

# Raw Food & Weight Loss With Angela Stokes

YOUR top 10 Questions  
About Raw Food  
Answered



A FREE  
Raw Food Report  
From  
[www.RawReform.com](http://www.RawReform.com)

-  
The Natural Way to Weight Loss

# HELLO :)

My name is **Angela Stokes**. I am 31 years of age and released around 160lbs, experiencing recovery from morbid obesity, by adopting a healthy lifestyle of raw food and natural healthcare. I share my story in my e-books at [www.RawReform.com](http://www.RawReform.com).



**BEFORE** - Aug 2001  
Weight: 279lbs (approx.  
20st/127kg)

**AFTER** - July 2007  
Weight: 138lbs (approx.  
9st 9lbs/62kg)

The [RawReform](http://www.RawReform.com) website details my experience and provides guidance for others who are interested in the benefits of the raw lifestyle for **natural weight loss**. It contains honest, clear communication from someone who has personally experienced a remarkable transformation by going raw.

On the site, you can read more about my amazing story and see a gallery of '**before**' and '**after**' Pictures. The Food and Nutrition pages are packed full of ideas for what, why, when and how to eat raw. The Body section covers medicine, physical matters, clothes and natural healthcare. Philosophy contains a selection of essential tips for a stable raw lifestyle. Soul is a section on the emotional impact of going raw.

In my [Online Shop](#) you can purchase my E-books and Booklets, as well as other amazing raw products. You can also subscribe to my popular [blog](#), to receive by email the regular updates I post there (usually every other day, including *EVERYTHING* I eat on a daily basis, as a 100% raw foodist.)

For more about arranging private Consultations with me, you can also click [here](#).

There is a dedicated [RawReform Channel on YouTube](#) where you can watch videos about my weight loss journey, along with some entertaining raw food song clips ;)

My hope is that by sharing my personal story and insights into raw weight loss, I can help to **inspire and motivate** others to reclaim their health and happiness, overcoming the frequently devastating effects of obesity and overeating. The information offered here is a collection of my thoughts and guidance based on my own **life-changing experience** and research into living raw.

You do not have to live with ill health, depression or low self-respect, feeling like you are 'battling' against your body. By eating mainly raw foods and taking care of yourself and your environment with natural products, you can safely and easily reclaim your health. The raw lifestyle is simple, but offers revolutionary results, if you are willing to take **steps forward** for your health. Being overweight or obese can seriously damage your well-being on many levels - confidence, mobility, opportunities and emotional balance for example are all affected. The information you read here is not about a fad diet, it is a **complete lifestyle** that transformed **my** life and can help **you** lose weight permanently...

### **Top links to visit for raw food inspiration:**

RawReform Homepage: <http://www.RawReform.com>

RawReform Blog: <http://rawreform.blogspot.com>

Online Store: <http://www.TheRawFoodWorld.com>

Daily Online TV Show: <http://www.TheRawFoodWorld.TV>

My 30-Day Weight Loss Plan: <http://www.LiveLightlyPlan.com>



### **Medical Disclaimer**

This report is not designed to provide medical advice. All content, including text, graphics, images and information available in this report are for general informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. You take full legal responsibility for whatever decisions you make regarding your own health care.

## YOUR Questions Answered...

In this special free e-report, I am going to share with you my responses to the **TOP 10 Questions** people tend to ask when they're starting to eat more raw food.

To me, eating raw is all about **simplicity** and getting back to a more natural way of life. Simply put, no other animal in the wild eats cooked or processed food and no other animal deals with the kind of illnesses humans do. No wild animal seems to count calories either, fret about nutritional analyses or **intellectualise** food in *any way*, like humans often do...

Fortunately, we can take **simple steps** to get back to a more natural life...and that is what I'm going to be sharing with you here...

First of all though, I'd love to give a quick summary of one very important **principle** to consider on your journey:



### It's all about what you LEAVE OUT, not ADD IN...

It is NOT necessary to be a 100% Raw Foodist, to be healthy and feel good. You can be very healthy without taking it that 'far'. **So, how does one ideally begin the journey to better health?**

There are a lot of diets out on the market today. I am sure you have heard of many, such as the Zone Diet, Macrobiotics Diet, South Beach Diet, Maker's Diet and others. I wouldn't want to 'dismiss' any of these programmes, because they can all produce positive results to some degree. I have personally witnessed people lose weight and heal from degenerative diseases after adopting some of these diet plans. There is, however, one *common denominator* that allows these programs to succeed: they all require people to **leave out certain foods from their intake, without exception**. Foods such as refined sugars and processed starches are often *completely* omitted. As a result, a person's health can improve considerably. The reason a *100% Raw Food Lifestyle* is such a GREAT way to live is because **you leave out everything that is damaging to the body and just keep in the stuff that helps nourish us**.

It is critically important to understand that:

**What you leave out of your intake completely *without exception* is the way to ultimate health.**

What you *don't* eat is actually more important than what you *do* eat. When people think about eating more healthily, they often think in terms of ADDING IN something – maybe more broccoli or a handful of goji

berries, even a vitamin supplement maybe? In truth, you can eat Raw Foods until you are blue in the face and you're not going to fully heal **UNLESS** you simultaneously LEAVE OUT the *cause* of the illness, which means omitting certain damaging foods, COMPLETELY. It's not so much about what you *add in* – it's what you *leave out* that really helps... ;)

I like to categorise the primary foods consumed by humans into the following five groups:

- ❖ Animal Protein
- ❖ Dairy
- ❖ Refined Sugar – e.g. standard candy, bakery items, cakes, cookies
- ❖ Processed Starches – e.g. bread, pasta, cereal
- ❖ Raw Vegan Foods – vegetables, fruits, nuts, seeds, sprouts and seaweeds

If what we leave out of our intake *completely* without exception is the way to ultimate health, then it makes sense to first eliminate the food groups that are most damaging to the body. **The two most damaging food groups are the refined sugars and processed starches. THAT IS THE SECRET!** That is what all those other diets do. Their plans usually require that you leave out the refined sugars and processed starches, without exception. If you can do that one thing, you are on your way to ultimate health; you can live a very healthy life. In my own experience, my health could not truly move to the next level as I started to lose weight, until I had COMPLETELY removed the processed starches and refined sugars from my intake.

I also highly recommend staying away from cooked (red) meat and pasteurised cows' dairy products. Those can all seriously undermine our health.

Read on below for more info on WHICH food choices help us to heal and HOW to eliminate the damaging food groups completely...

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## BOOKS by Angela Stokes

I have five different e-books available, to help guide your OWN journey of RawReform:

\*\*\*SPECIAL OFFER\*\*\*

\*\*Click [THIS EXCLUSIVE LINK](#) for 25% OFF all my books :)\*\*

### How to go Raw for Weight Loss: An Introduction for Overeaters

This is a 'how to' guide, for those at the beginning of their journey, who would love a **step-by-step** explanation of how to go raw.

Includes practical steps for releasing food addictions, explanations of which foods and kitchen appliances to buy, where to get support, 10 raw recipes and more...

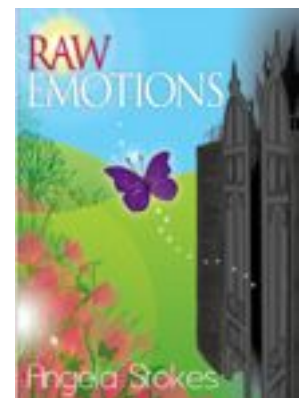


### Revealing the Physical Changes

Many people fear losing large amounts of weight, due to all the physical changes that can happen, such as unpleasant **detox symptoms**, changes in the skin tone, bowel movements and so on. This book reveals what happens to our bodies at the physical level when we go raw, with plenty of practical tips to aid our healing.

### Raw Emotions

Moving on from the purely *physical* level, this book explores our **emotional bonds** to food; we explore how to re-structure our relationship with food and stop eating compulsively. This unique book interweaves proven self-help techniques with a raw food lifestyle, for the ultimate in **holistic healing**. It is a treasure trove of tips for making positive new choices and it's helping



countless thousands of people to create a vibrant new life for themselves. Here are some of the glowing responses so far:

*"I have read your new e-book Raw Emotions, and I have to say that it is **the best raw food book I have ever read** so far (and I have read many :), you have done such an amazing job and I could totally relate to everything you have gone through. Very, very good job! Thanks you so much for this!"*

Sara

***"THANK YOU, THANK YOU, THANK YOU for writing this book.***

*You have hit so many nails on the head for me in this book, I am very grateful to you.*

*I want so badly to heal my relationship with food and eating and you are such an inspiration to me.*

*Now I see clearly why my earlier attempts at being raw or succeeding with any other way of eating have not been sustainable. And, thanks to your book, I understand why eating raw foods can be an important part of the healing process.*

*Thanks again."*

Best, Arlene

*"your new e-book raw emotions...is **the absolute best thing i have read** on helping someone towards a raw mindset! it is beautiful, spiritual, practical, and i love it! thank you! so worth more than i paid for it. a wealth of LIFE."*

Amy

*"You have just done a tremendous job synthesizing so much information, and I cannot tell you how grateful I am.*

*I truly think it's **the best book I've ever read** on recovering from food (and other) addictions. And I'm a voracious reader!*

*Thank you, thank you, thank you."*

Susan

**RawReform: Recipes**  
by  
**Angela Stokes**

Containing over 150 practical, easy, simple dishes for a healthy raw food lifestyle.

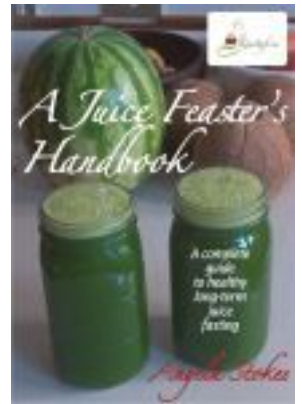


### **RawReform: Recipes**

Containing over **150 simple, yummy raw food recipes**, this is an ideal little guide to get you started with creating a solid foundation for yourself as a raw foodist. No complex ingredients or instructions – just delicious, easy new dishes to ease your transition into a life more RAW ;)

## A Juice Feaster's Handbook

After I released all my excess weight, I decided to do some intensive cleaning out of my body and I experimented with a **92-Day Juice Feast**. I lived on 'just' fresh, raw vegetable and fruit juices for 3 months, with **AMAZING healing** results, which I document in this book, along with **FULL** details of how to do a Juice Feast yourself (...plus how a Feast is different to a *Fast*...and it doesn't 'have' to be for 92 days, by the way ;)



### \*\*\*SPECIAL E-BOOK OFFER\*\*\*

As a new visitor to my site, I'd love to offer you a special **25% OFF** discount on all my e-books.

[CLICK HERE to order your RawReform E-Books NOW with this exclusive 25% OFF discount offer](#)

[How to Go Raw for Weight Loss: USUALLY \\$19.95, YOU PAY: \\$14.96](#)

[Revealing the Physical Changes: USUALLY \\$19.95, YOU PAY: \\$14.96](#)

[Raw Emotions: USUALLY \\$24.95, YOU PAY: \\$18.71](#)

[RawReform: Recipes: USUALLY \\$14.95, YOU PAY: \\$11.21](#)

[A Juice Feaster's Handbook: USUALLY \\$19.95, YOU PAY: \\$14.96](#)

OR:

[ALL-INCLUSIVE 5-PACK of my books: USUALLY \\$85, YOU PAY: \\$63.75](#)



# Your Top 10 Raw Food Questions Answered...

A raw food lifestyle can seem SO different to the way most of us are accustomed to living, that we tend to have many questions at the start of this journey... Here are some of those top Qs to muse over... I've focused on the 10 most common areas I'm asked about as a raw lifestyle coach...and I've kept the answers brief, as these are topics which are covered *many* times over in raw literature...my hope is that by the end of these, you either have a good idea what raw foods are all about, if you didn't already, or you pick up a few more choice tidbits to help give your *own* answers... ;)

## Number 1: Where do you get your Protein?

Ahhhh, but of course...the all-time favourite question for raw foodists...this one just had to go at the top ;)

In our societies, we're 'brainwashed' into the idea that we need large quantities of protein, especially from meat and dairy produce. This is all designed of course to support that industry. The suggested daily amounts of 'protein' are far in excess of what humans actually require for optimal health. Protein is no more or less important than other nutrients. Take a look at any gorilla or ox for confirmation. Those animals are huge power-houses of energy, muscle and strength and what do *THEY* eat? Steak? Hardly...they *thrive* on primarily simple, green plant foods...whereas in our societies, humans often seem to struggle just to *survive*. Most people never make that connection and believe they 'need protein' in huge amounts. As David Wolfe puts it:



"The truth is, no-one ever suffers from a protein deficiency - and certainly no one ever dies from one. But people die of protein poisoning en masse every day. Heart attacks, strokes, cancer, etc. are all the inevitable results of overburdening the body with cooked animal proteins."

The key point to understand, is that our bodies don't use protein from 'heavy' protein sources, like cooked meat, efficiently. When meat is cooked, the proteins 'coagulate' and become unrecognisable for the body. These dense foods require breaking down into amino acids, before they can be reconstructed into something we can use. That takes a lot of energy. Our bodies build proteins from 20 amino acids, which are most

abundantly available in GREENS. A raw vegan diet, rich in leafy green veg, will therefore more than provide for your protein needs. Greens are the key to vibrant health. If you're concerned, you can also supplement with an ultra-rich protein source such as hemp protein powder.

## What does a raw foodist actually eat?

The majority of raw foodists in the current movement seem to be raw vegans. There are some, however who eat raw dairy, meat and so on. There are many different ways to eat raw; the main point is removing toxic, addictive, unnatural cooked and processed 'foods' from our intake. Raw *vegans* tend to consume the following foods:

The '**staples**': fruits, veggies, nuts, seeds, dried fruits, sprouts, herbs, spices, natural salt, seaweeds, oils, flowers, fermented foods.

The '**extras**': raw carob powder, sweeteners like yacon, mesquite or lucuma, green powders and nutritionally dense 'superfoods' such as goji berries, maca and cacao.



It's perfectly possible to enjoy a simple, nutritious, healing raw lifestyle using only foods from the 'staples' category. Many choose to eat some 'extras' too, however, for various reasons: to get extra nutrients – especially minerals, to 'join-the-dots' nutritionally with a variety of foods, for novelty – to try something new, for fun/socially and so on.

I eat almost entirely raw vegan foods. The only current exceptions for me are bee pollen and honey. I tend to consider myself 'raw vegan', yet some people seem to feel upset about that, so the term 'raw bee-gan' has been suggested instead ;) I'm happy with that...as I've said since I first went raw, I eat 'like me', not to fit any frame of reference. My primary focus is my health, rather than 'ethics'. I feel that all life is connected as one and I honour it all – whether it's plant or animal-based. I give gratitude and blessings for all that I ingest.

### Five pieces of guidance about what to eat:

- Switch to a whole, natural, **raw salt** product, such as Himalayan crystal salt, Celtic sea salt, your own dehydrated celery salt etc. Standard 'table salt' is like poison - it is refined and stripped of nutrients, whereas natural raw salts retain vital nutrients.
- Be wary of whether nuts and seeds in **supermarket bulk sections** are actually raw. I would be sceptical about cashews especially. Some things are likely ok – such as walnuts, sunflower seeds, pumpkin seeds etc, *IF* they're labelled raw. I wouldn't rely on the store workers for guidance. I suggest buying from people you **KNOW** have raw goods and avoid products that seem hazy.

- **Sweet foods** are one of the easiest things to replace when going raw. People often fear ‘giving up’ chocolate/cakes etc, yet there are so many raw alternatives. I frequently wonder *why* anyone would eat cooked/processed sweets when they could have delicious raw treats, that are life-sustaining and nourishing... There are numerous raw snack bars/treats on sale now, many of them even in ‘mainstream’ outlets. Wonderful low glycemic sweeteners like lucuma are also available, to make your own yummys. ;)
- There’s been great excitement recently about cacao, or ‘**raw chocolate**’. While it’s certainly delicious and also exciting that going raw doesn’t have to equal putting down chocolate, I would recommend taking it easy with cacao. Raw chocolate is very powerful and a stimulant. It has immense power to open the heart chakra and get energy flowing. It also tends to get peoples’ hearts racing and adrenals working overtime. I think of cacao as a ‘party’ food and have it occasionally – I don’t feel good having it every day. Cacao is extremely bitter and in the wild, apparently no other animal eats it. It is used in traditional medicine as a bitter, in small doses. Now, people take that strong bitter and combine it with intense sweeteners, like agave syrup, making it more palatable, so people eat much larger quantities of raw cacao than they’d otherwise find palatable without sweetener. This stimulates the body (hence the nickname ‘craaco’ ;). Cacao is noted to have highly potent antioxidant properties, yet so too do many poisonous mushrooms and we don’t eat those, just to get antioxidants... I would recommend that if you eat cacao, you add some cardamom into the blend, as it’s said to help balance out the effects of the chocolate. (Another favourite ingredient of mine in raw chocolate is the seaweed dulse – sounds odd perhaps, yet adds an amazing richness and many minerals.) I see raw chocolate as ‘fun’ food, for occasional enjoyment and a possible tool for easing peoples’ transition to a healthier, raw lifestyle. I do feel concern however if I see someone eating cacao daily.
- I feel concern too if I see raw foodists eating large amounts of fruit and not being active. **Eating fruit necessitates activity**. It is energy food, to be burnt. Fruit is fuel for moving through jungle...not sitting sedentary at a desk. If you eat lots of fruit, you must be willing to MOVE, or experience cloudy health, an acidic body, likely candida overgrowths, tooth decay, hair loss and possible fat retention. If you’re not willing/able to be active, then a greener/fatter diet is likely more optimal for you. (Especially if dealing with a background of sugar imbalance/diabetes/candida etc).



## Is it necessary to be *vegan* to be raw?

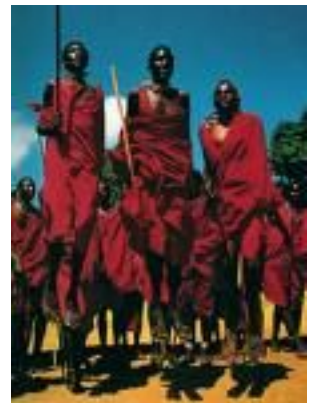
Most who go raw tend to become raw vegans, believing this is the healthiest, natural eating pattern for humans. Indeed, for most, transitioning to raw seems to follow this pattern: omnivore to vegetarian to vegan to raw vegan. However, it is not *necessary* to be vegan to feel the benefits of eating a high percentage raw.

The way I see it, the main issue for optimal health is getting cooked/processed items out of the food chain. Your body will recognise and use a piece of raw fish a lot easier, for example, than cooked white pasta with red sauce and meatballs. It's all about eating *whole* raw foods. People can live well on animal products, *provided* they're raw – it's the cooked/pasteurised animal foods that really cause damage. Eating cooked meat is like eating leather – the body struggles to use such dense matter. Pasteurised dairy is also one of the most mucus-forming, acidifying, mineral-leaching and degenerating 'foods' available.

It's eye-opening to note that wild carnivores who are fed cooked meat quickly develop diseases and die. There are also human societies who have thrived on *raw* animal products, pickled vegetables and so on for generations. It is the life force/enzymes in these foods that nourish and sustain. The Masai in southern Africa for example traditionally sustain their children for days at a time on mixtures of fresh goat's milk and blood. They are healthy. If that same mixture was *cooked* however, it would be a different story.

Some reasons why you might consider *not* eating meat/fish/eggs include:

- Humans don't really seem to have suitable teeth or digestive tracts for flesh foods. We have more 'grinding' teeth than 'ripping'; animal foods acidify our systems and our long intestines leave remnants putrefying inside us.
- We rarely seem to have the 'instinct' to kill and eat prey. Young children for example don't tend to pounce on rabbits and bite into them.
- Many animals experience dire conditions under modern farming practices. They are often drugged, so their meat/milk contains those hormones/drugs/antibiotics etc. Animals also experience great fear as they're being killed – adrenalin pumps through their bodies, which is then retained in the meat, stimulating the consumer.
- Eating factory-farmed meat/fish/eggs supports this largely barbaric industry. From an ethical/energetic point of view, this turns many people off. Many don't want to eat flesh *anyway* from an 'ethical' standpoint, even if it's from grass-fed/free-range/organically-reared animals, as they feel animal life is 'sacred' and not for us to consume.



- Modern farming is also wildly resource-intensive, using huge areas of land/energy and creating pollution. 25% of the Earth's surface is used for cattle grazing, causing big environmental issues like desertification. Vegans require just 1/8th of the land a meat-eater needs, to produce adequate food.

Some raw foodists enjoy having raw dairy products. The same applies here as with meat/fish/eggs - the critical point is using milk/cheese/yoghurt etc UNpasteurised, in its raw, natural state. That being said, here are some points to consider about dairy:

- Humans are mammals. The definition of a mammal is that it weans: it stops drinking milk from the mother at some point. Adult humans don't usually try to breastfeed from other humans. Does it not then seem bizarre to cease feeding from the human mother and begin drinking milk from a different *species*...??? No other animals do this.
- *Mainstream* dairy products are part of the intensive, heavily subsidised, mass-marketed factory-farm machine. The dairy and veal industries are closely linked, with animals under huge stress and medication. Thus, ethical/environmental/spiritual influences might all dissuade you from using these items.
- People tend to use cows' dairy products. Yet cow milk is designed to raise calves into enormous bulls and heifers. Their structure is very different to humans. Goats are much more similar to us.

So, the simple answer is that you can certainly be raw without being vegan. It's a matter of choice. In the colder, northern countries and regions, it may feel beneficial to eat denser foods like oily fish once or twice a week, especially in winter. In warmer environments, a vegan diet tends to feel sufficient. If you *are* going to use animal products, I recommend getting them from local, organic, free-range/wild/grass-fed animals and use goats' dairy products in preference to cows'.

## Isn't it *boring* eating raw?

People often imagine that being raw means it's all carrot sticks from then on. Yet you can make raw food as gourmet as you choose...it's all about your choices. Being raw can feel as exciting or 'dull' as you choose, like everything in life. It's all about perspective and outlook - if you CHOOSE to see what you're doing as positive and abundant, you'll likely enjoy it much more.

In the beginning, people usually want to replace complicated cooked/processed foods with equally complex raw dishes - gourmet raw pizzas and pies for example. This helps to avoid feelings of 'deprivation'/boredom. It can be extremely useful at this point to read

raw recipe books, seek out potlucks/raw restaurants for inspiration, or attend raw food prep classes – build a solid foundation for your raw repertoire. Be aware though too, that the longer one eats predominantly or totally raw, the body moves ever-more towards simplicity and the more complicated meals fall away...

People going raw commonly seem to fear that they'll no longer have much 'variety', as we're so accustomed to having thousands of different 'packet' food choices. Yet this is entirely an artificial construct of advertising and sales – those 'foods' all contain the same kinds of ingredients, just mixed and packeted in different ways. Most animals in the wild eat very few things – cows eat grass for example, sharks eat fish, squirrels eat nuts and so on. As for most humans, it's like we're addicted to the idea of 'variety'. My whole outlook has flipped since going raw – the things in boxes and cans, which were once the only things I was really interested in, no longer even look like food to me, whereas the salads I used to mock as 'ridiculous' are now my much-loved staples – it's all just a matter of perspective ;)

## Don't you get cravings for cooked/processed foods?

Cravings naturally wane, the longer you're abstinent from processed foods, as they're cleansed from your system. Coming off cooked/processed foods (in particular, refined sugars and processed starches) is like coming off anything to which you're addicted. The kindest path you can choose, overall, is to put down these 'foods', immediately and totally. If you continue to eat them *even a little*, your system remains hooked-in, asking for more. These foods are highly addictive.

If you do go 'cold turkey' and come off these foods completely, you'll likely experience quite intense detox for the first three days or so, then afterwards, it's usually much easier. If, however, you don't remove them completely and perhaps try to 'only eat bread once a week' or something similar, it's easy to slide into eating more of these foods again, as 'once a week' leaves doorways open and keeps you addicted.

Especially in the beginning, cravings may come strongly in certain situations, around certain people or at certain times – evening-time for example tends to be tricky for many. Help assist your own recovery by being prepared – have a good supply of foods available that feel nourishing to you. Realise that while you're experiencing withdrawal from toxic substances, cravings will come *and go*, whereas the actual *re-introduction* of these addictive foods will simply keep you addicted. Eating these foods again re-activates cravings and can possibly also be



damaging physically, if you've moved into increased internal cleanliness, from eating raw.

If/when you DO experience cravings, try any of the following top ten tips to stay on track:

- Remember, cravings, like emotions, come and go – if you breathe into it and let go, this too will pass.
- Use a trigger list and daily food plan, so that you set out your intention *and* follow it. Not having a plan is like planning to 'fail'.
- Remind yourself that *what the mind wants isn't necessarily beneficial for the body*. The physical body works always towards optimal health. The mind however seems more interested in habits, patterns and experiences and may insist that you 'need' a doughnut, for instance ;)
- Don't keep your cravings secret – talk about them, share them with someone you trust. There is nothing shameful about having cravings.
- At least in the beginning, try to avoid people, places and things that trigger your cravings. When in *doubt* about going somewhere or meeting someone, don't do it – protecting your recovery is priority.
- You may not feel there's much choice about *experiencing* cravings, yet there's always a choice about the action you take in *response* to cravings. Take responsibility for your choices; avoid creating situations where you reason 'there's nothing else to eat, I'll just *have* to eat this sandwich'. If you're committed to what you're doing, you'll find a way for it to work – it's just a matter of choice.
- Create a 'tool-box' of other things you enjoy, to use as distraction from cravings. Go kite-flying or rock-pooling; call a friend, do some journaling to release emotions...dance, sing...express ;)
- Channel your energy and focus into something beyond the craving. Being present for *someone else* tends to be highly effective for getting 'out of your own stuff' and regaining perspective, when eating *that* piece of cake/chips seems to be THE most important thing. ;)
- If/when cravings come, keep your outlook positive. View your transition to raw as a big gift to yourself. You're getting a better quality of life, a healthier body and possibly a longer life span. Do you really want to abandon that, to eat a doughnut? Imagine how you'll feel a few hours later if you DO eat that doughnut. How will you feel if you *don't* eat it and choose something that feels healthier instead?
- Consider also a few practical questions that may hold the answer to your cravings. Are you actually *thirsty*, rather than wanting food? (Most people are chronically dehydrated.) Are you actually eating enough to fuel your body sufficiently? Are you engaging in adequate physical activity for the amount you're eating? Boredom and feelings of heaviness can fuel overeating. When you eat, is it when you feel *truly* hungry? If not, you could be throwing your

system out of balance, triggering compulsive cravings for things at any time. Do you have cravings to eat late at night for example? Late night eating habits often help perpetuate craving cycles, as the body is kept in less-than-optimal rhythms.

I no longer get cravings for cooked/processed foods – they don't even LOOK like food to me – they look toxic. Why would I put something that looks toxic to me, in my body? It was a journey to get to this point though. I experienced some intense cravings/binging with cooked foods at the start of my raw journey, mainly because I didn't cut out refined sugars and starches completely. I recall sitting with a friend who'd stopped eating refined sugars and was helping me do the same. We were at a café and the waiter served us complimentary foil-wrapped chocolates with our tea. I felt immensely frustrated, as I really wanted to eat them and so much of my attention was focused on them. I looked at my friend, sitting calmly and asked her if she wasn't frustrated too, to see the chocolates and not eat them. She gently smiled and said 'no, I look and see they have pretty pictures on the wrapper...I don't desire to eat them'. At that point, her perspective seemed so far away from mine that I almost couldn't imagine feeling that way towards these blocks of processed dairy/sugars/cocoa ;) These days, however, I don't feel any effort in avoiding my old trigger-foods, like doughnuts, for example, as they simply don't interest me anymore and are so far from the spectrum of foods I now choose.

## Why would someone choose a raw lifestyle?

There are numerous benefits that encourage people to eat raw. These include: weight loss, increased energy, detox, looking younger, eyes brighten, skin clears, illnesses heal, prevention of degenerative diseases, requiring less sleep, better focus, more longevity, feeling happier, a simpler life, sharper spiritual connection, more in tune with nature and so on. Think about it – no other animal on this planet eats cooked food (except the ones *we* feed that way) and no other animal has diseases like us. People rarely seem to make the connection however that the foods they eat are hugely influential for their health – there is a major disconnect. (Just take a look at the food served in most hospitals if you need any 'proof' of that... ;)

You really are a product of what you eat, drink and think. So, that being considered, are *you* surviving, or *thriving*? People can and frequently DO live on



standard cooked/processed fare – yet your health and well-being can be so much more vibrant if you eat raw. Most cooked/processed foods are very toxic and deficient in terms of enzymes/nutrients. The body simply cannot recognise these grossly denatured, addictive ‘foods’ and draws little nutritional value from them.

Many people go raw to deal with major health crises such as cancer/diabetes/heart disease. Humans seem to often let their health get into a dire state before seeking healing. It’s been noted that humans frequently seem to treat their *cars* with more reverence and care than their own bodies.

The reason I love the raw lifestyle is that for me, it’s all about simplicity and getting more in connection with nature. There’s SO much conflicting dietary/nutritional info available – raw foodism, in contrast, is so straightforward: just eat natural, raw, whole foods. Simple. There’s no pharmaceutical company profiting from you eating raw – food truly becomes your medicine and your body heals itself. The people making money from your new habits are likely to be organic farmers – well, GOOD ;) This is a sustainable way to reduce your impact. You can sidestep the loop of creating/adding to the chaos of the current food industry.

\* Cooking and processing foods destroys essential enzymes, vitamins and minerals, literally taking the life out of what we eat. Enzymes are the energetic life force of food. As well as helping to digest and absorb food, they are responsible for *every* chemical reaction in *every* cell in the body. You cannot function without them, so for vibrant health, it is important to get the best supply of live, healthy enzymes you can, from raw and living foods. If you eat food without live enzymes, the body simply cannot use that food efficiently and it causes toxicity and ultimately disease. Heating food over 40-45°C (104-113°F) destroys the enzymes. If you eat mainly ‘dead’ cooked/processed foods, you don’t get enough enzymes and the body has to scavenge from other metabolic processes, using energy and resources inefficiently, just to function. If you eat predominantly ‘live’ foods however, you intake a huge amount of enzymes to fuel your body, thus increasing your energy levels and vitality.

Every thing you consume is assimilated and literally becomes you. Food is the fuel on which every cell in your body runs, so eating dead, lifeless food will lead to compromised health.

\* This lifestyle also often entails shorter food preparation times, less washing up and savings on energy bills due to the decrease in cooking. Some people find their food bills lower too, especially if they grow some of their own food and their transition involves dramatic changes, i.e. from eating lots of meat, confectionary and fast food to a mainly vegan raw diet. When you eat a high raw organic diet, you eventually end up needing less food by volume, as the foods are so nutrient rich and your assimilation is so vastly improved that you simply need less food to fuel

your body efficiently. Naturally this means that going raw can become a cost effective change.

\* Aside from the personal benefits, being raw is also the ultimate sustainable, ecologically sound diet - less of EVERYTHING is required. Just think about it - fewer pots, utensils, barbecues, pan scrubbers, supermarkets, commercial drugs and remedies, less packaging, transport, mind-twisting advertising, pollution, environmental damage - the list goes on and on...

## What is it like when you *start* eating raw?

So, you've decided on a life more 'raw-some'...what happens now...?

Aaahhhh yes, the shifting begins...

The typical pattern at the beginning is that people seek to replace heavy cooked/processed meals with raw substitutes and therefore eat much more complex 'gourmet' raw foods than someone whose been raw longer. Despite that, newbies almost certainly begin losing weight and healing, as they've stopped eating those other, toxic foods and the body takes the opportunity to release waste. In the long-run, it's really what we *don't* eat that heals us - in the beginning though, just starting to eat *more* raw will trigger your healing.

At the start, you might eat 70% raw and 30% standard junk food and still see healing. As you move along on your raw journey though, the more you leave the 'junk' out *completely*, the faster your detox progresses.

The first few months raw can feel like an incredible journey into the unknown - there is so much 'new-ness' to explore. It might verge between exhilarating to confusing and even outright painful, depending on your detox. There are many ways to help yourself stay in balance - reading raw food literature, getting support from others, breathing deep and so on. There is usually a lot to adjust to and it may take a few *years* before you feel fully relaxed and comfortable with your raw lifestyle.

Eating raw is very different to eating cooked/processed, complicated meals - you might find, for example, that you don't feel 'full' in the same way anymore after eating. This is something to adjust to; raw foods are so nourishing that you can fuel yourself on much smaller quantities than you previously ate. This might sound great financially, yet from an emotional/psychological viewpoint, it can be very challenging to adjust to smaller meals.



You might find that in the beginning you also obtain various appliances, like a dehydrator, which you find become a bit redundant later (though they can obviously still be used to make treats for others or special occasions.) It's perfectly possible of course to be raw with *no* 'equipment' - just like all the other animals. As I write this, I've been raw for over five years and do not

personally own any kitchen equipment – I get by and stay 100% raw just fine. Usually, however, people find it useful to at least have a blender. When people first go raw, they typically lose a lot of weight, as the body clears old waste from every cell. It's like wringing out a dirty sponge. People often become very skinny-looking, as the toxins are being really 'wrung out' from their cells. Then they re-build to an appropriate weight for their structure – like the sponge springing back to form after squeezing. There may be much concern from others during this 'skinny' stage. It is advisable to get support at this time from others who understand what you're experiencing. Try also sharing info with your loved ones about this typical pattern of detox weight loss, to calm their fears.

It is particularly useful to support colon health when starting out raw, as it's like you're opening the floodgates for detox. This can be very demanding physically. Regular colon cleansing will help enormously; schedule a series of professional colonics (e.g. one a month for 5 months) or invest in a large enema bag for home use. This will help ease your detox considerably.

When I started a healthier lifestyle, I had many 'perfectionistic' ideals about being raw and felt totally overwhelmed by all the new info I felt I 'needed' to learn. (I have a large amount of 'perfectionist' Virgo in my chart... ;) This often led to bitterness, frustration, self-pitying and anger. Questions arose like: why wasn't I brought up like this from the start? Why do I have to learn everything now for myself? How am I going to remember/have time daily for fifteen minutes of yoga, ten minutes meditation, three minutes of sprout-care, time to skin brush, take my supplements, check the dehydrator, connect with Spirit, write, read, share with others, etc, etc...? If you'd rather avoid such mind spaghetti, I suggest going easy on yourself. Remove the expectations and pressure of trying to change *everything* at once and '*forever*' and just embrace your new lifestyle gently, one day at a time.

\* Going raw is like entering into massive detox, finally giving your body the time and correct fuel it needs to thoroughly house-clean, clearing out the old debris from every single cell. Weight loss is therefore more or less inevitable for *anyone* switching to raw from a standard diet, even if they are already slim, as the body always takes the opportunity to clear out all the old toxins first, before levelling out at a healthy and natural weight. Cellulite also retreats on a raw food diet and stretch marks fade.

## Don't you get cold in winter/cold places?

There are many things you can do in cold places/winter time to feel warmer. You might drink hot or warm drinks, like herbal tea or water with lemon juice. You might warm your soups. As long as the soup is not heated to a point where it's uncomfortable for you to keep your finger in

it, you are preserving life-force. Or you can warm the bowl instead (in a 'bain marie'), which will transfer heat to the soup. If you want to make a cooked soup, you can still get the benefits of some raw vegetables by adding them in just before serving. Warmed foods, straight from the dehydrator are great during winter too. Use naturally warming herbs and spices like cinnamon, nutmeg, garlic, cloves, ginger, mustard, coriander, caraway, cumin, fennel, cardamom and chives. Try to eat plenty of 'heavier'/fatty foods in the wintertime, like nuts, seeds, avocados and so on. Avoid eating foods cooled from a fridge or freezer – try to eat at room temperature or above. Aside from food, exercising is another key that people often overlook for keeping warm in winter. I thoroughly recommend rebounding for example as a great, quick, effective indoor activity. Get your body temperature up, your circulation flowing and your metabolism running: you'll feel much brighter. Also be sure to dress very warm in the winter if you feel sensitive to the cold and are not yet willing to increase your resistance to it. Be sure to keep your head and feet warm in particular, as these are two of the main areas from which we lose heat. Activities that raise the body's core temperature, such as infra-red saunas or long hot baths can also be very useful in cold places.



It's often reported that the longer you are raw, the more your body is able to deal with temperature extremes and regulate itself. Think about it – deers survive the winter out in the woods, eating grass. We can adapt to colder environments too. I've experienced this myself, to my surprise. During my first winter of being 100% raw, I was in the UK. It was a cold, wet winter and I was living in an old, cold, damp house. I was also working in the daytime in a raw household where no heating was used. It seemed like a potentially miserable situation...and yet, I was fine: I survived the winter, 100% raw. I could see how my tolerance to heat extremes was shifting and that, along with using the tips outlined here, got me through the winter. (Incidentally, I rarely *enjoy* being in cold places these days and avoid it as much as possible. It seems to me that humans started off round the middle of the planet, then spread ourselves out everywhere. Just because we are *able* to live in far-flung, freezing places, doesn't necessarily mean it's optimal for our health and personally, I tend away from such places.)

## Is it important to eat organic?

I feel it is important to choose organics whenever I can. Non-organic produce is often heavily sprayed with pesticides, herbicides, fungicides and many other chemicals, which are toxic and poisonous to our health. Organic fruits and vegetables are protected by farmers, to ensure no

toxic chemicals are used in the soil or on your food. Because such care is taken with organics, they have a much higher nutrient and enzyme content than the less expensive, non-organic produce. Not only is using just organic produce MUCH better for your health, but using *non-organic* is actually HARMFUL FOR YOU. That's a point that few people seem to realise. Ingesting all those chemicals means they become part of you, corrupting your tissues. Aside from being harmful for the consumer, all of those chemicals of course have a devastating effect on the environment too. Soil becomes weakened and toxic, rivers get polluted, farm workers develop diseases (especially cancer), animals get disturbed by the chemicals, eco-systems are thrown out of balance and so on. Massive scale 'Agri-farming' methods are extremely damaging and go against the rhythms of nature. Organic farmers tend towards working *with* nature, rather than indifferently. (Even more inspiring tend to be biodynamic or permaculture-based farms, working in a spirit of unison with nature.)

I recommend using only organics whenever possible, especially with water-rich produce such as lettuce/celery/strawberries. These foods don't have skins to remove and have such high water content that any chemicals present will be in the entire plant. If you *do* eat non-organic foods, aim for those with thick skins, such as avocado, papaya or pineapple. If using non-organic produce such as cucumbers, apples or pears, be sure to wash and peel these thinner skins. Although there will still be toxins in the food, you'll be reducing your exposure somewhat.

As stated elsewhere, personally, if I was in a situation of choosing between a meal of organic cooked/processed foods or non-organic raw foods, I would choose the non-organic raw meal. I wouldn't feel so great about the chemicals, but I'd feel a lot worse if I had cooked/processed food, even if it *is* organic ;)



This useful table below gives a summary of the foods that are most and least affected by spraying. As you can see, foods such as strawberries are definitely best eaten organic, whereas something like an avocado is less affected.

Many people feel they 'can't afford' to eat organic. Thankfully in recent years, the organic movement has grown tremendously and these days you'll find much more availability and lower prices than a decade or so ago. Yes, the prices tend to still be a little more expensive than conventional produce, yet consider what you're getting for your money: food that has a higher nutritional content, has been grown with more love and care, will not fill your system with toxins and has (most likely) not added as much to global pollution. By buying organic, you encourage smaller organic farmers to keep on growing, rather than the agri-farmers. You can also consider the slightly higher cost right now as an investment

in your future – you’re less likely to be dealing with disease if you avoid foods full of chemicals. Consider also the fact that in truth, organic food is not really more expensive than conventional, if you examine the situation more closely. Taxes go towards both subsidising intensive farming and attempting to clean up the resulting flow of toxins into our environment/water supply. This is a ‘hidden’ cost of conventional foods. There is also frequently the issue of choosing between local, non-organic produce or organic foods that have been transported thousands of miles to their destination. This is a tricky one to decide for many. The local produce will very likely have more life/enzymes/vitality, as it has come to you more directly after being picked. The local produce will also have contributed less to global pollution from transportation and by buying it, you’re probably supporting small local farmers to keep growing. YET, do you really want to eat those chemicals and encourage them to be growing ‘conventionally’? The ‘ideal’ of course is local, organic, just-picked produce ;) My recommendation? Grow your own ;)

The following table was developed by the ‘Environmental Working Group’ in the US and can be seen in full at <http://www.foodnews.org>. Here I’ve listed the top twelve foods highest and lowest in pesticide load, from a standard raw foodie perspective (i.e. ignoring foods such as potatoes, frozen items, etc). Those foods highest in pesticide load are definitely better bought organic.

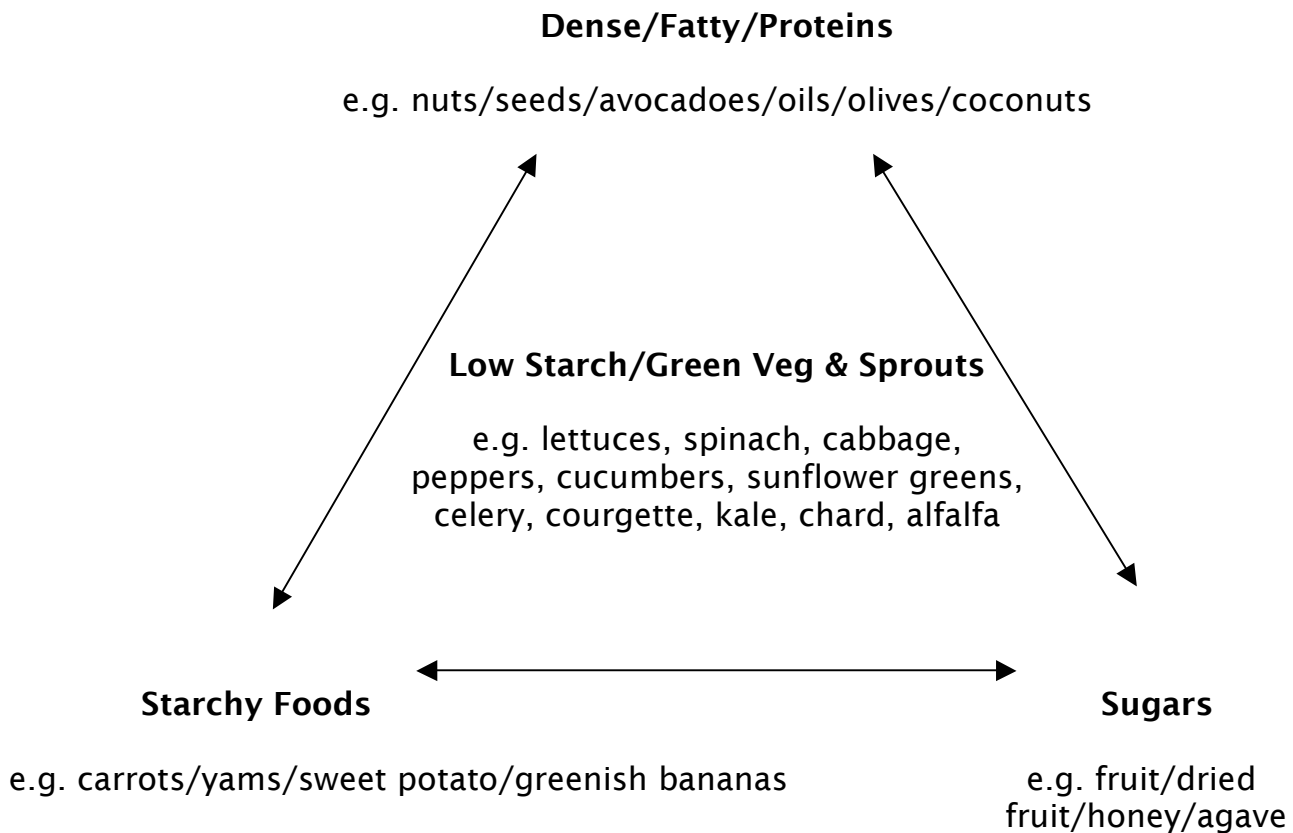
Highest in Pesticides – BUY ORGANIC	Lowest in Pesticides
Peaches	Avocado
Apples	Pineapples
Sweet Bell Peppers	Mango
Celery	Asparagus
Nectarines	Kiwi
Strawberries	Bananas
Cherries	Cabbage
Lettuce	Broccoli
Grapes (Imported)	Eggplant
Pears	Papaya
Spinach	Blueberries
Carrots	Watermelon

## Are certain food combinations better avoided?

Wild animals don’t combine foods. You’re unlikely to see a bear catch a fish, then pick berries to go with it before eating. Animals generally eat one thing at a time – a ‘mono-diet’. Different foods digest in different ways. When we combine foods together, it can be challenging to digest.

The simpler you keep things, the easier it is for digestion. All you need to know are a few simple food-combining rules and you can improve digestion immediately.

For optimal digestion, try not to eat raw nuts and seeds, avocados, etc (fats) with your fruits (sugars), or starchy vegetables with *either*. Green leafy/low-starch vegetables combine fine with just about everything. See the diagram below:



(N.B. this diagram is simplistic, as foods don't consist *exclusively* of sugars, starches or fat/protein. So aim at not combining *concentrated* protein foods with *concentrated* starchy foods and so on.)

Try keeping melons separate from *all* other food. They digest extremely quickly (in about 20mins), so are best eaten by themselves. You can, however, eat different melons in one meal if you like, with little digestive interference. Some people also keep other fruits separate from each other. For example, it's recommended to avoid eating 'acid' fruits, such as citrus, with 'sweet' fruits like bananas. 'Sub-acid' fruits like peaches and plums can be enjoyed with either acid or sweet fruits.

Examples of **acid fruits**: oranges, pineapples, lemons, grapefruit, tangerines.

Examples of **sub-acid fruits**: Apricots, strawberries, nectarines, raspberries, blackberries, mangoes, apples, cherries, peaches, plums, gooseberries, pears, kiwis, grapes.

Examples of **sweet fruits**: dates, bananas, raisins, papaya, figs, prunes, persimmons, grapes.

Be cautious of eating fruit as a dessert, as it gets stuck behind other foods in the digestion queue and ferments. I would recommend instead eating fruit *before* other foods. Try to be aware also of ‘overlapping’ your meals. After eating anything, or drinking a juice/smoothie, leave sufficient time to finish digesting *that* before you eat more. Otherwise, if you’re half-way through digesting some pineapple, for example and then eat a nut burger, you’re overlapping digestive tasks and asking for complications. An ideal set-up would be eating fruit, or drinking veggie juice before a meal, on an empty stomach (for better absorption), then eating about 30mins later.

The high enzyme content of raw/living foods helps digestion enormously, meaning raw foodists can afford to make more ‘mistakes’ than cooked food eaters. Particularly for those starting out raw, it can be much more a case of ‘anything goes’. If you’re coming from a background of processed junk foods, just the fact that you start eating mostly or all-raw means your digestion and health will improve. There is more ‘margin for error’ in the beginning. As time goes on, your cells get cleaner and tighter and your body lets you know it would prefer simpler combinations. Then you can start refining things, as feels good to you. That’s really what it comes down to – do *you* feel good after you eat a certain combination? Nobody knows your body better than you. In moderation, most raw foodists find they can eat ‘less-than-optimal’ raw combinations and feel alright afterwards. Eat complicated recipes to excess however and you’ll unlikely feel great. (Taking digestive enzymes at such times will help.)

If you’re *transitioning* to 100% raw, be aware that the *more* of a meal that’s raw, the more you can afford to have combination clashes. This is good news if you find eating salads challenging, for example. Making salad dressing with whatever ingredients you like (raw or not), not only makes the salad more attractive to you, but the enzyme-rich veggies also help you digest the non-raw foods.

One major benefit of good food combining is it helps conserve energy. Digestion of food takes a lot of energy. The simpler our combinations, the easier it is to assimilate and use this fuel efficiently. As a result, you’ll feel cleaner, lighter, alert and more energetic. ‘Good’ food combining will also help you lose excess weight, especially if you avoid complicated meals late at night. Ideal combining also helps you *maintain* an ideal

weight. Your digestion and elimination become smooth and regular and your skin clear and fresh.

There are also reasons why someone may want to *deliberately* not eat 'good' combinations. For example, as we've seen, fruits and nuts don't really combine well. HOWEVER, for a diabetic, or someone dealing with blood sugar irregularities, eating these two foods together slows sugar absorption into the bloodstream. The heavy nuts interfere with the much swifter digestion of fruits, so, a diabetic can use this to their advantage, to be able to eat fruits, increasing the range of foods they can eat.

Other raw foodists may choose 'less-than-optimal' combinations like this to actually *hold themselves back* from rapid cleansing/detox. A raw lifestyle is highly cleansing and the more we eat simple combinations and mono-meals, the more we press onwards into cleansing. The body always works towards optimal health - every chance it gets to move more into cleansing, it takes. After months or years of simple eating, it becomes very uncomfortable to eat raw pie for example, as the digestion's become so unaccustomed to such mixtures. While some people love being in that space of feeling so 'clean' inside, others don't want to go there yet. They want to still enjoy raw gourmet foods if they choose, so will eat more complicated things sometimes - perhaps on 'special occasions' - to stop their body from moving further into cleansing.

You don't HAVE to do anything, or be 'perfect' with combining. Just do the best you can, while enjoying yourself. A less-than-optimal combination's unlikely to leave you in hospital - this isn't a critical matter - it's more about tweaks that can take your health to the next level, whether you're 40, 80 or 100% raw.

It comes down to this: better food combining means better digestion and less fermentation. That means more effective nutrient absorption and less back-up in the intestines. Keep things simple and let YOUR body be your guide.

**...and remember, if I can do it, ANYONE can...  
ENJOY :)**

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So...that's covered the basics of being raw, that most people want to know about ;)

If you'd love to now know MORE about being a happy, healthy, balanced raw foodist, please see my other books and products at:

<http://www.TheRawFoodWorld.com>

and don't forget to use your SPECIAL 25% OFF discount for my e-books at THIS LINK:

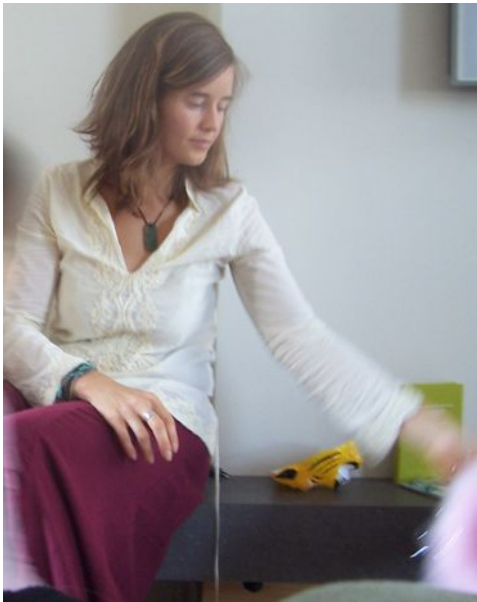
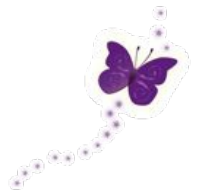




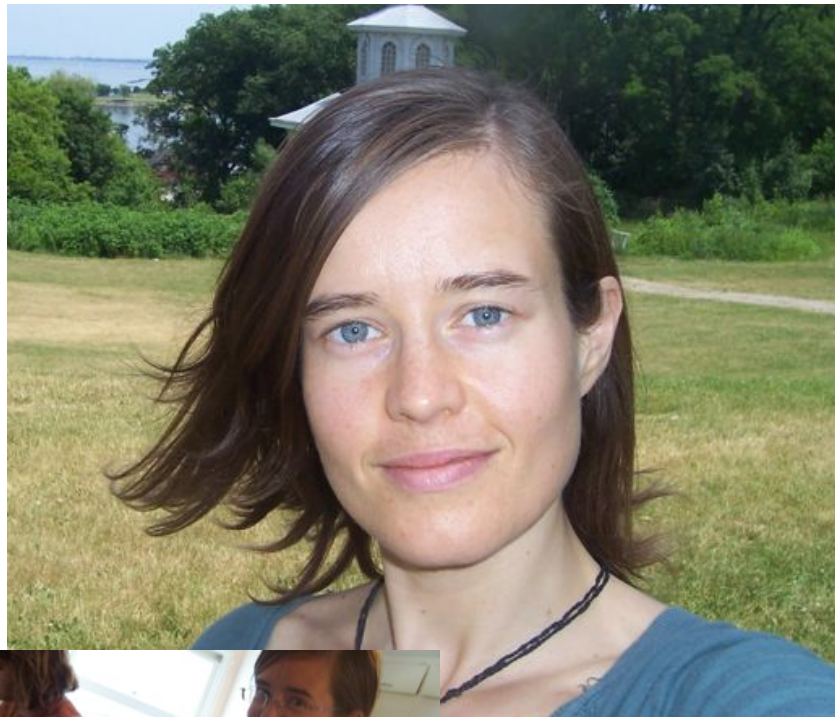
Then



*If I can do it, I'm sure YOU can ;)*



*Blessings on Your Journey...*



Now





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