



“Don’t you want
to have more
energy and even
look younger?
I know you do”



THE RULES

Other than keeping food ingredients as natural as possible, there really aren't many rules to eating raw, but there are a few tips before getting started:

1 Be committed to making the upgrade – choose a two week period where you have very few or no social commitments and ensure you can make the time to prepare your meals.

2 While I've never experienced any negative effects from the raw lifestyle, it is possible to not feel so great on it. In these instances, it is often people consuming too many nuts, getting hung up on quantities of certain foods and not getting enough variation in the diet.

3 Depending on your level of health and quality of diet before embarking on the Ravishing Raw plan, you may experience some minor detox symptoms in the first week.

It's nothing to worry about; in fact, you should celebrate! This is your body's time to release all the stored toxins that have accumulated over the years. Consume plenty of water, sweat it out through exercise and consider going for a colonic – you'll feel better I promise!

4 Nuts and seeds are brilliant sources of protein, fat, vitamins, minerals, enzymes and fibre. They are also fantastic for making raw desserts – who knew nuts were so versatile! Heads up: nuts contain an enzyme inhibitor which prevent the nut from growing spontaneously. While it does a great job of protecting the nut, it can sometimes make them hard on our digestion. Soaking nuts before using them removes the enzyme inhibitor, making them easier to digest. Soaking will also make blending easier.

5 When adding liquids to a recipe, be cautious: it's much easier to add as you go that take it out when it's too late! When making smoothies, start with just the fruit

and greens and a dash of water, adding more to get the desired consistency. You'll usually end up adding around 250-500ml.

Remember: Changing your diet can bring up some fear and anxiety so be aware of how you feel as you approach the plan, and be willing to witness it. By doing so, it shows your fear that you are conscious of it but not affected by it, because yes, you can do this! First though, it's imperative you give away, lock up or chuck out all unhealthy foods so temptation is less of an issue. Then, shop for your ingredients and, a day before you embark on the plan, eat lightly, read through your plan and prepare to make some changes.

I'll give it to you straight – my plan might be a considerable change from the norm for you but isn't that what you want? Aren't you ready to feel lighter and more positive? Don't you want to have more energy and even look younger? I know you do. Good luck, and enjoy this special time for you and your body.

