



Luscious Raw

LOW FAT RAW RECIPES TO TANTALIZE YOUR
TASTE BUDS, SCULPT YOUR BODY AND REFRESH
YOUR SOUL

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Table of Contents

- Introduction 4

- 10 Tips to fast track your way to health and beauty 6

- Recipes 7
 - Drinks and Smoothies 7
 - Soups and Salad Dressings 8
 - Salads and Starters 11
 - Mains 14

- Drive your mind raw 26

- Testimonials 34

INTRODUCTION

Hi and welcome to our E-book “Luscious Raw - Low fat raw recipes to tantalize your taste buds, sculpt your body and refresh your soul”!!

We are very excited to share with you our favorite low fat raw recipes we created along our raw journey. They have been indispensable to our success on the raw food diet. We also included in this book some mind tips and fellow raw foodists’ testimonials, which will inspire you to make a lifestyle change or serve as confirmation for you to continue on the journey to vibrant health.

On the low fat raw path, we have experienced many amazing benefits, such as:

- Weight loss – we lost weight easily and have sustained it
- Skin – acne disappeared, and was replaced with smooth silky low fat skin that tans easily appeared!
- Digestion – we eliminated gas, reflux and bloated bellies
- Menstruation- became so light and painless
- Fitness – more flexible and increased athletic performance
- Candida – all symptoms disappeared
- Iron deficiency – Anemia cured and iron levels returned to normal
- Mental clarity – experienced a spiritual awakening like never before

The list goes on...

Once we noticed the benefits, there was no turning back. We searched everywhere for low fat raw recipes with little success, hence motivating us to create our own. Noticing that a lot of people were interested in this way of eating, we were prompted to write this book, which includes some of our most tasty and nutritious low fat feasts to tantalize your taste buds and imagination.

Read on & enjoy our delicious recipes and share the highs and lows with others on their raw food journey...

PART ONE: 10 TIPS TO FAST TRACK YOUR WAY TO HEALTH AND BEAUTY

1. Eat a low fat raw vegan diet – the diet we are biologically designed for
2. Properly combine your food - always eat fruits on an empty stomach and don't combine fruits with fat (or any sugar with fat)
3. Make sure you are well hydrated – you lose up to 1L of water by just sitting in an air-conditioned room for 8 hours (one way to tell if you are hydrated is if you are urinating clear 8-12 times a day)
4. Have a big green salad everyday and if you are still eating cooked food, make sure that you eat the salad first
5. Give yourself a good dose of sunlight daily. Research shows that office workers are actually more prone to skin cancer due to a lack of sun exposure. Vitamin D is crucial for human health. The best source is from the sun and it is free!
6. Sweat daily! Make exercise a MUST not a SHOULD
7. Eat organic food
 - a. Organic food has more vitamins & minerals in the correct balance
 - b. Pesticides, herbicides, fungicides & other nasty chemicals adversely affect our delicate eco-system
 - c. Organic has been proven to contain more B12
8. Meditate everyday, or just close your eyes for 5 minutes a few times a day to shut out the external stimulation
9. Do a water fast once a week or a week each year to allow the body to houseclean (read about fasting first)
10. Just remember that when the “why” is strong enough, the “how” comes instantly

PARTY TWO: LOW FAT RAW RECIPES

DRINKS AND SMOOTHIES

Berry bliss

1 punnet Blueberries

3 big Strawberries

1 apple

1 mango

Blend all with ½ cup filtered water

Golden Reviver

½ medium red papaya

2 small bananas

Blend all with ½ cup of filtered water

Citrus Sparkler

1 grapefruit

1 orange

6 strawberries

Blend all with ½ cup of filtered water

Pineapple Crush

½ pineapple meat

1 lemon squeezed

1 celery stalk

1 mango

Blend all with ½ cup of filtered water

Summer Blast

4 big strawberries

3 yellow peaches

2 bananas

Blend all with ½ cup of filtered water

Green refresher

2 kiwifruits

1 lemon

200g green grapes

1 celery stalk

Blend all with ½ cup of filtered water

SOUP AND SALAD DRESSINGS

Summer Soup

2 large ruby grapefruit

4 large tomatoes

2 large Cucumbers

Blend all together

📍 *This simple, nourishing and refreshing soup is one of Durianrider's favorite recovery dishes and is always on the menu after his famous 500kms rides.*

Cute Cuke Soup

2 Cucumbers

2 Mangos

Large sprig of coriander

2 stalks celery

Blend all and enjoy

🍷 *This electrolyte-rich cooling combo is hydrating & refreshing, perfect after any sweat session!*

Grandma's Hearty Chunky Tomato Soup

6 red tomatoes

6 sundried tomatoes, soaked

1 date, soaked

Basil/Parsley to taste

Extra chilli to taste (optional)

Take half the tomatoes and blend with half the sundried tomatoes plus the soaked date. Roughly chop up the rest of the tomatoes and mix with soup. Decorate with basil/parsley leaf.

🍷 *This tomato soup is sure to "warm" your emotions up on those chilly winter nights!*

Green Mango Soup

4 large mangos

6 large celery stalks

1 large red capsicum

1 bunch of coriander

2 leaves of basil

Blend, pour and guzzle!

🍷 *A delightful mix of spicy, salty and sweet to satisfy your every craving!*

Baby Spinach, Date & Black Olives with OJ Dressing

1 x100gm bag of baby spinach

8 organic medjool dates

1 small handful of organic black olives

1/2 cup of fresh orange juice

Roughly chop up olives and dates and mix with spinach, pour OJ over the top as dressing

🍷 *This raw picnic-inspired dish was created by Freelea. The sweetness of the dates & the saltiness of the olives prove to be a taste sensation with many picnic-goers seeking seconds!*

Mango, celery & baby spinach dressing

1 large mango

1 stick celery

1 large handful of spinach leaves

Blend all together

🍷 *This thick luscious dressing is simple on digestion and can also be made into a soup for those seeking something heavier.*

Tomato, celery & orange juice dressing

2 Tomatoes

3 Oranges juiced

2 sticks of celery

Blend all together

🍷 *The only problem with this sweet and sour dressing is that there is a risk of it being drunk before serving because it's so tasty!*

Bachelor's dressing

1 cup of freshly squeezed OJ

1-2 dates

Blend & pour over salad – enjoy!

☺ *Bachelors are renowned for having nothing in there kitchen....this simple & delicious dressing if for them.*

Coconut OJ dressing

1 cup of OJ

The meat of 1 young coconut (retain water for future recipe)

1/4 bunch of coriander

Blend all together

☺ *Thailand is known as the land of smile, this recipe is guaranteed to put a smile on your dial.*

SALADS AND STARTERS

BLD – Banana, Lettuce & Date

1 head of Cos or Iceberg lettuce

5 dates, soaked for a couple of hours (change depending on sweet-tooth)

5 ripe bananas (spots are good)

Remove 4 lettuce leaves, put aside and use as wraps. Cut up rest of lettuce roughly and place in bowl.

Chop up 4 bananas & add to bowl. Take 3 dates and blend with 1 banana for the salad dressing, pour over salad.

Chop up 2 dates and the remaining banana and sprinkle over salad.
Spoon salad into lettuce leaves to make wraps or just eat as a yummy sweet salad.

☺ *With this super sweet creation, you will keep the kids quiet, healthy and also inspire them to eat their lettuce!*

"Apricot Summer" Salad

1 lettuce
2 large tomatoes
4 stalks celery
500g organic apricots

☺ *This unique turkey-inspired combination has a nourishing element with the addition of sweet ripe apricots.*

Orange Essence

Meat of 1 young coconut sliced, reserve water
100gms Baby spinach
1 punnet of diced cherry tomatoes
½ cup soaked raisins
1 stick of finely sliced shallots
1 ripe mango diced
2 sprigs of basil
Juice of 1 orange
Toss all ingredients together & enjoy!

☺ *The rich contrast of flavors and colors in this dish, once presented to your family and friends, may even bring them to the raw lifestyle!*

Papaya boat

½ large red papaya, deseeded

1 peach, cubed

1 banana, sliced

½ mango, cubed

Sprouts of any kind (optional)

1 lime, squeezed

Scoop the flesh of the papaya out with a spoon and put the shell aside. Mix the papaya flesh, peach cubes, banana slices and mango cubes together and put the mixture back to the papaya shell. Put sprouts on top or at the side to garnish and squeeze the lime over the top.



© *This fruity tropical sensation is a great starter or party dish in summer!*

MAINS

Chimpburgers

2 Red Capsicums cubed

200gms mushrooms, diced

1/2 Med avocado, cubed

1 punnet of cherry tomatoes diced

1 stick of shallots finely sliced

½ lemon squeezed

1 zucchini spiralized (optional)

½ Iceberg lettuce

Mix all ingredients together except lettuce. Spoon mixture into lettuce leaves to make buckets and enjoy



📍 *You will enjoy munching this juicy crunchy parcel of goodness!*

Fat Stuffed Toms

6 Large tomatoes for cups

Fillings:

3 mangoes, cubed

½ packet of rocket & baby spinach, finely chopped

1 red capsicum, finely cubed

Sauce for the fillings:

3 tomatoes

1 large mango

½ pack of 100g rocket

Blend...

Slice across the top of tomatoes and scoop out all the flesh with large spoon. Dice all ingredients; mix with sauce and heap into tomato cups, garnish with capsicum cubes and rocket.



📌 *Cut straight to the chase and have dessert for dinner with this sweet juicy treat.*

Captain Mango Salad

100g baby spinach

1 handful of alfalfa sprouts (optional)

2 large cucumbers

1 large red capsicums

2 large tomatoes

2 large mangos

Chilli optional

Chopped cucumbers, capsicum, mangos and tomatoes and pour on baby spinach and sprouts



© Savoury Salsa salad ballad ☺

Summer Sushi

- 1 zucchini (to roll veggies in)
- ½ large avocado, cubed
- ½ carrot, cut to small sticks
- 2 large celery stalks, cut to small sticks
- 1 large tomato, cut to small slide or sticks
- 1 handful of sprouts of any kind

Peel zucchini to thin slices with a peeler. Put avocado, carrot, celery, tomatoes and sprouts on the zucchini slices and roll into a sushi roll.



🌀 *It's a wrap! Remember those cooked rice paper rolls? You won't miss them now with this light yet filling substitute!*

Hula Hula Pasta

250gms tomatoes

2 large mangos

1kg zucchini peeled/mandolined

1 stick shallots (optional)

1 stick of celery

½-1 bunch of coriander

Peel skin off zucchini's, spiralize/mandolin/peel to create pasta.

Blend tomatoes and mangoes; add shallots and coriander to make a sauce consistency, pour sauce over pasta.



📸 *This luscious light & tasty pasta we enjoy balmy summer nights after a entree of sweet mangoes*

The Italian Stallion Pasta

4 tomatoes

¼-1/2 red capsicum

1/2 stick celery

6 zucchini peeled/mandolined

½ bunch basil

1 stick of shallots

1 date, ½ lemon squeezed and 1 sundried tomato (optional)

Peel skin off zucchini's, spiralize/mandolin/peel to create pasta.

Blend all ingredients and pour over pasta. Decorate with diced tomato, shallots and basil leaves.



© *A hit at any party raw or not! This dish is bursting with rich Italian flavours and the presentation surpasses any cooked pasta!*

Frances' Dancin' Pesto Ravioli

Wrap

1 turnips, slide into thin slices

Filling

1 avocado

½ lemon, juiced

1 clove garlic (optional)

½ bunch of basil

Blend together till creamy

Tomato sauce

1 large tomato

3 sun dried tomatoes, soaked for a couple hours

2 olives, pitted and soaked

½ lemon, juiced

Blend together

Put a spoonful of filling on a turnip slice and fold over to make it the shape of a dumpling. Put tomato sauce on top of the ravioli.



© Frances created this delightful pesto after searching for a low fat healthier and easier to digest option.

TOMATO, OLIVES & AVOCADO + PARSLEY TAPENADE

Celery/carrot for dipping

1 avocado

3 raw black olives (cut in half & soak overnight)

2 tomatoes

Handful of parsley

Blend together and use as dipping sauce for sushi or veggie sticks

© Experience the Spanish passion of this dish, perfectly soothing after a sexy flamenco session!

Mexican Loco Enchiladas

Wrap

2 tomatoes

1 stick of celery

1 date

1/4 bunch of basil

1/2 carrot grated

Squeeze of lemon juice

Blend & place on teflex sheet, dehydrate for around 8hrs or until rollable

Wrap mayonnaise

1/2 avocado

1/2 bunch of basil

1 stick of shallots

Blend all together until smooth

Filling

Couple of leaves of Cos lettuce

Handful of sunflower sprouts

Shredded red capsicum

1 grated carrot

1 mandolined cucumber

A sprig of basil

1 stick of shallots

Optional chilli for some kick

Peel the wrap off teflex sheet. Place Cos lettuce inside of wrap, lay other ingredients down one at a time, put a healthy dollop of mayonnaise on top & roll!!!



© *This recipe is driving the rawvolution in Mexico, one bite and you'll know why!*

Raw Lasagna

Layers

- 7 zucchinis
- 2 corn cobs
- 2 packets of button mushrooms
- 50g packet rocket
- 2 carrots
- 1 handful raw olives (optional)
- 50g baby spinach

Tomato sauces

4 large tomatoes

4 dates

1 bunch basil

1 stick shallots

1 stick celery

3 sundried tomatoes

½ lemon squeezed

BLEND

Avocado pesto

1 whole bunch of chives & basil

2-3 avocados

1 stick shallots

3 raw olives (optional)

BLEND

Step 1: Layer zucchini, followed by tomato sauce or avocado pesto

Step 2: Layer corn, mushrooms, rocket and baby spinach (finely sliced), olives and carrot (processed in a food processor to a mince consistency)

Repeat steps 1 and 2, alternating tomato sauce and avocado pesto on top of zucchini all the way to the top. Garnish with shallots, mushrooms and edible flowers.



👉 *The only problem with this dish is convincing your friends that it is not cooked!*

PART THREE: DRIVE YOUR MIND RAW

Many people found it very challenging to transit to a raw diet, especially 100% low fat raw diet. Our will power sometimes is not as strong as the craving for the cooked food we used to have and love.

Statistics show that success in almost anything depends 80% on the right mind set and 20% on the mechanics. To get off the “addiction” to unhealthy food, you need to make a fundamental change in your subconscious mind.

In this section, I will take you to explore and find out obstacles in your mind and how you can adjust them.

Know where you are and where you are heading

You may have heard of the saying that if you are not clear about where you are going, you will end up somewhere else. The best and easiest way to reach your goal is to know precisely where you are going. The sheet below will help you find out where you are and where you are heading toward.

What is the outcome you hope to get out of the raw diet? Write down a goal, such that if you accomplish this goal, this would be the most important decision you have made.

What SPECIFICALLY do you want by creating this goal?

What will you see, hear and feel when you accomplish that goal?

How will you know that you have accomplished this goal when you do? What is the last step that has to happen that will make you go "Yes! I can get the outcome I desired!"

Where are you now? Why do you want the outcome? What would this outcome get for you or what would it allow you to do? Is this only for you or for someone else as well?

What needs does cooked food serve you?

Cooked food satisfies our emotional needs. In today's world, we eat for mainly three reasons – to satisfy hunger, to change emotional state and to build and feel connected.

If we eat just to satisfy hunger, it will be a lot easier to change our diet, as every diet can serve this purpose. However, in most circumstances, we eat for emotional purposes. When we feel down, we eat so that we feel better. When we are bored, we eat so that we don't feel bored anymore. Why can cooked food do that? Well, they are usually very heavy, over-stimulating and hard to digest. Our energy would be directed to the food digesting hence we cannot feel the undesired feelings for quite a while. It is interesting that we rarely eat raw fruits and vegetables for emotional reasons, because they are too light to numb our emotions. As time goes by, there is a strong association built into our neurology between cooked foods and feeling better.

Another needs cooked food satisfies is emotional connection. Sadly, the way we build and feel connected with friends and loved ones today is mainly to eat together. It is very rare that we would stop from our busy life and talk and listen to each other. Because of the strong association between food and feeling connected, now when we want to build and feel connected, we automatically think of eating. A lot of people feel they cannot connect with their friends when they became raw. The reason is that their friends don't eat raw food diet and they cannot eat together anymore.

Food should be eaten to satisfy hunger. Eating for any emotions

reasons has its downside. To get off cooked food, you need to identify the needs cooked food has served you and find activities that serve similar needs as a substitute. Reading, writing journals, developing a hobby, joining a dancing class or sports club and helping people are just a few examples.

Complete the following sentence with as many examples as you can think of. Remember to enter a specific feeling in the blank.

I find I want to eat cooked food when I feel _____.

Now write another behavior that can satisfy the same emotional needs. For example, next time when I feel bored, I will read an inspiring book.

Next time when I feel _____, I would _____.

What you resist persists...

That is because you put too much focus on the things you resist. We are all energies vibrating at certain frequency. Our thoughts also have their own frequencies. Simply because we cannot see or touch them doesn't mean they are less powerful than the tangible things around us.

Actually, our thoughts are the most powerful thing known in the universe. When you send a thought, it will attract things or people that vibrate at the same frequency. So when you focus on what you want, you attract that; and when you focus on what you don't want, you attract that as well. Law of attraction works all the time whether you know it or not.

Most of the time, we simply don't realize that we are focusing on what we don't want. So watch your thoughts closely and once you start to focus on unhealthy food, immediately change your focus.

Stop thinking about the good feelings you used to have while eating cooked food and the stimulation it gave your tongue and your body. Rather, focus on the juicy and sweet fruit, the energy you will feel after having them, the health level you can achieve and what you want to do or be when you are perfectly healthy and full of energy.

Model someone

If you can find someone who has the results you desire, you can quickly get his result by using a NLP technique called Modeling. You don't just model their behaviors/actions, but the most important is his/her belief system regarding food and health, his/her intentions and goals, thoughts and state of his behavior.

You can refer to the following example as a reference guide to model someone.

Step one:

Conduct an interview with the target person to understand their general beliefs about food and health

Step two:

Closely observed their state of mind before, during and after they decide what to eat

Step three:

Ask what they see, hear, think and their internal dialogue before, during and after they eat raw food (and cooked food, if applicable)

Step four:

Observed their moves, posture, speed when they eat raw food (and cooked food, if applicable)

You need to model the target person in all those areas and the result will be amazingly effective. Please note that if the target person still eats

cooked food, you may want to do steps three and four for both raw and cooked food and model the relevant one when you have raw and cooked food.

It may sound crazy to model someone, but sometimes we have to do something crazy and different to get some outstanding results. And remember you can watch people discretely...If you feel uncomfortable asking someone, then just watch, listen and learn.

Remember life is either a 'Rawing' adventure or nothing at all. Be bold!

Gratitude

You may have heard the saying that 'miracles happen when our perception changes'. When our perception changes, our emotions will change accordingly. When we are grateful for what it is now, our hearts will open. We will feel more connected with our heart and soul, and can hear more clearly about the guidance and messages it gives us. 'What am I grateful for?' is such a powerful question. It will automatically bring us to the present moment.

You are reading this book because you want to take control of your health and life. Low fat raw vegan diet is the healthiest diet on earth. Remember that it is the direction not speed that really matters. Wherever you are and whatever you do on the path to your health, always be grateful NOW! Power to you for taking control of your life!

Give it 100%

You have spent time and energy doing research about raw food. Now it is time to be really engaged, rather than keep “trying”. Give 100% as if it really matters and as if your life depends on it.

Today, very few people give 100% about what they plan to do in life. They get involved, but get distracted and forget about the reasons why they got involved in the first place. They inevitably missed out the chance to see the result if they could give it all they have. Remember that the darkest part of night is when the sun is almost ready to rise...it's a lesson that we must stay strong in the dark moments of life. Only then will we see the light...

Give yourself a chance to see what it really feels when you reach your goal on the raw path. You will enjoy being perfectly healthy and glowing that you have never experienced before!

TESTIMONIALS

Janita's raw story

Starting at around age 3-4, I had digestion upsets and would wake screaming in the night, with stomach pains....This progressed to an eating disorder at age 12, acute facial acne, moodiness anger, indigestion, bingeing and purging, irritated bowel, suicidal thoughts, migraine headaches, nausea, liver upsets and gall attacks.

I was raised on the typical country diet of red meat twice per day, and everything pretty much cooked, and cakes and biscuits and ice cream and puddings....

Progressively my health worsened. IBS was so acute the doctor thought I had appendicitis at age 14, and removed my appendices, only to discover it was an irritated bowel. I was in and out of hospital; terrible PMS and period pains; and bleeding so heavily every month...

I spent more time at home in bed than at school, and had complete apathy towards everything. I didn't have the energy to care; losing my social skills along the way and becoming almost hermit like; filled with despair over how I felt...

I was over weight and covered in cellulite, white skin and unable to tan. Met the man of my dreams at age 16, and married this incredible human being at age 18. His name is Nigel, and he has supported me every single step of the way in my journey to healing my body.

We went to almost every alternative practitioner we could find, spending thousands of dollars on pills and tonics, all to no avail; no improvement in my health...

Next in my ill health, came chronic fatigue and ulcerative colitis. So I excluded all gluten and dairy but still ate all cooked food, as every health care 'professional' I spoke to said there was no way I could eat raw food with such an irritated bowel and stomach. I felt terrible and so sad. Was this it for me? I felt like I was dragging Nigel down, with all the misery and anger and wanting to end my life! Yet he nurtured me with love, and patience and understanding.

I couldn't eat anything without terrible stomach cramps, and I would pop around 6-8 pain pills every single day. I was eating up to a loaf of bread a day, and constantly craving sugar. Eating all the time...blood sugar up and down...getting angry and irrational if I was 10 mins late for a meal (and I ate every 2-3 hours)...My body was screaming for nutrients.

Soon after, the doctor found an abnormality in my smear test. On further investigation it was cancerous. So that was treated on I went with hormonal levels all over the place, and the weight started to pile on. I felt sick every day. On my really bad days I crawled up the stairs on my hands and knees, gasping for air...I spent most of my time inside, huddled under a blanket, with the house completely dark.

I couldn't sleep...I would toss and turn and shallow breathe my way through the night, and when I finally dropped off to sleep, I would wake exhausted with a headache and barely able to face myself in the mirror...bleeding bowel and blown up stomach.

I was out one day, and picked up a vegetarian magazine in a shop...Inside was an article on raw vegan food...it triggered a spark inside me. This was it! My last ditch effort to a healthy body, mind and life....So I went to 75% raw...and would have a baked potato at night with steamed vegies....within around 2-3 weeks I was eating all raw vegan,100%. The difference was remarkable, for the first time that I could recall, I could digest food without the excruciating pain...this is 4 years ago.

I eat 90% fruit, 5% protein and 3-5% fat...this works for me...I am just coming through a stage of healing ulcerative colitis again. As I went through quite an emotional time this year, and I abused my body by eating raw chillies and horseradish...So I wait patiently, as time passes and my body slowly heals to its former glory.

I water and or juice fast, as my body requires it. I listen very carefully to my body these days.

Life is wonderful. Discovering raw food has truly saved my life, my health and my sanity...

Joy's raw story

"Both my daughters became vegetarians as teenagers and watching them I gradually started to realise there was a better way to eat. In my mid 40's I was overweight, tired and taking medication for a thyroid problem. I saw an advert

in a magazine for Hippocrates Health Centre in Queensland and decided I deserved to look after myself for a change. That week changed my life.

Raw vegan food has turned back the clock for me by at least 10 years. I have lost 15kg *effortlessly* while still continuing to eat as much as I like whenever I like. There is no starvation or deprivation, only vibrant, colourful fresh foods in abundance. My hair stopped going grey, the pre-arthritis pains in my knees disappeared and my flexibility is that of 10-15 years ago. I have also switched to a natural thyroid hormone extract and am filled with energy”.

Challenges: functioning in normal daily life.

- To cope with this I am organised and have developed a routine. I tell myself that any time invested in preparing my food is for ME. My health is of the utmost importance. I take my prepared breakfast fruit and salad lunch to work with me.
- I always have food with me when I go out – fresh fruit especially bananas, dried fruit & nut mix, muscatels, green peas in the shell.
- If I am eating with friends at a mixed potluck I always offer to take the salad! That way I know it will be a substantial salad and not one of those iceberg lettuce & few bits of tomato salads!

Easy to stay raw: Over the last 2 ½ years I discovered that being raw has regulated my blood sugar levels and cravings. I no longer suffer from dizzy attacks which used to mean EAT NOW. I gave up smoking and my addiction for cigarettes has disappeared, I don't even feel like one even when all the old usual triggers come up; drinking, stress, holidays, time out with smoking friends. No desire at all.

The following tips are from my own personal experience which worked for me.

- Do not go 100% raw straightaway. A gentle transition allows the body to gradually release toxins and adjust to weight loss. I am still not 100% raw.
- Never allow yourself to feel deprived. At Hippocrates they recommended a 10% day during the week when you allow yourself cooked food, 'naughty food'. So you don't feel like you are missing out. (Until you realise that you are missing out by *having* the 'naughty food!')
- If you have a bad weekend, do not allow your guilt to set you back. Just get up Monday morning and start munching your yummy fruit again.
- Experiment with all sorts of different fruits & veggies – enjoy the colours, textures and tastes. And don't complain about how expensive it is.

Your health is worth it and besides, you will be buying less and less in the other supermarket aisles as time goes by.

- Take control, doing something, no matter how small is more rewarding than doing nothing. Give it a go.

Joy – 49 years old and currently working weekdays for a global company in the Customer Services department. On the weekends I run my own food demonstrating business Fruvenu Pty Ltd. Being RAW and loving it makes you want to share it around!

Jim's raw transformation

Everyday growing up at school I either ate peanut butter or vegemite sandwiches and at least 2-3 cans of coca-cola a day. When I got home a packet of salt and vinegar chips was another necessity.

Leaving school and the independence of university life I then got sucked further into the perennial junk food way of life of at least two meals a day coming from fast food restaurants. Due to my lean build I could eat badly and not appear fat and I guess while some people would call that a blessing, maybe it was a curse!?

The only apparent health issues I had was very oily skin and bad acne which I had had since my early teen years. Everyone around me just passed it off as a 'phase' that I would grow out of.

Well through university it didn't change, I didn't grow out of it and I went into my shell socially because of it. Finally I did something about the acne and I found a program that was based on the theory of diet to cure acne. It was centred on excluding certain food groups like dairy and white grains etc... as it clogged up your system with mucus.

This included various fasting techniques, but ultimately, just the elimination of mucus by drinking a lot of water with lemon squeezed into it. I tried this and my skin improved immediately. I was amazed. This opened my eyes to what my diet was doing and I immediately reduced the amount of junk food in my diet and I learnt to cook for myself!

Over time I realised I had an intolerance to preservatives in foods and reduced my eating of anything that came in a packet and reducing my junk food obsession to several times a week.

Due to my reduction of dairy eating I changed my standard weetbix/cornflake breakfast to having my first meal of the day being an all fruit meal. I felt an immediate change, and later the heavy lunch and dinner meals weren't sitting

as well as they once were. I discovered fruit and vegetable markets and dove into the world of fresh foods. Over time I became more in tune with what foods were not working for me so I reduced my reliance on red meats to lean white meats and gave up alcohol when I realised I was getting immediate headaches from it.

Despite these changes I still suffered irritable bowel syndrome, blood sugar drops, tonsillitis and sickness at least 6 times a year and other minor health ailments. I was determined to make a change for the better.

In parallel with my food journey over the years I had suffered a series of chronic injuries. I lost cartilage in my knee in an impact injury and I had suffered stress fractures, disc and nerve damage in my back from slouching, weight lifting and cricket fast bowling. I was being told the injuries and the back pain was permanent. With a sedentary job I didn't want to accept 'pain everyday and forever' as the answer.

During rehabilitation of my back I was introduced to core stability and body weight exercises. Several years of exercising and researching body weight training linked me to people like Ross Enamait, Richard Blackman and Peter Ragnar.

Ross advocated a high quality diet (not raw) along with his awesome training principles, Richard proving it was achievable on a fruitarian diet and Peter a natural live food diet. All three were achieving remarkable fitness levels and flew in the face of the current trend of protein shakes and supplementation – all which was mainly dairy products that I didn't want to consume.

This opened my eyes to fruit and vegetable nutrition as an extension to athletic performance, and in Peter Ragnar also spiked my interest in longevity, body regeneration (especially with my injuries) and exceptional performance into senior years.

All of a sudden the two separate areas of my life I was focusing on improving – now merged into one.

I started researching raw foods and once I found a community of raw foodists nearby I dove in head first and tried the 100% raw approach – no longer was I alone in my search, and I now had validity in what I was doing.

Immediately I was introduced to 80/10/10 program that I had really being doing on my own without knowing about it and then learnt the science behind it all. Also importantly Dr Douglas Graham was heavily focused on Maximum Athletic

Performance which I was also very interested in with my bodyweight training.

I've now been mostly raw for 9 months. A lot of that time was transition. I did try to go for 100% over night and I have achieved over 90% raw in that time which is a complete success for me. But I won't lie and say that it was easy – otherwise I would have achieved 100% raw. I am now starting to settle into 100% raw. The body has a lot of adaptation to do with an extreme change in diet. When my mind was willing, sometimes my digestive system wasn't.

I would advise people to try for as close as 100% raw food as possible and just don't put yourself down when you have the cooked food binge. Don't feel guilty, by going back to the cooked meals you loved. Then and only then do you finally understand how sick they make you after being raw for a while and it's an important process in letting go of them. Just looked forward to the days ahead and not the days gone by – they can't ever be changed.

I haven't been sick since going raw, my irritable bowel syndrome has sorted itself out but I still have minor digestion issues with the change of diet. Most people agree this is inevitable and will correct in time.

I have also felt sluggish at times and high energy at other times. I am now tuning more into why I feel sluggish and mostly it has to do with fat consumption. My bloody sugar has stabilised, but only when I pay attention to low fat consumption with my high fruit and green leafy vegetable consumption.

Early in the transition stages I do feel it natural for a sluggish feeling as the body finally gets a chance to start repairing itself. I also found I needed at least 10 hours sleep a night for the first 6 months transition.

My blood pressure has dropped from hypertension levels of 140/100 to around and below 100/60. I've also lost 10kg in puffy weight I was carrying but no loss in muscle strength. My body fat levels are around 12% which is high level for elite athletes. I have achieved the body fat loss completely due to the diet and bodyweight strength exercising because I have been unable to do extensive cardio exercise due to the nagging injuries of the past. Only now am I starting to embark on endurance activities.

I'm hoping over time that the dehydration and damage to the discs and nerves in my back will correct itself and by eating the most nutritious and hydrating diet there is I am giving my body every chance.

The extra energy that I gained from not having to digest heavy meals all day long, along with a better understanding of optimum eating for athletic

performance has allowed me to train more often due to more energy and better recovery.

Eating raw has also completely changed my outlook on life. Things that I never considered before going raw have come into my conscious with little perceived effort in finding them. I am now setting goals for what I want to achieve in life, I am very connected to sentient beings, nature and living in a more natural way while remaining a modern day professional living in city life.

Ultimately I no longer feel the need to be depressed about anything in life. Even the bad things I still take the positive and proactive approach.

Before this journey I hid my emotions and feelings. I even went raw in secret from my closet family and friends. Now I am completely open about everything to everyone and I found there was nothing to be scared of. Everyone is supportive of me even if they don't agree with what I do.

Ultimately I am a living example and everyone is taking notice of my success even if they don't admit it. People around me are naturally eating more and more fresh fruit and vegetables and are willing to change in steps which is the same way I started my journey – they like talking to me about ways they can improve.

In the end the change of diet has made me a better and more complete person and changed all my relationships in life for the better.

Brock's raw story

My name is Brock Bowen, I currently work in the health industry and have a real passion for health and fitness. I enjoy running, cycling, swimming and any form of exercise.

My decision to go raw has happened over the last 12 months. Having adopted a vegetarian lifestyle approximately 3 years ago, and seeing massive benefits I thought I had come as far as I would in regards to health and nutrition. After being invited to a "raw potluck" by a friend, I was surprised at how good this food tasted. I can still remember the smiling healthy happy faces I met. I knew there must be something to check out. Right away I began to include more live foods in my diet.

I continued to attend these potlucks and after asking numerous questions, finding out more recipes and hearing about the benefits decided to do a 7 day raw challenge. This continued into 1 month and I really noticed how great I was feeling. Unfortunately I did not realize the quantity of food I should be eating and

when I was hungry always went back to my favourites of stir fried greens or steamed broccoli.

A friend organized a raw retreat and I was soon to discover a personal favourite recipe. We blended up organic ripe bananas with celery, dates and water. The taste was amazing. It tasted creamy like banana and soy milk – yum! Later we named this drink “The Matrix”

By incorporating more of these green smoothies, and making sure I always had several boxes of produce available eating mostly raw became possible. Attending Douglas Graham’s seminar in Byron Bay in November provided the ammunition I needed to stay raw. His energy, vitality and playfulness was amazing and showed the benefits of a life of a low fat raw food diet. Also the advice to eat “All you care for, and a little bit more” has meant I no longer desire any cooked food.

The results I have been experiencing on this diet are awesome. My skin had always burnt easily, and now I am starting to tan and can spend much longer in the sun with no sunscreen. My energy levels have continued to rise, and I was already a high energy person. I am now able to recover much faster from the various physical stress I put my body under. My reason for going raw was to maximize my athletic performance and I am already starting to see results.

When first going raw it may seem a challenge to attend dinner parties, family events or restaurants. This is what I found. I have shared now with my family and friends why I have chosen to eat raw foods, and now they understand. Visiting my Nan I initially ate the steamed vegetables she prepared, and on my most recent visit I was prepared and took fruit to share. Aim to eat as much fresh fruit and vegetables as possible; the better you feel the more you will feel like eating raw and definitely find friends who can encourage your journey.

5 TIPS FOR GETTING AND STAYING RAW

1. Always carry some food with you – some bananas or medjool dates are a great easy snack
2. Eat as much fruit as you care for, and then have a little more
3. Buy fresh bulk from the markets and there will always be plenty to eat
4. Share your decision with family and friends. This way you will be sure to avoid an uncomfortable moment being served a steaming hot lamb roast
5. First day try a 7 challenge on raw, and then just aim to increase intake of fresh fruit and vegetables

Timothy's raw journey

I have always been troubled by acnes on my face since teenager. After seeing countless doctors and trying various medications and skin products, the problem persisted till I was in my mid thirty's. On top of the acne, I also had other health issues such as poor digestion and high cholesterol. I always suspected that my skin problem is a reflection of other health problems in my body.

The idea of raw food diets made sense to me as soon as I first heard about it, as I believe that nothing is better than what the nature provides for us. Still, I was amazed when I heard about people suffering from life-long iron deficiency no longer needed to take iron pills on a raw vegan diet. So I decided to give raw a try.

In the past, I already consumed a lot of fruits and vegetables, but in an unhealthy way. For example, I would eat cooked vegetables and some fruits after a heavy meal every day, believing that it is good for my health and my skin. I learned after going raw that it takes only 30 minutes for fruits to digest and if eaten after a full meal of grain, meat and vegetables, they are simply stuck in my stomach and get rotten.

I also found that meat contains a lot of toxins which make people sick and fat. It became apparent to me that the acne could be a way by which my body discharged the toxic substance from my body. I just wondered what would happen if I eat only raw vegetables and fruits without any oil in them.

I did some research in the internet about raw vegan diet. It took away many of my concerns about getting malnutrition if I do not eat any animal products.

I started eating only fruits as breakfast in the morning and salad only in the evening since 2006. For lunch, I would eat a vegetarian dish with minimal vegetable oil. Once a while, I still ate some non-vegetarian cooked dishes in social occasions though. Overall, I would say I was having over 80% of my food intake as raw food. As it was winter when I started my raw diet, I always felt cold in my hands and feet. However, as I adjusted to take more fruits with more calories such as banana, the problem alleviated.

To my surprise, the change in diet brought tremendous improvements to my health. First, I noticed that my face was as not greasy as before. Within a couple of months, the acne disappeared and my skin became very smooth. My digestive problems were completely healed. In addition, I found that I lost lots of fat around my waist. My weight dropped from around 65kg to around 58kg,

which was my weight when in high school 20 years ago! My friends and relatives kept telling me that I was too thin. But the fact is that I am feeling much healthier than before. I can lift heavier weight and swim and run continuously much longer than before. In addition, I feel having more energy after each meal rather than sleepy as in the past. The results are just amazing.

Raw vegan diet could be the ultimate diet for our health and I am sure this is the right direction to go for health's sake.

Sebastian's raw life

I invented the raw diet. As a kid I had no twinkies in my lunch box, just straight raw truth, fruits and veggies. Was I a freak? I knew all too well... the haze of not feeling good that came after eating a cooked meal...it seemed like some big lie to me that I would just follow to find the greater truth some day. I knew that when I was sick, the only things I could stomach were raw food; the only thing that made me feel "with it" alert and strong.

I was bullied a bit growing up and I knew that wasn't right so my eyes and senses were keen for what was real and good in life. I decided that someday I would learn to grow all my own food and learn to get all my sustenance from plants because I knew that's what I enjoyed and there must be some way. But of course in this world I had to make do and lost my standards and went through phases, also just trying to do what others did so I could be like them. I only ate meat for the sake that it was served and recommended.

At 17 my friend told me about veganism as my mom offered us some beef stew , only the word 'vegan' didn't come till many years later. I was just happy to finally hear that it was possible, and adopted it instantly on the spot, but for a while I was thinking "ok just no red meat". I snapped out of that thinking after a while, especially after meeting someone who was straight edge vegan (drug free) so I joined the label even got canvas shoes, but wasn't till 10 years later at a trance music event that I saw a raw food booth and got to ask some guys info on raw, I instantly quit cooked food and haven't had a bite in over 6 years.

I found Doug Graham on the net whilst searching for raw athlete information. I read some articles and really felt the clarity and had no doubts. I don't think the low fat raw message was really pushed out very hard back then so in addition to fruit id be soaking all kinds of things and eating meals of avocados day after day. I met Doug in my town one night and he had enough time for one question "what should I have for dinner is sprouted buckwheat good"? He was not a fan of grains and recommended that my carbohydrates come from fruit.

The low fat message didn't really get through till I was raw for almost a year,

though I was eating quite a bit of fruit. The low fat revelation came at a Raw Passion Seminar in California. I still hadn't determined what exactly too much fat was until say the next event, every time I saw Doug after that I'd learn new things as well as from raw forums and reading his booklets. I also attended his sports camp. I had never even read 80-10-10, and I'm already living it, flipped through it and thought "great stuff"! The truth is always there. Don't be afraid to look through the crap and notice because there will be a distinct difference.

Seb's email is sportly94928@yahoo.com

Yongxiang's path to health

I always considered myself healthy until 2000 when I was diagnosed of prostate cancer. When first diagnosed, it was already in the late stage and the cancer cells had spread to my bones. Not long after, I was also diagnosed of diabetes and high blood pressure. I was prescribed with so many types of medications that I could hardly finish all of them in a day even I had one type in every 20 minutes.

Even though I had all the medication the doctors could think of, my PSA level kept rising, which indicated that the cancer cells were still very active. I went on and did two rounds of radiation and also chemotherapy as suggested by my doctor but still could not see any improvement.

In December 2006, my daughter suggested me try raw food diet. Desperate for any new method, I agreed immediately. After only 2 days of eating mostly salad, I felt so tired and weak that I stopped the attempt and concluded that it didn't work for me.

However, my daughter strongly suggested that I give it another try, but this time, it should be under the supervision of a doctor. Through her, I started my raw journey under the instruction and supervision of Dr. Doug Graham.

So from having a diet consisting of milk, white bread, egg, cake and meat, I became 100% raw vegan over night. I hadn't been eating much fruit for almost 6 years due to my diabetes but I was advised by Dr. Doug to start my transitioning to raw from a mono banana diet. "How can I eat nothing but banana when I have diabetes and are fighting with cancer, which requires a lot of energy and nutrients?" I thought. I had so many doubts and so much fear, but I had very little to lose at that point of the time. Either way, I might face dying.

The mono banana diet lasted for 7 days and the first three were not comfortable.

I felt a bit weak and tired and had some headaches. Besides, the fear was overwhelming. But after 3 days, my energy was back and I could still do my daily walk and felt pretty alright. That was a big finding to me that I could live without “real food” such as grains and meat!

I noticed that my insulin requirement was reducing in the first week, so I injected about 2/3 of my normal dose and my blood sugar was still fine.

Finishing the first week of only bananas, I started to incorporate some lettuce as dinner. Because my teeth are not strong, I could not really chew raw vegetables. Therefore, I blended the lettuce leaves with bananas and water and it turned out to be pretty yummy. I incorporated tomatoes and cucumbers and gradually some other fruits. My insulin requirement was decreasing almost every day. By the end of the third week, no insulin was required and my blood sugar was maintained at about 5.5 to 6 before or after meal. It remained perfect for about a year till I started eating cooked food again when I was admitted to hospital last month. I realised that diabetes wasn't caused by high sugar intake as I was taught by my medical doctors. It was caused by the high fat in my diet which blocked the release of sugar from my blood vessels. For the first time since 2000, I enjoyed a summer with all the luscious fruits I care for. I couldn't believe something as simple as recovering from diabetes was still considered impossible or miracles in modern medical science.

I came back to my doctors and had my blood tested after three months of going raw. My blood test was so perfect that my doctor was excited enough to present it to his other patients waiting in another room and ask them to follow what I was doing. When I told my doctor (for the first time) that I haven't eaten any meat, dairy and grain or anything cooked in the last three months, he was astonished and refused to believe this diet will bring long term result or health.

Funny enough, when after 7 months I got another perfect result, the doctor asked me whether I could give him Dr. Doug's website because he wanted to go raw.

Another amazing benefit from eating raw is that I also recovered from high blood pressure. About 3 month after 100% raw, I finally dropped all my high blood pressure medication and my blood pressure remained in the range of around 75/120 to 85/135 till today.

Since July 2007, I experienced severe pain in my legs. The pain caused me to lose my appetite completely and cannot sleep at night. I was admitted by a hospital in November and started to eat cooked food in the hospital. Due to the oil and sugar put in the dish, my blood sugar problem came back and I am

back on insulin now.

I choose to eat some low fat cooked food in winter now to bring some variety to my diet. Don't get me wrong, I still believe raw food is the best diet for human and I have experienced the benefit and can say from my heart I have no doubt about it. I like what Dr. Doug said "there is no bad or good, right or wrong, there is only consequences".

Fiona's raw story

I spent most of my childhood troubled by illnesses – colds, flues, chest infections, tonsillitis, hay fever, allergies etc. I was always going to the doctor for something, and leaving with some prescription for something. It was later in my life that my health problems began to get more serious. By 23, I was suffering more and more frequently with food allergies, hay fever, skin eruptions, back pain, PMS and depression. Things just seemed to get worse and I couldn't understand why.

Over the course of 2 years I tried everything. I quickly lost faith in pharmaceutical drugs - None of them seemed to do anything but give me additional 'side effects', so I decided one day to never use them again. Soon I cut all dairy products out of my diet to improve my health condition, and as soon as I did this I immediately felt a lot of my health problems clear up overnight.

At about the age of 25 I had completely removed all animal protein from my diet, though still I felt like my diet was not as good as it could be,

It was in a vegan café one day that I picked up a book about raw foods and almost instantly felt drawn to learn more about the raw-food diet. Once started reading, I couldn't put the book down. I began to experiment with eating this way and after only a short time, I soon felt a new and unexpected vibrancy return to my body and mind. It was as if the heaviness my body had felt from cooked foods lifted overnight. I felt as if a fog had lifted, allowing me to see the world and myself more clearly than before, as my true purpose for living became much more clear to me.

I felt my body detox as I cut all cooked foods out.

Passionate and enthusiastic for life, I began each morning feeling fresher and lighter than I have in my life. The greatest thing for me has been getting rid of all my PMS and other period problems and having better digestion. I have noticed that even my skin, hair and nails seem stronger than before and I don't get pimples so much. I feel I have so much more clarity, focus, and a much better memory than before. My life now is free from physical ailments and I

have so many positive people and experiences that make it more fulfilling and enjoyable and such a different outlook on life than I did in the past - I feel that this has all been a result of the raw food diet I been on for the last year. It has brought more into my life than I ever expected!

Harley's raw path

All my life I felt sick and tired. I was the kid that got picked last during team sport. I was the kid that missed school the most because I was sick. I experienced digestive issues like Candida, colitis, for 20 years. Asthma, bronchitis, hay fever and then acne when I hit puberty, and all of it hindered my lifestyle daily.

When I was 17 I would catch the bus 1km to school. Today I am 30. I have been 100% raw vegan for over 2 years now, vegan for over 6. I feel amazing in every moment. I used to have sick days and good days. Now I have great days or sensational days! I am running marathons and riding by bike up to 515km in a day solo...

I am doing the things I dreamed of doing as a sick person. I am seeing what I dreamed of seeing, and learnt that when you are truly healthy, you are truly happy. I am sitting here guzzling an organic rockmelon smoothie my girlfriend just made. Blended organic rockmelons, and that's it. How simple and delicious. It's exactly how life gets when we commit to raw vegan. SIMPLE AND DELICIOUS!

As a raw vegan I have cycled Seattle to Malibu. Adelaide to Cairns, Melbourne to Adelaide in 48.5 hours, Singapore to Bangkok and Paris Brest Paris... Travelling the world with my bicycle and finding enough raw fuel to fill the tanks. Easy! Just like anything in life, it's a choice. I can eat food that my body can use to build new cells with, or I can eat 'sub par' stuff that my body STRUGGLES with to build sub par cells...Cos we all know that saying...it's in every religion, nation, language and that saying is WE ARE WHAT WE EAT.

In a world of good, great, better and best, I want the BEST nourishment for my body. That's why I choose organic whenever possible, and raw vegan EVERY meal...Cos I want the best. I deserve it. So do you...

We are here on this earth to live a purpose. Find that purpose and believe your worth living it. Eating the same as everyone else will have you getting the same as everyone else.

It was Xmas yesterday. We walked 3km home from the cinema. We saw lots of people on drugs of all different kinds. We don't live in a happy society...we don't

want to eat societies food recommendations. We want bliss, and bliss comes from being in tune with Mother Nature. Raw plant food is Mother Nature's abundance offerings. Have faith in Mother Nature as she never broke the heart that loved her.

I've gone from chronic fatigue to representing Australia in ultra endurance cycling.

Your health is your best investment. Always has been, always will be. Eating raw vegan is the best way for human health. Science proves it, raw plant food has it.

Durian, champak, inga bean, rollina, atamoya, peacherine, honey murcott, jakfruit, mangosteen, abiu, merang, mabolo, longan, duku, ice cream bean, mamey, chocolate pudding fruit, fuyu persimmon, pitaya, banana passionfruit, granadia, sugar cane juice, sweet leaf, malva, cherimoya, sapodilla, nam dok mai mangoes, jaboticaba, Ceylon mulberry, cloudberry, star fruit, green star apple!!!

How many of these fruits n shoots you had? Exactly...there is always more out there than we can imagine...open your heart and mind to the plant food realm. You know its more fun...tuna on rye? That aint fun...Mangoes in the shower with your partner? Or melon dinner on the beach at sunset?...C'mon...That's fun!

I've eaten at most of the top restaurants world wide. I call them top restaurants cos they serve organic raw plant food. I've eaten raw vegan pizzas, creamy pastas, hotdogs, burgers, fries, choc mud cakes, choc bars, choc thick shakes, lasagnes, corn chips, salsas, wedding cakes, nachos, burritos, enchiladas, laksas, pies, cheesecakes etc...All raw vegan...but I always come back to the simpler raw diet of juicy fruits and tender shoots..

So whatever you want to eat raw there is someone making it...I even saw 'raw donuts' recently...and you can go that route if you want...or just take a short cut and get faster results with fast food in the form of fruits n tender shoots..

Your life, your choices... listen to your inner voice.