

Raw & Simple

EAT WELL AND LIVE RADIANTLY WITH 100 TRULY QUICK AND EASY RECIPES FOR THE RAW FOOD LIFESTYLE

JUDITA WIGNALL



Quarry Books

100 Cummings Center, Suite 406L
Beverly, MA 01915

quarrybooks.com • craftside.typepad.com

Contents

Introduction

Chapter 1

WHY RAW ROCKS

What Is Raw?

Benefits of a Raw-Food Diet

Making It Work for You

Building a Lifetime of Great Health

Raw Pitfall: Sugar Overload

Chapter 2

THE RAW KITCHEN

Shopping Tips

Just the Basics: Stocking Your Pantry

Equipment

Techniques, Tips, and Tricks

The Raw Food Groups

An Overview of Alternative Sweeteners

Superfoods

Raw in a Cooked World

Timesaving Tips

Chapter 3

RAW AND SIMPLE RECIPES

Tips on Following Recipes

Breakfast

Smoothies

Beverages

Soups, Sides & Starters

Salads

Mains

Fermented Foods and Beverages

Condiments

Desserts

Raw & Simple Snack Ideas

[Glossary](#)

[Resources](#)

[Acknowledgments](#)

[About the Author](#)

[Index](#)

Introduction

I stumbled upon the raw-food diet almost six years ago when I was looking for a way to clear up my skin. It was a discovery that radically changed my life. I didn't have any major health crisis at the time, but I did struggle with acne, arthritis in my hands, headaches, mild depression, and low energy. All of these issues were remedied by switching from a heavy, animal protein-based diet to a juicy plant-based diet of raw fruits and vegetables. I sang raw food's praises everywhere, I bought and read every book out there about this magical diet, and I was in it to win it. My friends and family thought I was crazy, too skinny, rigid, and dogmatic. Thankfully, I've mellowed out over time, shed the dogma, and found balance. I had my ups and downs with the diet and want to share with you my successes as well as my mistakes so that you can go down the raw road smoothly and effortlessly and reap all the benefits it has to offer.

The raw-food movement has evolved during the years that I've been following a mostly raw diet. What was once pushed as an all-or-nothing diet has morphed into less of a niche lifestyle and more of a daily health regimen—kind of like getting your daily exercise, drinking eight glasses of water, or getting enough sleep every night. Now it's "Did I eat enough raw food today?" People are starting to realize that eating fresh, live foods nourishes their bodies, calms cravings, and makes them feel energized. For those who want to take it all the way, eating a 100 percent raw diet is one of the most radically transforming and healing ways to eat. It's something that can be done for as little as a few days to weeks to months to years depending on your health goals. People with cancer, autoimmune diseases, and arthritis have experienced some of the most radical results by eating a simple, clean, raw diet.

I wrote this book to inspire people to eat and live better, not to push my dietary ideals or an extreme diet. In truth, there really aren't that many lifelong, 100 percent raw foodists out there. I have full respect for those who are willing and able to do it, but for the average person, 100 percent raw is not practical, nor is it essential. Everybody has a unique bioindividuality that changes over time, with age, stress, activity level, and seasons. A diet that works for me may not work for you, just as much as a diet that worked wonderfully for you for a while may not serve you down the road. We need to be in tune with what our bodies need and how the food we give them makes us feel. It's all about finding your own personal balance without letting dietary dogma and false promises lead you down the wrong path. No matter where you are on the dietary spectrum—omnivore, paleo/primal, vegetarian, vegan, etc.—everyone can benefit from incorporating raw foods into their diet to whatever degree works for them.

If you're new to raw foods, you have probably picked up a few recipe books that looked a bit intimidating, including my first book, *Going Raw*. Unfamiliar ingredients, lots of soaking, blending, dehydrating, and hours of patience. Forget that. My goal here is to make food fast, fresh, and tasty without having to rearrange your schedule or your kitchen. There's no need for a dehydrator, but if you own one, by all means, use it to warm some of the dishes or dry your nuts and seeds after soaking. I've kept most of the recipes pretty basic, using easy-to-find ingredients, with a few curveballs here and there. Hey, a little variety is good for the soul and the creative juices. I'll show you easy meal planning and what basics to keep on hand at all times so you'll be ready to whip up a great raw meal in a flash.

For those seasoned raw foodists who are looking for new inspiration, I have you in mind as well.

Many of us have been misled into thinking we can eat whatever we want as long as it's raw. We've been on blood-sugar roller coasters and fat-induced comas at some point, and maybe we've eaten more nut butter and Rawtella than we want to admit. There are many gut-busting raw dishes that have left me lethargic instead of energized. I've tried to avoid that in this book. I've kept many of the recipes lighter on the fat content and have experimented with low-glycemic sweeteners. Sugar overload is a big problem in this country, with diabetes rates escalating to new highs. Sugar can be a problem even in its raw-food form, which I address in this book as well. I want everyone to thrive on this diet and feel the best they have ever felt.

Raw-food cuisine has never been easier, more fun, or healthy. I hope you enjoy the journey and find abundant radiance, energy, and vitality along the way.

xoxo,

Judita



CHAPTER ONE

WHY RAW ROCKS



After years of eating a high-animal-protein/low-carb diet, I found eating a raw-food diet refreshing and healing. Before switching to raw foods, I felt sluggish and bloated, my skin was a mess, and the diet sodas and coffee I depended on were burning out my adrenals and not supplying me with any real energy. This heavy, acid-forming way of eating was not serving me well, and I knew I had to make a change. Soon after I switched to a raw diet, I lost fifteen pounds (seven kg), my aches and pains went away, and my skin cleared up. Six years later, I still love eating this way. It doesn't mean I don't sometimes eat cooked food, too, but I find whenever I need more pep in my step, sticking to fresh, living foods keeps me energized. The raw diet makes my skin look young and radiant, I can stay up late and wake up early feeling refreshed, and I rarely get sick or suffer from headaches. My story isn't unique in any way. I know people who have dropped more than two hundred pounds, battled cancer, weaned themselves off of insulin, reversed heart disease, and eliminated allergies—all by switching to a raw-food diet. It's not that raw food holds magical powers, it's that our body will heal itself if we let it. Incorporating raw food into your diet gives your body more nutrients and energy to do what it was meant to do.

What Is Raw?

Raw food is food that has not been heated above 118°F (about 48°C) or denatured by chemicals, pasteurization, or irradiation. By keeping food as close to its natural state as possible, we can preserve its nutritional content by up to 70 to 90 percent. Vitamins C and B are especially sensitive to heat degradation, as are the enzymes that help us digest our food more efficiently. Raw preparations such as blending and food processing keep the nutrients intact and allow us to create wonderfully tasty raw dishes.

The major raw food groups are fruits, leafy greens, vegetables, sprouted nuts and seeds, and sea vegetables. The early pioneers of the raw-food health movement were vegans and did not eat animal products, but today some raw foodists include raw dairy, eggs, meat, and fish. I find a plant-based diet is more cleansing and alkalizing, especially if you are switching from a standard American diet (SAD), so I've included only vegetarian recipes in this book. If you choose to eat raw animal products, make sure you get them from a clean and humane source.

Benefits of a Raw-Food Diet

So how exactly does raw food benefit us? Here's an overview of some of the many advantages.

➤ A RAW DIET IS CLEANSING

Our bodies never stop repairing tissue, clearing out toxins, and fighting pathogens, but if we overload our system with processed foods, toxins from cosmetics, toiletries, pesticides, and water and air pollution, our body can't keep up. Toxins build up in our fat tissues, and then our bodies begin to weaken and our health declines. We become susceptible to bacterial and viral infections, our hormones get out of whack, we feel tired and foggy, we have difficulty losing weight, and we are bombarded with free-radical damage that can lead to cancer and accelerated aging. When we eat clean, natural, easy-to-digest food, our bodies have more energy to repair and detoxify and become strong and vibrant in every way.

➤ A RAW DIET IS ALKALIZING

Fruits and vegetables contain alkalizing minerals such as calcium, magnesium, and potassium, assists our body in maintaining a proper blood-pH level of 7.35-7.45. When we eat foods that are acidic, our body has to buffer itself by leaching out these minerals from our bones and organs, thereby weakening them. An acidic diet of meat, dairy, wheat, coffee, soda, and alcohol can lead to weight gain, chronic fatigue, osteoporosis, arthritis, and cancer. Ideally we should eat a diet that is 80 percent alkaline and 20 percent acidic foods (I recommend reading *The pH Miracle* by Robert C. Young and Shelley Redford Young for more information on the acid-alkaline balance).

➤ YOU WILL HAVE FEWER CRAVINGS

When we're nutritionally deficient, we can graze on food all day long and never feel satisfied. Eating nutritionally dense foods will calm constant food cravings and make you feel less hungry overall.

➤ YOU WILL HAVE MORE ENERGY

Raw foods don't weigh you down like starchy meals. You'll find you won't need that cup of coffee or afternoon nap after all. No more food comas for you. This is all about eating for energy!

➤ YOUR HORMONES WILL BE MORE IN BALANCE

Diet and lifestyle have a profound effect on hormonal balance. Many women have experienced less breast tenderness, water retention, and cramping, and fewer breakouts and hot flashes, after switching to a low-sugar, raw-food diet.

➤ YOU WILL BE BETTER HYDRATED

Most people don't drink enough water and are chronically dehydrated. Raw foods have more water content than cooked foods, which helps our kidneys function better, makes our skin look supple, and gives us more energy and better mental focus.

➤ YOU WILL HAVE BETTER DIGESTION

The high fiber and water content in raw foods helps keep things moving along in the intestinal tract, sweeping out old matter and toxins. You'll be more regular, have a flatter tummy, and feel less sluggish and bloated.

➤ YOUR IMMUNE SYSTEM WILL BE STRONGER

Raw food has high amounts of vitamin C and phytonutrients, which have strong immune-enhancing antioxidant, anti-inflammatory, and anti-cancer properties. They also protect our cardiovascular system and prevent macular degeneration and osteoporosis.

➤ A RAW DIET CONTAINS CHLOROPHYLL

All green vegetables contain chlorophyll, also known as plant blood (think wheatgrass shots). This substance is highly alkalizing, contains anti-carcinogenic properties, builds up our red blood cells, oxygenates the blood, and chelates toxic heavy metals such as mercury. Cooking quickly degrades this powerful compound.

➤ YOU WILL LOSE WEIGHT

It's inevitable that a low-calorie, fiber-rich raw diet will help you shed the extra weight. Adding more raw food and crowding out junky processed food will help you slim down fast!

➤ A RAW DIET SLOWS DOWN THE AGING PROCESS

Flooding our body with nutrients every day keeps our organs functioning properly, giving us better energy, mental clarity, and hormonal balance—and fewer wrinkles. Your risk of getting age-related diseases also decreases. No more worrying about heart disease, high blood pressure, or high cholesterol.

Essential Nutrients

It is, indeed, possible to meet your recommended dietary allowance (RDA) of vitamins and minerals by eating a raw vegan diet. The key is eating a variety of foods, especially greens. Here is a list of some of the essential nutrients and where to find them.

➤ PROTEIN

In the United States, we are obsessed with protein. We eat much more of it than people do in any other country—often more than our bodies need. The average adult woman needs 46 grams of protein per day, while an adult male needs around 56 grams. The good news is, you can get your protein fix from plants, as all contain some amount of protein. Protein is made up of amino acids that are essential for repairing tissue, forming cells, and making antibodies, and are an integral part of enzyme and hormonal activity. If you're pregnant or an athlete, you'll need to bump up your intake, but for the average person, meeting your daily needs is fairly easy.

The best sources are:

- Green leafy vegetables, especially kale and spinach
- Sprouts
- Almonds
- Pumpkin seeds
- Hemp seeds
- Chia seeds
- Flax seeds
- Sunflower seeds
- Goji berries
- Cacao nibs
- Buckwheat
- Oats

Health Note: If you're a "protein type" and don't feel satisfied on a raw diet, try adding a raw vegan protein powder, such as Sun Warrior, to your smoothies. In the afternoon, when I feel my energy dip, I blend a scoop of vanilla or chocolate protein powder with a cup of almond milk and I perk right up. Way better than coffee—and without any side effects.

➤ CALCIUM

To build strong bones, you need more than just calcium. You need vitamin D to assimilate the calcium, and you also need bone-building minerals like silica and magnesium. You can find calcium in:

- Sesame seeds (tahini)
- Kale
- Collards
- Broccoli
- Bok choy
- Endive

- Kelp
 - Figs
-

➤ VITAMIN D

Spend ten to fifteen minutes in the sun every day or take a vitamin D₂ (ergocalciferol) or D₃ (cholecalciferol) supplement. D₂ comes from a plant source, whereas D₃ comes from animal sources. The latter is more bioavailable, but both are effective.

➤ SILICA AND MAGNESIUM

These bone-building minerals are also great for the skin and heart.

Find them in these delicious sources:

- Pumpkin seeds
- Spinach
- Apples
- Oranges
- Cherries
- Cucumber
- Onions
- Beets
- Celery
- Almonds
- Cacao
- Bananas
- Figs
- Horsetail (tea)
- Nettle (tea)

➤ IRON

Iron carries oxygen through the blood and helps build red blood cells. It absorbs better when vitamin C is present. An easy way to combine them is to eat sources of iron with lemon juice or tomatoes in a salad.

The best sources are:

- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Kale
- Romaine lettuce
- Kelp
- Broccoli
- Bok choy

➤ ESSENTIAL FATTY ACIDS

Omega-6 is abundant in any diet; it's the omega-3s we really need to focus on. Omega-3s reduce inflammation and pain, improve brain function, and reduce the risk of heart disease and stroke.

The best sources are:

- Flaxseeds and flaxseed oil
- Chia seeds and chia seed oil
- Hemp seeds and hemp seed oil
- Green leafy vegetables
- Sacha inchi seeds and sachu inchi oil
- Sea vegetables
- Walnuts
- Broccoli

➤ VITAMIN B₁₂

A B₁₂ deficiency is a major health problem that can leave you with depression, agitation, memory loss, muscle fatigue, and permanent nerve and neurological damage. This is one area where a raw vegan diet falls short, as there are no adequate plant sources of natural B₁₂. But studies show that even meat-eaters can be deficient. The best way to guarantee you're getting enough of it is by using a transdermal patch or a sublingual tablet of methylcobalamin. I stick a transdermal patch behind my ear twice a week and my B₁₂ levels are perfect.

Cooking up a Storm of Health Problems

One of the major benefits of going raw isn't just what you're eating, but what you're *not* eating. Eliminating processed foods that contain trans fats, refined sugars, artificial flavors and coloring, and preservatives is a huge step toward better wellness. Cooking can create a host of carcinogenic substances, too, like acrylamides, advanced glycation end-products (AGEs), heterocyclic amines, and polycyclic aromatic hydrocarbons. These are the result of heating oils, animal proteins, starches, and sugars. They have been shown to impair the immune system, alter DNA, accelerate aging, increase inflammation, and increase cancer risk.

Eliminating other substances such as coffee and alcohol can make a big difference in your health, as well. Coffee is dehydrating, creates hormonal imbalance, blocks iron absorption, stresses the body, and gives you a false sense of energy. Alcohol is also dehydrating, weakens your bones, and causes depression, weight gain, and hormonal imbalance. I'm not saying you can't ever enjoy these again, but they're not a regular part of a truly healthy lifestyle.



Making It Work for You

No diet is one size fits all. We are all unique and have different needs, health issues, and goals, so I never advocate to my clients an all-or-nothing approach to raw foods. Everyone needs to find their own path and not compare themselves to others. Raw is not a religion, it's a tool—one of many—that can help you reach great health. I do believe that aiming for 50 percent raw is ideal for many people and can be done simply by adding a smoothie for breakfast and a salad for lunch or dinner. In fact, just eating one raw meal a day, such as a smoothie for breakfast, can make significant changes. Victoria Boutenko, raw food expert and author of *Green For Life*, challenged twenty-seven people to drink one quart (two pints) of green smoothie for breakfast for one month in addition to their regular diet. Twenty-four participants reported positive changes, which included increased energy, better digestion, less blood sugar fluctuation, better sleep, clearer skin, stronger fingernails, less dandruff, and better sex. What have you got to lose except poor health?

Once you reach 50 percent raw, try 75 percent. Then try 100 percent and see how you feel. For newbies, going 100 percent overnight can be a bit of a shock for the body. Even at 75 percent raw, you can expect detox symptoms such as headaches, junk-food cravings, mood swings, fatigue, and gas. I always recommend starting slow and gradually working your way up to where you're comfortable. As you add more raw, start letting go of processed foods, fried foods, caffeine, meat, dairy, wheat, and other glutinous foods. Go one step at a time and watch your health completely transform.

Raw Transitional Plan

The following is a guideline for people who would like to try a high-raw meal plan. It is by no means the only way to go raw. You may prefer to take a different route, such as eating a cooked meal for breakfast and going raw for dinner. It's totally up to you to design a meal plan that is right for you. A high raw diet may or may not be right, so listen to your body, go with the flow, and customize this to work for you.

➤ FIRST WEEK: 50% RAW

Morning: Raw breakfast

Lunch: Raw side salad + your regular lunch

Raw snack

Dinner: Raw side salad + your regular dinner

Raw dessert (if desired)

➤ SECOND WEEK: 75% RAW

Morning: Raw breakfast

Lunch: Raw lunch

Raw snack

Dinner: Raw side salad + your regular dinner

Raw dessert (if desired)

➤ THIRD WEEK: 100% RAW

Morning: Raw breakfast

Lunch: Raw lunch

Raw snack

Dinner: Raw dinner

Raw dessert (if desired)



Building a Lifetime of Great Health

The raw food lifestyle isn't just about food. It's about creating the best health possible through cleansing, exercise, sleep, and other healthy habits. Here are some of my best health strategies that I follow and teach to my clients.

➤ GET A WATER FILTER

“Get a filter or be a filter,” I’ve heard raw food expert and speaker David Wolfe say. The Environmental Working Group (EWG) has found 315 pollutants—including chlorine, fluoride, arsenic, radon, radiation, mercury, and chromium-6—in American tap water. Since it takes a long time for these toxins to accumulate in the body, there has never been any solid evidence connecting tap water to a particular illness, but any logical person could agree the less exposure we have to these substances, the better health we’ll have. A whole-house water filtration system is ideal, but expensive. At the very least have a filter in the shower and the kitchen for drinking, cleaning, and preparing food.

➤ REPLACE YOUR COSMETICS, LOTIONS, AND POTIONS

Toss out toxic makeup, hair products, moisturizers, and nail polish. There are many companies making good-quality products free of toxins and carcinogens that age us and steal our beauty. The EWG has rated more than 74,000 beauty products based on their toxicity. Check out their Skin Deep Cosmetic Database (www.ewg.org/skindeep) to see where your favorite products stack up.

➤ GO GREEN WITH HOUSECLEANERS

Don't clean your house or clothing with bleach or other caustic chemicals. There are many products that do the same job and make your house and clothes smell pleasant, not antiseptic. Laundry detergents and fabric softeners contain xenoestrogens that can lead to hormonal imbalance. Since we wear clothes all day and sleep on bedding at night, we are constantly absorbing these xenoestrogens. Instead use Nature Clean powder detergent and distilled vinegar in the rinse cycle and a fabric softener.

➤ GROW YOUR OWN FRESH AIR

Air inside our homes can become more toxic than air in the outside world as off-gassing from furniture, kitchen cabinets, flooring, carpeting, and paint pollute our living spaces. Keep your windows open as much as possible and place houseplants in every room to filter the air. A wonderful book called *How to Grow Your Own Fresh Air* by B. C. Wolverton is a great guide to purifying your environment with plants.

➤ EAT REAL FOOD

Avoid processed, prepackaged foods. They're loaded with preservatives, artificial ingredients, hydrogenated fats, MSG, genetically modified ingredients, and sodium. Avoid pesticides by eating organic foods.

Removing Toxins from Our Body

The average person has about three hundred to five hundred industrial chemicals, pesticides, and pollutants in his or her bloodstream. Scientists have even tested umbilical cords from newborn babies and found the presence of two hundred industrial toxins. That's a lot of chemicals to have in your system the day you're born! In this modern age, we really have to make a lifelong effort to minimize additional exposure to toxins and actively do things to move them out of our body. There are many great books out there on detoxification, but here are a few things you can do right away to move them out of your system quickly.

➤ SWEAT IT OUT

Our skin is a major detoxifying organ. Whenever we sweat we push out toxins from our fat tissues. We can sweat it out at the gym or in a sauna. Far infrared sauna is one of the best methods because the far infrared waves penetrate 1 1/2 inches (3.8 cm) into our skin, which helps draw out the toxins. It operates at a lower temperature than hot rock saunas so you can stay in this sauna for much longer.

➤ REBOUNding

Also known as the mini trampoline, rebounding is a fun way to get the lymphatic system moving while burning calories. The up and down movement helps stimulate white blood cells while lymph sweeps away bacteria, viruses, and toxins. Two minutes of rebounding several times a day will help strengthen your immune system, as well as your bones and every cell in your body. If you don't have a rebounder, jumping rope works, too!

➤ CLEANSE YOUR COLON

A sluggish colon is a toxic colon. If you're not going to the bathroom two to three times a day, you are holding toxins in your colon that can re-enter the bloodstream and damage your cells. It's basically self-poisoning. In fact, the average adult walks around with ten pounds of waste in their gut from constipation, making them bloated, headachy, and tired. We can easily move it out with what is known as the oldest medical procedure in history: colon cleansing. Professional colon hydrotherapy is about the equivalent of four to six bowel movements in one session. It cleans out waste, parasites, yeast, and old debris while helping to hydrate and strengthen the colon to improve digestion. If you prefer some alone time, another option is home enemas. Enema bags are very affordable, and there are many websites that can explain how to use them correctly. I recommend getting a four-quart bag, which is almost as efficient as a professional colonic. You can add probiotics, lemon juice, apple cider vinegar, wheatgrass, or even lukewarm organic coffee, which is extremely detoxifying for the liver. A coffee enema, if done properly, will not affect you the same way as drinking it will. Don't knock it till you try it. Many people report major improvement in skin conditions, backaches, headaches, and chronic fatigue after colon cleansing.

➤ DRY SKIN BRUSHING

Gliding a dry, coarse, natural bristle brush on your skin before showering aids the lymphatic system while improving circulation and removing dead skin cells so your skin can detoxify more efficiently. Brushing your skin is very enjoyable and takes only two minutes a day to complete. Start at your hands and feet and brush toward your heart. The bristles may seem scratchy at first, but soon you will grow to love it. Do this daily and watch your skin texture and cellulite improve!

thirty days.

➤ TAKE SUPPLEMENTS

There are hundreds of products and herbs that can aid the detoxification process. Here are some of the all-stars:

- **Chlorella** purifies the blood and is very good at removing toxins from the intestines, including heavy metals, pesticides, and radiation particles from cancer therapy. With the amount of radiation that presently is in our environment, this is a great supplement to be taking daily for protection.
- **Zeolite** is created when volcanic ash and lava comes in contact with alkaline ground water. It's ground into a fine powder and used in many natural detergents. Its negative charge attracts and traps toxins and heavy metals, making it an excellent detoxifier.
- **Burdock root** also known as gobo, is popular in Asian cuisine. It's a very powerful liver and blood cleanser, inhibits bacteria and molds, stimulates skin circulation and detoxification, and helps support kidney function. It can be juiced or chopped and steeped in boiling water to make a tea. It can be very helpful with arthritis and skin conditions.
- **Dandelion root and leaves** are great for supporting the liver, gallbladder, and kidneys. It's a diuretic and increases the flow of bile and gastric juices, purifies the blood, and tones the digestive tract. Drink dandelion root tea and eat the green leaves in a salad or in a juice or green smoothie.
- **MSM, or methyl-sulfonyl-methane**, is a sulfur compound that can be acquired by eating foods that contain sulfur. It's very good at removing mercury as well as old accumulated toxins. It's also quite powerful and should be taken at very small doses at first: 1/8 of a teaspoon a day for starters, and then up to 1-2 table-spoons (28-55 g) per day, but only if you have no side effects. Look for plant-derived MSM from wood pulp only.

➤ EXERCISE

Exercise is an integral part of a healthy lifestyle—not only does it strengthen our bones and muscles, but it also increases circulation to help accelerate the release of toxins and accumulated waste. If you're doing a detox that includes fasting, then you don't want to do anything too strenuous, but you do want to keep moving. In addition to the rebounding I mentioned earlier, gentle exercises like yoga and qigong are two ways to exercise while stimulating the body to release toxins and balance itself.

Juice Fasting

Fasting is a great way to deeply detoxify, reboot your system, and shed some extra weight. When your body doesn't have to digest food, it has more energy to clean out toxins and fight pathogens. While fasting, you'll find yourself alternating between unbounded energy and laser mental focus—and then headaches, fatigue, and intense cravings. This is normal as you go through processed-food withdrawals and release old, stored toxins from your fat tissue. The first three days are the most challenging, which is why weekends at home are the ideal way to kick off a fast. After that it's smooth sailing.

► THE PLAN

I recommend only one to five days for beginners, and six to fourteen days for the more experienced. Any longer than that is best done with a fasting expert or health coach. If you want to go it alone, check out *Raw Food Cleanse* by Penni Shelton for juicing plans and additional recipes. If you like little support, try finding some fasting companions online. If you live in the United States, for instance, you can cleanse with hundreds of other people across the country at www.cleanseamerica.com.

The best time of year to fast is during the changing of the seasons, particularly spring and fall, when it's warm and fresh produce is abundant. I recommend getting extra rest during this time, but you may do light exercise such as rebounding, walking, or casual bicycling. I'd avoid anything strenuous or vigorous.

Here's what to do:

- Drink 3-4 quarts (12-16 cups) or more of fresh juice a day. At least half should be vegetable juices. Pace yourself and have 1 quart (4 cups) each at breakfast, lunch, mid-afternoon, and dinner.
- If you're on a candida cleanse or have blood sugar issues, you should avoid all fruit juices except for ones containing green apples, lemons, or limes, which are low sugar.
- Chew your juice. Swish green juice around your teeth to help mineralize them and chew to activate your digestive system. This will help the body absorb and utilize the nutrients more efficiently.
- I like to drink 8-16 ounces of fresh almond or cashew milk ([page 59](#)), as well, when I'm fasting. The small amount of fat really takes the edge off, especially in the first three days. Flavor it with vanilla and your favorite sweetener, if you'd like.

To keep things moving along the intestinal tract, I recommend an herbal digestive stimulator. Healthforce Nutritionals makes a great one that is gentle and noncramping. Having a colon hydrotherapy session before and after a fast or doing daily home enemas is highly recommended. The colon can become very toxic if constipation arises and those toxins can be reintroduced into your bloodstream, making you feel ill and tired.

► ENDING A FAST

Always reintroduce solid foods slowly when breaking a fast. Your metabolism slows when you fast so eating a high-calorie meal right out of the gate will cause those calories to go straight into fat storage instead of being used for fuel because your body doesn't know you've been fasting. Your body's survival mechanism thinks there's a food shortage and that food may continue to be scarce in the future, so it conserves fat stores. (Note: That's the reason why crash diets never work!) Also

our stomach's ability to produce hydrochloric acid (HCl) declines during fasting and needs to be reignited. Without HCl we have difficulty breaking down, digesting, and absorbing our food. If you don't slowly reintroduce food to your diet, you will run the risk of rapid weight gain and major digestive distress. You've been warned!

Divide the number of days you fasted in half to determine the number of days you should take to return to your regular diet. For example, if you fasted for six days, then you will take three days to ease back into your regular eating habits.

Break your fast with a mono meal of raw fruit. This is where you only eat one kind of fruit in a sitting, such as a bowl of grapes or sliced tomatoes for the low-sugar crowd. This is going to taste like one of the best meals of your life. Don't forget to chew it well!

For the rest of the day have a simple fruit or vegetable smoothie. The next day have simple salads with some avocado along with more smoothies. You can have denser meals the following day but be mindful of portion sizes until your digestive fire returns and your metabolism is back to normal.

Last but not least, please make sure you contact your physician before embarking on a fast if you have any medical health issues.

Hot Tip! Many juice bars and companies have popped up recently that offer three- to five-day juice packages. This can save you a lot of time and be a great option if you don't own a juicer.

Smoothie Fasting

For some people, juice fasting is a little too radical. If that's you, I suggest trying a smoothie fast. Like juices, smoothies put very little strain on the digestive system, and you'll have less hunger, constipation, and other juicing side effects. This method doesn't produce as deep of a cleanse, but it's a great option for people who are hypoglycemic, don't need intense cleansing, don't want to disrupt their normal lives, or don't own a juicer. Your metabolism won't slow down like it would during a juice fast, and you can resume eating normally when you're done. Another plus is that it's much quicker to blend a smoothie than it is to juice 4 quarts (16 cups) of fruits and vegetables. It's also less expensive, as you would need four times as many vegetables to create the same amount of juice.

► THE PLAN

- You can do this for as little as one day or as long as you like. I enjoy one to two days when I've overindulged and need to lighten up and give my digestion a break. If I want to thin out a bit, I'll go five to seven days.
- Drink 3-4 quarts (12-16 cups) of fruit and vegetable smoothies a day—one each at breakfast, lunch, midafternoon, and dinner.
- If you are sugar sensitive or on a candida-elimination diet, make your smoothies low glycemic by choosing low-sugar fruits like strawberries, or make vegetable smoothies or soups. You can use any of the smoothies in this book as well as the smooth soups such as Carrot-Ginger Coconut (page 77), Curried Cauliflower (page 81), and Cucumber Basil (page 74).
- If you want to lose weight, use avocado and coconut in moderation. Reducing fat will also give your liver and gallbladder a rest. If you want to maintain your weight, make sure to include the fats.
- Keep salt to a minimum, but if you can go salt free, even better. You'll lose water weight and reawaken your taste buds. Breaking free of salt dependence is much healthier, especially if you are suffering from hypertension.
- You can use chia seeds to thicken your smoothies and add some extra fiber and sustenance.

If you're interested in a guided smoothie detox program, I highly recommend Dr. Ritamarie Loscalzo's online Green Cleanse Program (www.drritamarie.com/greencleanse#).



Raw for Weight Loss

People go raw for many different reasons, but most of the clients who come to me want to lose extra weight. Here are my best tips on how to lose weight with raw foods.

➤ EAT A LOW-SUGAR RAW DIET

Avoid highly sweet fruits such as tropical fruits and keep dates and agave to a minimum. Also skip oats and grains.

➤ DON'T EAT PAST 6 P.M.

Nighttime eating slows digestion, and anything still in the stomach when you go to bed will get stored as fat. Inversely, if you are afraid of losing too much weight on raw (guys, I'm talking to you), eat later in the day, but not so much that you can't sleep well.

➤ SLEEP

If you don't get enough sleep, you won't produce the hormones that help you burn fat. Lack of sleep also affects the hunger hormone leptin. Leptin signals our brain that we are not hungry. Get at least seven to eight hours of sleep a night.

➤ DO MINI FASTS

Eat a light dinner like Cucumber Basil Soup ([page 74](#)), then skip breakfast and hit the gym in the morning. Break your fast with a sensible lunch like Chipotle Wraps ([page 124](#)). Avoid any fructose or sugars until at least two hours after your workout. Do this once or twice a week. It's a great way to overcome plateaus in your diet. Doing mini fasts can help you increase your Human Growth Hormone by 1,300-2,000 percent!

➤ DO A SEVEN-DAY JUICE OR SMOOTHIE FAST

Toxins in the body can prevent you from releasing excess weight. A smoothie or juice fast can flush those toxins out.

If you've tried everything and you're still struggling to lose weight, see your doctor about having your hormone levels checked. You could be dealing with thyroid or other endocrine issues. Estrogen dominance makes it very difficult to lose weight and can be remedied by following a xenoestrogen elimination diet ([page 18](#)).

sample content of Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle

- [Ricardo - The New View: Collected Essays I online](#)
- [download Justice for All: Earl Warren and the Nation He Made for free](#)
- [Truffle: A Global History \(Edible Series\) pdf, azw \(kindle\), epub](#)
- **[Plato on Pleasure and the Good Life for free](#)**

- <http://thermco.pl/library/The-Wine-Dark-Sea--Aubrey-Maturin--Book-16-.pdf>
- <http://conexdx.com/library/Justice-for-All--Earl-Warren-and-the-Nation-He-Made.pdf>
- <http://bestarthritiscare.com/library/Truffle--A-Global-History--Edible-Series-.pdf>
- <http://weddingcellist.com/lib/Nemesis--FBI-Thriller--Book-19-.pdf>