

GET RAW & *Feel Ravishing!*

Cleanse your body and break old habits with holistic health coach **Polly Noble's** 14-day diet makeover



So Christmas is over, you still have ringing in your ears from the New Year's celebrations but already you're raring to go for the year ahead. What a magical feeling: a brand new twelve months ripe with endless possibilities and opportunities! The excitement of a fresh start and the overwhelming thought of having to lose a few Christmas pounds can be enough to keep you reaching for the mince pies, but let me ask you this. How do you intend to shape 2014 into your healthiest, happiest, most goal-breaking year? How do you navigate those cravings for comforting foods that have kept you company throughout the harsh winter months? Well, I happen to have the answer.

NATURALLY DELICIOUS

What if I said that you could reach your natural weight without having to count calories, or that by eating more raw food, you can awaken the most vibrant, energised and inspired version of yourself? Improved digestion, better sleep, shinier skin, nails and hair and feeling more positive and lighter are just some of the fantastic benefits of eating more raw foods. Sound good? Let me tell you it is! As a lifestyle and wellness coach, I have personally experienced the benefits of eating a raw diet and I would wish

for everyone to experience the feelings that come with it; boundless energy, a feeling of peace, connectedness to everything, happiness and improved creativity!

EASY DOES IT

There are so many misconceptions about what raw food is so if after trying my plan you only want to eat this way 70 percent of the time – go for it! I encourage you to include raw meals in your diet as much as possible. I don't subscribe to the rules of having to eat 100 percent raw. The truth is, the more raw food you consume, whether that be adding guacamole or green juice to your diet, the better you will feel.

Instead of getting caught up in rules and what everybody else is doing, I urge you to listen to your body and feed it the clean living food it craves. Don't get hung up on labels – trust your intuition, always. As you start to clean up your diet, you'll find that you become much more connected from a mind, body, spirit level and will be able to hear your intuition much clearer!

Typically, raw food involves eating foods that have not been heated over 47°C and excludes all cooked foods, pasteurised products, animal products and refined sugar. The main foods consumed include fruits, vegetables, green leafy veg, nuts, seeds, sprouted legumes and sea

vegetables. Raw food comes straight from the earth, and is in its most natural form as possible with minimal processing. Most raw foodists are also vigilant to ensure that their fruits, vegetables, nuts, seeds and sprouted legumes are grown and sourced organically, without chemicals, toxins, pesticides and fertilisers. Importantly, raw food is not manufactured in a way that exposes the ingredients to artificial additives or genetic modification.

ENZYME ADVANTAGE

One of the many benefits of eating living food is the enzymes. In the human body, enzymes are required to carry out many functions from digestion to hair growth to healing. Heads up! We are born with a small bank account of them, but they rely on us to top up the account with raw food. When we neglect to eat enough natural enzymes, eventually our body starts to overwork itself to produce its own, resulting in low energy, slow digestion, accelerated ageing and an open door to disease. Enzymes are sensitive – they're destroyed when exposed to heat, so we never heat raw food over 47°C.