

# The Rawfit Diet: Longevity, Beauty, By Ricardo Riskalla

**By Ricardo Riskalla**

Ricardo Riskalla Supermodel Summer Legs. I highly recommend you read my books The Rawfit Diet and the Rawfit Diet Cookbook, available on iTunes, by

The Rawfit Diet: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss [Kindle Edition] Ricardo Riskalla (Author)

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Quick health makeover and longevity is thought to run in families. Ricardo Riskalla,

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IMG trainer Ricardo Riskalla is a raw food chef and Get a Model's Body: Sigourney Shares Her Personal The Rawfit Diet and recipe book The Rawfit Diet

Ricardo Riskalla is an Australian celebrity trainer who has been featured in the major Australian magazines and newspapers. He has effectively trained a variety of

Sigourney s personal trainer, the raw food guru, Ricardo Riskalla shows us how to make a skin-loving, beauty-giving raw hot chocolate in the Vitamix.

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Ricardo Riskalla is an Australian celebrity trainer who has been featured in the major Australian magazines The Rawfit Diet: Longevity, Beauty, Detox, Raw

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RawFit App by Ricardo Riskalla. Weight loss, body weight exercises, health, beauty, fitness, longevity, also take a look at Ricardo s i-book: The Rawfit

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[Intro:] Shit! Sound like Flex touched that joint, alright! Hey yo! Some acting like I'm nice too, Shawty! War, war, war, war! Gates, gates, war, war I'm just rapping

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