

EAT RAW!

DISCOVER THE POWER OF A RAW FOOD LIFESTYLE FOR HEALTH AND VITALITY

RAW SCIENCE IS THE KEY TO HEALTH

A raw foodist is someone that eats 75-100% live, nutritionally dense organic uncooked and unprocessed food (and drinks pure, live water), enjoying delicious meals that optimize your health by alkalizing your body. At that rate your elimination system can get rid of the toxins created when you cook. But when you eat more cooked food you are consuming acidic toxins faster than your body can eliminate them so they back up, disrupting your body's delicate acid/alkaline balance, a major cause of excess weight and disease. Heating food above 118 degrees F. causes the chemical changes that create acidic toxins, including the carcinogens, mutagens and free radicals associated with diseases like diabetes, arthritis, heart disease and cancer. Cooking also destroys the live enzymes that aid in digestion and health.



the energy your body needs. Things that are healthy 'contribute' electrons/energy, and are called alkalizing or "reducing." Things that are unhealthy steal electrons/energy, are called acidic or "oxidizing".

Your body is designed to be alkaline, like the battery! Because the pH scale is logarithmic, even a fraction of a point can create huge changes to your health!

One hydroxyl molecule (-OH) in 550 million is enough to make water conductive. In fact, the most important processes in your body only work within a very narrow pH range. For example, if the pH of your blood falls to the low end of its normal range (~7.35-7.45), a .10 difference, it could reduce the oxygen levels in your blood by as much as 300%!

Two common myths are that eating raw is expensive and that it takes a lot of time to prepare. Nothing could be further from the truth! When you do it correctly, a raw food diet is actually one of the easiest, most convenient and most



economical ways you can live! Remember, raw foodists eat mostly organic food, which is 80% to 300% more nutritionally dense - loaded with available electrons/energy. As your body learns to absorb additional nutrition and energy you'll feel less hungry, getting more energy from the food you eat. Ultimately, this can reduce your food costs, as well as your health care costs. Raw, live food and water is the ultimate health care plan!



Your body is similar to an alkaline battery, running on electrons. All life-giving chemical reactions only happen when electrons or energy flow between atoms. Cooking or processing causes food to lose electrons - the source of





HIGH PROTEIN SOURCES IN A RAW DIET

Raw dieters maintain their method of eating improves energy, digestion, health and overall well-being. A raw diet consists of vegetarian foods that are not heated above 116 degrees Fahrenheit. While the diet is a healthy mix of fruits, vegetables, nuts, seeds, cold-pressed oils and sprouted grains, it excludes typical protein sources, such as milk, eggs, nuts, seeds, fish, poultry and meat. With proper planning, a raw diet can help you meet your protein needs.

SIGNIFICANCE

Protein is an essential building block of most cells in the body and facilitates muscle function and growth. The Institute of Medicine recommends the average person consume at least 0.36 g of protein per 1 lb. of body weight, or 10 percent of daily calories. Because vegetarian proteins are digested at a slightly different rate, raw dieters and other people who exclude animal proteins should eat more like 0.45 g of protein per 1 lb. of body weight. Using this calculation, a 130-lb. raw dieter should then aim for 58.5 g of protein daily.



NUTS AND SEEDS

Raw dieters eat most nuts and seeds, which are a source of protein. Seek out raw options and soak them to release their digestive enzymes. Raw almonds, walnuts, peanuts, pecans and cashews are commonly pureed into milks

and butters, ground into crackers and granolas or used to top salads. Seeds, such as sunflower, hemp and sesame, are ingredients in smoothies, raw dips, crackers and salads. Hemp protein powder is a complete protein source, meaning it contains all the essential amino acids the body cannot produce on its own. Use it in smoothies, puddings and cereals.

QUINOA

Quinoa, technically a seed, is classified as a grain. It is one of the few plant-based foods that are complete in its protein make up. Typically served cooked like rice, you can sprout quinoa and eat it raw. To sprout quinoa, soak it overnight in purified water and then drain and rinse it in a fine colander. Leave it sitting in the colander, covered with a damp, clean kitchen towel, for a minimum of six hours. Rinse a few times during the resting process.

VEGETABLES

Between 20 and 50 percent of the calories in vegetables come from protein. While most vegetables do not offer complete proteins, combining a variety of them over the course of the day does provide you with a number of essential amino acids, the building blocks of protein.



BEANS AND LEGUMES

Beans and legumes are a source of vegetarian protein. Large beans, particularly kidney beans, are excluded from a raw diet because

they may be toxic when eaten raw, but you can sprout other types of beans and legumes and add them to salads and other recipes.

BLENDERS & JUICERS

BOTH ESSENTIAL TO A RAW FOOD LIFESTYLE

Since top-quality masticating juicers and high-speed blenders are expensive, everyone starting a raw food lifestyle tries to decide whether to invest in a juicer first or a blender. Here is what you need to know to make an informed decision.

Comparing blending with juicing is like comparing jogging with yoga. They're both a form of exercise, yet they're as different as can

be. To get the best health benefit you may want to use both. Everyone on a raw food diet must get high-quality, dense, easily absorbable nutrition, whether that is from juicing or blending!



"Raw vegetable juices are digested and assimilated within 10 to 15 minutes after we drink them and they are used almost entirely in the nourishment and regeneration of the cells and tissues, glands and organs of the body. In this case the result is obvious, as the entire process of digestion and assimilation is completed with a maximum degree of speed and efficiency, and with a minimum of effort on the part of the digestive system." - Norman Walker.

Juicing is designed to extract as much densely packed nutrition from vegetables as possible by removing all the fiber (pulp). This makes it faster and easier for your body to assimilate all this nutrition without activating your digestive system. When you have fiber in a meal, it can take hours to digest and absorb. With fresh raw juices



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your body can do the same job in minutes! Of course, there is nothing wrong with fiber – it is an essential part of a raw food diet. Juicing is ideal for cleansing and detoxification as well as for people with very sensitive digestive systems. The benefits of zero fiber means juicing is easy on your digestive system.



A high powered blender cracks open the cellular wall of your fruits or veggies, releasing all the nutrients and making them easier to assimilate – but it is much more like eating a meal since you still have all the fiber.



CHEF DENISE'S RECIPE

THE BENEFITS OF BLENDERS

- The fiber in smoothies, especially green smoothies, has a cleansing effect on the colon.
- Smoothies taste great and are more filling and satisfying than juices.
- Sugar is absorbed slower because of the fiber.
- Blenders are easy to clean.
- You can make a lot more than just smoothies with a blender. It's easy to make soups, sauces, salsas, salad dressings and dips.
- You can add supplements and super foods to your smoothies. A spoonful of hemp protein powder adds a ton of dense nutrition to your smoothies.

OF THE MONTH

Dr. Johanna Budwig created this recipe. She was a German medical doctor and bio-chemist who came to the conclusion that the majority of chronic illnesses are caused by mass produced foods and oils, poor nutrition and pesticides which destroy our electrons.

ALMOND BANANA MASH

- 2 tbs. almond milk
- 2 tbs. cold pressed flax seed oil
- 1 ripe banana
- 2 tbs. quinoa
- 10 soaked almonds
- 1 apple or pear diced
- 1 tbs. sesame seeds
- 1 tbs. sunflower seeds

Soak almonds and quinoa. Mash banana and mix with first three ingredients into a cream. Add all other ingredients.

THE BENEFITS OF JUICERS

- Fresh raw juices are the fastest shortcut to dense, easily absorbed nutrition. Fresh, raw juice is ideal for cleanses or detox as well as for people who have digestion.
- Juicing gives you a quick burst of energy since it takes so little time for your body to absorb the dense nutrition.
- Cleaning a juicer is a bit more work than cleaning a blender.
- Juices are less satisfying than smoothies. With a smoothie you can feel like you just had a regular meal afterwards. After a juice, since there is no fiber, you usually don't feel as satisfied.
- A juicer lets you juice almost anything. You might never put beets, carrots or ginger in one of your smoothies, but you can juice them easily.



Eat Raw!
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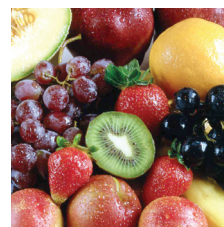
TRANSITIONING TO A RAW FOOD DIET

We all start from a different place with regard to the habits we currently follow. Just eating fruit for breakfast instead of cereal and milk would represent a huge improvement for someone who lives a very junk food lifestyle. On the other hand, a person who is already eating a reasonably healthy diet might want to make bigger changes.

Making too many changes too fast can lead to consequences that are harmful to your health goals. Conservative, gradual changes tend to be more permanent than radical changes made in haste.

There is a vast amount of information available to new raw fooders about what to eat and why. As raw foodism gains in popularity, it

becomes easier to find others who are making the same changes that you are. The sooner you start, the sooner you can begin enjoying the healthy benefits.



UPCOMING EVENTS

Living Food, Living Life and Living Well
With Dr Brian Clement
Sunday, June 10
11:30 am to 3:30 pm
Culinary Center
177 Euston Road, London

Supercharge Your Diet
With Steve Meyerowitz
Saturday, June 16
11:30 am to 3:00 pm
25 Red Lion Square
Holborn, London

Juice Yourself Slim
With Jason Vale
Saturday June 23
10:00 am-5:00 pm
Renaissance Hotel
Kansas City, KS USA