

GO FRUIT Yourself!



Freelee

The must-have raw food newbie manual

RawFitBitch.com

Welcome!

Hi, it's Freelee here, aka the RawFitBitch. Thank you for purchasing my book. This book contains my blog entries from November 2006 when I started my raw food journey. As you will learn, I made plenty of mistakes before I "got it right." Those mistakes I will go over with you in-detail now and offer more appropriate conclusions. These entries were taken from a raw food website I used to frequent, so throughout the blogs you may see the occasional reference to other forum members. For easier perusal I have edited out most of this. Please keep in mind they are casual blog entries so grammar may be a bit lax. All links featured within this book are clickable on MAC but not on PC at this point. Please copy and paste link into the address bar to view. Sorry for the inconvenience.

I'm not going to recommend any supplements or quick-fix gimmicks in this book, just honest, real advice that you can implement into your life straight away. So sit back, enjoy, and LEARN from my mistakes so your raw food journey is more fruitful!

Follow the trail of fruit-loving insects...

〈3 freelee



About me & Acknowledgments:



I was born in 1980 and grew up on a farm in Queensland, Australia. I have always loved health and fitness and like most people - love looking and feeling my best. I have worked in the health and fitness Industry since my late teens. I have been on just about every diet you can imagine and have finally found, not a diet, but a lifestyle - that works. Although I have classical training in Nutrition, I generally don't use it due to its lack of accuracy. Most of my knowledge has come from extensive personal research and practical application.

I am passionate about helping others become the best they can be. I am also passionate about preventing the needless slaughter of animals for food and also in the preservation of our Planet. These factors are what drives me today to be my best self and to tirelessly spread the high carb, raw vegan message.

I am an Author, International speaker and educator, Youtube health guru, online raw food coach and all round fit bitch ;-)

There are SO many people to acknowledge but if I had to pick 3 people, they would be:

- * My partner Durianrider, simply the most inspiring person I know
- * My mum - the most giving, patient mother in the World
- * Doug Graham - For his amazing contribution to the raw vegan movement

Please note: If you decide to reproduce any of the contents in this book please link back to my ebook > <http://www.30bananasaday.com/page/freelee-s-ebook> so people can learn more about this lifestyle. Proceeds from this ebook go towards spreading the raw vegan message to the masses!

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My story

I have always desired to look and feel my best, however both were impossible for me to achieve. I grew up on a farm where I was lucky enough to have lots of organic fruits and vegies, unfortunately, there was also plenty of meat and dairy. We especially ate a lot of fish or in my case *avoided eating a lot of fish*. I used to HATE fish with a passion so just about every night when mum presented us with fish I would come to the table with pockets full of tissues. Every time my dads head looked down at his meal, I would grab a tissue and basically regurgitate the fish into it and stuff it in my pockets. At the end of the meal I would flush all the fish down the toilet. This 'dirty little secret' went on for years until dad caught me and gave me the biggest hiding EVER. After that I just forced it down like a 'good girl'...Ya know it's interesting how sweet fruit never required any secret regurgitation.

Even though we had lots of fruit around us, like many children, I still didn't get enough. I tried my best to make up for it by secretly raiding the pantry for icing sugar, which I would eat half a cup of with added passionfruit. Did I have a sugar addiction problem? Or some unnatural sweet tooth? Of course not. I had a carbohydrate or sweet fruit deficiency, that's what I had. If only I was taught that I could have eaten several lbs of passionfruits instead but the food pyramid said 'only a couple of pieces of fruit a day', so that's what I got.

So basically I had an undercarbbed upbringing like many other children out there today and parents wonder why kids steal money for lollies. Don't get me wrong, my mum did the best she could with her level of knowledge at the time. She was MUCH more switched on then most of my friends parents were.

I moved from the country straight into the thick of it to Sydney, Australia when I was 16. My first job was at McDonalds. Remember 'SuperSize Me'? Well forget living on McDonalds for a month ~ I did it for a year! Granted I didn't eat it EVERY single meal but I did eat McDonalds for an average of 2 meals a day, 6 days a week for one year. All I can say is LUCKY I was young or I may be dead today. I put on about 10kgs (despite a quick metabolism), my skin covered in tiny oily bumps and I never felt so bad in my life.

...And yes they DO drop burger patties on the ground and put them back on the burgers!

Pretty soon after that, I met a guy that I would date for the next 4 years. He was a drug-dealer and always had pockets full of free drugs. This was very exciting for me coming from the boring country. I didn't hold back and got straight into taking ecstasy, speed and cocaine for the next 5 or so years. I did a lot of damage during this time. I became anorexic and bulimic. One year I dropped nearly 20kgs. My BMI was in the anorexic range. Being skinny became my obsession, people used to say 'I would fall down a crack if I kept going' and I was always happy to hear that.

One big saviour for me was starting yoga, it taught me to focus more and become more aware of my body. My yoga teacher at the time was a vegan and she was very energetic and vibrant. She also ate a lot of raw food and recommended I get a juicer. I got the juicer in 2001 and it came with a living foods recipe book. I was fascinated and knew I was onto something.



I started to make little (fatty) raw food snacks but they didn't sustain me. I tried this version of raw for a few weeks but was eating hardly any fruit so I fell off the wagon. I didn't think about raw again really until 5 years later.

I became a personal trainer soon after and learnt a little more about nutrition (or so I thought!). The crowd I was hanging with *looked* healthy and fit enough but they also took lots of drugs which I wanted to get away from. I dated a former "Mr Australia" bodybuilder, a lovely guy but constantly doing cycles of steroids, all in the pursuit of a "perfect" physique. He would pop about 15 different coloured pills a day for breakfast.

I was in a constant state of wanting to strip some bodyfat, so he had a special Dr who organised some thyroid accelerating medication and some performance-enhancing clenbuterol. This, plus lots of exercise and severe calorie restriction helped me shed about 10kgs. I looked ok for a while on the outside and I started to feel worthy. People were commenting and wanting to know what I was doing, it felt good to get all that praise but I was dying inside. I was on the edge of burning out because I was only eating about 1200 calories a day and working out 2-3 times in that day. I developed shinsplints that I iced with frozen peas every night and my feet were always covered in blisters from overtraining. Predictably I "hit the wall" within a few months, broke up with my boyfriend and went into a deep depression. I felt like I didn't want to live anymore. I gained all the weight back and really started to question everything. I was suffering from a systemic candida overgrowth which contributed to the acne I had on my face, chest and shoulders. I had chronic digestive problems so bad that it impacted my social life. Some days I didn't have the energy to get out of bed and would have to make up some excuse to my morning clients.

During this time I really started to search for an answer. I knew I was sick and needed to help myself soon - before I went off the deep end. I tried the metabolic-typing diet which had me eating liver for breakfast and a whole chicken a day BUT only one or two pieces of fruit a day - because fruit had TOO MUCH SUGAR. I tried the blood type diet, CSIRO, atkins, zone, you name it, I tried it. I had terrible candida issues so of course I couldn't eat fruit right? I spent THOUSANDS on natural therapies, saw obese naturopaths, well-meaning homeopaths, chinese medicine Dr's, auryvedic Dr's and Gastroenterologists.

I remember the Chinese Medicine Dr took a smoke break in the middle of our consult - Yes in the MIDDLE of our consult and came back reeking of cigarettes. A good reminder to take advice from HEALTHY people! The aurveydic Indian Dr was also a smoker, overweight and tired, he said I was a Vata type and that raw food was not suitable for me. I bought \$300 worth of supplements in one consult with him. It did nothing but clog me up further.

Maybe the biggest insult was the Gastroenterologist I visited a few times, he was meant to be the best in Australia. Each 15min consult set me back about \$250. Boy he must be good I thought as I reluctantly swiped my credit card. He was fat, looked like an alcoholic and had some skin disorder - all which didn't instill confidence in me! I was going to him for health after all. He sent me for an expensive endoscopy and diagnosed me with an "inflamed gut....hmm ok so what do I do about this Doc? This is almost word for word what he said ~ "Well in a few months, there is this new drug coming out from the States which will be perfect for you. In the meantime here is a script for -----". I said "Doc, I don't want any more drugs!". Disheartened, I got up and walked out.

I began reading a book by Paul Chek - an exercise physiologist. Even though he recommended a meat-based diet - he really emphasised the importance of eating raw food and this vibed with me. So I started to research raw again.

I knew in my heart this was it. Raw was the answer.

At first it was challenging and almost impossible to find any books on raw food. The first I read was by Leslie Kenton called "Raw Energy". I devoured that book in one night. I was hungry for more. Next I found "The Raw Detox Diet" and followed those principles for a while but found all the fatty recipes weighed me down.

Next was "The Sunfood Success System" By Dave Wolfe. The motivational aspects were fantastic but I couldn't afford his expensive superfood supplement program (and it just felt wrong). Around the same time I found an Australian raw food forum and delved into 100%. You will soon read a month's worth of blog entry critiques from this time.

Finally after a few months I went to my first raw food picnic and met my friend Nadia who was JUST eating mangoes. I was fascinated, she ate about 10 mangoes while I scoffed down a high fat, gourmet raw creation. Anything involving sweet fruit excited me so I asked her more. She told me about Doug Graham and 'The 80-10-10 Diet'. I had heard of Doug through a raw food forum, someone was actually insulting him! Within a few months I got a consult with Doug and went on banana island, I had NEVER felt this good in all my life. I knew I had found something wonderful! This was at the beginning of 2007.

I was going ok on the lifestyle till about August 2007 when I started to drastically undereat because I wasn't seeing the weight-loss results I wanted to see. I started dating some guys off a dating site and pretty soon I fell off the wagon into cooked food again. I went crazy, once I ate 30 veggie plates at 2 different sushi places, I would have eaten them all at one place but was too embarrassed. I would visit 3 or 4 food establishments in one night and stuff my face. Afterwards I vomited it all up again. I did this over and over for about 1.5 months until I thought I would die.

I went to my second motivational Tony Robbins seminar and decided then and there to go on a 30 day raw challenge with a girlfriend. We ate only watermelon and mango for the 30 days. It got me back on track. I started to really get the fruit in and things were looking up and with the help of Tony Robbins I was attracting a lot of abundance into my life. Although I had known Harley aka Durianrider for a year already I hadn't seen him in a partner sort of way until one day he said to me "I really like you" and something clicked and I realised I did too. We became partners and started pounding the fruit in together lol. At first my weight didn't reduce but I educated myself and realised that my body was holding onto all the calories it could in fear of another famine. This time the famine didn't come so my weight started to come down again. I am now leaner and fitter than ever and eat the most calories I ever have. I have lost a total of 40lbs, my skin is clear, I have reduced my 5km running time to 20mins from near 30mins and I feel awesome! You Can have this too. Please read my book carefully and enjoy!





BEFORE on a meat-based diet



AFTER on a HC raw vegan diet

rawfitbitch.com

Freelee: Go Fruit yourself!

What is a HCRV lifestyle?

HCRV stands for: High carb, raw vegan. All food must be consumed in its raw, living state. If you can't make a meal of it, then it's not food. This lifestyle is totally free of bowel-clogging animal products. The principles are based on nature's design and 'The 80-10-10 Diet' by Dr Douglas Graham, a must-have book for anyone serious about health. In a nutshell, the lifestyle recommends a diet where a minimum of 80% of daily calories comes from carbohydrates and a maximum of 10% calories comes from fat and protein. This isn't just a diet, it's a lifestyle and I will talk more about the other important lifestyle factors later on in this book.

Why a HCRV lifestyle?

What improvements can you expect on a high carb, raw vegan lifestyle?

Although everyone is different, if you stick to the program the following results are very common:

- Infinitely improved digestion and elimination
- Clearer skin, whiter eyes, shinier hair and stronger nails
- Much more energy and motivation to exercise
- Heightened mental clarity
- Positive fluid loss as suspended toxins leave the body
- A sense of well-being that can only be achieved on a HCRV lifestyle
- No more bingeing due to total satiation after meal time
- No longer dependant on stimulants like coffee to get through the day
- Depression becomes a thing of the past
- More connection with nature, the animals and yourself
- Start to forge new raw friendships/a whole new community
- Overcome drug dependency
- Waking up fresh and with energy rather than groggy and lethargic
- Acne and other skin conditions begin to or completely heal up
- Completely overcome Chronic Fatigue Syndrome

My Blog entries



Nov, 2006

Hi everyone, I'm new...

Fri Sep 01, 2006 1:12 pm

Hello,

Just wanted to introduce myself. I live in the eastern suburbs in Sydney, and I'm in the fitness industry. I've been toying with going raw for probably about 4 years, but the time hasn't been right until now and I'm so excited!!

Even more exciting is finding this website! I have been on others that are good, but overseas, and I'd just really love to connect with other Aussies.

The problem with my eating is that I am a binge-eater. I have been exploring this for the past couple of years, which I think (along with regular yoga) ultimately has led me to the raw food lifestyle. Is there anyone out there with bingeing issues who can relate?

I have noticed that since going about 85% raw I haven't felt like bingeing as much, and I think it may have to do with my body actually getting its nutrient fix. Even when I eat foods like sprouted bread, which is minimally processed, I still feel like overdoing it. I'm not sure whether its the grain factor and the affect on blood sugar levels, or whether its because it's slightly cooked. Can anyone shed some light on this?

I also have a candida issue in my small intestines which I'm confused about how to address as a lot of literature out there recommends not eating sugar of any sort, even fruit, but I feel so good when I eat fruit!! Can I starve the fungus another way?

Any advice would be greatly appreciated...thanks in advance.



Ok so here we go! Can you see how straight away I have identified myself as a “binge-eater”? Like it is some sort of clinical disorder or something. I really didn’t have a clue. At this stage I have accepted it as my identity. This is my first mistake, and is due to a lack of education on nutrition and human physiology. What I failed to tell readers was that I am super-active, regularly performing two intense workouts a day. Let’s see how my journey pans out...



My RawQuest

by Freelee » Sat Nov 04, 2006 8:02 am

Today marks the first day that I embark on my 1 month challenge consisting of:

- * 20 minutes meditation and pranayama morning and night (including 6 salutes to the sun)
- * Before beginning the day I will write down tasks that need to be completed, plan my day.
- * Complete a journal entry everyday including feelings, food and exercise.
- * Read at least 1 hour of SunFood Diet Success daily and complete tasks in book.
- * Pay someone a compliment and say hello to a stranger daily.
- * Recycle, be active in the solution to Global Warming.
- * Keep my life clutter free by giving away clothing, material possessions to the needy.
- * Write down and visualise my goals daily with emotion.
- * Jot down my detox symptoms, cravings etc
- * At least 2 litres of water daily, no nuts only seeds.
- * Be happy and make sure I live in the moment.



Wow! So these are great goals to start with. As you can see my intentions are honourable. I always have a habit of setting my standards ultra-high and sometimes becoming overwhelmed in the process. I also have a history of dabbling in anorexia and bulimia, let's see how I go...

So today is the first day of my challenge, so far:

- * Meditated, pranayama & visualised for 15 minutes, yoga salutes for 5 minutes
 - * Skin brushing for 5 minutes before shower
 - * Had fresh coconut water for breakfast
 - * 2 hours later had a green juice and read about 10 minutes of Sunfood
 - * Went to gym and did 20 minutes on Cross-trainer & 1 hour Ashtanga Yoga
 - * Wheatgrass shot
 - * 1pm- Just got home and had a grapefruit & apple
 - * Now will complete some tasks!
 - * Was meant to weight-train but opted for my sunny deck instead! Loving the tan I'm getting on raw
 - * 3pm - Made a salad with loads of different greens, cherry tomatoes, 1/2 avocado and sunflower seeds (1/2 blended as a dressing) so yum.
 - * 4-6.30 - trained 2 clients.
 - * 6.30-7 - did cardio- 20 minutes hard stepper, 5 minutes rower, 5 minutes x-trainer.
 - * had another salad same as above.
 - * 7.30-8.30 - trained another client
 - * 8.45 - ate a grapefruit and green apple (probably should've just gone to bed)!!
- Now I'm going to write in my journal and meditate for 15-20 minutes.

Goodnight all....Day 1 successful



I can see where I went wrong immediately here, and actually thought it was a success! I started the day with coconut juice, instead of water. When we are dehydrated, we tend to reach for some sort of juice or juicy fruit first thing in the morning for hydration, when all we need is water. The body does not have a "coconut juice deficiency" but a water deficiency. I now start my day with at least 1 litre of water and aim to drink another 2 litres throughout the day or more if I am active or if the weather dictates it.

My next mistake was just having a small juice for breakfast! Breakfast should be the biggest meal of the day. I now have at *least* 1000 calories for breakfast, which is equivalent to about 10 bananas. My whole day in the above blog only came to around 1000 calories - NOT a good way to stay raw. Considering how active I was with 2 exercise sessions, in addition to training clients, I should have had at least 3000 calories and preferably 3500-4500.



Tue 7th, Nov 2006 11:14 pm

I haven't posted here the last couple of days but I have been writing in my diary so the challenge is very much alive and kicking!

Tuesday 7th was as follows:-

Food Diary:

8am: Coconut juice

9am: Green juice (grapefruit, green apple, heaps of greens, cucumber, mint)

12.30: Wheatgrass juice

1.30pm: Grapefruit and green apple (addicted to Ruby grapefruit!)

2.30pm: Mixed green salad with 1/2 avocado, stevia, cucumber, 1/2 blended as dressing

6.45pm: Mixed green salad with 1/2 avocado, olive oil, lemon juice

8.30pm: Grapefruit and green apple.

I'm also taking a candida probiotic and a liver supporting, candida clearing herbal naturopathic tonic and olive leaf extract.

Digestion is so much better since I started combining less foods and also since I juice fasted on Sunday.

One thing I've noticed is darkening under my eyes a little, is that iron deficiency?

In the morning I did 15 minutes of meditation (visualisation + pranayama) & 5 minutes salutes to the sun, skin brushing & wheatgerm oil self massage accompanied with self-loving affirmations! lol.

Also during the day I read 1.5 hours of Sunfood diet book and completed 2 exercises.

Exercise-wise I had a break from cardio, but did a 1 hour, very challenging leg workout then 10 minutes of yoga.

Went to Art Class (my 3rd class) and did some charcoal drawing which I absolutely loved, also feels great and somewhat therapeutic using the creative side of my brain.

Trained 6 clients in the morning and they all left with a huge smile which is very satisfying...





Oh man I like to bang my head against the wall. Can you see how my under-eating on fruit is leading to higher fat consumption later in the day? These days it is VERY rare for me to have a whole avocado in one day. Why? Because now I make sure I get sufficient calories from sweet fruits. I have intentionally not consumed oil for the past 3 years or so because it is 100% fat and the fat you eat is the fat you wear. If you have a deficiency in body fat then maybe oil will fill that void for you! ;-)

Those low calorie green juices every morning were setting me up for a fatty dinner. Fatty plant foods from whole sources such as nuts, seeds, and avocados are fine occasionally. However, if you are regularly consuming over 10% of your daily calories from fat, then I suggest you cut down, or you will be heading for problems associated with excess fat in your bloodstream. Keep in mind, it's no fun to be around a fatted out, low carb slug either.

"I'm also taking a candida probiotic and a liver supporting, candida clearing herbal naturopathic tonic...."

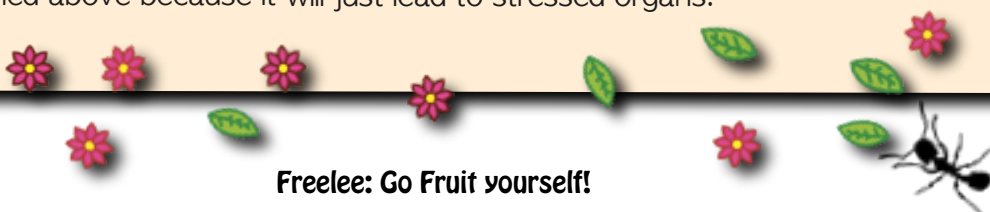
Oh dear! That's a mouthful! These "remedies" did not do anything positive for my candida imbalance; they were purely just a waste of precious time and money. Naturopathic treatments are allopathic in nature, meaning they are generally designed to treat the symptom, not the cause. If you want to balance out your candida population, then drop the overpriced naturopathic potions and reduce the amount of fat you have in your diet to below 10% of your daily calories. Learn about proper food combining and consistently follow a high carb, raw vegan lifestyle. Candida overgrowth can also be affected by other factors such as antibiotic(anti-life)and steroid use, sexual transmission, and mercury fillings. If we remove fruit from our diets in a hope to cure our candida woes, then we are going about it all the wrong way. Doing this starves the body's cells of their number one fuel – carbohydrates . What happens when we starve ourselves of carbohydrates? We become enervated and a nightmare to be around. At this stage, I did not understand this concept.

"One thing I've noticed is darkening under my eyes a little, Is that iron deficiency?"

Highly unlikely. Uneducated self-diagnosis can be exhausting. If we are rowing our boat in the wrong direction we will never reach the desired destination. The darkening under my eyes was more likely due to not enough sleep, induced by insufficient calorie consumption. Did you know that people who waterfast are notoriously bad sleepers? If you are having trouble sleeping, then take a closer look at the amount of food (particularly carbohydrates) you are eating; you may just be under-eating big time. If you are, then your mind will naturally be alert thinking about food instead of relaxing off to sleep. Keep in mind if you can roll over and go back to sleep in the morning, then you need to. You can't 'oversleep'. Just like you can't 'over-pee' or 'over-poo'. Get a clue ;-)

"2.30pm: Mixed green salad with 1/2 avocado, stevia, cucumber, 1/2 blended as dressing"

I have incorporated stevia here because I subconsciously didn't want the calories from fruit. Stevia is not a good alternative for many reasons. A few being; it tricks the brain into thinking sugar is entering the bloodstream, the body in turn releases insulin to regulate the amount of sugar in the bloodstream but all of a sudden – it finds no sugar. As a result cortisol is released to counteract the rise in insulin, which = stress! Pretty soon afterwards your brain tells you to go and get some real sugar anyway. Best to avoid the process explained above because it will just lead to stressed organs.



Wed Nov 08, 2006 11:34 pm

Market day

5am- Got up, 15 minutes meditation & 5 minutes salutes yoga

5.30- skin brushing and affirmations

6.00- Green juice

10am- Wheatgrass shot

1030- Market at Fox:

coconut juice with mint & ginger,

small date & coconut fresh roll

2 handfulls of organic cherries

3 olives (taste testing, pasteurised)

1pm- Grapefruit, apple, 1/2 v.small watermelon (slightly bloated after melon)

3pm- Big mixed green salad, 1/2 avocado, cucumber, apple, sunflower seeds

5pm- Green apple

830- After weight-training pig-out: 4 self-made nori rolls:

2 with steamed broccoli, agave, sesame oil, shoyu, avocado, carrot

2 with cucumber, carrot, avocado, sauerkraut, same dressing as above

5 baby carrots

9pm- 1 grapefruit!

So I had a little bit of an over-eating session but I felt quite hungry after training and it was all healthy and organic. I do feel as though I'm eating too much but my skin's clearing up, I'm losing weight and feeling good so I'm going with it.

Exercise-wise:

12pm- went for 45 minute coastal jog (moderate intensity) Abductor muscles hurting as I tried a bit too hard to do the splits the other day!

430pm- 40 minutes of ashtanga yoga in gym

730pm- 45 minutes of moderate weight-training

Trained 4 clients and managed to get quite a few tasks done. Feeling very positive and wanting to go 100%! Might take the plunge Thursday:)





I am exercising intensely, often a few times a day, but continuing to under-eat. I don't realise at this stage the importance of eating sufficient calories from carbohydrates. My head is too caught up in the "eat less, lose more weight" cooked-food mentality. If we don't eat enough calories, particularly from carbohydrates, then we will soon lose all motivation for exercise, have constantly fluctuating weight, and become an emotional pain in the ass to those around us. I was definitely experiencing this.

Previously I had been diagnosed with anorexia. Anorexia is brought about by poor nutrition, a lack of education and an abundance of negative conditioning via mainstream media and other avenues. As I have done, anorexia can be healed through correct nutrition, education and patience. It's definitely vital to work through eating disorders on a psychological level, however, if there is not correct nutrition involved "working through our emotions" is useless. These unbalanced emotions are almost always due to a lack of adequate brain fuel – namely carbohydrates. So it's like trying to get a drunk person to understand why they shouldn't drive a car.

B12 >> B12 is a stress vitamin. There are many symptoms of b12 deficiency, some of which are: compromised nerve function, coordination, thought clarity and ability to express oneself. A tingling sensation in the fingers and toes is common. There have been many symptoms reported, hundreds actually - from being impatient, neurotic, suspicious, to all types of random hallucinations. A fairly common one is a lightning bolt sensation down the spine upon putting chin to chest.

When I first started my high carb, raw vegan journey I was dead against taking supplements, and for the most part I haven't. A few years on I had a test and found my B12 levels to be super-low. I have had a b12 test only once before, in my early twenties (eating a high meat diet) and it too was low. I had a single shot but didn't keep up with the program. Within this past few years I have decided to incorporate b12 hydroxycobalamin injections. I am not about purity, I am about achieving optimal health and well-being; therefore am always open to using tools like Vitamin b12 to improve my state of being.

Is the raw vegan lifestyle deficient in b12 you ask?

Should I be eating animal products to get my b12?

No. It is not the fault of the lifestyle and no, you shouldn't be eating meat for b12.

Today most of the population lives in a sterile, stressful environment. We wash everything to death and regularly using intestinal-flora destroying pesticides. Many of us (including myself) have compromised digestive systems from years of drug abuse and unhealthy eating, therefore may not produce the intrinsic factor. This is a problem because if we have an inability to produce the intrinsic factor, (an internally produced substance that fosters the absorption of B12) then we are pretty much screwed as far as b12 goes. Don't listen to the confused twits who tell you its because you're a Vegan, this is simply not true. I have raw and cooked meat-eating friends who are desperately low in b12, and I too had low b12 levels as a corpse-cruncher. Also interestingly, according to a Tufts University study, at least 39% of Americans are b12 deficient, and we all know vegans do not make up nearly half the population! The truth is 99% of all b12 deficiencies are found in people who eat carrion because they aren't commonly tested for b12 levels, hence many deficiencies go undetected. Another interesting fact is that B12 injections are used in weight-loss clinics throughout the world. Hydroxycobalamin and Methylcobalamin being the preferred choice. Today I feel like my body does function much better. I am now less likely to hold onto excess fluid, which points towards my body functioning more efficiently. Go get a check up and see what your level is, but make sure to get accurate testing. Ask for urinary MMA and homocysteine levels, in addition to the standard serum b12 test. This is necessary in order to rule out b12 deficiency. Remember, avoid telling the practitioner that you are Vegan or else you will get an uneducated lecture! Watch my video here for more details> <http://youtu.be/otm4enlfOQA>



“So I had a little bit of an over-eating session”

Did I overeat? Of course not. What a nut job. With all the training I was doing I was obviously not over-eating. The “pig-out” I supposedly had equalled about 300 calories which is 3 bananas! lol! Hardly pigging out.

This uneducated thought process can turn us into paranoid crazies, and I’m SO glad I have now nipped it in the butt. These days my goal is to eat as MUCH sweet fruit as I can, no more anorexic mentality. This lifestyle is all about abundance and if we are to succeed on it we must embrace this way of thinking.

The average adult human has a stomach that can stretch to contain more than 4 litres of water. We reach or evaluate satiation point based on a number of considerations. Some identified are chewing, level of volume taken up in the stomach (as regulated by stretch receptors), as well as receptors detecting approximate concentrations of proteins, fats and carbohydrates - all affect satiation response.

Fibre and water tend to take up a lot of room in our stomachs. In particular soluble fibre, because it swells up when exposed to water. For this matter raw fruits and vegetables, which are the highest fibre foods, require more chewing (when consumed in their unprocessed state) and take up more stomach space. Starches on the other hand are slightly lower in water content, especially when they are not cooked via boiling or steaming. They are also higher in protein and carbohydrates gram per gram, volume per volume, than fruits and raw vegetables.

I did a fair bit of bad food combining on this day. This is something I recommend you really avoid. A big problem with indulging in these high fat gourmet meals, is that different foods digest at different rates. It’s quite simple really. If we consume a food that is slow to move through our digestive system followed by a food that moves quickly through our digestive system then we create a traffic jam down there! As a result the stomach and intestinal tract become a foul place of fermentation and putrefaction. If you are wanting to carry around a nasty chemistry experiment in your gut that can adversely affect your social life, then prepare yourself for indigestion and a whole lot of hot, stinky air. Our digestive system prefers simplicity at meal time and variety throughout the day/week. For me that means eating maybe 3-4 different foods a day MAX and combining them properly. I have a food-combining chart at the back of this book which will assist you in not becoming a stinky walking science experiment.



Thursday 9th November, 4th day of challenge!

I'm stepping it up a notch....100% raw from today!

So far-
Rose leisurely at 7.30am:

15mins of meditating
1hr of charcoal drawing (well practice makes perfect)
9am: Coconut juice and flesh + other half of little watermelon.
Will get back to you as day progresses...

I'm back..

1pm: apple

3.30pm: Huge mixed green salad with 1/2 avo, cucc, carrot, stevia, s'flower seeds & coconut oil.

8.30pm: 3 raw Nori rolls containing carrot, caps, sprouts, avo, sauerkraut(not raw?), agave, shoyu and sesame oil..

Exercise wise::

11.30am: 15mins high intensity x-trainer, 10mins stepper, 5mins rower (hard)

6.30pm: 1.5hrs of ashtanga yoga + 10mins of pranayama

Spiritual and mental development:

1hr Charcoal drawing

1/2 hr of sun-worshipping

1/2hr Sunfood book



Well I'm taking the plunge to 100% raw! Way to go Freelee :-) ... BUT Oh dear I didn't eat until 1pm today?! Yes I did have a coconut juice and the flesh plus a bit of watermelon, but come on WTF?! (Where's the fruit?!). That is NO WHERE NEAR enough sustenance to kick off such a demanding day!

"1pm: apple"



One apple? Talk about depriving oneself. What a dimwit. Old habits are hard to break. I eat about 20 apples for a meal these days and I should have back then. We must remember that plant foods are high in water and fibre and low in calories so we really have to eat large quantities in order to thrive. Cooked food contains about a quarter to a third of the water that most raw plant foods do, hence a small meal of cooked food is much more concentrated in calories than the equivalent meal of raw fruits and greens. I don't even count the calories from watermelon anymore. I see melons more as a "negative calorie food" ~ meaning the energy the watermelon takes from the body in order to digest, is more calories than the food itself gives! So far NOT setting myself up for 100% future raw success here...

Fri Nov 10, 2006 7:22 am

Had a dodgy sleep last night which I think can be put down to the intense yoga session I did! My teacher and I have been working on some deep twisting poses and a lot of emotional detoxing has been occurring, especially coming up from the base chakra, so much so that I've woken up hysterically crying on occasions the morning after a heavy session. I'm happy to get those yucky emotions out of my body!!

Food Log:

5.45: Had green juice (find it really kickstarts my day)
10.30: Coconut juice and flesh
12: Wheatgrass shot
1pm: 2 Durian pods (ooh soo yummy, I'm addicted)!!
5pm: Big green salad with sunflower seeds, 1/2 avocado and dsp coconut oil
6.30: 1 more durian pod (see I'm addicted) hehe

Exercise Wise:

8.30am :Did 40 minutes of yoga
2.00pm: 45 minute coastal jog (moderate intensity)

Spiritual Development:

5am: 15 minutes of meditating and 5 minutes of body-scrubbing and affirmations
1.30: 1/2 hour sun-worshipping and 1/2 hour of reading Sunfood book
3.30: 1hour + of Reiki from one of my friends (first time and loved it)
6.30: On the net to my raw food family sharing my achievements

Rather than put my "dodgy" sleep down to emotional release I would say it was due to a lack of calories once again. I believe yoga is a fantastic way to condition the body to become more flexible and balanced, and it is also an effective way to "cleanse" the mind. However, in order for this deep transformation to really occur we must first address our basic physiological needs - particularly by getting sufficient carbohydrates, water and sleep. If I don't get close to balancing this equation I become "emotional" and this phenomenon is often overlooked and misinterpreted in the world of alternative healing.

Again, today I am desperately under-eating, maybe about 1400 calories max and that's on a day where I've completed a tough 45 minute coastal run, plus 40 minutes of high intensity ashtanga yoga. No wonder cooked food was starting to smell irresistible...On the positive side my personal development work is going great!

Listing our achievements at the end of the day can provide awesome motivation for the next day. Set mini daily goals and acknowledge yourself when you reach them. Affirmations are a powerful way to shape your life; the effect they have on our subconscious is nothing short of a miracle. One affirmation I particularly like is "everyday in every way I'm getting fitter and healthier!" Try using it like a mantra during your morning exercise routine tomorrow to condition your subconscious for success. If you don't use a mantra then I highly recommend you listen to an educational Mp3 during your exercise. It is an easy way to absorb a lot of valuable information. I regularly listen to "The World Peace Diet" By Will Tuttle. This is my favourite book in the world. Tony Robbins is my favourite motivational speaker.

Sat Nov 11, 2006 9:35 pm

Didn't find time to post yesterday so I will now:

Saturday 11th November as follows-

7am: Green juice

10am: Coconut juice and flesh

1.30pm: Finished off the last of durian (2pods) Not sure if it's bad for candida.

2pm: Large green salad with sunflower seeds, coconut oil, 1/2 avocado. Craving ruby grapefruit (but gone out of season so had to buy conventional).

5.45pm: Went to sushi train and chef specially makes me 3 riceless sushi rolls containing raw tuna, salmon, avocado and seaweed salad (think it was marinated in something, felt good after but ate too much food) and blanched soy beans (aargh... not raw)

7.30pm: Mix of raw nuts, sunflower seeds, cacao nibs and goji berries for a snack.

Feel like I ate too much today, especially at dinner, and my food combining left my stomach very gassy.

Exercise wise-

11.45am: 1.5 hours of yoga (moderate intensity)

3.30pm: 1+ hour of weight training (not too heavy)

Spiritual and self-development:

6am: Meditated, visualised, 4 salutes for 20 minutes + skin brush & affirmations

12: Yoga and breath of fire (during yoga practice)

2pm: sun-worshipping for 1/2 hour (way too hot for longer) plus reading Sunfood book for 1/2 hour.

8-11pm: WENT TO KYLIE MINOGUE!! Was so cool, great happy vibe in crowd!

2am: Woke up to a massive possum in my room! I live in a loft (roof) and it must have somehow gotten in the roof. Flatmate and I chased it around the house for about 20 minutes and it finally sprung out the door! We were laughing so hard!



RAW FISH



=

PARASITES





So today's dinner is a good example of what happens on a high carb, raw vegan lifestyle when we don't eat enough fruit calories during the day. The end of the day comes about and I'm STARVING! My brain sends me to the most dense calorie source it has been conditioned to turn to - sushi rolls with animal products - tuna and salmon. The big problem is that without the rice (carbohydrates) my brain is not receiving sufficient glucose, so I go searching later for carbohydrates, not to mention by eating raw fish I also put myself at risk of parasitic infestation and mercury poisoning. Fish is made up primarily of fat and protein. It is totally devoid of carbohydrates and has no dietary fibre. The fat in fish makes people fat, and that's no surprise because on average 60% of its calories comes from animal fat. Fish is a very concentrated source of protein. Excess protein in the blood is a big problem for our health, especially our kidneys, liver and bone density. We cannot store protein so our bodies are forced to metabolise it, which causes stress on our liver, kidneys and immune system. Methyl mercury, which is particularly found in the big fish, poisons the nerves and brain cells. There is also the fact that fish is highly contaminated, because they live in toxic waters. All the run-off from big industries (like the pharmaceutical industry) gets dumped directly into the ocean, and are then stored in the flesh of fish in extremely high concentrations. Compared to various plant foods, fish is a poor source of the Omega complex. So don't destroy your health and waste your money; let our scaly fish friends off the hook.

"Feel like I ate too much today, especially at dinner, and my food combining left my stomach very gassy."

I am starting to learn more about proper food-combining at this point, but old habits die hard, and I was all about losing weight back then. Now I eat almost 3 times more calories, I weigh less and am waaay fitter! I'm looking to hit under the 20 minute mark in my next 5 km running race. Back in the day it would take me 10 minutes longer! Unfortunately, on this day I haven't interpreted my brain's "cravings" correctly, and go for high calorie fatty animal foods instead of reaching for the brain fuel - fruit...live and learn.



Sat Nov 11, 2006 9:38 pm

Today I am going to do a juice fast of predominately coconut juice and green juices. Trying to make it a Sunday thing every week; does anyone know if this is healthy to do? I feel fantastic after and usually really energetic during.

Also going to try to get a rebounder...

So far today....

8am: Got up to an awesome day....sun is shining

8.30: Walked down to beach and did 6 laps in the soft sand, and then had a quick sun-bake (lying in the sunshine)..ah so relaxing.

10am: Coconut juice

12pm: Green juice and another coconut juice

2pm: Wheatgrass juice and a pure cane juice with ginger and lime

4pm: Green juice

6.30: More green juice but really feeling like eating!!

I have felt quite energetic all day until about 4pm when I started feeling like a salad or something-anything to chew on! But I'm soldiering on now so when I wake in the morning it will be a total of roughly 36 hours on juice fast...I can do it!



Yep, I could've predicted that a juice f(e)ast or a water fast was on the cards! So I have gone from ingesting not nearly enough calories to barely ANY; not too smart. This is the cycle: under-eat on carbohydrates – get hungry – eat too much fat – feel terrible – fast/juice feast – “binge out” on cooked food/high fat raw – fast again. This is a cycle you want to avoid if you want to maintain your sanity. I was stuck here for a while, and boy, it is NOT fun, as I'm sure some of you may be aware. Save yourself the torture and just go to the root of the problem and eat enough carbohydrates calories from fruit. If you are a female then I suggest you aim for at LEAST 2500 calories a day and men aim for at least 3000 calories.

How often do you get sunshine on your body? Especially on your nude body? We have glands between our legs which benefit from sun exposure in order to help regulate our hormones.



Sun Nov 12, 2006 9:35 pm



Reply to a forum member: In regards to being organized, I am one of the worst!! I'm actually really pleasantly surprised with my current progress, because in the past I would've just chucked the towel in after 2 days! This time is different, I feel, because of the live food factor. I feel like a different person, so energetic and focused and very positive.

I'm finding that posting my progress on here is making a world of difference as well, so I've established that it's something I definitely have to keep up.

I fasted yesterday which made me feel even more disciplined and committed, which also helps.

I'm sort of playing with low fat and low sugar at the moment, and especially trying not to overeat.



Are you playing with a low sugar lifestyle at the moment? The reason a low sugar diet never works long-term is because every cell in the human body runs on glucose, and our bodies (especially brains) need a steady supply of this vital fuel to thrive. This is not my opinion, but a well-documented fact about our physiology. Sure, we can convert fat into carbohydrates via an energy-expensive process called gluconeogenesis, but this also produces toxic byproducts called "ketones" which I will discuss later. If we starve ourselves of carbohydrates (especially fruit carbohydrates), inevitably we will crave calorically-dense foods like cakes, pizzas, pastas, alcohol and other carbohydrate rich foods, and this is particularly undesirable if your goal is to be a fit, lean, low fat raw vegan! You don't have an alcohol problem, you have a carb-deficiency and a lack of appropriate education. Alcohol is pure carbohydrates, the brain runs exclusively on glucose(carbs). See the connection ?

When you are hungry you become less and less discerning with our food choices. If your brain associates certain foods as being a dense source of carbohydrates (from years of eating these foods in the past), then this will be the first food you go for when you "fall off the raw wagon". After being HCRV for a considerable amount of time ,when hungry, my brain now turns to high calorie fruits as being the optimal fuel. This too will happen to you the longer you are on this lifestyle, but ONLY if you learn to eat ENOUGH and follow the lifestyle correctly!

As you can probably tell I was very fearful of overeating. What is overeating? Especially on fruit? I don't subscribe to the notion that we can overeat on fruit. Sure we can eat too fast, too late at night, on a dehydrated system, or eat bad food-combinations, but overeating on nature's ideal food for us? No, it's like over-peeing or over-sleeping, not possible. Do you really think animals in nature ever restrict their calorie intake? Of course not, they feast until they are full at every meal and so should we.

So far I haven't been paying any attention to my calorie intake; little did I know that I was only averaging about 1200 calories some days. This leads to the feeling of "overeating" on days where I would be eating sufficient amounts, no wonder I was having difficulty maintaining my exercise routine and...sanity.

Sun Nov 12, 2006 9:40 pm
Day 8 of Challenge!

Completed juice fast yesterday, although I found it a little difficult towards the end of the day, and actually quite hard to sleep.

This morning woke up with real hunger.

7am: Warm water with lemon, ginger and manuka honey + Grapefruit

8am: Spirulina, pink Grapefruit, apple and celery juice

8.30: Green cereal with loads of greens, green apple, 1/2 avocado and stevia

I'm feeling like more though!!

9.30: So I did have more, same as above but with added coconut oil big dessert spoon + half apple

Definitely hungrier today, and I'm guessing it's because of the juice fast yesterday? Anyone?

12.30: Wheatgrass shot

1pm: 1/4 Watermelon & just bought a dehydrator! Had some strips of crunchy coconut & cucumber

Ok so I went absolutely crazy and binged today...It was all raw but just sooo much food that it may as well be cooked in my digestive system.

2pm: Started well with a large salad with sunflower seeds, 1/2 avocado and goji berries....must say when I was eating it I was a bit edgy and thinking about what I could eat next. The tenseness I was experiencing, I'm guessing, was to do with detoxing. My skin also broke out, so maybe I haven't been raw long enough to fast that long without getting nasty effects.

Anyway after the salad was:

Another salad! With olive oil, gojis, sunflowers and lots of tahini and then after that salad was: Another salad! Exactly the same.. So thats 3 large salads so far... then seeing I just bought the dehydrator I ate some apple and coconut and cucumber out of there.

Followed closely by 4 tsps of manuka honey mixed with tahini...I think my candida or blood sugar takes over somewhere here!

So I pick up my mum from the airport and she's bought me a big bunch of fresh organic nuts (as she does nut markets on the gold coast) so how could I resist? Ate about 200 grams of nuts!!!

Anyway I got to work and started experiencing some serious pain in my stomach so I had a tea and came home and had some digestive enzymes...felt a lot better but depressed so I needed more food didn't I!??

Made 2 nori rolls with avocado, sprouts, veggies, shoyu, agave and sesame oil.

So far that's what I've eaten today, and I must say I feel very out of control when I eat like that. and unhappy and I wonder whether there's a strong emotional reason behind it, so tomorrow I will treat myself with respect.

Exercise wise:
1 hour yoga

Any binge-eaters out there who could compete with this??!





Woah! So today is a very telling!

The first thing I notice is that I had trouble getting to sleep; can you see the connection starting to form between sleeping problems and a lack of calories? Moving on to break-fast and boy was I hungry. Four separate breakfasts! I even had avocado for breakfast. These days I would NEVER eat avocado for breakfast because I'm always "carbed-up" from days before. Eating overtly fatty foods for breakfast is asking for digestion problems later on. BUT I was SO hungry from my previous juice day that a calorie-dense avocado was more appealing than low calorie, water-rich fruits. What we eat the day(s) before plays a vital role in how well we eat and perform in the following days. The good thing is that I didn't make myself vomit, which I would have in my bulimic past. I will discuss my eating disorder past more in my upcoming ebook about getting fit and sexy on fruit.

"The tenseness I was experiencing I'm guessing was to do with detoxing. My skin also broke out so maybe I haven't been raw long enough to fast that long without getting nasty effects."

No my guess was wrong. I wasn't detoxing, I was eating far too many fatty combo abombo's! It's important not to think skin eruptions or flu-like symptoms are detoxing if we are still eating foods and combinations that don't work for us. The word "detox" is thrown around way too much in the raw food movement, without proper consideration. Clean up your diet and lifestyle first by reading and implementing "The 80-10-10 Diet" By Dr Doug Graham then see if you have any significant detox symptoms left over. In my experience it's very minimal.

"I wonder whether there's a strong emotional reason behind it, so tomorrow I will treat myself with respect."

Of course I was going to feel emotional! My brain was starved of carbohydrates accompanied by wayward blood sugar levels (as a result of bad fat+sugar combinations). Due to a lack of education on human physiology, I thought it was "spiritually based" not physiological like it was. If you are feeling emotionally challenged in some way, ALWAYS address your key physiological requirements first. What are these? The primary ones are – Carbs, Water, Sleep and Exercise. Eat enough carbohydrate calories (10 grams of carbs per kg of body weight). Drink enough water so you are peeing clear at least 8-12 times a day, with pressure! Sleep as long as you need; if your alarm clock goes off and you could sleep more – then throw it at the wall because you need more! Make exercise a part of your day, even if it's just a walk around the block – pumping our lymphatic system is key in attaining emotional balance. I discuss this more later in the book. Remember that what is sitting in your colon ready for elimination will deeply affect your emotional state, so if you have a high fat combo abombo then expect to feel shitty until it exits! I feel the term: "emotional eating" is used in this society to make us feel guilty for eating enough, and to keep us under-carbed, distracted, and inactive. We can't lead a revolution in that state then can we? It's a term made up by the cooked food establishment that cannot be applied to a natural whole, fresh, ripe, raw vegan lifestyle. For best results, I feel the term should be dropped from our vocabulary, if our goal is to succeed long-term on this lifestyle.



“Followed closely by 4 tsps of manuka honey mixed with tahini”

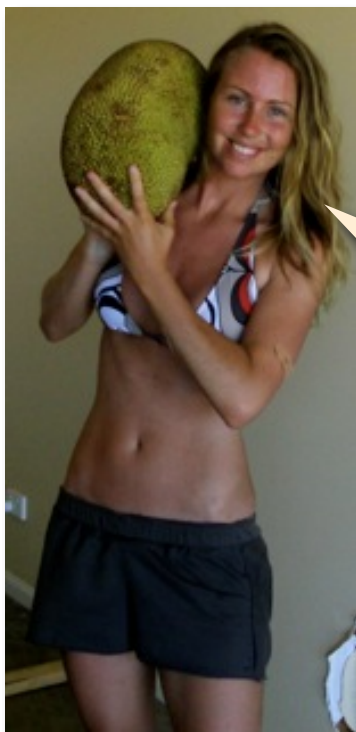
I don't eat honey anymore, nor do I recommend others do. Honey is devoid of any fibre which means it enters our bloodstream too quickly, causing our blood sugar to spike and fall dramatically. It can also be damaging to our teeth as well. The only reason people desire and eat honey is because they aren't eating enough simple carbohydrates in their diet ~ fruit. Not only are there health implications of eating honey, but the honey bees are also treated badly during honey production. They are often killed or harmed by haphazard handling. Before winter starts (to reduce costs) in colder areas, bee keepers will burn the beehives, which kills the bees inside. It is common practice to artificially inseminate the queen bee or cut off her wings so she can't leave the hive. Many commercial operations take all the honey instead of leaving enough for the bees to get through the winter and replace it with cheap sugar substitute. By eating honey we are also supporting the over-farming of one variety of bee- the honey bee - which then adversely affects the status of the planet's entire eco-system.

Tue Nov 14, 2006 6:09 am

Going into the fast, instinctively I didn't feel 100% confident because I have a past of over-eating and bingeing, so I think I will maybe just do half a day, which worked for me last Sunday.

The fast seemed to bring up a lot of negative emotions, too (not sure whether it was blood sugar disturbance or detox) which were rather unpleasant, and in the past I have always turned to food to make myself feel better. Destructive habit, that's for sure.

Yes, Jen, I am glad I binged on raw food! I can definitely make a positive out of it, I remember once upon a time I would've jumped for the chocolate, cakes...or whatever, but certainly never salad!!



I am now having some regrets about the fast (actually juice feast to be accurate). Instead of deciding not to fast (and looking for a more sustainable approach), I choose to fast for a half day instead of a full day, which again sets me up nicely for future binges :-
(The only reason I felt like fasting was because my current eating pattern was not working for me at all. Under-eating on fruit, then overeating on fats, followed by fasting to try to compensate, is not a sustainable way to live. Fasting does NOT address the cause of our disordered eating habits, and just serves to distract us in the moment, and lead us into future binges. In 2007, I fasted for a total of 32 days on water (not consecutively), and as a result of this and other research I have done on the topic, I now only recommend people fast if they have a serious illness. The fast must be supervised by an expert in the field. A particularly interesting article on the topic is "dangerous fasting" written by Michelle Aslan. Below is a passage:

"Real health is accumulated through persistent application of specific health-supporting principles, and does not happen suddenly or dramatically. Learning to appreciate the slow and steady pace of a truly healthful rejuvenation process will allow one to enjoy health for a lifetime, rather than the pseudo health that one experiences during forced starvation. In our quick-fix society, it can be quite a challenge to accept that there is no place for drama or speed in a frugivore lifestyle and in the attainment of health. Fasting is an attempt to override nature by applying human judgment to the process of healing, attempting to force and control the pace and manner of the healing process."

Tue Nov 14, 2006 6:24 am

Today is Day 9 of challenge....

I am feeling a little unbalanced after my shocking post-binge fast yesterday but today is a new day..

6am: Green juice and a couple of pieces of grapefruit & apple

10am: Coconut and flesh

12: Wheatgrass shot

2pm: Big salad with Olive oil, 1/2 avocado, nuts (I must omit), sunflower seeds

2.30: 'Needed' another salad! Not as big but similar, couple of pieces of watermelon. Dsp of tahini (overeating again but not beating myself up too much!)

4.30: A couple of pieces of watermelon and a grapefruit

5pm: Cacao nibs 1/4 cup mixed with coconut oil, agave and some mauka honey. Feel quite full but want more!

I know its not real hunger and I'm trying to think of more ways face the emotions behind this behaviour rather than dumping food on top of it...

Exercise wise: (suffered a little since binge)

45 minute coastal jog (moderate intensity)

Planned to do yoga, but belly too full! Lol

Spiritually:

Read Sunfood for 20 minutes

Sun worshipping for 30 minutes

Will be going to Art class tonight.



Another thing since going raw that I have been experiencing lately, is a lack of motivation in regards to bill paying, mundane tasks and paperwork...have really been procrastinating, and it's frustrating because there is so much paperwork that I end up doing nothing!! I am definitely motivated to exercise and do all the things that make me feel better, but the 'draining' things are just never getting done! Has anyone experienced similar?



In regards to the last sentence....

That's the great thing about this lifestyle! We begin to seek out the truth and get bored with groundhog day obligations. You may also notice that your group of friends start to change for the better, you begin to develop deep meaningful relationships based on truth rather than lies, expectations and obligation. The more raw you become the more awesome raw friends and experiences you attract into your life, you will be pleasantly surprised by the amazing friendships you forge!



The statement below is very misguided! I will tell you why...

“Feel quite full but want more!

I know its not real hunger and I’m trying to think of more ways face the emotions behind this behaviour rather than dumping food on top of it...”

You have probably heard the advice “wait for true hunger before eating..” Well the problem with that advice is - what about if true hunger never comes?! People have fasted for a month on water, and by the last day are STILL waiting for true hunger to come. Waiting for true hunger will just set you up for future bingeing on undesirable foods, emotional outbursts, zero motivation for exercise and/or dependence on stimulants to get you through your workout/day. Not fun my friends, not fun! I know a few people who subscribe to this way of thinking. They are always on and off cooked food, addicted to stimulants, unhappy, and have a low level of fitness and vitality. As I once did, many of these misguided souls constantly go on fasts/juice feasts/do colonics, all in an attempt to recover from subsequent binges. All they and I had to do was eat more calories from high carbohydrate foods such as fruit. This is where calorie-counting comes into it. In order to know how much fruit is “enough”, we need to employ techniques such as calorie-counting. Many people, including myself, felt as though they were eating enough because they were experiencing a full belly - BUT when we come from a diet of dehydrating cooked food to one of a high water content such as a HCRV lifestyle we need to prepare for some new feelings and objectively measure our intake until we are on track. Often times when people don’t count calories and instead ‘listen to their instincts’ they end up with a big mac in their hands rather than a blender full of fruity goodness!

Wed Nov 15, 2006 4:44 am

Today is Day 10 of Challenge, Wed ...

Food as Follows (over-eating again)!

6am: Green juice and couple of pieces of grapefruit and apple

9.30: Wheatgrass shot and Acai berry shot (was assured no sugar, but skeptical)

10.30: Coconut infused with sugarcane and mint + meat from market..mmm, date and coconut small roll, 100 grams of pine nuts! 8 kalimata olives, pepitas..

12pm: Green salad with 3/4 avocado, pine nuts, pepitas, 1 mango.....after salad I end up bingeing again! 100 grams brazil nuts.

To end the binge, I take a nap and get up and do a coastal run with my big belly, feel heaps better after.

3pm: 1/2 v.small watermelon. Still totally bloated, look pregnant! I'm learning a lot from this though, especially how important food combining is for my digestion.

And how fasting should be left to the experts.

7.30pm: 1 large salad & 1 salad wrapped in nori with agave, sesame oil and shoyu and pepitas. Afterwards coconut oil, cacao nibs and lots of gojis mixed in.

Very bloated again and feel pretty embarrassed to post all the food I've eaten. I've been trying to start fresh each day, but I wake up so bloated and uncomfortable that mentally I go straight to food and lots of it for comfort. Must fill the void!

Have decided I will drop nuts all together as they always seem to cause a binge.

Ok I'm going to eat normally tomorrow!! I might post a plan of what I'm going to eat for added inspiration.

Exercise-wise:

7.30am: Yoga for half hour, so excited finally after years have performed a jump through from downward dog...very exciting for me

2pm: 45 minute coastal jog to clear my head and it worked.

Spiritually:

5am: 10 minutes meditate and affirmations, body scrub

10am: Visit my favourite organic market

1pm: Read Sunfood book for half hour



Again I had a high fat day today. I hope now everyone can see the pattern of under-eating in the morning leading to the fatty choices later on. To me it's very obvious. Always eat a substantial breakfast! This morning I had a smoothie of 20 medjool dates and water, that's about 1400 calories. Funnily enough that is more calories than I used to eat in a whole day!

"Still totally bloated, look pregnant! I'm learning a lot from this though, especially how important food combining is for my digestion and how fasting should be left to the experts."

I'm really proud of this insightful observation! I am finally learning the ropes BUT will I start eating enough soon, or continue to head-butt the wall under-carbed?

Thu Nov 16, 2006 6:37 am

Today is Thursday Day 11 of Challenge:

I have recovered from the bingeing, and feel stronger than ever today....rather strange really after being so out of control the last 3 days...it's like I've had a bug inside me and finally rid myself of it. So calm and relaxed.

So far Food goes...

7am: Green juice with garlic and a couple of pieces of grapefruit and green apple.

10.30: More Green juice and a wheatgrass shot

1pm: Coconut juice and meat (bought some MSM and added to it)

2pm: 1/2 v.small watermelon

3pm: (mum came over for a raw food lunch)! So I made a starter baby salad of mango, coriander, mint, spanish onion, avocado, lime juice and tomato.
Followed by small mixed leaf salad, half blended on top, with avocado, cucumber, tomato, olive oil, agave, onion, stevia...mum loved it and is considering the lifestyle!!

4pm: 1/2 mango (didn't need it but it was a beautiful organic one and I've been sweet fruit deprived lately)

5pm: Peppermint tea (yes I know not raw but good for tummy)! & manuka honey

8.30pm: Wanting to slow detox a bit so added steamed broccolli, avocado, cucumber, shoyu, agave, sesame oil wrapped in 1 nori plus a small salad, mixed leaves, tomato, cucumber, pepitas, red onion, olive oil

Dessert - 2 grapefruits

Physically:

11am: Did 1+ hour of legs weight and shoulders

6.30pm: Will do 1.5 hours yoga

No cardio today..

Spiritually & self-development:

Read 1/2 hour of Sunfood book

Posting on this site

Making a difference in my clients' lives..

Oh yes, and also I've definitely lost a bit of fat; clothing a little looser so I'm very happy about that!





Nope doesn't look like I have learned yet! A bit more head-banging is in order ;-) Notice how few calories I ate until 3pm?? Eating foods like watermelon, coconut juice and green juices all day is NOT enough sustenance for someone doing a heavy 1 hour leg workout plus 1.5 hours of high intensity ashtanga yoga, let alone a bed-bound individual!

I thought having half a mango was an issue! About a year later I ate 11 mangoes in one meal with my good buddy - Janita aka rawfruitygoddess. It's important if you want to succeed in this lifestyle long term that you get with the program and squash any fear of eating large quantities of fruit. As previously discussed, fruit is high in water and fibre and low in calories. Cooked food is low in water and often times has no fibre (esp. animal products) and higher in calories than fruit volume-wise. For this reason we need to eat a much larger volume of foods to get the same number of calories. It makes total sense, if you think about it.

"Oh yes and also I've definitely lost a bit of fat; clothing a little looser so I'm very happy about that!"

Back then my focus was always on losing weight, my level of happiness was dictated by the number on the scales...not a good place to be. If you are waiting until you see that "magic number" before you can allow yourself to be happy then I you need to GET REAL and start LIVING or else you will miss out on some of the richest and most rewarding experiences in life!

If you do lose weight for one reason or another, it's important to distinguish whether it is fat, fluid or muscle. One of the most accurate ways to do this is by having a DEXA-scan. "Tanita" scales are not accurate. Why is this important to know? Because if we start restricting our consumption of carbohydrates then we will lose water weight and unwittingly think it is fat.

That's why high fat and protein diets, like Atkins, seem to work, but this is only because the Atkins diet severely restricts carbohydrates. For every gram of carbs ingested, the body needs 3 grams of water to store it. So as a result of a decreased carb intake, the body drops water-weight, not fat. The weight is then all gained back once we begin eating carbohydrates again, which is impossible not to do because every cell in the human body requires glucose/carbs to thrive. And the brain runs almost exclusively on carbohydrates.

This is why people become depressed on these "eat now, pay later" diets. These low carb fad diets are NEVER sustainable, and actually end up leading to more weight-gain, and often times a deep psychosis or full-fledged eating disorder. When we limit our carb intake and we run out of glucose, we put our bodies in a state of emergency-survival mode. The body is then forced to burn its secondary fuel, which is fat. What happens when we burn fat instead of glucose? Toxic byproducts called 'ketones' accumulate in the blood. Being in a state of ketosis can lead to serious disease in the body, especially the liver and kidneys, not to mention constipation, bloating, body odour and skin eruptions. If we are starving or ill, we will naturally fall into a state of ketosis. When our appetite is suppressed it frees us to rest and recuperate from our illness, rather than be forced to gather and eat food. Ketosis is not a sign of health but a lack of health.

Fri Nov 17, 2006 7:45 am

Howdy all...

Today's Friday - Day 12 of Challenge,
Feeling very energetic today, stomach has finally flattened out..

Food today:

6am: Green juice with MSM, garlic

8.30: Wheatgrass shot

9.30: 1/2 glass more green juice

1pm: Coconut juice and meat

1.30: Couple of watermelon slices

3.30: Salad with mixed leaves, dsp coconut oil, 1/2 avocado, tomato, chili

6pm: V. small papaya half and 2 dsp's of goji and cacao nibs + agave tsp

7.30pm: Wasn't really hungry, but its Friday night and my friend was keen for dinner so we went to Sushi train and had 2 special nori with raw salmon and tuna and avocado, seaweed salad, plus 2 small bowls of blanched soybeans.....full!

8.30pm: Well I couldn't resist dessert.....1/2 of smallish Durian...so creamy and beautiful.

I'm slightly bloated now, but loaded up on digestive enzymes and currently sipping peppermint tea to calm my tummy, but all good.

Exercise wise:

7.30am: 40 minutes of Ashtanga yoga

10.30: 1 hour of weight training

2pm: 50 minute coastal jog

Quite a lot to fit into one day! But really felt like it today, and have also noticed my endurance is picking up a lot and my recovery is amazing!!

Spiritually and self-development:

Read 1/2 hour of Sunfood Book

Meditated, visualised and pranayama plus affirmations and body-scrubbing

Today I have felt quite balanced and alive, and I want to feel like this all the time!! I have been experiencing little insightful and inspired thoughts lately, and one was that I want to become a certified yoga teacher, so next year I am going to pursue that one.





This habit I have of eating most of my calories at night is a bad one. Did you know that sumo wrestlers eat only 2 large meals a day? They never eat breakfast and their largest meal is dinner! Boy I wish I knew that back then...

So if you want to slow your metabolism and become a fat-storer not a fat-burner, then continue to eat small, little or no breakfast (and don't forget to water fast!).

Breakfast is now the largest meal of the day for me. It is also worth noting that eating early in the evening is a GREAT habit to get into, ideally before sundown. If we go to bed with a full belly, then we can expect to feel less than the best the following day due to fruit fermentation. I have also experienced nightmares on several occasions in the past as a result of a full fruit belly.

Interesting how I had MSM and garlic for breakfast, I was having the garlic for it's "antimicrobial properties" in an effort to rid myself of candida! Education is key. These days I know much more about my candida population, and don't want to "kill it off" like I used to. Candida is a life-saving microbe that is vital in regulating our blood sugar levels, we never want to destroy our candida population but keep it at a manageable level. Excess fat in the blood stream is the major culprit when it comes to candida overgrowth, because the fat keeps the sugar in the blood stream far too long. This is another reason to keep fat levels below 10% of daily calories and to practice proper food-combining.

"I'm slightly bloated now, but loaded up on digestive enzymes and currently sipping peppermint tea to calm my tummy, but all good."

Hmmm...this is a classic case of attempting to address the symptom and not the cause. Just like the allopathic medical model. Not an effective way to foster long term health and well-being.

Sat Nov 18, 2006 8:14 am



I woke up pretty groggy today from a bad sleep, and with a couple of mouth ulcers. I had decided it must've been the salmon and tuna and durian I loaded up on last night, but then I ended up getting my period! So that explains quite a few things like my 3 day binge (probably hormone related), feeling down, but no PMT cramps, etc, like I'm used to, so I'm really glad about that.

I've realised my hormones affect my eating so much, I guess it's blood sugar related too. So today I ate more than I wanted to, but all raw of course!!

Food-Wise:

8am: Green juice with garlic and msm + 1 durian pod
10: More Green juice and wheatgrass juice, melon chaser
12.30: Coconut juice and flesh (beautiful thick flesh) & 1 Durian pod
2.30: Green salad with gojis, coconut oil, sesame oil, macadamia oil!, avocado, pepitas, tomatoes... 1/2 blended and used as dressing
4.30: Peppermint tea, date & coconut roll & 50 grams Macadamias
6pm: 1/4 watermelon

I notice that I'm really craving fatty foods today, but then sweet at the same time..so Durian seems to really hit the spot.

Exercise Wise:

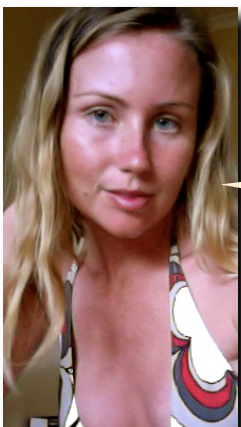
I listened to my body today as it was saying..TAKE A REST!!
I tried to do some weight-training and did a few exercises but left within 10 minutes of starting.

Spiritually & Self-development:

20 minutes Pranayama, visualisation and meditation, read 100 Quotes from the documentary 'The Secret', very inspiring stuff.

Body scrubbing and moisturising for 10 minutes with affirmations about how much I love my body!!

Read Sunfood book for 30 minutes and Yoga journal for 20 minutes



Over the years I have determined that my carbohydrate calorie needs are much higher before and during menstruation. This principle can be applied to all menstruating ladies. Assuming you are already following a high fruit, low fat raw vegan lifestyle, I suggest you aim to increase your fruit intake at least another 500-1000 calories each day of menstruation and the 3 days prior. I have included a short article I wrote about this at the end of the book, which is also a featured article in "Vibrance Magazine" www.vibrancemagazine.com. I have also identified that the fat content in the food we eat has an overwhelming impact on the duration and severity of 'that time of the month'. Not only that, but (as I experienced above and many other times) eating high fat foods can actually bring on menstruation earlier and heavier. I don't see this as a positive! However my monthly menstruation is almost non-existent these days - light and painless EXCEPT if I eat too many overtly fatty foods. Eating 5% of my daily calories from fats seems to yield the best results. Crush the monthly madness!

Sun Nov 19, 2006 12:54 am

Today is Day 14 (2 weeks)! Since I started challenge:

Last night stayed home and watched 'The Secret' for the second time and got hugely inspired, and created a vision board and wrote down things I love to do, things I want in my life, my goals, and how I'm going to achieve them.

Food-Wise Today:

9am: Juice bar juice with wheatgrass, ruby grapefruit, lemon and celery.

10am: 1/4 Watermelon

11am: 1 mango

I feel a bit binge-y today and unfortunately I activated the Law of Attraction! I was thinking about overeating and food so much that I ended up over eating! Blame my period!

1230: Big salad with goji's, some nuts and seeds, avocado, etc

130: With Girlfriend...coconut and date roll, 40 grams macadamias, found new raw food bars, so I bought 4! I ate one with girlfriend.

4pm: Ate another while watching a movie, they sit really well in my stomach. But by this stage in my mind I was thinking, "Well, I've stuffed my eating now, so I may as well continue", and I was a bit bored too.

6pm: Had the last 2 bars! So I end up eating 4 bars, went to bathroom 4 times too.

7pm: Needed something cleansing so had watermelon

830: 2 Nori with avocado, lettuce, onion and cucumber with agave, sesame oil and shoyu

So I'm very stuffed but feeling quite good about myself, because I tried on some old clothes and they are definitely looser! So despite all this over-eating I have still managed to lose some weight so I'm very happy about that!

Anyways, tomorrow is a new day and I will be more focused

Exercise wise:

8am: Jogged down to beach and did 6 lengths in soft sand, swim and bike.

Will try for a yoga session today.

Spiritually and self-development

7.30: Meditated, visualised, pranayama for 20 minutes this morning, felt really good afterwards.

10am: Moisturised and massaged with affirmations of self-love!





By now I'm sure you are identifying the mistakes I'm making immediately; if not please reread my earlier comments! This habit of under-eating on sweet fruit is leading to many problems, not to mention - a LOT of fat. The raw bars I'm talking about contain roughly 30 grams of fat each! So I ate 120 grams of fat, and that's before I counted the oil and macadamias. Under-eat on carbohydrates and you will always fill the void with high fat raw/cooked foods. Excess fat in the bloodstream contributes to a host of problems, some of which are candida overgrowth, diabetes, autoimmune disorders and acne.

When we eat high fat foods our adrenal glands release adrenaline in response to blood sugar rising to unhealthful levels. So the adrenal glands have to produce more adrenaline whenever high fat foods are consumed. The excessive fat hinders the transport and delivery of the sugar into the cells. When our poor adrenal glands are stressed again and again by a high fat intake (without getting time to recover)- like anything they become overworked and tired, and the result is adrenal fatigue/chronic fatigue syndrome.

"7pm: Needed something cleansing so had watermelon"

I find it interesting how I felt I needed something 'cleansing' after eating all that fat, so I reached for the worst thing I possibly could! - Watermelon. Why is watermelon such a bad food choice later in the day or after eating high fat foods? Watermelon is about 97% water therefore digests VERY quickly, almost instantly. High fat foods are slow to digest, hence they hang around in our stomachs and colons for many hours mixing with whatever comes to 'hang out'. Add a fast-digesting food like melon to the equation, and you have created the perfect recipe for bloating, gas, intestinal pain and other challenges associated with combo abombo's. If you are going to eat melons ONLY eat them at the start of the day, as your first meal and always alone. Another important thing to remember is that people often reach for watermelon because they are dehydrated. This is not a wise idea. Watermelon is a great food but we must remember that - it IS a food which contains carbs, proteins and fats all of which the body has to 'filter' to get to the water. When we are dehydrated, we need plain water not food. Eating watermelon to address dehydration is like rummaging around in your messy backpack trying to find an illusive \$5 note - it creates extra challenge for the body when it doesn't need it.

Mon Nov 20, 2006 10:07 am
Day 15 of Challenge, Monday 20/11/06

Woke up feeling quite energetic, wrote down all the things I want to achieve and wrote exactly how I will visualise them everyday then I visualised accompanied with pranayama and meditation.

Felt fantastic afterwards!!

Went to make Green juice and started to munch away on pieces of fruit and suddenly felt a bit down as I had planned to just drink juice as a mini fast but I focused on the positive (that it was fruit!) and went back to my room and switched on some happy music and danced around and cleaned my room. Amazing how you can substitute negative feelings with positive..so easy! The Law of Substitution!

Food-Wise:

8am: Green juice, couple of pineapple pieces, apple, and grapefruit.

11am: Watermelon and more green juice (hydration after run)

2pm: Big green salad with 1/2+ avocado, pepitas, gojis.

4pm: Couple of dsp of cacao nibs & gojis (post workout mix)

8pm: 2 nori rolls with raw salmon & tuna, seaweed, cucumber, avocado

8.30: 1 mango

Felt really good about my eating today; was nice and balanced and experienced no stomach upsets.

Exercise Wise: Energizer Bunny today!!

9.30am: Coastal jog and swim + bike, then jog back, about 1 hour

3pm: 1 hour of legs including squats, lunges, 1 leg dead lifts, ball crunches

6.30pm: 45 minutes kickboxing interval with friend and 10 minutes stretching (almost did the splits today !!!)

Spiritually and self-development:

First thing: For half hour wrote out how I want my morning visualisations to go, including prosperity, appearance, health, relationships, etc, then meditated and pranayama; whole process took 1 hour. Really felt like I achieved a lot in that hour!

Going to start visualising at night as well.

Read 30 minutes of Sunfood book.

Spoke to girlfriend about 'The Secret' after we watched it yesterday. She's so inspired and has already seen the Law of Attraction is action.





Another low calorie day – about 1700. I did THREE intense workouts today and starved myself yet again. For some reason I was convinced that a few glasses of low calorie green juice would give me super powers. Boy, was I wrong! Also, I was of the incorrect assumption that restricting my calories would lead to a lean body. In reality I was training my body to become an efficient fat-storer instead of a fat-burner. I now eat more calories than I ever have and I am at my leanest and fittest I have ever been. This is not a magic trick. I CONSISTENTLY eat sufficient amounts of fruit calories in order to have the fuel and motivation to exercise. That, and sufficient rest and water lead to a leaner physique. Developing an exercise routine is that much harder if we are under-eating on carbohydrates, and leads to a dependency on stimulating substances like cacao and coffee. It's like asking your body to do a marathon in the middle of a water fast! You're going to stress your body and mind, raise your cortisol levels and store more fat. Get off the stimulant treadmill!

On the positive side the visualisation sessions were VERY powerful and have helped shaped the positive life I live today. The movie, "The Secret", may have copped some criticism from various camps of thinking but I thoroughly enjoyed it, and I can honestly say it changed my life for the better. Soon afterwards (through the power of conscious manifestation) I attained a \$100 ticket to a 4 day Tony Robbins seminar (that others paid thousands for). This Tony Robbins seminar and the subsequent one I attended really brought about a positive shift in my life. Amongst other things, I began to identify the source of my frustration was not anyone else's fault but my own. Through "The Secret" and TR Seminars, I began creating the life I had always dreamt of. Great things started to flow my way – including "The 80-10-10 Diet" by Doug Graham, which also changed my life forever...



Thu Nov 23, 2006 6:41 am

My computer crashed last night as I was about to post a big day of eating! So I will have to put yesterday in from memory...

Wednesday Day 16..

Had a bounce on my new rebounder in the morning..Does anyone know the health benefits and if there is any technique involved?

Food Wise:

6am: Green juice with some fruit

8.30: More green juice

10: Wheatgrass shot

Market time!! Always a challenge..

11am: beautiful coconut & flesh with mint infused and sugar cane

1 lovely avocado, apple and pine nut salad with some yummy sauce

1 date and coconut roll

Cant remember times exactly so I'll just list the food, as there is quite a bit!

1 mango

handful of cherries

punnet of blueberries

1/2 pawpaw

Big green salad with nuts, gojis, seeds, avocado, and coconut oil

I made some cooked food for dinner as I want to slow the detox down a bit...

Stir-fried in coconut oil...broccoli, onions and garlic wrapped in nori with avocado, cucumber, agave, sesame oil and shoyu.

And another salad with it! Olive oil, avocado, etc

Some mixed nuts after that.

Exercise wise:

* 45 minutes of yoga

* 15 minutes on stepper

* 1 hour of weights

Spiritually

* 1/2 Sunfood book

* Power nap

* Sunbake

* Visualisation throughout the day





I *love* how I say “market time, Always a challenge!”. Social situations and resisting health-compromising foods should NEVER be a problem, you should not have to use discipline. Of course the catch is that you must be carbed-up when you face these situations and foods. If you aren’t carbed up then don’t go! Sometimes it’s better to meet friends without it being about food. Now eating a lot is a joy for me! If you are not eating enough then of course you will be challenged – because you’re hungry. No you’re not a psychopath or undisciplined – you’re just hungry! The sooner you quit that way of thinking and LEARN to feed yourself more, the easier you will find this path and LIFE in general.

Are you surprised I ate cooked food today? I’m not, not at all. I was setting myself up for it very nicely on previous days by exercising intensely and under-eating just as intensely! Adding up the calories today only comes to around 2500-3000 calories which is still a little low for someone as active as I was, but better than other days. Unfortunately I was in the binge-undereat-binge cycle and 2500-3000 calories was only on “binge” days. If only I knew then what I do now. Today was also a badly combined, high fat day with cooked food. High fat foods block optimal absorption of carbohydrates when the fat coats insulin receptor sites, which also leaves us undercarbed. No wonder deep down I was questioning why this ‘raw food diet thing’ wasn’t working...



Thu Nov 24, 2006 6:52 am

Thursday Day 17 of Challenge

Today woke up pretty groggy, and I'm wondering whether it has to do with the cooked food I had last night? When I was training my clients I just felt really spacey?? Anyone experienced that or agree that it was probably the cooked food?
Also extra tired too..

Food Wise:

7am: Green Juice with a couple of bites of fruit
10am: more green juice
12: Wheatgrass shot
1pm: Coconut juice and flesh + 1/2 pawpaw
3.30: 1/2 small watermelon + big salad with pepitas, avocado, msm, stevia, heaps of veggies, coconut oil
5pm: 1 mango

Went to yoga, did 1 and a bit hours, but left early because I was so out of it! Came home and should've gone to sleep, but I needed some food to give me energy! ...for bed! I'll learn one day.

8pm: Nori with seaweed, avocado, salmon & tuna + salad with avocado, olive oil, black currants, seeds etc wrapped in 3 more nori sheets. Wanted something sweet so I then had... 4+dsp of coconut oil mixed with half an avocado, carob powder, cacao nibs, sunflower seeds, pepitas, black currants....was yummy but not needed! Ah well off to bed.

So far that's what I've eaten, but I sort of have a binge feeling and I think it's due to tiredness and the cooked food I had last night.

Exercise Wise:

- * Coastal jog, dip in ocean, bake and jog back
- * Was meant to do 45 minutes of kickboxing, but I had to listen to body this time.
- * Contemplating skipping yoga, but know it will be good for me so I'm going to go.

I would like to ask a question about detoxing...Over the past week I have developed a mouthful of ulcers and quite a big candida (pimples on shoulders and back) breakout....I feel as though its a massive detox because the way I have been eating lately is semi-fasting in the morning..

Dinner the night before, usually around 8pm

6am: Green juice and bites of grapefruit
9am: more green juice
12: Wheatgrass shot
1.30: Coconut juice and meat..

I've been sticking to this for a while now, and its sort of like i'm juice fasting all morning. Would that speed up the detox a lot?

Hope that all makes sense...anyone's advice would also be appreciated



The reason I'm feeling groggy today would be somewhat due to the cooked food I ate, however mainly because of the excess fat in my bloodstream mixing with fruit and leading to fermentation and poor carbohydrate absorption. NO wonder I was hungry after today's low calorie effort, and kept eating till late at night. I am now in the starvation stage (post binge but still catching up from the last starvation session!). "Feeling like something sweet" at the end of the day is a sure sign that you haven't eaten enough fruit throughout the day. The problem is people are often so ravenous at this late stage that they reach for calorically-dense foods like high fat raw or cooked food. Address the root of this problem by eating sufficient fruit calories.

Eating high fat raw has resulted in a candida outbreak in the form of mouth ulcers, and pimples. Due to my lack of experience and education on the subject I put it down to 'detox' yet again. The body is actually always in a state of 'detox' as it naturally cleanses and rejuvenates our cells, BUT the detox symptoms most people speak of is actually TOX, which means we are ingesting foods and combinations that lead to a toxic buildup. These toxins overburden our organs of elimination, and are then regularly pushed out through our biggest organ – our skin.



Freelee: Go Fruit yourself!

Sun Nov 26, 2006 8:04 am

I wasn't very nice to my digestive system last night. I ended up eating a whole lot of dried fruit and nuts and fresh fruit and raw sweeteners etc...just snowballed! I was trying out recipes for Potluck for today and got carried away.

Today I met up with a lot of great rawfoodies in Centennial park. It was fantastic, such a lovely group of people...Hi everyone! Hi Francis (not sure if this post will inspire you that much!) The food was incredible, very tasty, such creativity, too.

I'm not going to post what I ate as it will be a very long post! All I can say is that it was all raw and very delicious!

Exercise Wise:

Rebounding for 5 minutes

1 hour coastal jog....Went further today, endurance is definitely improving.

1 lap around centennial park searching for the rawfood picnic!! lol...can I include that as a workout? I did have a good pace going as I didn't want to be late

Spiritually and self development

20 minutes of visualisation

Spent the best 4 hours at the Rawfood Picnic chatting with lovely happy people! That's definitely developing myself!

Anyway all I better be off to clean my manky room; I want to start the week with a clean environment.



Ok so we have my first raw food picnic. I did have a great time, and like I said it was wonderful to meet the raw crew. I wish I added about how I met Nadia, who was only eating mangoes (she was on mango island – ONLY mangoes for 2 weeks). She was extremely inspiring and told me about Dr Doug Graham. I had heard of The 80-10-10 Diet, but at this stage hadn't read it. Nadia told me that I could eat as MUCH fruit as I desired. WHAT? BUT What about my candida problem? What about my blood sugar issues? What about all that fruit making me fat? What about my skin breaking out from all the sugar?...Well I can tell you today that I have absolutely none of the above UNLESS I eat high fat gourmet raw. Sugar from fruit is not the problem with these issues, they are a result of excess fat in the bloodstream holding up the fruit sugar from entering the cell. Fruit is designed to travel through the body quickly and not be stopped by high fat foods like animal products, nuts, seeds, and oils. Fruit is like a jealous boyfriend who doesn't want to share you with anyone else. Some acid and sub-acid fruits combine well with overtly fatty foods like nuts and seeds. More details in the food-combining chart at the back of the book.

Mon Nov 27, 2006 2:26 am

Today is Day 21 of challenge!

Woke up at a decent hour at 7.30am, started work at 9.30 so I thought I'd ease my way into the day! Felt a little groggy from all the good raw food I overate on yesterday (well worth it, though).

Food-wise:



8.30am: munched on cherries, 1 mango, some grapefruit and apple, made big glass of green drink....so energetic afterwards.

12.45: wheatgrass shot

1.15pm: Big glass of green juice

1.45pm: Coconut meat and juice

For some reason I was feeling a bit peckish (I'm sure it was motivated by procrastination in relation to cleaning my room) So I gave in to it and..

2.30pm: Big salad with avocado, udo's oil, msm, currants etc (was full after but..)

3.30pm: Made a mix of cacao nibs, agave, dates, maccadamias, currants, coconut oil and avocado! Great food combining!! Apple... Actually felt ok after.

7.20pm: Apple

8.30pm: Salad like before + some dehydrated apple, cucumber and tomato

Exercise wise:

1 hour of relaxing yoga in gym class

kick-boxing at 6.30 for 45 minutes plus 10 minutes of yoga stretching

Spiritually & self-development

15 minutes of pranayama and 5 minutes of rebounding

10 minutes bodyscrub and moisturise with affirmations

1 hour yoga



HOT
AIR



Raw
lasagne

A classic example of a COMBO ABOMBO below!...

“2.30pm: Big salad with avocado, udo’s oil, msm, currants etc (was full after but..)

3.30pm: Made a mix of cacao nibs, agave, dates, maccadamias, currants, coconut oil and avocado! Great food combining!! Apple... Actually felt ok after.”

Why am I eating things like cacao, macadamias and coconut oil and making terrible combo abombo’s? Have you seen a consistent theme throughout my journal? I’m reading and attempting to implement the confusing contradictory guidelines from the Sunfood Diet Success System by David Wolfe. After researching further, I feel a lot of the author’s recommendations are based on what brings in the most profit, hence his books are packed with expensive ‘superfood’ recipes. I do believe the author had somewhat good intentions and was vegan when he wrote the SFDSS, but sadly he now supports animal exploitation via his superfood sales. Nature provides us with the most perfect affordable ‘superfood’ every time with sweet fruit! There isn’t a lot of money in promoting fruits, greens, nuts and seeds in their natural state so these ‘superfood gurus’ emerge and push their expensive supplements like drug dealers. And people DO get addicted.

On a positive note, I did really enjoy the motivational aspect of the book (which is inspired by Tony Robbins) and the kirlian photography.

The Author was once a raw vegan, but didn’t learn to eat enough fruit, (you can check his youtube videos from years ago). He now pulls in the big dollars by exploiting animals and people’s health with harmful products such as cacao, deer antler, deer placenta, colostrum and ant extract to name a few. The author heavily promotes cacao, which is a neurotoxin and stimulant and should be avoided at all costs. I was once very inspired by him, but now just disappointed as I await to see what expensive ‘superfood’ he brings out next and palms off to the desperate population. Unfortunately, his approach has people leaving the raw food world saying things like “I tried that raw vegan diet but it didn’t work”, and rightly so. If you are ever considering a diet or lifestyle change, then make sure to always check and see what supplements or superfoods the proponent is selling. This can tell you a lot about the validity of their dietary recommendations and their primary motivation. When you do see the author, maybe you should ask him why he is so out of shape if his diet is so pure and cleansing, or possibly challenge him to a run around the block. A fit healthy person will always take you up on the challenge. Maybe you should ask him why he says bananas are bad for the body but honey and expensive superfoods are good? Why am I telling you this? Basically, because I care. I am just a friend helping you to avoid pain by warning you to dodge the snake on the path ahead; any REAL friend would do that. Next time you are faced with such superfoods and raw food gurus you can now make a more informed decision.

Wed Nov 29, 2006 4:29 am



Day 23!

Woke up at 4.50am, been setting my alarm earlier these days so I can fit more into my mornings, but nearly fell asleep during morning visualisation!

Food-Wise: Market day...

6am: Green juice and couple of pieces of grapefruit & apple

10.45: Wheatgrass juice (was feeling a little light-headed by this stage because usually I would have had second serve of green juice-mental note)

11.30: Quite hungry and grumpy...

1 x Coconut & date roll

1 x Coconut flesh & juice infused with sugarcane & strawberries

12.30: couple of handfuls of cherries

1pm: Not really that hungry but...1 mango & 1 exotic fruit (forgot name)
then munched on a few pieces of dehydrated banana & a carrot

2.30: Big Salad with Udo's oil (2 dsp), 1/2 avocado, agave, currants, pepitas...basically too many ingredients but lots of greens (chives, herbs, mixed leaf, lettuce), red onion.....I like it so much that I went back for another!!

This one I added some coconut oil too. I think I may be combining too many fats? Avocado, coconut oil, pepitas and udo's oil?? Any insights please?

5.30: Green juice

8pm: 1 x nori roll with seaweed, tuna & salmon, avocado + soy beans.

1 x large salad (probably too big) Similar to the above salads.

9pm: (way too late but felt like a treat) Cacao nibs, avocado, coconut oil, carob powder, vanilla essence, black currants, manuka honey all mixed together. It's beautiful, but got to be bad combining and taxing on digestion.

Overall food wise, not the greatest day, but I'm focusing on the fact that it was almost all raw. Maybe I'm feeling off today because I've been sticking pretty much to 100% lately.

I know I am quite tired today, and my eating always is affected by that as I overeat to try to give myself energy (which I know is false; it's mainly stimulation) but I'm working on it!

Exercise Wise:

40 minutes of yoga

1 hour weight training





As I'm sure you have noticed, I was having a fair bit of green juice back then. Green juice can give us a stimulant-like effect, similar to a mild coffee mainly due to the concentrated source of alkaloids from the greens (which is toxic in large quantities). I don't recommend daily green juice these days for several reasons, the main being because in nature we wouldn't eat the amount of whole greens that we can obtain in juice form. The lack of fibre also negatively affects the absorption of the juice. I was mainly having the juice because I thought it would lead to a leaner, healthier body, and I became somewhat addicted to it. What it did do for me was leave me with a big calorie-deficit which in turn led me to consume fattier foods. An example below...

"I think I may be combining too many fats? Avocado, coconut oil, pepita's and udo's oil?? Any insights please?"

I was right I was consuming too many fats. Not a good habit to get into. Oil is 100% unrefined fat and should be omitted from the diet immediately, or at the very least held off for rare occasions such as raw picnics. Even then it really has no place in the human diet, and after mucking up your digestion, it will go straight to your bum, thighs and belly as blubber.

My goal in my 'previous life' was always to find ways to eat less. Now I eat as much as I can at every meal. I can unequivocally say that in the short and long term: eating less of good food such as fruit does NOT lead to a healthier, happier, leaner, fitter body and mind, BUT it does lead to emotional outbursts, apathy, lethargy and illusory spirituality. What do I mean by 'illusory spirituality'? I mean that if we become consistently under-carbed (which is extremely easy to do if we under-eat on sweet fruits), then we can begin to feel like we are in a 'dream-like' existence floating around in a state of misinterpreted bliss interspersed with bouts of depression and apathy. Many misunderstand this feeling as 'spirituality', when in fact it is the brain on energy-conservation mode due to the inadequate arrival of carbohydrates (brain fuel). We begin to gravitate towards low energy pursuits such as meditation and hatha yoga rather than more intense endurance feats because we simply don't have the energy to perform them. We also tend to make excuses about why humans shouldn't be doing intense exercise which significantly raises the heart rate. Don't get me wrong though, meditation and yoga can both be fantastic for health and self-development...but only once you are carbed up! When we run out of glycogen we go ga ga. :- (

Thu Nov 30, 2006 8:18 am

Today is the last day of November but I'm definitely continuing my challenge:

I woke up really motivated and energetic this morning and I'm wondering if it has to do with eating raw fish last night? Ah, who knows!

Food-Wise:

8am: Green juice, couple of pieces of grapefruit, 1/2 v.small watermelon

10.30: Wheatgrass shot and more green juice

11.15: Peppermint tea

12: Coconut meat & flesh

1pm: Red exotic fruit (not sure of name)

3.30: Salad with udo's oil 2+ dsps, avocado, currants, pepitas

6pm: 1 mango

8pm: Large Salad with coconut oil, avocado, stevia, pepitas, loads of greens, couple of pieces of self-dried apple.

Oh I went back for more!

9pm: 2 dsp of Cacao nibs, coconut oil, avocado (there goes the multiple fat combining again!), carob powder, banana, sesame seeds, currants, manuka honey...all mixed up...yum, but very full.

Exercise wise:

1 coastal jog - 50 minutes

1 kickboxing session interval 45 minutes

Was meant to go to yoga, but I'm pretty stuffed!

Spiritual Wise:

Went for coastal jog and visualised during run-50 minutes.

Felt really amazing this morning, one of those 'Oh, life is SO good' feelings, and it lasted most of the day...It's gotta be the raw food!

Read Sunfood book for about an hour, also ordered 'Eating for Beauty' by David Wolfe and a whole bunch of treats, so I can't wait for them to arrive!!





Final comment:

Last day, and boy did I stuff it up! Under-ate first up and continued to eat small insignificant meals throughout the day leading to LOTS of fat. These days I generally eat 3 large meals a day. Why not smaller meals? For a few reasons: I eat larger meals so I'm not digesting all day and the body has time in between to 'clean house'. Larger meals keep me going for hours without a thought about food, whereas small meals leave me constantly thinking about when I'm going to eat again. If I plan to workout throughout the day, the last thing I want is to go for a run with a smoothie sloshing around in my belly, so having large well-timed meals can reduce the chances of this happening. It's much more convenient to eat larger meals. If we eat larger meals throughout the day we are less likely to 'hit the fat' like I did for dinner.

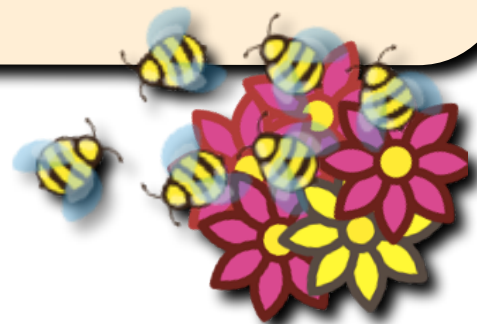
The reason I haven't really improved by this point is because I'm getting my information from a book without clear instructions on how to do a raw vegan lifestyle. I am getting assistance off well-meaning forum members, but unfortunately they don't really know either and the information is not objective enough. I ordered "Eating for Beauty"; uh-oh, that's all I can say. I'll say it again ~ high fat raw vegan does NOT work and does NOT make you beautiful, trust me! Live the lifestyle and eat the foods which allow you to become your best self, and your beauty will unfold like a butterfly's wings.

Excess fat in the blood = ugly.

Water and fruit carbohydrates in the blood = beauty.

I may have 'felt amazing' in the morning, but why not ALL day??

These days I can easily feel amazing all day, not just for a few hours in the morning post exercise. It's really amazing to look back on these days and see how far I have come. I really hope my journal pieces together some of the high carb raw vegan puzzle for you and helps you on your journey to vibrant health and well-being. I have been through the trials and tribulations for you, now take note of the mistakes I made and LEARN from them! In the following pages you will find the high carb, raw vegan lifestyle principles set out. I talk about the top reasons people fall off a HCRV lifestyle, teeth health, sleep, water, sunshine, exercise, menstruation, protein, and the ethics of eating. Plus much more!



Top 5 reasons



You keep falling off the HCRV lifestyle

1) You are not eating enough high calorie sweet fruits...

Sweet fruits like dates, bananas, persimmons and jackfruit. If you are concentrating on foods like watermelon, tomatoes and greens to get your calories in, then you won't meet your needs. At the same time if you are under-eating on fruit in general then your brain WILL send you to a familiar, more dense calorie source. More dense than fruit in order to make up the deficit. We all have an old favorite cooked food, mine used to be sushi filled with rice. FEED yourself! Drop the guilt and pick up the calories now.

2) You have the wrong focus...

You think the high carb raw vegan lifestyle is a deprivation lifestyle instead of the abundance lifestyle it is! This sort of 'deprivation' feeling also comes in a lot when we are hungry. It's sort of like the little devil challenging you, whispering in your ear..."Hey come on, this lifestyle is too hard, it's no fun, look your friends are enjoying themselves eating cooked food... you're not - you're just eating fruit...come on just have some, stop being a freak, stop being different..."..

This may sound funny but this little voice - is your hungry voice and you need to feed that devil with fruit until it becomes an angel. At the same time you "feed your little monster" you must shift your focus to all the abundance and health that you can experience on this lifestyle. Like a balanced candida population, clear skin and eyes, silky hair, clear mind, improved fitness levels, more meaningful relationships, fantastic digestion and elimination. Deprivation? I think not. Focus is a choice in each and every moment. Exercise your decision-making muscles today and focus on abundance! For the first time in your life you get to eat as many calories as you desire!

3) You don't have enough pain attached to eating cooked food....

Yes that's right, you don't think cooked food is that bad for you EVEN though it doesn't give you the high standards you are desiring. At some point you need to step up and decide that what you are doing is NOT helping you to be the best that you can be. Write down all the pros and cons of eating cooked food and raw food. I know which one will come out on top. Stop lying to yourself and justifying your low standards.

4) You don't have enough faith in this lifestyle...

This attitude will always lead you to cooked food. You need to COMMIT or else you will always allow yourself a window out. If you don't prioritise your health and fitness, then you will always go from diet to diet and have sub-par health and fitness levels. EDUCATE yourself today on how the body works, make sure you have read and reread The 80-10-10 Diet by Dr Doug Graham. Read a good physiology text book, you will soon find that the body runs on simple sugars, and what is the most optimal source of simple sugars for the body? Fruit of course.

5) You are doing this lifestyle primarily for weight loss.

This is a BIG problem within this movement. Don't get me wrong, PART of my motivation was appearance and weight loss, however it was not my primary reason. If you are finding this is your primary motivation, then quickly build up more reasons as to why you are following this lifestyle, like animal rights, health, to be a good example for your family, etc. The weight loss mentality always leads to the next fad diet because we never see that MAGIC number on the scales and if we finally do - we still aren't happy.

Why? Because happiness is not found in a number on the scales, or a reflection in the mirror; it is found inside, created by us through health. What is the best foundation for happiness? A body that is carbed-up on enough fruits, hydrated on plenty of water, well slept, has a regular fitness regime, gets sufficient sunshine. All these factors lead to a more stable mental state. Focus on attaining health and fitness, focus on becoming a runner, a cyclist or an adult gymnast, focus on becoming the healthiest person you know.

Click the following link to watch my video about weighing yourself and how you should destroy the scales! <http://www.youtube.com/watch?v=hat0A2LDioM>



Prevent Cravings

Ok so you get to the end of a fruit-eating day and suddenly - the cravings hit! You want something salty and fatty and cooked!. OH NO! What do you do?? What you do is PREVENT these cravings. Prevention is always better than cure. Check out my video here > <http://youtu.be/43QXpCTz5jo>

1) Make sure you ONLY have raw food in your house...

If you are surrounded by cooked junky food then of course you are going to find it hard to be 100% HCRV. Throw out all the cooked food in your house! Take away the temptation, rip out the stove if you have to, I know many people who have. Fill your house (and your stovetop) with loads of luscious sweet fruit, so when you turn around with cravings you are faced with ONLY fruit, no junk. Do what Victoria Boutenko did and tell your family they are going raw whether they like it or not! Victoria's family came home to a house without a stove and without ANY cooked food in the cupboards. Gutsy and Inspiring.

2) Eat enough calories from fruit...

The best way to deal with cravings is to PREVENT them. Go to www.cronometer.com and track your daily calories. If you are a female make sure you are getting over 2500 calories from fruit a day and a male - over 3500. Eating sufficient calories from fruit is the number ONE way to prevent cravings.

3) Fruit Stash...

Have lots of ripe fruit around, have a stocked-up ripening corner. Don't be scared to surround yourself with thousands of calories worth of fruit and go to town on it.

4) Be present in the moment...

If a craving hits then make the right choice and EAT fruit! Easier said than done right? Well not always. Sometimes all it takes is being present in the moment. Sometimes we have to be like a robot and bring fruit to our lips even if we don't want to. Your body wants calories so it will generally be responsive if you give it the right ones - aka carbohydrates. Now just take the fruit and bring it to your lips, when your taste buds taste the carbohydrates, the brain will then register the need for fuel. After this you will be surprised at how easy it is to continue eating the sweet fruit rather than head for salty fatty food. So again it's just a matter of being present and taking that first VITAL step.

5) Concentrate on smoothies and aim for over 1000 cals each meal...

You can pack a lot of calories into a smoothie and its an easy way to eat fruit. So get a quality blender and start blending your fruit. I generally have at least 2 blended fruit meals a day and it works awesome to curb cravings. Aim to eat over 1000 calories each meal, this will definitely squash the cravings! If you cant fit 1000 straight up, don't worry, just keep trying. As you know Rome wasn't built in a day!



5) Pain and Pleasure List

A pain and pleasure list is very helpful in staying on this lifestyle. If you are not 100% sure of why you are following this lifestyle then how will you stay motivated?

On the next page I have featured my pain list and pleasure list. I hope you can read my casual writing ;) I haven't included a few things like washing oily dishes etc just the main motivators.

My Pain List

My Pain List

If I go back to eating cooked food...

- My candida will mushroom out of control
- My period becomes painful & heavy
- My acne bumps will come back
- My eyes get yellow and foggy
- I lose focus easily, can't concentrate long
- I become low energy depressed
- My fingers swell and become painful
- My senses become dulled which I hate!
- My digestion becomes slow and constipated
- Sex life becomes less enjoyable
- The stitches I used to get with running return.
- I risk rotting my teeth.
- 1000's of people will lose faith in me.
- My nails break and stop growing
- It's becomes harder to be ME, the real ME
- I get very depressed and demotivated
- My face puffs up like a bloated beach ball
- I NEVER feel fully satisfied eating cooked food
- My skin becomes dry and flaky and PALE.

My Pleasure List

My Pleasure List!

If I stay on a HCRV lifestyle...

- I don't fear looking in the mirror in the morning!
- My skin glows and tans easily
- I rarely have a pimple
- My athletic performance is MUCH better
- My digestion is perfect. Quick, formed & fragrant
- My brains functions best!
- My nails are long and strong
- My hair is healthy and shiny, grows quick
- Its EASY to stay lean on this lifestyle
- I forge more genuine & healthy relationships
- My stomach is flat & lean
- My body odour becomes sweet & pleasant!
- I find it EASY to live with passion
- I'm often happy for NO reason.
- My period is almost non-existent & painless
- I get to travel to exotic locations & eat the best fruits in the World.
- My sexual connection is stronger
- I am SO energetic on this lifestyle!

Affording this lifestyle

Firstly you need to get real. You don't have a discount body! You deserve the highest quality food every meal. Before this lifestyle I was making regular visits to the Dr/Naturopath/chinese medicine Doc. On two separate occasions the gastroenterologist cost me \$215 for 15mins. Each time I visited these 'Dr's' I would leave with an armful of costly supplements. This added up to several hundred dollars a month which today now goes to organic food. Remember every dollar we spend is a vote for what we believe in so support organic growers and support the environment. Better still if you can - Grow your own!

I no longer have health insurance. I know of many people who have spent several thousands of dollars a year on operations associated with following a shitty lifestyle. On this lifestyle the chances of needing an operation are almost completely cut out. So there's another bunch of money saved per year! Packaged processed foods are not cheap to your wallet or health. Put your health first and your wallet wins as well.

Tips:

- Forage fruit off friends/abandoned trees.
- Get to know your local organic shop owner for discounts or even get a job there.
- Buy from the organic wholesalers and get BIG discounts, buy in bulk.
- Buy ripe, spotty bananas from the bargain bin

You will find the longer you are on this lifestyle - the less you spend on meaningless material possessions, and the more money you end up having for organic food.

So many times I see the latest porsche in mint condition rock up to the KFC drive through. Who's inside the car? A fat unhealthy diseased human being putting his wallet before his health. :- (Fall into this trap and say hello to a life of hell.

Like myself, you may move from your expensive inner-city rental to somewhere more modest and simple (which is also cheaper). Another thing I do is house-sitting. This really saves a lot of money! Not only is it free-rent but sometimes you actually get PAID to stay in the house and look after the pets. Try to get a yearly 3month gig and watch your bank balance rise. More details @ <http://www.housecarers.com> . You also may get rid of your car and buy a bike instead. Many people do this which of course translates to more cash in the pocket as fuel isn't exactly cheap these days! It's all about simplifying your life. My question is -

"How can you NOT afford to do this lifestyle?"

My best Tips ever!

✦ Drink 500mls to 1 litre of water on rising before any food, ideally until a bowel movement.

Drink at least another 2 litres throughout the day, a half hour away from meals. Dehydration is the number one factor in constipation and headaches. Drink more water if its hot weather or you are exercising excessively. If I haven't had enough water throughout the day I will sit up in bed and drink a litre or however much I am missing.

✦ Get up and squat on the toilet for a bowel movement! It is unnatural and compromises elimination to assume a seated position. It kinks the bowels. Balance yourself on the bowl - practice will help! Remember there are no porcelain potties in nature!

✦ Get off the scales! Weighing yourself is a waste of time because you don't know if you have gained fat, muscle or fluid. Don't do it! Just go by how you look and feel and how your clothing fits.

✦ Learn to eat enough! If you are a womyn, aim to eat at least 2500 calories a day, and men at least 3500 a day from fruit. Download www.cronometer.com and track your calories everyday until you *know* by sight roughly how many calories are in each meal.

✦ Do intentional exercise most days. Even 'rest days' can be active if you adjust accordingly. Incorporate mod-high intensity exercise every couple of days. (Heart Rate consistently above 70%MaxHR for 20 mins)

✦ Consciously design your life with a vision book, and choose the emotions you wish to experience in every moment.

✦ Eliminate all toxic chemicals/makeup/skincreams/deodorants etc from your life. There is a good site for vegan organic fruit-based makeup. www.100percentpure.com

✦ Keep your fat intake below 10% for optimal nutritional uptake and energy levels. I do best on 5% of daily calories coming from fat.

✦ Read and implement 'The 80-10-10 Diet' by Doug Graham. Find someone who is holding themselves to a higher standard, and model them closely (you can even hire me!).

✦ Finish eating before sundown, and at least 2-3 hours before bed. This is really powerful for mental clarity and a sound sleep.

✦ Sunbake nude as much as possible. We have glands under our arms and between our legs that require stimulation by the sun.

✦ Get enough sleep. If you could easily roll over back to sleep when you wake in the morning, then you haven't had enough sleep. Rest whenever you can. Closing your eyes conserves energy. 9+ hrs a night is best. Eat more carbohydrate calories if you have trouble sleeping.

✦ Eat your fruit ripe! The sugars aren't fully developed in unripe fruit, and the starch content will play havoc on digestion and elimination.

✦ Giving: Give as much as you can and whenever you can. Even a genuine compliment will start the 'ball of good karma' rolling in your direction.

✦ Buy a mooncup/keeper and you will never go back.

✦ Do your Vision booking! It WORKS (will speak more about vision booking soon)

Water yourself...

I remember once reading an interview when I was about 15 years old with SuperModel Elle McPherson. In the interview Elle was talking about her morning routine. I remember her saying she drank 2 litres of water first thing; since then I have been much more focused on hydration. I now consistently drink 1 litre of water on rising followed by another 1-2 litres throughout the day, and more if I don't pee at least 8 times clear throughout the day.

Our bodies are upwards of 75% water – every one of our cells, our tissues and organs need water to function at their best. Amazingly water makes up almost 3/4 of our bodies' total weight. Ironically, this water level is equal to many fruits and also to the planet's water balance. The brain consists of about 85% water, bones 35% water, blood 83% water and the liver 90% water. Apparently more than 75% of Americans are chronically dehydrated. This is not ok seeing every function of the body literally hinges on the availability of water.

We no longer live in a moist tropical rainforest environment where we would've received a good portion of our water requirements from the environment via our largest organ – our skin.

The main dehydrating factors to consider these days are the following:

- Environmental pollution – cars, factories, airplanes, etc.
- Cooked food. Put a biscuit through a juicer and see how much juice you get. Now try an orange..
- Air conditioning and heating – we lose approximately 120 mls of water every hour we sit in these artificial environments.
- Makeup that is full of chemical toxins that suck the water out of our skin.
- Household chemicals, paints, furniture off-gassing.
- Wearing clothing. Chemical dyes in clothing.
- Negative emotions.
- Prescription and recreational drugs.
- Getting sunburnt.

A teeny 2% drop in our body's water supply can spell dehydration. If you're doing any kind of physical exercise, you'll need more water to replace the loss from sweat.

I'm happy to report that mainstream medical opinion seems to remain strong on recommending adults drink eight glasses of water a day, however it's important to remember, if you're an active person, if you're unwell, eating dehydrating gourmet raw foods or breastfeeding, your water requirements will be much higher.

Yes, eating fruit keeps us more hydrated than on a cooked or gourmet raw food lifestyle, but we also need water for water's sake and eating fruit for hydration will not suffice. Remember the body then has to filter the water in the fruit of its carbs, proteins and fats.

Water is invaluable to us as it works to energise every cell and organ in the body. The body instinctively begins to ration water to each organ when we become dehydrated. Enzymes, (an important part in the healing capacity of your body), only function optimally when we have enough water. The digestive enzymes in our stomachs need to be swimming in water in order to be activated in preparation for digestion. Therefore if we are dehydrated when we eat our digestion will be compromised, this can lead to all sorts of associated problems. It's no wonder the number one over the counter drug is an antacid.

Instead of Dr's writing scripts for all sorts of digestive aids they should be prescribing water (and of course a vegan lifestyle). Obviously recommending water and a healthy diet as a solution doesn't pay the bills! It's a shame when you look at all the ailments sufficient water intake and a vegan lifestyle has been associated with treating: depression, high blood pressure, diabetes, acne, chronic fatigue syndrome, colitis, alcohol dependency, all sorts of body aches and pains, headaches. The list goes on.

How can you tell if you need to drink more water?...

One simple indicator I like to use myself is urine colour, it may not be foolproof but it has proven to be very accurate, if there is an odour (other than mildly fruity), or a strong colour, you're not drinking enough water. Rather than get to this stage make sure are drinking at least 3 litres a day, of course this amount can increase significantly depending on many factors, a few including climate, exercise and individual health history.

If you want more "pure" thoughts then I suggest you keep yourself hydrated! Water is a perfect conductor of electricity and this becomes important in the day to day operation of our bodies. This electrical potential of brain chemistry must be present for any of our thoughts to take place. Remember that no matter how purified and clean the water is you drink, negative words and thoughts can destroy beauty-full crystals formed within.

Our health is only as good as our weakest link so if you are dehydrated make sure you start drinking much more water so you are peeing clear with pressure 8- 12 times a day! I truly believe that before true health can occur we need to be properly hydrated.

Remember water is the bodies dilution solution to internal pollution.

Exercise and the lymph system...

The lymphatic system is the body's garbage collector. The body is naturally always creating toxins due to the normal functions of the body (cell metabolism etc). The lymph picks up this waste and transports it from the body. The lymph system is always in a state of toxin-removal, most which come from the high fat raw/cooked foods people eat. When we begin to follow the lifestyle that nature intended for us (a high carb, raw vegan lifestyle) the body finally has the freed up energy to eliminate the suspended toxins in the lymph and begin to concentrate on effectively cleaning out the lymph system. This means clearer skin for one!

It is truly disappointing how dirty we keep ourselves on the inside but how clean some keep their material possessions like their cars. I am always disheartened when I see obese individuals driving through a McD's drive-through in their latest model cars, which are their pride and joy. Treating their cars like a temple instead of their bodies.

The lymphatic system is responsible for many things! Removing excess fluid, waste, debris, pathogens, cancer cells, and toxins from the cells and tissues. So if you are having trouble dropping excess fluid your lymph may be overburdened and bathing in toxins. The lymphatic system also works with the circulatory system to deliver nutrients, oxygen, and hormones from the blood to the cells that make up the tissues of the body.

So now you can probably see how important the lymph system is to our health and well being, keeping it clean and flowing freely is priority. The consequences of a backed up lymphatic system can be very serious, even life-threatening. There are many side effects of a backed up lymphatic system. Not only are the building, repair and waste disposal systems affected by a disruption, the body's defenses against incoming 'invaders' is also compromised.

The following are some symptoms of a "dirty" lymph system..

Allergies and food sensitivities, joint pain, headaches and migraines, menstrual cramps, arthritis, fibrocystic breasts, breast tenderness, sinusitis, loss of appetite, muscle cramping, tissue swelling, fatigue, mental fuzziness, mood irregularities, depression, parasites, skin breakouts, acne, and a tough time trying to lose fat.

So in general, you may feel tired and toxic, with a heaviness in your abdomen.

With the lymphatic fluid being three times the volume of the blood and normally circulating throughout the body once a day - you want it to be CLEAN!! The more fat you eat the more sluggish your lymph fluid will be. I recommend a maximum of 10% of your daily calories come from fat and better still - 5%.

Apart from a HCRV lifestyle, what is the best way to increase the efficiency of our lymphatic system?

Exercise of course! Exercise can increase lymphatic flow threefold (or more with intense exercise). With exercise comes deeper breathing and naturally increased respiration. Deep breathing is extremely important when it comes to the circulation of lymph fluid.

Deep, conscious breathing works because it speeds up the flow of lymphatic fluid around the heart and through your chest on its way to the liver so get into conscious breathing! I find the best way is to go out for a run/cycle/hill walk, even ashtanga yoga is fantastic but I do not recommend Bikram yoga because it encourages dehydration.

So if you have any sort of congestion (which is a sign of overburdened lymph), you need to take action as soon as you can to increase lymph flow and clear any blockages.

A few ways to keep your lymph system clean...

- * Exercise daily – if you can't get out for a sweat session then do 50 deep breaths instead

- * Incorporate high intensity workouts twice a week, sprints are great

- * Skin brushing with a soft-bristled brush twice daily

- * Here is some great advice from a friend Richard regarding Body Brushing...

"Daily brushing of your body with a body brush designed for lymph system enhancement. You start at the feet and brush 2 strokes from the toes up to the knees. Then move to the back of the legs and do the same thing. Always brush towards the heart. I had to learn this when my wife had breast cancer and had lymph problems from the removal of lymph ducts causing inflammation of her arms and lots of pain! Try this daily as we both do now!"

- * Rebounding is awesome on those rainy days

- * Drink at least 3 litres of water a day so you are peeing clear 10 or more times a day. The majority of lymph fluid is water so keep drinking up.

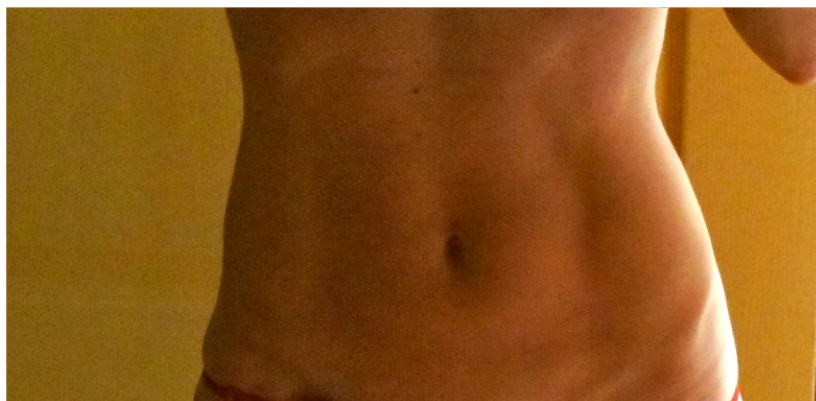
- * Low fat is KEY! Eat low fat vegan foods and always BEST eaten in their raw states, focus on high water content fruits that quickly pass through the digestive system.

- * Avoid running your immune system into the ground! Don't overtrain and get dehydrated because this leaves you open for all sorts of disease-causing pathogens.

- * Do all the above things CONSISTENTLY!

The lymphatic system is totally dependant on the contraction of our muscles and deep breathing. So choose an exercise which gets your heart thumping and lymph pumping!

A clean lymphatic system encourages a flat fruity belly!



Sleep...

Is your goal to sleep as little as possible at night? Is there so much to do that sleep seems like a waste of time?? In this day and age of societal expectations I can understand why most people feel this way. The problem is that we end up “paying for it” during the day if we don’t sleep enough at night.

When we continuously don’t get the amount of sleep we need, we begin to pay the price with daytime drowsiness, lack of concentration, irritability, increased risk of falls and accidents, and lower productivity, not to mention weight-gain.

When our nervous systems are not receiving enough charge (due to a lack of sleep), all the important processes such as digestion, absorption, assimilation and excretion are adversely affected. Essentially the brain is not orchestrating these functions properly because nerve energy is insufficient. This is known as a state of enervation.

How about animals in nature? Well Koalas are always snoozing! They doze for about 18-20 hours per day sitting up in the eucalyptus tree. I actually have many Koala’s outside my window – cute little fluffballs. Also some of our closest relatives sleep in one long bout at night. Baboons and chimpanzees have been said to average about 10 hours of sleep; gorillas about 12 hours and orangutans get about 14 hours of sleep each night. If these guys are our closest relatives, shouldn’t we be mimicking their sleep patterns as much as possible?

So how much should we be getting? It’s important to be getting enough! There are many factors that contribute to the amount of sleep we need – like energy output, stress levels, current fitness level and diet to name a few. When we were running about in nature without electricity and stimulants we would’ve been getting 10-12 hours a day by default. How do you know when you haven’t had enough sleep? When you would rather turn over and go back to sleep then get up and start your day. Or if you find yourself yawning throughout the day and constantly looking for a place to ‘crash’...

Our immune system functions optimally if we go to sleep by 10 p.m. As we sleep, physical repair takes place between approximately 10 p.m. and 2 a.m. Then from about 2 a.m. to 6 a.m., we enter a stage of psychic regeneration. During this time, the brain releases chemicals that enhance our immune system. Don’t weaken your immune system and leave yourself open for infection and disease in the body!

If you really can’t prioritise getting 9-12 hours of sleep a day then it’s a good idea to find ways to rest throughout the day. Have a power nap of 10-20mins on your lunch break. Stop staring at your computer screen and close your eyes for 10mins (also decrease the brightness on your screen) or sit down whenever possible instead of standing.

If we are sleep-deprived these simple actions can save massive amounts of energy, which is just what our bodies may be craving. Remember many of you may have ‘sleep debt’ to catch up on. How long that will take is up to your body and other lifestyle factors you subject it to. You may be short-changing yourself when it comes to experiencing optimal energy levels, enhanced mental ability and looking your best. All good reasons to be paying the debt back now.



Sunshine...

Getting sufficient amounts of sunshine in our life is very important. Without sufficient sunlight our body doesn't produce certain hormones and nutrients such as Vitamin D. Without adequate amounts of Vitamin D, the body cannot utilize calcium. Many people take Vitamin D supplements if they live in cold climates that don't receive much sunlight. Vit D supps are extremely controversial and are said to do more harm than good. Like cholesterol-lowering medication when all the patient needs to do is adopt a vegan lifestyle.

According to Dr John McDougall, Vitamin D supplements may increase the risk of cancer and heart disease. Because vitamin D is fat soluble, excess body fat will pull vitamin D out of circulation thus contributing to deficiency. Standard Vit D recommendations are typically too high, this should be researched before getting a blood test to determine optimal levels.

If you are suffering from a Vitamin D deficiency then I recommend you move to the tropics where you are meant to be. Don't tell me you can't because you can, individuals, families, the elderly do it everyday and reap the rewards of tanned healthy skin and optimal Vitamin D levels. It's no wonder people in cold climates tend to suffer from the most depression, sunlight is nature's love shining her rays down on us. Just don't be a dillberry and get burnt by soaking up too much of her love!

Sunlight is also very important for optimal immune system functioning. In order for our system to be resistant to infection and incoming pathogens we need sufficient sunlight. It has been said that sunlight may be **almost** as important to our health as oxygen and water.



Teeth...

In the high carb raw vegan movement there will ALWAYS be people paranoid about their teeth and fruit. Why? Because we have been conditioned since bubs by money-hungry (and sometimes well-meaning!) dentists to think that fresh fruit is a teeth-rotter. This is simply NOT true, unfortunately it is just more propaganda and fruit-bashing.

I remember back when I was about 7 years old and had NO obvious problem with my teeth, no pain, no complaints. Every month the dreaded dentist caravan would come around to our school. Without fail EVERY child would get a filling. Over the course of about 2 years that dental van raped my teeth of their innocence by drilling painful cavities into my teeth. A small one of which I have now remineralised. I ended up with about 5 unnecessary fillings in total, other children many more.

Nowdays I don't ever set foot in a dentists. I have been eating 97% of my calories from fruit since Jan, 2007 and have not had a problem with my teeth. If fruit is eaten in it's correct state (like every other animal eats it) – whole, raw, ripe and alone (or possibly mixed with tender greens).

Some say dates are bad for teeth. However, it's impossible to say the dates are the problem BUT it can be said that the dates have HIGHLIGHTED your teeth issues. When we put something so concentrated like a date on a cavity we are going to feel it. We would likely get the same reaction with salt.

Cavities can take years to develop, we may think we have identified the culprit in the moment of discomfort however so does the person who just ate watermelon on top of a Big Mac...and blamed the watermelon. It's not always what it seems.

Ofcourse a staple of dried figs is definitely not optimal and should only be eaten occasionally like we would have in nature). However when fresh, dates are higher in water content to start with and are not subjected to a lengthy drying process like much higher water content fruits like figs. I wouldn't call them dried fruit but naturally semi-dried which makes them a different ball game.

I know personal testimonies aren't ALWAYS the best form of evidence *however* if consistent they can be valuable in identifying certain patterns which may be of assistance. Durianrider and myself generally eat about 2000-3000 calories from dates a day and have done for many months at a time over the past 5+ years and our teeth are completely fine. I know many other CONSISTENT long term HCRV's who are in the same boat.

When we go off the HCRV lifestyle and eat cooked foods this is when we are generally creating the cavities. We then we come back to the fruity lifestyle and put something concentrated like dates on our teeth and WHAM the date indicates there is a problem with our teeth.

Important Factors to remember...

* The resulting damage we do going back to acid-based and acid-forming cooked foods:
It's important to remember there are intense acids that lead to corrosion in the most seemingly innocent items such as the tannic acid in tea. There is also the excess acidity created in the body by consuming "foods" like meat, dairy, grains and basically most cooked food. The body is then forced to leach calcium and other alkaline minerals from the bones and teeth in order to buffer the acidic environment.

* Not only our teeth but our whole body becomes cleaner and more sensitive (good) when we adopt a high carb, raw vegan lifestyle....

Important Factors to remember...

So if we are continually going back and forth to acid-forming foods we increase our chances of inflicting damage to every part of our body. Our (terrified) teeth finally begin to 'put their guards down' on a HCRV lifestyle then WHAM we hit our 'new' healthy teeth with acid again. Continually stuffing with the PH levels in our mouth is not recommended if we want healthy teeth. STRESS creates acid. Like when we adopt a HCRV lifestyle - our colons begin to 'trust us again' and lose the protective layer it developed against the harsh fibres of grains we once consumed. Then we go back to eating grains and experience adverse side effects because the layer is no longer present.

* Eating a high fat diet, greater than 10% of daily calories coming from fat (plant or animal source) will eventually cause problems. Having excess amounts of fat in the bloodstream from ANY source is acid-forming and teeth compromising. Keep fat levels below 10% of daily calories and LESS if suffering from teeth problems.

* Nut-eating (especially rancid nuts), making dried fruit (like figs) a staple and also combining the two to make a combo abombo for the teeth...

Acid forms in the mouth after eating nuts, also when we eat nuts and seeds small particles get caught in the crevices of our teeth. Acid waste products that corrode tooth enamel is a metabolic byproduct of the bacteria that digests the dried fruit and nuts, this bacteria is highly acidic. If our teeth is continually subjected to these acidic conditions then tooth decay may result. As low fat raw vegans these combo's are NOT recommended so if you are getting teeth problems from eating this way then you need to reread the 80-10-10 Diet by Doug Graham (www.foodnsport.com) and especially learn about proper food combining. Trapping sugar in the blood and saliva by eating fat and fruit combo's is also a damaging practice.

* Eating foods like dried figs (or other previously high water content fruits) as a staple MAY cause problems, but it isn't the first place to look...

Due to the fact that most people are teetering on the edge of dehydration, dried fruit may just tip them over the edge. Seeing the brain controls the pH of the mouth. Dehydration leads to an acidic mouth environment and potential teeth problems.

* Dehydration affects the PH balance in your mouth, making it more acidic. As mentioned above, this is another condition that can lead to teeth problems. If the brain doesn't have enough water to work with then this will adversely affect the secretion of digestive enzymes by the saliva. Less water = less saliva production = more acid. So DRINK more water. Aim for 3 litres a day and more if you are active. As a guide, make sure you are peeing clear (or almost clear) at least 8-12 times a day.

* Undereating on sweet fruits on a high carb, raw vegan lifestyle...

Can easily lead to nutrient deficiencies and an acid environment that requires alkaline minerals (from teeth and bones) to neutralise, similar to that of an individual suffering from anorexia.

* Coming from a past of disordered eating and drug abuse...

Disordered eating, especially anorexia and bulimia can destroy teeth and accelerate the formation of cavities. Recreational &/or prescription drug taking diminish the health of our teeth.

Going back and forth off and on a HCRV lifestyle is likely to lead to teeth problems but it's not the fruits fault.

A few principles which will assist in keeping your teeth healthy...

- * Eat fruit ripe... Do not eat unripe fruit. Avoid lemons and limes if you have teeth issues.
- * Don't make dried fruit like dried figs a staple, this would not be the case in nature. However I would not go ahead and blame them for teeth problems until you are adamant the connection has been made, all other avenues have been considered and you have been consistent on a 100% high carb, raw vegan lifestyle for at least 1.5 years. Again just because you get a pain sensation on eating them doesn't mean they are the cause of your teeth problems, commonly they are highlighting a problem. Dates are a great food and should not be avoided. However, if they give you contact pain then blend them as Datorade until you can directly eat them again.
- * Learn to combine overtly fatty foods like avocado and nuts with the appropriate sub-acid/acid fruits. Eat nuts fresh off the tree and don't eat store-bought rancid nuts that are full of old rancid oils.
- * Do NOT go back and forth off raw and cooked food and then blame fruit. Not fair!
- * You do not have to limit the amount of time your teeth are exposed to whole, fresh, ripe, raw fruit.
- * Be careful brushing teeth and do not brush your gums hard as it can lead to them receding. Buy a soft-bristled vegan toothbrush and gently brush the teeth twice a day. Do not use baking soda or any toothpaste, this can actually lead to more damage. Rinse your mouth if need be. Flossing: Personally I haven't flossed in 10 years (and my teeth are crowded) however if you do choose to floss you MUST do it gently or you will create pockets where food and microbes can flourish and cause problems.
- * Please ONLY go to the dentist if you REALLY need to. Routine check ups can lead to a mouthful of unnecessary fillings and long term damage. If you have minimal or no pain and they recommend fillings DON'T get them. Like General Practitioners, the vast majority of dentists do not have training in optimal nutrition. Some recommend high fat diets for teeth health, others recommend high carb. Confusing. They are also business people first and foremost and are happy to take your money, even if it means making a problem appear bigger than it is. They are helpful however for emergency circumstances.
- * If you feel you need to eat greens for your teeth health then by all means eat them please however do not think they will magically heal your teeth problems. Although it has not been my experience, (and whether the claim is accurate or not) people often connect up eating greens with improving their teeth health. Keep in mind though, if you need to force them down or cover them in fat before eating them then they may end up being worse for your teeth. I know a number of people (including raw foodists) who eat LOADS of greens (greater than 6% of daily cals from greens) and have the WORST teeth problems I have ever seen.
- * Stop ingesting acid-forming foods and then blaming alkaline foods such as fruit for your problems!
- * Keep hydrated. As discussed this is VERY important, not only for your teeth but for the entire functioning of your body.
- * Lead an alkaline lifestyle by getting sufficient sleep, sunshine, exercise and positive interaction. Read the 80-10-10 Diet book again and again.
- * Remember if you come to a high carb, raw vegan lifestyle with compromised teeth this is why you have teeth problems not because of the ripe raw fruit you are now eating (that is highlighting your teeth issues)..

Contrary to popular propaganda - Whole, fresh, ripe, raw (preferably organic) fruit is actually HEALTHY for your teeth. Nature didn't get it wrong folks but we do ALL the time.

WHERE DO YOU GET YOUR PROTEIN?

I've been asked this question so many times that I find it quite amusing now. I also find it very sad because it's evidence of how conditioned we have been by the greedy, murderous Meat, Dairy and Egg Industry.

Anyway I have some creative answers to get your "interrogator" thinking...

Q. So where do u get your protein from?

Answers:

1) I meet my protein requirements easily by just eating fresh fruits and greens. Did you know that there isn't even a medical term for protein deficiency? (Please note - Marasmus and kwashiorkor are conditions brought about by a lack of calories.)

2) Fruits and greens. I make sure I am getting under the World Health Organization's (WHO) recommendation of 10% or less of my calories from protein, how about you?

3) I actually make sure I don't get TOO much protein, why? Because too much protein in our bodies, especially from animal sources results in an overly acidic environment. This condition then forces the body to leach calcium and other alkaline minerals from our bones and teeth to 'buffer' this acidity. The resulting conditions are arthritis, osteoporosis, tooth-decay and cancer to name a few.

4) Well my goal is to keep the amount of protein I eat LOW and this is one of the reasons I don't eat meat. Animal proteins are the number 1 culprit in creating an acid internal environment. We cannot store protein so our bodies are forced to metabolise it which causes stress on our liver, kidneys and immune system.

5) Fruits and Greens contain the ideal amount of protein in the form of easily assimilated amino acids. They contain all 8 essential amino acids.

6) Plants are the only foods eaten by elephants, horses, and hippos and do you see them having a problem growing all the muscle, bone, and tissue they need?

You could actually answer the protein question with a question...

Q. Why do you think we need lots of protein?

Typical Response- "Umm well that's what the nutritionist's say and I want to build muscle, you can't build muscle on a vegan diet, you need meat!"

A. Actually the biggest factors in building muscle is appropriate resistance training, getting enough sleep and eating sufficient nutritious alkaline calories to support muscle growth. Meat does not build muscle, go to www.veganbodybuilding.com

What happens if you eat too much protein and not enough carbohydrates??

If we don't take in enough carbs and at the same time eat too much protein on a regular basis, the resulting state will be Ketosis. What is ketosis? It's a state where there is an accumulation of ketones in the blood (which are byproducts of fat oxidation). Ketones are toxic (poisonous), acidic chemicals such as acetone, acetoacetate, and beta-hydroxybutyrate.

Ketosis is a dangerous state to be in as it increases insulin resistance and glucose intolerance, not to mention you feel like crap! It's important to keep a close eye on Insulin resistance as it is a major risk factor for the development of heart disease. I have been in a state of Ketosis myself – My acne increased, I was constantly lethargic, my breath stunk, and I was having suicidal tendencies...

When our bodies are in a state of ketosis naturally we become dehydrated as well. The kidneys have excessive demands placed on them by having to rid the body of excess nitrogen. Please read the article on hydration if you have forgotten the importance of water.

Lastly, just to put some sugar on top...

It's not a coincidence that we have 'sweet-tooths', we are designed by nature to crave carbs or in other words - to crave sweet foods. We have sweet-tasting taste buds that are located on the tip of our tongues. We do not have fat and protein taste buds. Lucky for us high carb raw vegans, we get to eat all the dessert we want! - For breakfast, lunch and dinner and it's in line with nature's design! Carbs, contain a unique combination of sweet-flavor, energy, and nutrition which regulates our hunger. I see it all the time, unless you eat enough carbohydrate foods, you will continue to remain hungry and search for food. So eat up your fruit and don't worry about not getting enough protein!! Worry about getting too much! As it can be life-threatening.



MORE FRUIT before & during menstruation...

As a menstruating female for the past 15 years, I have noticed that during my blessed monthlies “cravings” for certain foods increase, depending on my prevailing diet. Now, as a high carb, raw vegan, I know that my “cravings” are simply an appetite for truly nourishing foods; when I was a cooked fooder my “cravings” were typically for addictive junk foods.

Unsurprisingly, when I was eating a cooked food diet, all the foods I craved during my periods were consistently high-calorie carbohydrate-rich foods such as cakes, pasta, rice, bread (a loaf at a time regularly!), lollies, and other sugary snacks. I stuffed them down like a drug addict getting my last hit. I would sit there afterwards holding my bloated belly, thinking “Wow I just have no discipline whatsoever!” And I was severely overweight.

When our bodies are communicating a need for more fuel, it is misguided and potentially dangerous to ignore that communication. However, the important thing is to eat the right nutritious foods to fill this void, and fruit fills the bill perfectly.

I have noted that during the week and a half before my monthlies and throughout the duration, for about 14 days (I’ll call it the “window”), my appetite increases considerably. This is because the hormonal and detoxification systems are more active than usual and the body needs extra fuel. I usually satisfy my increased hunger with lots of extra fruit.

One time I got distracted (by the Internet of all things!) and severely under-ate. As a result, I ended up downing a bunch of fatty flax crackers with avocado. They did not come close to meeting my body’s demand for more carbohydrate and I was not satiated by them. I eventually quelled my hunger by eating enough fruit over the course of a few days. “Datorade” (20 dates blended with 1 liter of water) to the rescue!

If I under-eat carbohydrate during the “window,” my blood sugar level drops and I may feel irritable, emotional, angry, unappreciated, depressed, lethargic, intense, hungry—all symptoms of an under-carbed body and mind. And if I overeat on fatty foods, cooked foods and processed foods, these problems become greater as a result of toxemia and the extra digestive energy requirement. These are the risks we ladies face if we under-eat fruit, particularly during the monthly “window.” Around the time of menstruation we want to lighten the toxic load as much as possible, and refrain from burdening our bodies with non-foods. Overtly fatty foods especially bring on menstruation earlier, heavier and more painful

We also need to remember that when we are losing blood, water is being lost as well. Thus, we need to ensure that we remain well-hydrated by drinking extra water or eating more juicy fruit during this time. I recommend you drink enough water so you are peeing with pressure around 8-12 times a day. Aim to drink 3 litres of water a day or more if you are not peeing at least 8 times in a day. The urine should be clear with a neutral or sweet odor, indicating a low toxic load; dark, odorous urine indicates excessive toxins which typically is the result of overeating cooked and/or fatty, high-protein foods.

An upset digestive system commonly experienced by womyn during their period can also be linked to poor food choices around that time, rather than hormonal disturbances. As such, it is important to make a conscious effort to satisfy cravings by choosing to eat more fruit. Mark it in your diaries ladies, and be prepared!

Assuming you are already following an active, high-fruit, low-fat, raw, vegan lifestyle, during your period I suggest you aim to increase your fruit intake at least another 500- 1000 calories each day. Focus particularly on mono-meals of high-calorie sweet fruits, such as bananas and dates. This is a far better choice than trying to mimic heavy cooked food recipes with complicated, low-calorie, gourmet raw recipes such as zucchini pasta with avocado sauce, or nut loafs. These dishes will not provide the carbohydrate your body needs during this time and you'll invariably crave more and more fatty foods.

My periods are pain-free and lighter when I eat fewer overtly fatty foods and more high-carb fruits during this time. I strongly suggest you give a low-fat raw or cooked vegan diet a chance if you are having painful or uncomfortable periods. After just a month or two, you will be pleasantly surprised by the difference.

Over the last four years of my high carb, raw vegan lifestyle, I have only experienced mild discomfort once or twice before and during menstruation. When this happens, I attribute it to overeating fatty high-protein foods and insufficient fruit intake. I also had a painful and heavy period of about a month or so when I went back to eating high-fat, cooked vegan foods. That was when it finally sank in that the foods we choose to eat have a great impact on the duration and severity of "that time of the month."

Make sure you don't let yourself get under-carbed during your monthlies!!



How do YOU say



“Don’t kill my baby!”?

Should any mother have to?

Don't eat animals & their secretion...

Over the years I have seen a number of new high carb, raw vegan's fall off the wagon back into consuming tortured animal bits and pieces (because they didn't learn to eat enough fruit). I came to a high carb, raw vegan lifestyle straight from corpse-eating. I would like to share why this is no longer a path I will be going down if I ever fall off the HCRV wagon for whatever reason.

I didn't develop the ethical vegan side until about 6 months into following this lifestyle. I simply didn't educate myself as to what was involved in the production of animal products.

I knew I didn't want to cause anymore suffering to animals but was never exposed to what really happened in those massive concentration camps. That was until I watched Earthlings. It changed my consciousness forever, if you are serious about knowing the whole truth about the origin of what you consume (or USED to consume) then you owe it to yourself and the animals to watch this Documentary. Please prioritise this. It is bound to have a positive effect on your future food choices.

Over the years I have educated myself not only on the damage animal products inflict on the body but also about the torture, slaughter, and rape associated with the consumption of all animal products. To be successful on the high carb, raw vegan path you must be on this lifestyle for worthwhile reasons, wanting to lose fat off your thighs or belly alone is NOT a worthwhile reason and will always eventually lead to the wrong foods. Increasing health and vitality and at the same time wanting to make this World a better place for all who inhabit it, ARE worthwhile reasons.

Many say that the industry associated with the promotion and production of dairy and eggs is even more cruel than the ones dealing directly with the slaughter and sale of flesh. Cows and chickens are abused (including routinely raped) for longer periods and inevitably slaughtered when their productivity declines (at about a 5th of their natural lifespan). Everyone eats animals in our society right? It must be ok then?.... WRONG. This unconscious line of thinking is wrong in so many ways.

I grew up with cows, let me tell you, they are the most beautiful, gentle giants you may ever meet. Sometimes one of 'our' cows "Missy" would let me drape my body across her back in the sun while she fed on the grass. She was so patient and kind. One of the calves she had was like a best friend to me. We would play for hours. She would head-butt me playfully and spring around happily like a puppy dog. Anyone who has ever associated closely with calves will likely relay a similar experience.

Animal products are highly addictive and subsidised so heavily that they are often cheaper than fruit to buy. The following quote is from the documentary "Eating"...

"By subsidising the animal food industries the government promotes an eating habit which is the biggest killer in America today. Like the tobacco industry, animal food industries publish phoney studies, deny there are any risks involved in eating their products and fight tooth and nail for every subsidy they can get. Like the tobacco industry, the animal food industry collects billions in subsidies and pockets billions in profits and the public gets stiffed with higher taxes, disease, disabilities and premature death and we pay billions more for healthcare to treat problems caused by the very foods these industries and the government promote."

"Because our politicians provide massive subsidies to animal food industries in return for political campaign financing, without these subsidies the cost of animal foods would be like it was in the past - \$90/lb (without subsidies) and only the wealthy would be eating themselves to death. "

In the dairies (yes organic grass-fed as well) cows just like Missy have their calves ripped away from them at birth and often slaughtered immediately or sold to the Veal industry. After spending months being permanently confined to a box in which they cannot ever turn, the calves bodies are ground up at the rendering plant where they are often fed back to other cows and even to their mothers. These are herbivorous feeling animals folks! We have turned these gentle giants into unwilling carnivores (& even cannibals). The reason this is done is because the cholesterol content of the dismembered animal mix increases milk production. The industry call it "enriched" feed - enriched with a mix of animal body parts, road kill, euthanised dogs and cats, fish then cooked ground up and mixed with grains. The only reason the cannibalism may be stopped is due to the outbreak of madcow disease.

Here is a relevant quote from Will Tuttle out of his amazing book ~ "The World Peace Diet" :

"Of all the mammals, it is the cow who's maternal instinct has been perhaps the most obvious and celebrated. Her gentle and patient eyes, her natural mothering way with her calf, licking, feeding and watching over her baby and her loud lamenting when the calf is taken away from her... She cannot fight the hands that steal her offspring away or speak to us in human words, telling us how deeply it hurts her but it is obvious to anyone with eyes to see and ears to hear, for us to ignore her suffering and the suffering of her calf, hundreds, thousands, millions of times over, is to ignore and deny our own decency. There is a deep and terrible transgression in this. The unnatural coveting of the calves mothers milk several thousand years ago and the building of a whole culture around the stealing of milk, the killing of the mother and her children and justifying the whole horrific thing by mythologising it - the Lord promising us the land of milk and honey. This violent theft of milk from enslaved mothers planted seeds of war and exploitation that are tragically almost completely invisible. Today our culture takes milk for granted, it is aggressively promoted around the world. How can we ever hope for peace when we practice such shameful violence on such a massive scale?"

There really is no other reality to it - When we consume milk products from ANY mammals (especially as females), we initiate the rape, exploitation and death of other female animals.

It's time to wake up to the enormity of consuming even a single bite of death and suffering. Next time you misinterpret a fruit craving for a flesh or secretion craving then please don't cheat and pay Mr Butcher to do your dirty work.. Kill your own meal and every flesh meal that follows. Try to sneak past a bull, up to a random cow in a field and rip the calf away from her nipple and start sucking on it. Trust me, you will be lucky to escape that paddock alive let alone steal any milk. We need to stop being sheeple and following the herd. It's time to think for ourselves and ask our heart what is the right thing to do.

Please take the time to watch this amazing speech by Gary Yourofsky, I am convinced it will change the way you think about EVER consuming animal products again.

<http://www.youtube.com/watch?v=es6U00LMmC4>

Please support this website by my friend Gary Yourofsky>

<http://www.adaptt.org>

VISION-BOOKING

A vision book is a visual representation of all the things you desire to have in your life. It is a powerful tool that assists you in attracting all of your personal desires. We all have dreams deep down, however, most of us don't focus on these dreams long enough (or in a fun enough way) to manifest them into reality. Vision booking is the answer you have been waiting for! It is not a difficult process and, if done correctly, it really works! Vision booking is enjoyable, and to be in high spirits during the process is vital! The happier and more passionate you are, the more effective the process will be in activating 'The Law of Attraction,' and manifesting your desires.

Is there any Science behind this? Well, yes, there is actually. It's called quantum physics. There are several different 'Universal Laws.' One you might know of is 'The Law of Gravity.' The law which is activated during vision booking is 'The Law of Attraction.' It states that we attract into our lives anything that we give attention to, regardless of if we perceive it as 'good' or 'bad.'

The following is a quote from Tristan Loo of synergyinstituteonline.com

"At the base of the human brain stem, in between the medulla oblongata and the mesencephalon, there is a small finger-sized control center called the reticular activating system (RAS) that sorts and evaluates incoming data. Your RAS is responsible for filtering all the incoming information that your brain receives and it also acts as receiver for information that is tagged as important.

A simple way to conceptualise the RAS is to think of it like a radio. You are surrounded by radio waves from various stations and your portable radio can pick up those channels, but only one at a time. You have to tune your radio to a specific frequency of your favorite radio station in order to receive it properly. Your RAS is not much different in this regard. Imagine you are in a meeting room talking to several people and out in the distant corner of the room you hear your name. All your focus gets diverted in the direction that you heard your name because that bit of information is tagged by the RAS as important to you. Your RAS is responsible for having the ability to sleep through the noise of traffic outside your room, but waking up suddenly at the smallest cry from your infant child. Another example of the RAS at work is when you go and buy a brand new car and then suddenly you notice many more people around your city have that exact same car."

So, now you can see it's not all 'hippy nonsense,' after all! :-D



VISION-BOOKING TIPS

Being artistic is NOT a prerequisite for creating an effective, functional vision book, but letting your creativity be the leader is! Your vision book should speak to you, not anyone else. These are your dreams, after all. They are everything you want to be when you grow up, so to speak. :-)

Remember the following when creating your book, and manifesting your dreams. Make your vision book as visual as possible. The subconscious mind is what we want to pander to here. Your subconscious mind functions in pictures and images, therefore you need to focus on pages of beautiful images that express your desires.

I recommend you add text, as well, to increase the overall emotional effectiveness. Ensure you choose pics that evoke powerful, positive emotions for you.

Be choosy, take your time, and find the best images. Just seeing your vision board should make you feel happy, and motivate you to achieve your desires every time you glance at it.

Your vision book should be somewhere that you can easily access it. I recommend you even take it EVERYWHERE you go! The more you look at your visions, the faster you will have them. Submerge your subconscious in the positive.

If others start to criticise your book, be careful. The 'bad vibes' can affect the process, as you may become self-conscious, and doubtful of your dreams. Keep your book private as long as you feel vulnerable to external criticism.

If you want to create your dream life, vision books/boards are vital! They are inexpensive, but soon you will see their worth to you is immeasurable!



My Examples...

We put on a high carb, raw vegan retreat in Queensland, Australia in 2009. This is the Vision page I created in preparation for the retreat. It worked wonders in creating a successful retreat! Making a vision book/board is like creating a visual road map for the mind to help you find the destination of your hearts desires. My running vision page is below. I improved my 5km running time from around 29mins to 20mins on a high carb, raw vegan lifestyle.



Social Tips...

The restaurant experience.

STEAKS R US?

Firstly, find out what type of food the restaurant serves. If it's 'Steaks R Us' then I recommend you maintain your high standards, and decline dining in that deathly environment. Use your best judgment with other places.

BEFORE YOU LEAVE HOME...

Blend up DateOrade (soaked dates and water), and take it with you to the restaurant. Sip whenever temptations arise (Maybe take it in a dark bottle to disguise brown chunky liquid). Take an avocado or nuts/dried fruit with you to dress up your salad because it's bound to need it! You can also blend up a high calorie raw fruity sauce to put on your restaurant salad. Have a large fruit meal just before you go out so you are totally satiated.

AT THE RESTAURANT....

Once at the restaurant, order a large salad with ONLY the ingredients you want, like tomato, lettuce, cucumber, etc. That way, you don't have to peruse the menu and baffle the waiter with, "Ummm... Can I get the salad, minus the chicken, bacon, Ranch dressing, croutons, onions, capers, garlic, oil, vinegar, chili, salt..." Arrrrgh! Save your sanity! And don't forget to say "keep the salads coming" because one will probably equal about 100 calories.

TYPICAL QUESTIONS...

If you get the standard, "Where do you get your protein/calcium/iron/omega fats etc.," you could reply with, "Everything we need is within whole, fresh fruits and greens. We just have to make sure we eat enough..." A typical response is "Buuuuut, there's no protein in fruits and veggies?!?" to which you could reply, "Yes, actually, there is, and in the perfect ratios for humans! Here is a great site to check out exactly what nutrients are in fruits and greens - www.cronometer.com

When people ask you, "Why you are eating that way?" You can answer with, "I really enjoy looking after myself, and I have received this, this and this benefit from eating the fruity way..." Without a doubt most people will continue to question you because, at the end of the day, they want to feel good also!

Depending on the relationship you have with your fellow diners, you could also say, "I'm trying a special diet at the moment, I feel great so far" or "My doctor has me on this diet."

Dinner time interrogation ;)

1) "You've got an eating disorder!!"

Suggested answer (with a smile!): So you consider ripping apart a dead chicken carcass a good example of 'orderly eating'? (Of course, it depends on what they are eating.)

2) "Oh, I could NEVER do that diet!"

Answer: Yes, you're probably right.

(Good response if you're not keen on an interaction with this person, best to say it with a smile.)

3) "This diet is too extreeeeeme for me!"

Answer: Check out this girl who said the same thing when she found out about living on raw food... and now she has been thriving on it successfully for more than 5 years - www.rawfitbitch.com (or use answers from 1 or 2).

4) "I bet you're the only one on that crazy diet..."

Answer: Go to this website, www.30bananasaday.com, and you will find doctors, lawyers, professional athletes, and everyday people, succeeding on a high carb raw vegan lifestyle.

Extra tips>>

- * Join a high carb, raw vegan forum and contribute, so you feel part of the community.
- * Hold yourself to a higher standard, and surround yourself with people of a similar caliber.
- * Do the lifestyle 100% and be a shining example. Others will have much more faith in your ways if you look the part.
- * Host a local raw vegan picnic or throw a 'fruit party.' They are 'in vogue' at the moment, and most people are craving something different.
- * Prioritize your diet AHEAD of your social life, no one likes to hang around an unhealthy person anyway.
- * Lastly, remember your social group will begin to change for the better. The more raw you are, the more awesome raw friends and experiences you attract into your life, you will be pleasantly surprised by the amazing friendships you forge!

High Carb Raw Vegan...

PRO'S

- * Look better
- * Shiny hair, strong nails, clear skin, lean body
- * Feel better
- * Taste is better! (Once buds are clean!)
- * Optimal digestion and absorption
- * Reach optimal weight with max calories
- * Inspiring healthy community to be part of
- * Easier to breathe
- * Physically more flexible
- * Supporting the planet and the animals
- * New life can be planted after finishing each fruit meal
- * Dis-ease in the body and mind vanishes
- * Fresher, tanned, healthier skin

CON'S

- * Ripe fruit availability
- * Generally cannot travel to remote locations

?



Why would you you want to eat cooked food again?

Cooked Food...

PRO'S

- * Readily available
- * Allows you to travel to remote locations
- * People find it "warming" in cold climates
- * Tastes good for maybe 1min

?



CON'S

- * Fluid/weight gain
- * Slow digestion
- * Less than the best skin, breath, odour
- * Cooking supports the destruction of the rainforest
- * less trees = less homes for animals
- * The regret after eating
- * The needless packaging
- * Less nutrients from dead food
- * Sub-par athletic performance
- * Inconvenience of cooking and dishes
- * Expensive to buy cooked organic foods
- * Hygiene - Who prepared your food?
What is in your food?
- * Greater risk of food poisoning
- * Compromises health
- * Addictive

Is it really worth it?? Write your pro's & con's list today and stick it somewhere so you will see everyday

Instant Transition tips !

I might be repeating myself here but it needs to be said over and over until you do it!

- * Go and buy a box of bananas and dates NOW
- * Buy the 80-10-10 Book by Dr Graham NOW
- * Clean out your cupboards of ALL cooked food NOW
- * Google where the wholesalers are & put in an order NOW
- * Google where the local Organic shop is and ask about spotty bananas NOW
- * Join 30 bananas a day and ask questions NOW
- * Learn what ripe fruit is NOW > **<http://tinyurl.com/6rl7xa9>**
- * Organise a 30 day HCRV challenge with a buddy NOW

Take at least ONE action step towards your goals once you put this book down.



3 -4 days worth of eating for me



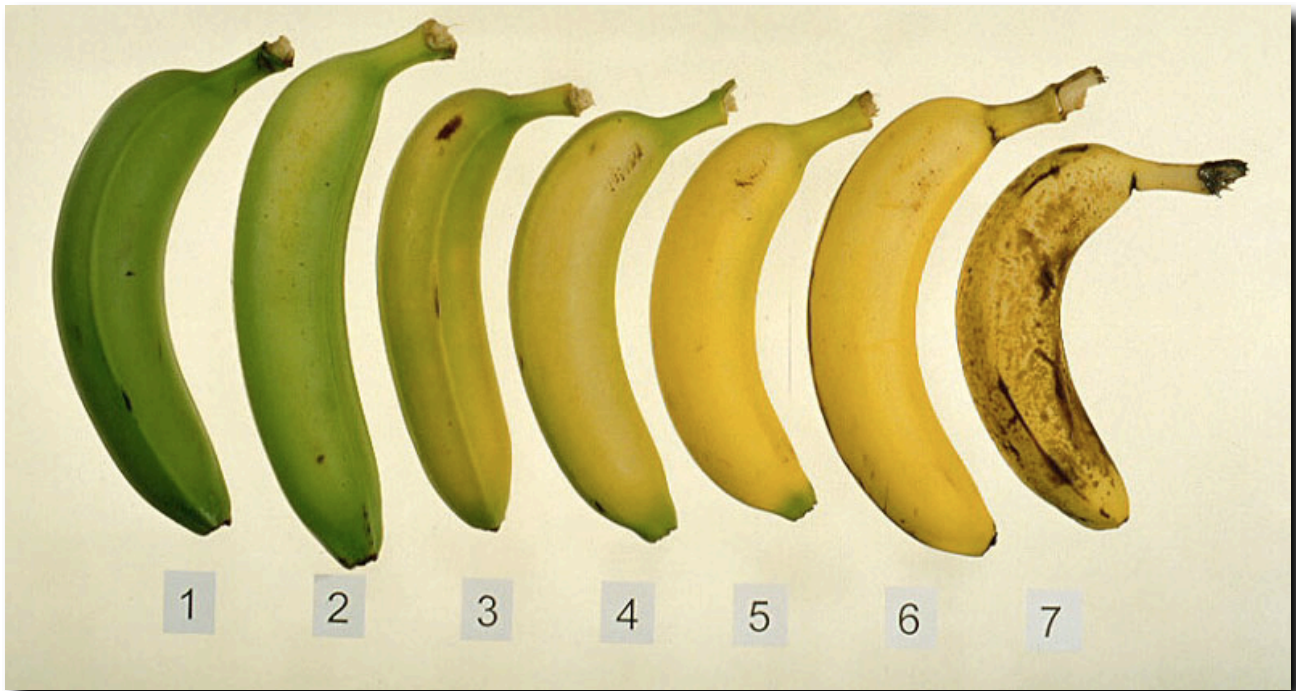
1 meal = 9 mangoes



Eat RIPE bananas!

FRUIT: Typical Cavendish Banana found in most supermarkets

UNRIPE Cavendish Banana 1-6 (do not eat):



UNRIPE Appearance: Generally all over perfect yellow/greenish, none or not many 'age spots'

Feel: Too firm, texture not soft to bite, hard to break off stem, won't fall off bunch.

Smell: Not really any smell at all

Taste: Starchy, chalky and can cause constipation and stomach cramps, hard on digestion.

RIPE Cavendish Banana: NUMBER 7 (eat as many as desired!):

Appearance: Generally lots of brown spots almost covering the skin (all the commercial ones in the western world should look like this when ripe). Stringy fiber within the skin attached to banana itself should come away easily or not be present at all.

Feel: Soft but firm, should break/fall off the stem easily without effort

Smell: Sweet, pleasant, appealing. Should not have a fermenting, alcohol-like smell, in this case it has gone off.

Taste: Nice and sweet, easy to chew and should digest easily.

An average day for me

Check out my video here>> <http://youtu.be/MtxFC4LHnKo>

BREAKFAST - 2 LITRES OF ORANGE JUICE



LUNCH - 13 BANANA SMOOTHIE or 30-40 DATE DATORADE



Dinner - DATE/BANANA/APPLE CAKE



Freelee: Go Fruit yourself!

A FEW FAV RECIPES



THAI-STYLE LEMONGRASS SOUP

- ✦ 7 large mangoes or many more of course
- ✦ 1 stick of celery
- ✦ 1/2-1 bunch of coriander
- ✦ A few sprigs of thai basil
- ✦ Optional: squeeze of lime juice, a TINY portion of lemongrass root & kaffir lime leaf

Blend well together and eat as is or with spiralized cucumber (glass) noodles



DATORADE!

Ingredients:

- ✦ 20-30 (or more) Medjool Dates
- ✦ 1.2-1.5 liters of water
- ✦ Optional extras are cinnamon and vanilla powder. If you want to make it a chocolate mylkshake then add a number of ChocMint herb sprigs. This mix is totally amazing and chocolatey. You won't know it is milk-free because it is so creamy. You can also make other combinations like adding orange juice or blueberries. Try it!

Soaked dates (a few hrs) are best but not essential. Blend well until totally smooth. You may have to play with water quantities.



HEAVENLY MAGIC MOUNTAIN CAKE

Ingredients:

- ✦ 1 apple,
- ✦ 3 bananas,
- ✦ about 12 dates.

Take the dates, half a banana and a little grated apple, BLEND until thick and pasty (not runny). Don't add water unless you absolutely have to then only add a tiny to get the blender moving. Put paste aside.

* Cut a banana in half then cut in thin slices lengthways (for layers).

* Cut/mandoline apple slices very thinly for layers.

I just winged the layering process...

Layer down slices of banana then a layer of apples followed by a layer of BAD paste (banana, apple, date). Repeat to desired height then eat before loved ones dive on it ;)

Optional add cinnamon to paste or sprinkle over



SAVORY CHUNKY VEGIE MEDLEY

Ingredients:

- ✦ 1 cob of corn
- ✦ 1 red pepper/capsicum
- ✦ 1/2-1 bunch of dill (or other herb)
- ✦ A few big tomatoes
- ✦ Optional: squeeze of lime or lemon juice to 'zing it up'

Chop corn off cob, cube red pepper and tomatoes. Finely chop dill and mix it all up together!

I made this with my friend Lindsay Culclasure for a raw party we threw, it was so good!

Enjoy.



BANANA ICECREAM

Ingredients:

- ✦ Semi-defrosted bananas

Blend in a food processor or use a a Living food juicer with the appropriate attachment.



CREAMY CORN CHOWDER

Ingredients:

- ✦ 1/4-1/2 avocado
- ✦ 1 cob of corn
- ✦ 1/2-1 bunch of dill (or other herb)

Blend together and garnish with chunks of corn and dill on top.



SWEET APPLE PIE IN A GLASS...

- ✦ 20-30 dates (soaked for a few hrs first is better but not necessary)
- ✦ 1-2 apples
- ✦ cinnamon to taste
- ✦ Optional vanilla powder
- ✦ 1.2-1.5 litres of water

Blend together for a minute or so on high speed or until desired consistency is reached, should be quite watery but still have density.

MAKE SURE YOU BUY A GOOD BLENDER



You don't have to shell out a few hundred bucks for a Vitamix. However, it does pay itself off as Vitamix is the best on the market.

There is also Blendtec for my American friends and Sunbeam Cafe Series for my Australian friends. The blender pictured here was \$30 and works great.

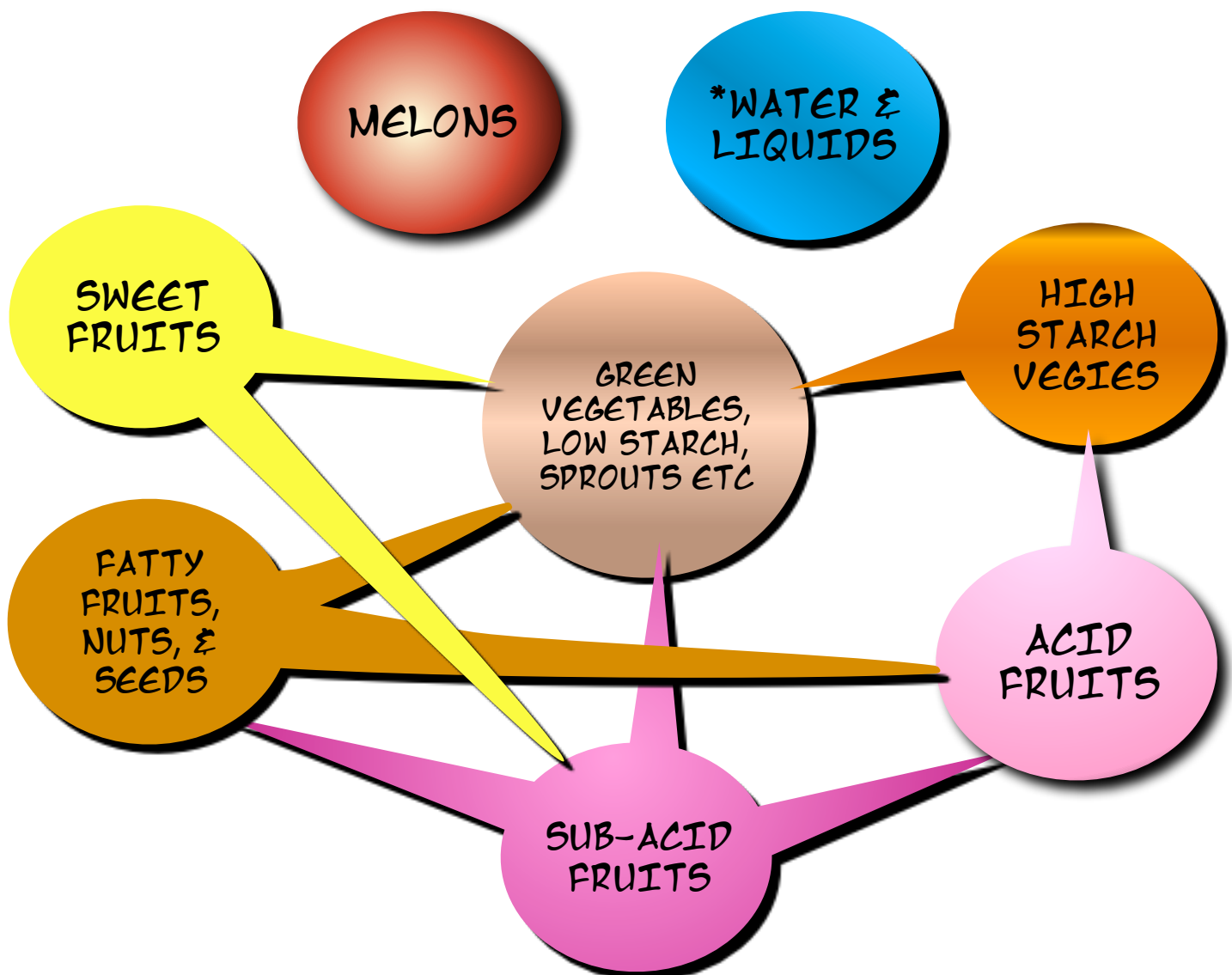


The High Carb Raw Vegan Food-Combining Chart

WWW.30BANANASADAY.COM

BY FREELEE

The circles pointing to each other and touching combine well together. If the circles aren't connecting don't combine them! Sometimes food combining rules can be broken. However, these are the basic guidelines that have been proven to be successful for many people on a high carb, raw vegan lifestyle.



Sweet fruit: Banana, dates, Mango, papaya, Fig, Date, Papaya, Dried Fruit, persimmon, jakfruit, lychees.

Sub-acid fruit: Apple, Grape, Peach, Pear, Raspberry, Blackberry, Blueberry, Apricot, Cherry, Nectarine, Plum.

Acid fruit: Tomato, Orange, Lemon, Lime, Grapefruit, Mandarin, Clementine, Strawberry, Pineapple, Pomegranate.

Fats: avocados, all fresh nuts and seeds, durian.

Starches: corn, Sweet Potato, Beet, Pea, Carrot, Chestnut, Pumpkin, Squash, Corn,

* Drink pure water at least 15 mins away from food.

Thank YOU.

Well you made it! Congratulations. I really trust that you benefited greatly from my book. Just be patient with yourself, it's natural to go back and forth when we first take up this lifestyle. It's how quickly we pick ourselves up that matters. Feel sorry for yourself and whine about why this lifestyle is too hard and you will never succeed. See this lifestyle for what it is - the perfect lifestyle for humans. The further you go 'down the rabbit hole' the more benefits you will gain. So it's time now to step up and implement my recommendations and start living the life of your dreams! YOU are worth it.

Much love - Freelee

P.S:

I also offer raw food mentoring >
www.RawFitBitch.com/mentoring

Check out our fruity shirts etc >
www.cafepress.com.au/30bad

Websites that will change your life >

30bananasaday.com
RawFitBitch.com
Durianrider.org
Adaptt.org

Connect with me on the Web >

Fanpage: www.facebook.com/freeleeV
FB Profile: www.facebook.com/freeleeVegano
Youtube: www.youtube.com/freelea
Twit: www.twitter.com/rawfitbitch

Content in this book was influenced by many different sources over the years but one in particular was - 'The 80-10-10 Diet' by Dr Doug Graham. Please check it out here > www.foodnsport.com

Remember>> Do what you love & love what you do, because those who mind do not matter & those who matter, do not mind!

