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Sergei's Food Prep (free video)

Rainbow Pate [Click here](#)

Sneak Preview of new DVD "Interview With Sergei".

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www.rawfamily.com

Seven Common Mistakes that Occur on Raw Foods

By Victoria Boutenko

In present time, the popularity of the raw food diet is growing fast in all regions of the world. In 1994 the very first raw food restaurant was opened in San Francisco by the ambitious 24-year old Raw Food Chef, Juliano. At that time so few people knew of a raw diet that customers of Juliano's restaurant kept wondering, "what do you mean by 'Raw'?" In my imagination I place Juliano in the Raw Food Hall of Fame for inventing such a great idea, for daring to open the first raw restaurant in the center of San Francisco, and especially for staying in business six years despite strong competition, and an enormous challenge. I remember seeing Juliano walking in front of his place with a big funny slogan on his back and giving away samples of raw brownies to passers-by. For several years his restaurant was the only place in the whole world where my family could eat out. In 2007, after only thirteen years there are more than twenty raw food restaurants in California alone. One may find raw dishes on menus of many vegetarian restaurants and in cafeterias of most health food stores. Recently I was able to order a raw meal for my flights with both United and Northwest Airlines. More and more people in the world adopt the raw food diet as an optimal way to achieve vibrant health.

My family went through many pit falls before we determined which way of raw eating fit us best. There is a popular saying in Russian that the fools learn from their own mistakes, while the clever heads learn from mistakes of others. I would like you to learn from my family's mistakes. Here are some of the

most common mistakes that occur when people go on a raw food diet.

1. Many raw fooders do not eat enough greens. Solution: regularly consume energy soup or green smoothie to guarantee the proper amount of greens.
2. Many raw fooders do not consume enough fiber, soluble and insoluble. Solution: Drink more smoothies or energy soups instead of juices.
3. People on raw food often consume too many fats. When they try to imitate cooked dishes, they substitute starches with nuts. For example, when making raw cakes, they mimic a wheat crust with a nut mixture. Solution: use nut pulp left over from making nut milks, use more seeds and less nuts, and use more fruit and vegetable pulp from juices in your mixtures to minimize the consumption of nuts.
4. Raw fooders commonly try to become too perfect too fast. They don't give their bodies a chance to adjust to such a radical dietary change. Solution: gradually adjust and purify your own individual diet to help you ease into the healthiest diet for you.
5. When people change their diets they usually decide the other components that make up health are no longer important such as: sun bathing, exercising, proper rest, fresh air, etc. Solution: practice a well-rounded healthy life style.
6. People on the raw food diet often over-indulge in some particular foods and neglect the variety of other fruits and vegetables. For example, orange juice is very healthy, but in extremely large quantities it can be damaging to teeth and sugar levels. Large amounts of sprouts, berries, and anything else will inevitably create disharmonies. Solution: eat foods in reasonable quantities.
7. The biggest mistake that many make is that they listen to the raw food authorities and don't trust the invaluable messages their own bodies communicate. Solution: keep a diary of your daily food consumption and how it affects your well-being.

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http://72.14.203.104/search?q=cache:_ceKTHLr5esJ:www.pbsorg/wgbh/nova/sciencenow/3401/01.html+longevity+on+nova&hl=en&gl=us&ct=clnk&cd=4

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Victoria's comment: For one of the primary active ingredients – resveratrol, I add grape seeds, skins, and especially young grape leaves to my smoothies.

Good News!

Victoria's book *Green For Life* is now available in all book stores.

It is now available in Portuguese.

For a copy, please call us at our office: (541) 488-8865

Also, a small excerpt from Green For Life is available in Hebrew at:

http://www.beofen-tv.co.il/cgi-bin/chiq.pl?%F8%F1%F7_%E9%F8%E5%F7

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