasm toward motivating is contagious, and I hope you 'catch' her passion. As you read through this book, you will be treating yourself to an amazing perspective on creating total balance.”

~Dr. Samuel Shatkin, Jr.

Board-Certified Plastic Surgeon

www.drshatkin.com

This book will change the lives of many. It is a God-honoring book replete with both Biblical and nutritional truths that will motivate people to improve their lives both spiritually and physically.

-Beth Skorka-Zola

Nutritional Therapy Practitioner

Owner/Operator of: No Guilt Goodies LLC

In this book, Robbie will give you all the secrets to help transform your body, life and health, as she has done for so many of us. You will be blessed.

~Keri Cardinale

Radio Host of Worship 1-3pm WDCX 99.5FM

The Raw Truth Recharge has my highest endorsement. You need to try it for yourself.

~Dr. Michael Cicchetti, MD

Partner, Buffalo Spine and Sports Medicine, PLLC

Selfless and true, Robbie embodies a spirit of altruism that is unmatched by anyone else I've known. With her charisma, intelligence and compassion, Robbie can inspire in the gym, in the kitchen, in media settings or in the classroom. Robbie's expertise in this book will help educate and motivate all who read it.

~Brenda Alesii

Talk Show Host And Entercom Radio Marketing Consultant

About the Author

Robbie Raugh a Registered Nurse, is an Internationally known Board Certified Integrative Heath and Nutrition Practitioner and an International Health and Fitness Master Trainer.

Considered an expert in the Health, Fitness, and Nutrition industry, Robbie also appears weekly as the health and fitness expert on ABC affiliate WKBW-TV and hosts her own radio program on Faith, Family, Food and Fitness called The Raw Truth on WDCX 99.5 FM, streaming live world wide on www.wdcxradio.com She is also the featured instructor of four Raw Energy Fitness Exercise Videos, and The Kinetic Workout Live exercise video which has sold around the globe.

Robbie is the former National Group Exercise Director for Bally Total Fitness, and was a National Aerobic Championship Judge. Robbie Raugh has also been featured on ESPN as a leader in the Fitness Industry, and in many publications over the years. She is an International speaker and presenter, a dedicated wife and mother, and a passionate follower of Christ.

Robbie who is armed with Certifications and Credentials, draws on her 30 plus years of experience teaching health, nutrition, weight management, and fitness classes, while running her wellness private practice on a daily basis. She has studied more than 200 dietary theories from World Class Doctors of Nutrition and Wellness both from the School of Integrative Nutrition in NYC where she attended, and also throughout her vast 30+ year career in the Industry. Throughout Robbie's career she has seen and experienced many fitness and dietary theories first hand, and knows what works, what doesn't work, and why. This has led to a very successful practice and career path which Robbie now believes is her "calling".

Users Review

From reader reviews:

Wesley McFarland:

The book The Raw Truth Recharge: 7 Truths For Total Health and Fitness has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was published by the very famous author. McDougal makes some research before write this book. This book very easy to read you can get the point easily after reading this book.

Caleb Jones:

Do you have something that suits you such as book? The reserve lovers usually prefer to opt for book

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