

Starter Kit

28 DAY RAW FOOD
TRANSFORMATION

Brought to you by:

Amanda Brocket

& The Raw Food Kitchen



the raw
food kitchen



Copyright © Amanda Brocket 2015, Fairlight, Sydney, Australia.

First published in Sydney, Australia by Amanda Brocket of The Raw Food Kitchen in 2013. The (first) edition published in February 2013 by Amanda Brocket, Fairlight, Sydney, Australia.

Amanda Brocket asserts her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988 as amended from time to time.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

amanda@therawfoodkitchen.com
www.therawfoodkitchen.com

Designed by Amanda Brocket of The Raw Food Kitchen.

Disclaimer:

From herein the author and The Raw Food Kitchen are one and the same. The techniques and advice described in this book represent the opinions of the author based on her experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes or recommendations suggested herein. If in any doubt, or if requiring medical advice, please contact the appropriate health professional.

This book may identify product names and services known to be trademarks, registered trademarks or service marks of their respective holders. They are used throughout this book in an editorial fashion only. Terms suspected of being trademarks, registered trademarks or service marks have been appropriately capitalised, although The Raw Food Kitchen© attest to the accuracy of this information. Use of a term in this book should not be regarded as affecting the validity of any trademark, registered trademark or service mark.

The information provided in this book is for informational purposes only and is not intended as a substitute for advice from your healthcare practitioner, or any other health care professional. You should not use the information in this

book for diagnosis or treatment of any health problem or as a substitute for medication or other treatment prescribed by your healthcare practitioner. You should consult a healthcare practitioner before starting any diet, fast, exercise or health program, before taking any medication or nutritional supplement, or if you suspect you might have a health problem or have a current health condition.

Each person is different, and the way you react to a particular food or product may be significantly different from the way other people react to such product or food. You should consult your healthcare practitioner regarding any potential adverse interactions between medication you are currently taking and food based nutritional supplements or programs you wish to undertake. The user of this book assumes all responsibility and risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this book.

This program should not be attempted during pregnancy; however, it is an ideal as a preconception program. If you fall pregnant while doing a detox you should stop the program and contact your Healthcare Practitioner.

Contents

Welcome!	4
Program Overview	5
Prepare Yourself for Raw Food	6
My Personal Tips for Success	8
What to Expect	10
Set Your Intentions	11

Your Kitchen

Prepare Your Kitchen	12
Equipment Check List	13
Pantry Staples	14
Soaking Nuts Prep Tips!	15

Detox

Prepare for Detox	16
Detox Methods	17
Coffee Enema Instructions	23

Let's Get Educated

Where do I get my Protein, Calcium and Iron From?	24
Live Food vs Cooked Food	25
Organic vs. Conventional	26
Candida and Nut Allergies	27
FAQs	28





Welcome!



Welcome to the
28 Day Raw Food Transformation Program!

Hi! I want to congratulate you and say how fantastic it is you've decided to take the leap and join this program to begin a rawsome journey to a more radiant, vibrant, energetic you!

I'm genuinely excited to be a part of your transformation and to be here for you to lead you step by step through the process with this very special program.

I put this program together for you because I wanted to share the energy, vitality and abundant health I have experienced through going raw! When I began eating raw I did not have a step by step program to arm me with the knowledge of going raw and it can all seem quite daunting when you are first starting out. I wished I had a so called Raw Bible at the time! I had to pick up bits of information here and there and stumbled my way through it.

So I have made the glue, so to speak, by putting all that information together, in this program - all the essential information, elements, tools, and recipes needed to make that transformation rawsome and successful.

This program is perfect for people who are sick of the yo-yo diets that don't work, sick of conventional treatments that don't work, are sick of suffering with low energy, flat moods, "monthly" issues, recurring niggly health issues,

weight issues, sleepless nights, and slugging back cups of coffee just to get through the day. And its also for people who just want to take their health and vitality to the next level so they can live an even more abundant and expansive life.

Transitioning to a raw food diet is bigger than just changing what you eat. As you will discover, eating raw transforms you emotionally and mentally.

You will be amazed at how much better you feel in body and mind. Most likely you will find that your thought processes will change - flowing with positivity and new possibilities.

By getting back to a "real" diet and making informed choices, that is consuming primarily real live foods consisting of fruit, nuts, seeds and vegetables, you are giving your body the signal that you are ready to begin your raw food transformation to abundant energy, health and wellness.

Its time to revitalise your mind,
body and life! *Let's go!*

Amanda x





Program Overview

Program Overview

My intention for you on this program is to transform you from consuming a typical western diet to a mainly plant based diet consisting of REAL LIVE foods, and getting you to incorporate daily detox protocols and other tools that your body and mind will love you for!

By purchasing this program it means you are 100% committed to making this rawsome transformation.

I've outlined all the details in this program and given you key information to arm you with the knowledge to make informed decisions about food and health. But I wanted to give you a brief overview so if you get stuck you can quickly refer to this "cheat sheet" to help guide you.

So here's a brief overview of what you're going to do:

- 1 Make sure you have downloaded all the files.
- 2 Print out all the information so its handy and you can refer to it easily.
- 3 Set aside some quiet time to read this starter kit, get familiar with it and make notes if you need to.
- 4 Get familiar with the recipes for week one and plan your first week. We have also included a blank meal planner for you if you at any time wish to create your own meal planner for the week!
- 5 Join the private Facebook Page for the program. This is where you get to meet like minded people and where you get to share how you're feeling.
- 6 Allow yourself a week before starting the program so you have time to modify your current diet, create a basic raw kitchen, shop and schedule time in your diary for daily detox time and your journal, not to mention adjusting your mindset so the transition doesn't seem so overwhelming on the first day of going raw.
- 7 From your launch date onward the plan is for you to be consuming yummy, nourishing, raw LIVE foods combined with daily detox protocols and journaling so this becomes second nature by the end of your 28 Days with us.
- 8 For the first week I have chosen recipes that are easier to prepare such as salads, smoothies or recipes that don't require a dehydrator, plus cooked food options to make the transition a little easier.
- 9 Use the guided meditation file for whenever you need to take time out, get centered, present and focused again.
- 10 Watch the weekly videos I have included as these will help you feel more engaged and motivated.
- 11 Remember - the ideal goal is for you to experience what its like to be 100% raw and rawsome by Week 4, and in your new routine of feeling detoxed, renewed, re-energised and re-vitalised!
- 12 PS. Don't forget to check out our bonus videos you get for each week! Watch and learn 'How to' create some of the yummy recipes





Prepare Yourself for Raw Food

What to do the week before launch date:

First of all, choose your launch date!

Ideally this date will be about one week out from now. This gives you time to get familiar with all the material and enables you to plan and prepare to accordingly so that when your launch date arrives you will hit the ground running!

Cut down time!

Reduce:

The week before launch date is the time to start cutting down or cutting out any dairy, meat, alcohol, soft drinks, sodas, artificial sweeteners, alcohol, refined sugar, frozen dinners, chocolate, coffee, nicotine, wheat ie. bread, baked goods, pasta, pizza. On launch day you will pretty much eliminate these foods all together.

By cutting out or down on the foods listed above it will make the transition a lot smoother and minimise any detox reactions you may get.

Increase:

Your intake of fresh vegetables and fruit. And continue to do so for the duration of the 28 day program.

Follow the 80/20 rule, 80% vegetables and 20% protein or gluten free grains (such as amaranth, millet, or quinoa) on your plate is a good guide to go by.

Try out some different combinations and flavours of green juices or smoothies in the lead up to kick off day.

Ask for Support

Tell your friends, work colleagues and family what you are doing and ask for their support.

You don't want to be tempted to slip back into a traditional diet when you have a work function or family get together.

It's also quite possible that you may have some family members or friends who don't fully understand your choices. This could be due to their lack of knowledge on what raw food really is and means. Either way, it's important to be aware that this could come up so you are prepared and make this your time to shine!

Gently educate them of the benefits of eating raw and why this 28 Day Program is important to you. Discuss the types of meals you will be eating and offer to make a plate to share with them to try as well if they are interested.

Another option is to make a raw food dessert. This wows people every time and is a great way to get everyone interested in raw foods. Once they start to see the results you are getting they might even be keen to try out this new way of eating for themselves and join the program!

Social Engagements

It is a good idea to clear your schedule if possible of any social appointments you may have for the first week of being on the program.

That way any temptation is out of the way and you are giving yourself time to rest in the first week if you need, depending on whether you are experiencing any detox reactions or not. If you have informed your friends and family of what you are doing they will be completely supportive of your choice not to go out for a week.

You may have noticed we have allowed for two "free meals" in our meal plans, so you can choose your meal for that night or you may simply want a break from the kitchen, if so, simply stick to the 80/20 rule: 80% raw, 20% cooked and choose the healthiest option possible.

Join Our 28 Day Facebook Page

Join our special private Facebook page for the 28 Day Raw Food Transformation Program.

This is where you get to meet other like minded people on the program, feel supported, and you can ask any questions you may have.

Use Your Journal

Download and print off your Journal, and use it daily.

This journal is so important! I can't stress to you how much this journal is going to play a key part in your transformation.

Block out some time in your diary for journaling and stick to your appointment every day. It should take no longer than 10-20mins. If you need to - set your alarm earlier so you can fit this into your day.

Journaling is a great way to hold yourself accountable for making some time for YOU so you can check in with your body and see how you are feeling each day. Journaling is extremely powerful. Plus you get to look back over it once you have completed the 28 Day Raw Food Transformation Program and see how far you've come!

Nurture Appointments

Pre-book nurture appointments for the duration of the 28 days. This could mean anything from a massage, to beach time or walking.

It could also mean scheduling in colonics, regular coffee enemas or infra-red saunas. By pre-booking these appointments in your diary means you have already made a 100% commitment to making YOU the priority for 28 Days!

Congratulate Yourself!

Remember, the goal of joining the 28 Day Raw Food Transformation Program is for you to create new healthy eating habits, positive mental attitudes, and daily routines to attain optimal health and well-being for 28 days and beyond!

Completing this 28 day program will also teach you how to listen and understand what your body is saying when it speaks to you, and to nourish it with the best fuel you can possibly give it.

Having your environment set up for transformational success, such as your fridge, pantry, home or work office (throw out the junk in the lolly jar!). Along with having your friends, work and family supporting you, you are laying solid foundations to achieving your goal.

But most of all have trust in yourself, and trust in the process of transformation.

You are giving yourself a wonderful opportunity to heal and renew physically and mentally. Honour and congratulate yourself for making this amazing choice!





My Personal Tips for Success

Listen to your body every day

Before you sit down to eat, make a note of how you are feeling physically and mentally (using the journal is a good idea for this). Eat your meal and mentally check in with your body during this time and after eating and then again a half hour and hour after eating.

How are you feeling now? Write it down. Do you feel bloated, gassy, tired, irritable or heavy? Or do you feel light, energetic and happy? Did you sleep well that night? Allergies pop up? These are some key indicators of whether the food you are eating is serving you in a good way or not. Make a note to omit the foods that are not serving you in a healthy way.

How to deal with cravings & hunger

What are you craving? Is it a sweet, fat or carb craving? Is it emotionally driven or purely physical? Use the journal again to jot down when the cravings hit and explore why you are craving a particular food. Cravings are also in part, due to a vitamin or mineral deficiency in your body, and the good news is as you eat more raw your body starts to get all the nutrients and vitamins it needs from a whole foods diet and these cravings tend to diminish.

Cravings also occur if you have been eating a typical western diet that includes wheat, dairy, coffee and refined sugar as these foods can be addictive. If you get a craving or get hungry make sure you eat some raw snacks (make from the recipes provided and keep them handy) or if you still feel hungry after eating a salad, have another one or eat an extra piece of fruit or munch on some veges. Try our Sauerkraut recipe, its a craving killer!

Its important to choose raw live whole foods during these times. Make this your habit and before you know it you will be reaching for a healthy snack instead of junk.

Stop counting calories!

A raw food diet is not about deprivation or calorie restriction. In fact the more you restrict calories, the more your body thinks its in a famine and will hold onto weight. When your body is receiving optimum fuel it will utilise it all for energy, and not get stored as fat because it recognises it as REAL food! You will find you can eat as much salad, sprouts and superfoods, or have as many green juices or smoothies as you like and still lose weight. Fat is a toxin store so by consuming detoxifying foods your body will begin to release stored toxins and the fat will melt away.

Your body will reach an equilibrium when it is at its optimal weight.

Nuts are nutrient dense foods and loaded with good fats which are crucial for bodily functions, and an important part of the raw food diet, however use in moderation.

Use the journal every day

Fill all of it out. Use the time and space in your journal to write down goals in the present tense. For example: "I am healthy," "I am my correct weight," "I love the way my body looks and feels", "I attract an abundance of love and happiness wherever I go." When you write in the present tense subconsciously these will start to manifest. Its a very powerful thing to do, but you must do it regularly. Make sure you do this every day for 28 Days, and you will see what magic unfolds at the end!

Get into the habit of visualising how your new life is going to look and feel, what you would be doing during your perfect day, the friends or family you would see, how they would interact with you, the job you would have, the type of exercise you would be doing, or what your ideal potential partner would look like.

Preparing Food

Making raw dishes may seem to take longer in the beginning but like anything, practice makes perfect and before you know it, you will have raw food meals whipped up in no time!

Make extra at night so you can have leftovers for lunch the next day. And remember the benefits of eating a raw food diet makes the little bit of extra effort well worth it!

You may find some recipes call for different types of nuts and veges for every recipe. To save money however you can use whatever you have available, or shop with just a select few vegetables and nuts in mind. There are no hard and fast rules.

Get into your new routine

Do this as much as you can as soon as possible. Using the recipes, daily detox protocols, menu planner, and journal should become a part of your routine. As will new food routines such as:

Soaking your nuts:

As soon as you get them home (refer to our handy Soaking Nuts Guide in the Your Kitchen section of the Starter Kit). Once they have reached their desired soaking time, you can either pop them in the fridge to eat for later, dehydrate them for 48 hours to get a nice crunchy finish or use the oven method, door open, below 50°C and check every hour (they come out more roasted this way but still delicious).

That way you always have nuts on hand ready to go into a recipe such as nut milk or a dessert.

Make a few salad dressings:

Have them on hand in the fridge so you can make a sexy salad in no time!

Have some raw snacks on hand:

Both sweet treats and savoury, so when cravings strike you can reach for healthy options!

Be kind to yourself

Baby steps all the way! You may have noticed we've included a healthy cooked foods in most of the meal plans, these delish vegan dishes will help with the transition.

Going raw can be overwhelming for some in the beginning so do what you can to manage. Even by going 20 - 50% raw you will notice and feel the difference, but the aim is to be 100% raw for Week 4!

The important change to make is that you choose REAL live whole foods more over fake or processed foods. By choosing real foods you are honouring your commitment to make your transformation to more energy, clarity and supercharged health a success!



What to Expect

What to Expect

Here is a list of the amazing benefits you can experience from completing the 28 Day Raw Food Transformation Program. Print this out and keep it somewhere where you will see it and read it every day!

- More energy
- Weight loss
- Better skin
- Banished bloat
- Improved digestion
- Mental Clarity
- Renewed vitality
- Satisfying toilet trips!
- Regular periods
- No PMS!
- Lessening of menopausal symptoms
- Better sleep
- Better libido!
- Improvement in or disappearance of niggling health conditions
- Able to handle stress better
- Improved moods
- More expansive outlook on life
- Less aches and pains
- Improved joint and muscle flexibility
- Improved strength, balance and endurance
- Oxygenated systems = happy smiley faces, cleaner and better functioning internal organs.

The Joys of Going Raw

- Your body responds to consuming whole live food by using it for energy and cellular function rather than sending it to the **liver** for toxic fat storage as it would on a conventional diet.
- With healthier eating comes healthier moods and a higher vibrational energy throughout your body.

- **You will start to become more grounded and in tune with nature and our interconnectedness to this beautiful, unique planet of ours and all of its inhabitants, plants, insects, animals, mammals and humankind.**



Set Your Intentions

How will you know you are living your rawsome life?

Lets get started by setting an intention for the program. Once you have set your intention, or set a goal for the program (by using the space below), keep your intention or goal somewhere handy and where you can see it often.

Maybe on the fridge door!

This intention will help pull you forward for the 28 Days.

How will you know you are living your intention, or goal?

There may be a day in the near future when you feel you are in flow, on your path, feeling complete, authentic, purposeful, and you can truly say "I'm living my rawsome life!"

When you are present, and your body is clean, even on a stressful day you are wise to the way it unfolds and to the message within that. Every moment is perfect.

You feel connected in body, mind and spirit. Your day flows exactly as it should and you attract positive energy all around you.

You understand, respect and appreciate all the choices you have made to get here.

You have genuine love for yourself, for everyone around you and you have a love for life. Your decision to pursue your goal and make it a reality was worth all the effort. You are living your rawsome life!

Set Your Intention:

List below all the things you'd like to say about yourself and your life in 28 days from now, to feel that this journey will have been worth more than any price you could put on it in monetary terms.

Keep writing until you are crazy with excitement and maybe you want to include one big goal - the one goal that if you achieved it would make the most difference in your life in the near future:





Prepare Your Kitchen

Prepare Your Kitchen

Menu plan, recipes and shopping list

Use the time in the lead up to your launch date to read through the meal plan and get familiar with the recipes. We have also included a blank meal plan if you want to adjust the current meal plan to suit you.

Print out the Shopping List provided so you know what to buy at your local organic grower's market or supermarket. Make sure you buy the staples you will be using over and over again.

On a budget?

Cost wise be prepared to spend a little more than usual up front to get the staples you will need for your pantry along with the vegetables, nuts, seeds and fruit you will be buying.

You may find a lot of the recipes use similar ingredients, so you may only need to buy a select few vegetables and nuts or superfoods to get you started and to save you money.

On average though, you may find a weekly shop usually remains the same cost or may even be cheaper because as you are cutting out meat and dairy and substituting that with veges, fruit, nuts and seeds.

Also remember you do not strictly need to buy ALL organic. There are some foods that are less heavily sprayed in pesticides and fungicides than others and are relatively safe for consumption. These are the ones you can look for and buy in a conventional supermarket. Please refer to our handy Clean 15 Dirty Dozen chart in the article called Organic vs Conventional in this section of the program.

If you are still concerned with cost, take a look at your current budget. Is there anything you could cut down on or eliminate in your weekly grocery shop or other areas of your budget? You might be surprised to find what you can accommodate for when you are making your health your absolute number one priority.

Clean out time!

Go through your fridge, freezer and pantry and throw away any foods that are no longer serving you.

That may mean dairy: ice cream, cheese, milk, yoghurt, yakult. Any frozen dinners, pizzas, frozen desserts, chocolate, alcohol, biscuits, pasta, canned food, coffee, alcohol, fizzy drinks, diet sodas, soy products, refined white flour, white rice, chips, snacks, bars, crackers, cereals, anything that comes in a box that promises miracles on the front and delivers the opposite on the back! We are going to replace these fake foods with real foods that will truly honour and serve you.

Once you have done your first raw food shop and filled up the shelves with some staples and the fridge is filled with fresh vibrant vegetables, congratulate yourself on the first step to creating your own raw food kitchen!

Check your equipment

You might have an old blender, juicer or food processor gathering dust somewhere in the kitchen. Give them a clean and check that they're working. These pieces of equipment are crucial to a successful raw food kitchen. Put them in pride of the place on the bench so they are easy to get to. Same with any staples you will use all the time, like your basic superfoods.

A nut milk bag for making nut milk will also come in handy, if not use a clean stocking as a strainer until you are ready to get one. A mandolin or vege spiraliser will make up your raw kitchen and preparing food a breeze.

A dehydrator is not essential but it does open up a whole new world of many varied options on recipes allowing you to replicate cooked food textures and crunch without destroying vital enzymes and nutrients. All of these pieces of equipment can be purchased to suit any budget. If you're feeling adventurous, go online and hunt down a bargain.



Equipment Check List for the Kitchen

- Food Processor
- Blender
- Chopping Board
- Chefs Knife
- Peeler
- Mandoline
(optional - not essential)
- Vege Spiraliser
(optional - not essential - you can make Zuchinni Pasta using a peeler)
- Nut Milk Bag
- Mason Jars with Screw Top Lids - 4 - 6 approx (these come in handy for taking salads to work)
- Grater
- Microplane Grater
- Mixing Bowls
- Measuring Spoons
- Measuring Cups
- Juicer
(optional - not essential - you can make juice like smoothies in your blender)
- Baking Tray
- 9" springform pan
- Baking Paper
- Storage containers
(preferably glass and air tight)
- Glad wrap
- Strainer
- Whisk
- Pouring jugs
- Dehydrator
(optional - not essential - you can use the oven method - door ajar and below 50°C)



Pantry Staples

You will get some of these in most supermarkets but you will find all of these in a good health food store, or online! Try our store at: www.therawfoodkitchen.com

With the flavourings, super foods and sweeteners choose to start off with just one or two and later on you can build from there. This saves you money and saves you from overwhelm!

Your Rawsome Pantry List:

Oils, Butters, Fermented Sauces & Pastes:

- Cold Pressed Extra Virgin Olive Oil
- Cold Pressed Extra Virgin Coconut Oil
- Tahini
- Tamari
- Almond Butter
- Hemp Seed Oil
- Miso Paste (Shiro or Genmai)

Sun Dried Fruits:

- Medjool Dates
- Dried Apricots
- Dried Currants
- Desiccated Coconut
- Dried Cherries
- Dried Cranberries
- Goji Berries
- Sun Dried Tomatoes

Spices, Flavours & Sweeteners:

- Himalayan Crystal Salt

- Nutritional Yeast
- Apple Cider Vinegar (ACV)
- Garlic Powder
- Onion Powder
- Black Pepper
- Mustard Powder
- Mixed Spice
- Cinnamon
- Dulse Flakes
- Arame Seaweed
- Cayenne Pepper
- Smoked Paprika
- Turmeric Powder
- Cumin Powder
- Coriander Seed Powder
- Chilli Flakes
- Mexican Chilli Powder
- Dried Italian Herbs
- Dried Rosemary
- Xylitol
- Coconut Nectar OR
- Dark Raw Agave OR
- Yacon Syrup OR
- Maple Syrup OR
- Raw Honey
- Stevia
- Flavoured Stevia (for example: Vanilla, Caramel, Chocolate, Banana)

- Medicine Flower Extracts (for example: Vanilla, Mango, Tropical Fruit, Raspberry, Cherry Morello, Caramel, Butterscotch, Hazelnut, Chocolate, Banana, Coconut etc)

Superfoods & Gluten Free Grains:

- Pysllium Husks
- Flax Meal
- Quinoa
- Buckwheat
- Green Lentils
- Black Beans
- Brown Rice
- Chia Seeds
- Shredded Coconut
- Hemp Protein Powder
- Cacao Powder
- Maca Powder
- Lucuma Powder
- Hemp Seeds
- Camu Camu Powder
- Spirulina Powder
- Herbal Teas



Soaking Nuts Prep Tips!

You will find we use a lot of nuts and seeds in raw!

And they need to be soaked to remove the enzyme inhibitor in them. This allows us to absorb the wonderful nutrients inside the nut and is easier for us to digest. See right for soaking times.

So a good habit to get into is to bulk buy your nuts and seeds (cheaper) and then as soon as you get them home, get them soaking.

After their desired soaking time, you can then bag them up and put them into individual servings for your nut milks and pop them in the freezer. This way you already have your nuts soaked and ready to go for when you need them!

Don't forget to buy or have a nut milk bag!

You can also keep them in an air tight container in the fridge after you have soaked and drained them. They will last a week this way.

If you have a dehydrator you can take it one step further and dehydrate them for 24 hours (all at once after soaking), then store them in an airtight container in the pantry or freezer. They will last months and months this way!

Soaking times for nuts and seeds are:

- Almonds 8 -12 hours
- Walnuts 4 - 10 hours
- Cashew nuts 20 minutes - 2 hours
- Brazil nuts 20 minutes-1 hour
- Pecans 2- 4 hours
- Chia 10 minutes - 8 hours
- Hazelnuts 2 - 4 hours
- Pumpkin seeds 4 - 6 hours
- Sunflower seeds 4 -6 hours
- Sesame seeds 20 minutes
- Macadamia nuts 20 minutes - 1 hour



Prepare For Detox

The 28 days are going to be quite cleansing on your body as you start to incorporate more raw food into your diet and this can bring up physical and emotional symptoms or “detox reactions” which most people experience in the first week of a cleanse or change to a healthier diet.

This happens because the body is dumping toxins into the bloodstream faster than the body can eliminate. Its important to recognise these symptoms and breathe through them, allow yourself time to rest, drink more fluids and perhaps even book a colonic to speed up the removal of toxins.

Symptoms

Some symptoms of detox are:

- Headaches
- Flu like symptoms
- Skin break outs
- Tiredness
- Constipation or diarrhoea
- Anger
- Irritability
- Teariness
- Insomnia
- Or even worsening of old health conditions.

They usually last 1 - 3 days for most people. If you feel you are experiencing symptoms that are worse than the symptoms listed please consult a healthcare practitioner.

By cutting out or down on some non-raw foods during the week leading up to your program start date it will make the transition a lot smoother and minimise any detox reactions you may get. So think about cutting down on coffee, alcohol, processed carbohydrates, breads, pasta, pizza, rice, chocolate, canned or carton food and drink, chips, soy, ice cream, dairy, meat.

Lastly, its important to remain positive

Think of any detox reactions as a sign from your body that its beginning the cleansing process and that the diet is doing its job to create a cleaner, healthier more vibrant you!

In the following section I present you with a full range of detox support methods.





Detox Methods

Detox Methods

As you know by now, raw foods are quite cleansing for the body, and the body will naturally want to start to detox. The methods below help support that process. These detox tips are also great to include into your daily, weekly or monthly self care routine. Choose one, two or all of the below and see which ones resonate with you the most.

You will be amazed once you start doing these detox protocols, how much of a difference they make to how you feel. You will feel more centered, calm, and have a greater ability to deal with stress.

Lemon and Hot Water

- can be done daily

Taking lemon in hot water every morning before breakfast is a great way to kick start to your **liver** and digestive system. It is also very detoxifying and alkalising. Your body will love you for it!

Dry Skin Brush

- can be done daily

Not only does dry skin brushing feel good, its detoxifying as it's giving your lymphatic system a workout, and waking it up so to speak!

The lymph system is responsible for removing toxins and if it's overloaded it becomes sluggish. Dry skin brushing helps keep the lymph system working optimally and when you dry skin brush regularly you will find it improves skin tone and feel and diminishes cellulite. Bonus! To buy a dry skin brush you can visit your local health food store or pharmacy or buy one online.

How to use the dry skin brush:

Its a good idea to do this before getting in the shower in the mornings. Dry skin is best. Start at the bottom of your toes and work your way up your legs in long firm strokes. Repeat brushing

process on each part about 5 times. Once you get to your mid section keep working up in upward strokes until you get to your heart. Then start at the tips of your fingers and in long firm strokes work your way up your arms, down over your chest and towards your heart. Repeat this process on the backs of your legs, backs of your arms, back, shoulders and neck. You should be tingling all over.

Vitamin D

- can be done daily but in winter months whenever the sun is shining!

10 minutes of regular sunlight exposure outside of Peak UV times is one of the easiest ways to boost your immune system and state of being.

Vitamin D helps prevent osteoporosis, heart disease, breast cancer, colon cancer, prostate cancer, ovarian cancer, multiple sclerosis and other ailments. Sunlight can have beneficial effects on psoriasis, acne, eczema, mycosis and other bacterial or fungicidal infections.

The only way you will get the beneficial effects of this amazing Vitamin is on bare skin without sun screen. On that note most sunscreens are loaded with toxic chemicals so when you wear sunscreen after you have your 10 minute Vitamin D hit please use organic sunscreen and re-apply after swimming and sweating.

I bet what you didn't know was that super antioxidants can act like internal sunscreens.

Astaxanthin is one such "internal sunscreen" and can allow you to stay under the sun twice as long without burning. Other antioxidants with this ability include superfoods like Acai, Pomegranates and blueberries.

Get Grounded

- can be done daily or as often as you can manage

Getting grounded is the process of connecting your body to the Earth's subtle electrical field. When you do this, your body can naturally discharge stress, pain and inflammation. It is as simple as placing your bare feet directly on the earth - in a park or on a beach. Try to do this for 10-20 minutes a day.

Wearing shoes, EMF (electromagnetic frequencies from Wi-fi, electronic devices), living and working in high-rises all disconnect us from being grounded.

Walking bare foot as often as possible and getting grounded as often as possible will help you to feel calmer, more centered, sleep better, reduce inflammation and stress, help health conditions, reduce blood pressure, jet lag and speed up recovery time after exercise.

If you struggle to get grounded on a daily basis there are some great products available you can use in your own home or in the office such as grounding mouse mats and grounding sheets for the bed.

Green, Green, Green is Lean and Clean!

- can be done daily

Get your daily quota of green juice - whether it be a wheat grass shot, green juice or smoothie for the feel good factor! Green juices or smoothies are aptly named as they contain leafy green vegetables mixed with fruits for a pleasing taste and sometimes superfoods are added for extra super duper health and energy.

They are loaded with Chlorophyll which is literally oxygen for our blood cells and is super alkalising! Green juice is a potent immune booster, and by juicing or doing a smoothie you are easing the digestive load on the body and increasing the speed at which the body takes in all the goodness!

Its a great way to get tons of nutrients, and beneficial enzymes. Do this every day in some way and feel and see the difference. Your body will be

receiving optimal fuel and you will run cleaner and leaner!

A good beginners green smoothie, if you struggle with green vegetables, is 2 oranges, 1 banana, 2 handfuls of spinach and 700ml water, blended. Yummy.

When you feel like experimenting, try the juices and smoothie recipes provided in the 28 Day Program and there are also loads of free juice and smoothie recipes on the www.therawfoodkitchen.com website. Choose the ones that resonate with you and go green!

Epsom Salt Baths

- can be done weekly

Epsom salt baths are inexpensive and a real treat to do before bedtime. Run a bath and drop two handfuls of Epsom salts into the bath along with a dozen drops of essential oil such as lavender and soak for 20 minutes. Epsom salts are high in magnesium.

Magnesium is responsible for over 300 chemical reactions in the body. It's great for regulating heart beat, hormones, relaxing muscles, improving sleep, relieving arthritis and joint pain, digestive issues and other auto immune diseases, as well as drawing toxins out of the body.

Most of us are all deficient in magnesium these days due to soil degradation because of industrial farming so our diet unfortunately contains far less magnesium than our grandparents generation. You can find Epsom salts at your local health food store. If you don't have a bath at home try a Magnesium Oil Spray that you can spray onto your skin for absorption.

Massage

- can be done weekly

Massage is great at moving toxins out of the body, removes stress, relaxes you and feels good too! Try to schedule a massage for at least once a week.

Water

- do daily and at least 2 litres a day

Clean, filtered water will help your body flush out toxins and its even more important when you transition to a raw food diet and detox that you drink even more than you are used to. Drink 2 litres a day already? You may need to drink 3 or even 4 litres a day if you can manage it while transitioning. This helps support the body as it works hard to remove toxins.

Tap water contains chlorine and fluoride as well as heavy metals and bad bacteria, leaving you with a toxic body. So its important to drink filtered water. Its a great idea to get a good quality filter installed in your home that will remove all these chemicals.

Optional: Add an alkaline filter on to your system at home for a sweeter taste and a does of healthy minerals!

Bentonite Clay

- can be done once or twice a week, or as often as needed

Bentonite clay is composed of aged volcanic ash and has montmorillonite, the primary mineral that helps with detox. It also contains magnesium and approximately 67 other trace minerals. The particles of bentonite clay contain a negative charge that attract all types of toxins and pathogens, which include bacteria, toxins, metals, and pesticides, all of which have a positive charge. This ensures that when taken orally, the clay can bind to toxins which are then excreted out through the body safely.

Bentonite clay can also eliminate food allergies, food poisoning, colitis, viral infections, and parasites. It can be an effective treatment for arthritis, cataracts, diabetic neuropathy, pain, wounds, diarrhea, stomach ulcers, animal and insect bites, acne, anemia and alcoholism. It is effective in treating all digestive conditions and aids in weight loss. Bentonite clay also re-mineralizes cells and tissues, alkalizes the body and is very effective in protecting our bodies against radiation.

Infra-red Sauna

- can be done weekly

Book a sauna once a week and watch yourself get the glow! Your energy will increase, some weight loss will occur, niggly health conditions can diminish as the infrared targets deep into the body to allow internal organs to detoxify. Very therapeutic treatment as sweating releases toxins.

Herbal Teas

- can be done daily and as often as you like

Herbal teas are another great way to help heal, energise or detox your body. Your local health food store will have a wonderful selection to choose from. Here are some great tea combinations for using on the organs in your body that will benefit you the most during the transformation program, you can use any or all of the combinations and sip away at your leisure!

Skin: Cleavers, Calendula, Red Clover, Rooibos

Digestion: Peppermint, Dandelion, Chamomile, Marshmallow, Fennel, Turmeric, Ginger, Licorice

Parasite and Fungus Cleanse: Pau D'Arco, Oregano, Thyme, Clove, Garlic

Liver: Dandelion, Green Tea, Milk Thistle

Kidney: Juniper Berry, Parsley Root, Marshmallow, Gravel Root

Lungs: Thyme, Elecampane, Licorice

Adrenal Support: Siberian Ginseng, Echinacea, Ashwagandha, Tulsi, Licorice Root

Immune Booster: Try blending a 2cm piece ginger with 1 clove of garlic with 4 Tablespoons of water and strain through a nut milk bag. Add juice of garlic and ginger to 1T raw active honey with half a fresh squeezed lemon to hot water and drink. This will have you feeling better in no time!

Pssst....Roasted Dandelion tea has a similar flavour to coffee so a great herbal tea to start drinking if you are trying to kick the coffee habit!

Note: The following herbs are contraindicated in pregnancy: Pau D'Arco, Juniper, Parsley, Golden Seal. The following herbs MAY interact with common prescription drugs: Licorice (betablockers, hypotensives, cortisone, prednisolone, digoxin, thiazide). Echinacea (cyclosporine and immunosuppressants). Hawthorn (digoxin). Garlic (warfarin). Its best to check with your healthcare provider if you are pregnant or on prescribed medication and are concerned about taking herbal teas.

Exercise

- can be done daily

Exercise boosts your mood, helps you lose weight, sleep better, keeps health conditions and illnesses at bay, makes you feel good, gives you energy and improves your sex life! Best of all when you work up a sweat you are literally sweating those toxins out.

If you are new to exercise start by scheduling a walk three times a week. Grab a friend and find a nice park or beach to get your morning started with a brisk, fun 20 - 30 minute walk. Once you feel comfortable with this maybe start to challenge yourself by jogging for 1 minute, walking for 2 minutes.

Each week increase your jogging minutes and when you start to feel confident, take out the walking minutes all together. Before you know it you will be jogging for the entire 20 - 30 minutes! That would be a fantastic achievement! Don't forget to journal your progress. :-)

When it comes to exercise the most important thing is that you find something that works for you and you enjoy. Try cycling, swimming, a workout in a gym or bouncing on a rebounder, anything that gets you moving. You might even want to invest in a personal trainer for the first few times so you know you are performing your exercises correctly

Yoga for mind and body detox

- can be done once or twice a week, or as often as you like!

Yoga is energising for the body and relaxing for the mind. A natural way to detox from daily life. Yoga's awakening of internal awareness will bring a relaxation to your life that is different from exercise. Aside from getting a deeper connection to yourself and the world around you, the act of mind and body meditation increases confidence, boosts the immune system and keeps you flexible and strong.

By practicing yoga regularly you will become more aware of your body as you establish an internal connection with yourself. Yoga also helps you to practice compassion and awareness for yourself and others. Find a local yoga centre near you and enrol in a class.

Meditation to Detox your Mind

- can be done once or twice a week, or as often as you like!

Toxic thoughts create a toxic body and it's human nature to listen to that negative "self-talk" we hear in our heads. By making meditation a part of your day you are resetting your internal "talk", creating a positive internal environment which will then start to reflect in the physical, and how you see yourself and the world.

10 minutes of meditation daily will transform your life! A mere 10 minutes a day is enough to make a profound difference in your daily life as it de-stresses and relaxes you.

Create a space of sanctuary somewhere inside your house (or backyard) and start meditating. First thing in the morning is the easiest time to do it, or schedule some time in your lunch break where you can find a quiet spot to retire to – just for 10 minutes.

Check in with how you are feeling before you start meditating and how you feel after your 10 minutes is up. You should feel a lot calmer and more centered.

Get present and focus on the flow of breath in and out of your body. Become aware of the sounds around you and check in with how your body is feeling. Let your thoughts flow but do not engage with them. Whenever you get distracted, come back to your breath. Use your bonus guided meditation mp3 file to help you with this.

Make meditation, exercise and yoga a part of your routine not just for the 28 Days but for a full and long life. :-)

Supplements

to help support your transition

You may find your digestion is not so great, or worse when you start adding in more raw. This is most likely due to having weak digestion from consuming processed, refined or cooked foods.

Strong digestive fire is what we want you to have and as you go more raw your digestive system will become stronger but during the process, if you find your digestion is struggling, you may want to support your body with digestive enzyme supplements to take with every meal. Taking digestive enzymes with every meal will assist you in breaking down food and ease any gas or bloating you may experience initially. You can get digestive enzymes at any good health food store.

Betaine Hydrochloric Acid tablets (available from any good health food store) also ensure you have enough stomach acid to break down food, and keep nasties at bay such as parasites, fungus and bad bacteria.

Start by taking half a tablet before each meal and increase to 1 to 1 1/2 tablets if you don't get any discomfort feeling.

As your **liver** may be working overtime eliminating toxins, now is a good time to supplement with a good **liver** support tablet that includes milk thistle. Take every day during your 28 Day Transformation as this will give the **liver** additional support during this time.

Fermented Foods

- add those into your diet daily

Traditionally fermented foods and drinks are

teeming with beneficial enzymes and good bacteria that help the body break down toxins, support the immune system, and balance gut flora. Have these every day!

Increase your fibre intake

- do daily

Most people will experience a change in bowel motions as they switch to a more raw diet as they will be getting a lot more fibre than the body is accustomed to. Fibre helps move food and waste along and ensures there is enough bulk for a bowel motion, however there must also be enough water in the system for this to work effectively. If you find you are not going to the toilet you can add extra fibre into your diet by adding 1t psyllium husk to a glass of water in the morning and drink. Be sure to up your daily intake of water too.

When we don't eat enough fiber, the toxins that we should be eliminating through our bowels get reabsorbed into the bloodstream — and that can cause many problems, such as inflammation and this negatively affects various organs in many different ways.

Colonics

- can be done weekly

Colonics are an important part of your transformation.

Most of us do not eliminate properly, and we should be going at least once a day if not more.

Foods that our bodies don't recognise easily don't get broken down properly and the residue gets stored as toxins, leading to bloating and weight gain. Colonics and coffee enema's both help to relieve blockages and toxins.

Also adding more water and raw into your diet each day will help with constipation and elimination.

Find your local colon hydrotherapist and book in for a few sessions. Colonics are a great way to remove toxins, impacted fecal matter and help tone the bowel and create a clean terrain that encourage good bacteria to flourish, giving you improved

digestive function and a healthier functioning body overall.

Its important to take pro-biotics before, during and after colonics to replenish your newly cleansed house with good bacteria!

Coffee Enemas

- can be done weekly

Coffee enemas have been around since the dawn of time and are very easy to do in your own home, in your own time and at your leisure. They are slightly different to colonics, and do not cleanse the entire colon like colonics do but coffee has a couple of key ingredients that when taken through the portal vein to the **liver** (as opposed to drinking it orally!) stimulate the **liver** to produce Glutathione which is the master detoxifier in the body. Toxins then bind to Glutathione and are then transported out of the body along with coffee (after being held in the body for 15 minutes).

Its a great idea to make both colonics and coffee enema's a part of your regular detox routine.

Here are some of the reasons why you should try a coffee enema:

- Reduces levels of toxicity by up to 600%
- Cleans and heals the colon, improving peristalsis.
- Increases energy levels, improves mental clarity and mood.
- Helps with depression, bad moods, sluggishness.
- Helps eliminate parasites and candida.
- Improves digestion, bile flow, eases bloating.
- Detoxifies the **liver** and helps repair the **liver**.
- Can help heal chronic health conditions (along with following a raw plant based diet).
- Helps ease "die-off" or detox reactions during periods of fasting or juice fasting, cleansing or healing.
- Used regularly in the Gerson Institute treatment protocol for healing cancer patients naturally



Coffee Enema Instructions

- 1 You will need to buy an enema kit, there are traveller's kits or something a bit more robust such as the plastic bucket type kits. You can buy these kits at your local pharmacy or online.
- 2 Buy some premium ground (I find a peccator grind works well) ORGANIC coffee beans and keep them in the freezer until you need to use the coffee. It must be organic.
- 3 Its a good idea to do your coffee enema after a bowel movement if you can, this helps you retain the coffee for longer. So mornings are best for most people. If you are constipated do not worry, do the enema anyway, this will get things moving nicely!
- 4 Grab a saucepan and put 2–3 tablespoons (2T if you are just starting out) of organic coffee in the saucepan. Add 3 cups of FILTERED water to the pot. It must be filtered water. Bring to the boil and let simmer for 15 minutes. Remove from heat after 15 minutes and let it cool. When it's body temperature (you can test this by placing a clean finger into the coffee, it will be neither hot or cold) strain through a nut milk bag into a clean glass pouring jar.
- 5 Head to the bathroom with your filtered coffee and set up a space and something comfortable for you to lie down on. Hint: be near a toilet and use an old towel as you sometimes may get slight coffee leakage. Grab a pillow and some reading material as you will be here for approximately 12 – 15 minutes.
- 6 Assemble your enema kit. It must have a tube and nozzle attached to the bucket or bag. Make sure its 1 metre above ground level, hanging on a towel rail or shower rail is a good idea. There will be an attachment near the nozzle that allows you to stop or start the flow of coffee once you have poured it into the bag or bucket. Ensure this is in the off position before pouring the coffee into the bag!
- 7 Once the coffee is in the bag or bucket hold the tube and nozzle over the sink or shower drain and turn it on and allow the coffee to run through the tube until there are no air bubbles. Stop the flow again once this is done.
- 8 Grab some coconut oil and apply to the nozzle for ease of insertion. Lie down on your towel on your right hand side with your knees drawn up.
- 9 Insert the nozzle till its about 1 inch inside the rectum. Take care with insertion to avoid damage, perforation, or tearing of the mucous membranes. Turn on the flow of coffee slowly until the bag or bucket is emptied.
- 10 Now you can either remain lying on your right side or lie on your back with your feet up above head level or feet resting against a wall above head level. You can even do some yoga moves like a shoulder stand or a half plough type position, this helps get the coffee moving round nicely, you may also hear some funny squirting noises from your tummy, this is a good sign and an indication of the bile being stimulated for release.
- 11 Try to retain the enema for 12 – 15 minutes. You may feel some strong urges to go to the toilet, especially the first few times you try this. Try to hold on for as long as you can, quite often the sensations pass. As you do them more regularly you will be able to retain for longer. 15 minutes max is all you need.
- 12 When you are ready to release head to the toilet and let it go. You should feel a lot lighter in body and mind by now!
- 13 To keep your enema kit in tip top shape clean with a mild detergent or a 3% hydrogen peroxide solution and ensure everything is dry before packing away.



Where do I get my Protein, Calcium and Iron from?

Protein

There is a lot of conflicting information out there about how much protein we need. It's important to remember that a "one size fits all" approach doesn't always work for everyone. We are all individuals and unique. For example, if you are an athlete or nursing mother your nutritional requirements will be different to the average person. Just something to keep in mind.

When consuming a mainly plant based diet you will be taking in a lot of amino acids during the day which will contribute to your overall protein consumption. (Amino acids build protein).

According to "The China Study" by Dr Campbell, consuming about 7% protein in our diet is more than enough. **An interesting note** is breast milk is about 2% protein and is more than enough to sustain the huge demands of a growing baby.

Dairy on the other hand contains too much protein (about 30%) for baby. Mother Nature knows best!

Plant proteins are more easily recognised by the body and are easily assimilated as opposed to meat proteins which are complete proteins that need to be broken down by the body first before they can be utilised. A lot more work and strain for the body. The best sources of plant protein come from nuts and seeds (such as chia and hemp), wheatgrass and other grasses, blue-green algae such as spirulina, sprouts, leafy greens and grains such as quinoa.

Iron

Iron can be found in many plant sources such as cacao, nuts and seeds, flaxseeds, sesame seeds, vegetables, basil, fresh tomato, silverbeet, watercress, spinach, and other leafy greens. Parsley is brilliant, seaweeds and some fruits such as apricots and prunes, figs, currants. Hemp seeds are a standout. Just a quarter of a cup of hemp seeds is 40% of our daily iron requirements. Add in sunflower seeds and pumpkin seeds (sprinkle in salads) or use unhulled tahini to make a dressing, add some chopped parsley and that is real ironman food!

Something to note: One serve of meat only contains 10 - 15% of daily iron requirements.

Calcium

You will find loads of calcium in nuts, especially almonds. Just 20 almonds has as much calcium as a quarter of a cup of dairy milk. Also, calcium consumed from a plant based diet is much more bioavailable for the body and is actually alkalising for the body.

There is a link between consuming dairy foods and osteoporosis in part due to the acidic nature of dairy, this causes the body to draw alkaline minerals from the bones to buffer the acidity. Not to mention other health related problems associated with consuming dairy.

You will also find calcium in brazil nuts, seeds, sunflower seeds especially tahini, lemon zest, cinnamon, cabbage, basil, spinach, chives, parsley, ground oregano, broccoli, kale and seaweed. Dried prunes, dates and figs are also great.

Don't forget to get your daily dose of Vitamin D which helps to strengthen bones as does weight bearing exercise.





Live Food vs Cooked Food

Live or raw foods contain all the beneficial living enzymes, vitamins and minerals our bodies need for optimal health. When food is cooked over 44°C the live enzymes and life force of the plant food are destroyed along with most of the beneficial vitamins and minerals.

Cooked food also requires our bodies to utilise our own digestive enzymes to break down the food which is hard work for the body, and we only have a finite number of our own enzymes.

Live raw food on the other hand helps our bodies by providing the enzymes required to digest the food and gives us vitamins and minerals that are easily recognised and assimilated by the body. We are also taking on the living energy of the plant, grown under the sun, which for us means life and energy too!

Chlorophyll Rich

Live plant foods especially the green ones contain chlorophyll which is oxygen for our blood. Chlorophyll is plant blood and is very similar to our own blood composition, and is very alkaline. When we consume oxygen rich foods we create oxygen for our cells to function optimally and to keep out the bad guys: fungus, parasites, bad bacteria and serious diseases.

Want acid?

When someone consumes a highly processed, cooked food diet their body is receiving dead food, therefore creating a dead, acidic environment or anaerobic environment (without oxygen). This is where the bad guys love to hang out! It's a big welcome mat for bad bacteria, fungus, (candida etc), parasites and serious diseases. The liver will become overwhelmed with too many toxins and the blood will end up dirty, circulating with toxins.

The body will start to build up mucus and plaque on arterial walls (bad cholesterol) to help protect

itself from this toxic environment as well as gain fat cells (put on weight) to store toxins.

The body also triggers an immune response when consuming processed cooked foods that is not dissimilar to an immune response to a foreign invader.

Toxicity in the body may show up as mild symptoms in the beginning such as food intolerances, bloating, feeling tired all the time, low mood or feeling irritable, weight gain, hormonal issues, mouth ulcers, catching lots of colds and flu's, skin issues, headaches, migraines, allergies and auto immune disease which if unaddressed can lead to serious disease such as heart disease, diabetes or cancer.

Fuel for health

Eating more live raw foods is giving your body a fuel that it knows what to do with, everything is assimilated and used for cellular energy, growth and repair, you will be bouncing with energy, vitality and happiness before you know it!

Niggling health issues can disappear and the bonus is weight loss without even trying, and without starving yourself. You may even feel better than you ever have before in your life.

You will also find you are more aware of your spiritual and emotional connection to your self, and some people even report of enhanced creativity and possibilities they would have never considered on a cooked food diet.





Organic vs Conventional

Conventionally farmed crops are heavily sprayed with a cocktail of pesticides and fungicides that are toxic to our bodies.

There is some evidence to indicate that the spray is systemic and gets into the cells of the plants, making it hard to just “wash” off before eating.

There is also evidence to suggest that most babies born today already have a toxic load of pesticides and fungicides in their bodies. Now we have the added burden of wondering if our food has been genetically altered in any way also.

And because of large scale farming methods, the soil can be nutritionally deplete, resulting in vegetables and fruits with far less vitamins and minerals in them than they used to have.

Organic fruits and vegetables are grown in soil that is much healthier and has its own healthy and live eco-system going on. This, in turn, produces a healthier plant that is more nutritionally dense than its conventional cousin and free from GMO, pesticides and fungicides.

However, cost can be an issue for some when buying organic, and if that is the case, before giving up all together, find your local farmers markets and source a local organic supplier. Prices are usually very reasonable and comparable to the big supermarket chains. You might even end up talking direct to the farmer!

Or alternatively use the Clean 15 Dirty Dozen Chart to determine which produce is more important to buy organic and which produce safer to buy conventional.

The only true guarantee of avoiding these toxic sprays and to get more nutrient dense vegetables and fruits is to buy organic.

Clean 15 Dirty Dozen Chart

Buying everything organic can be expensive and sometimes a little impractical. This chart is a great guide to assist you in knowing which foods are the most important to buy organic and which ones are relatively ok to buy non-organic.

So you can buy conventional produce from the Clean 15 list when needed. But everything on the Dirty Dozen list should always be bought as organic.

<p><i>Clean 15</i> Ok to buy conventional occasionally:</p>	1. Avocado.	6. Asparagus	11. Cabbage.
	2. Mango.	7. Sweet Potato.	12. Watermelon.
	3. Onions.	8. Mushroom.	13. Sweet Peas.
	4. Pineapple.	9. Grapefruit.	14. Eggplant.
	5. Kiwifruit.	10. Asparagus	15. Rockmelon.
<p><i>Dirty Dozen</i> Always buy organic:</p>	1. Apples.	5. Capsicum	10. Lettuce
	2. Imported Grapes.	6. Potatoes.	11. Pears.
	3. Celery.	7. Broccoli.	12. All stone fruit
	4. Berries.	8. Corn.	
		9. Kale.	





Candida and Nut Allergies

Recipe substitutes if you have Candida or a Nut Allergy

Candida:

Its super important you eliminate ALL sugar (including fruit) from the program until your Candida has been eliminated. Once you are stable please stick to low GI fruits, sweeteners and foods.

Fruits you can have:

- Lemons,
- Limes,

And if you can tolerate:

- Green Apple (small amounts)
- Blueberries (small amounts)
- Grapefruit (small amounts)
- Coconut (small amounts)

The sweeteners you can use on this program are:

- Xylitol
- Stevia
- Medicine Flower extracts - all flavours
- Yacon Syrup

Start thinking of swapping fruit out from recipes and use one or more of the sweeteners and flavour options from above.

Eg. For Mango Cheesecake base, omit dates from base of recipe and add 2T chia seeds, 2T Yacon Syrup and extra coconut oil to help bind.

Eg. For Mango Cheesecake filling, omit coconut water and flesh, mango from filling of recipe and add extra 1C soaked cashew nuts, 4T extra coconut oil, 1/2C lemon juice, few drops of Stevia or 4T Yacon Syrup and 12 -16 drops Medicine Flower Mango Extract.

Enjoy experimenting with flavours and coming up with sugar free creations!

Nut Allergies:

You can substitute any nut with seeds of your choice. Use roughly around the same quantities. You can use:

- Hemp Seeds
- Chia Seeds
- Flax Seeds
- Pysillum Husks
- Sunflower Seeds
- Pepitas (Pumpkin Seeds)
- Poppy Seeds



FAQs

Do I have to do all of what's in the journal's daily checklist in the morning?

No, if you don't have time to do it all in the morning spread it out over the day. It would be great however to do your affirmation and 10 minute meditation in the morning. It will set you up for a great day!

Can I do this course if I don't have a dehydrator or lots of equipment?

Yes you can! All of our recipes don't require a dehydrator or lots of fancy equipment, however we do give you options on some recipes if you have a dehydrator, for those recipes we also give you options on how prepare and eat without using the dehydrator, ie. as is or using the oven method.

Use the oven on the lowest setting with the door open instead of the dehydrator. It's not guaranteed that the food will be technically raw as you cannot control the temperature at low settings like you can with a dehydrator. Note never leave an oven unattended, especially if it is on for long periods of time. And be careful if you have little ones around.

You will simply need a good blender, food processor, knife, chopping board, a nut milk bag and the usual standard kitchen equipment in your kitchen.

I work 9 to 5, how am I going to do all these foods at work?

The recipes are designed to serve 2, so you should have enough left over from dinner time to bring the leftovers in for lunch. Make your juice or smoothie in the morning and bring to work in a mason jar and sip on the go. Set aside some time on the weekend to make raw snacks or pre-prep. Bring some raw snacks in to work and keep somewhere handy for when the munchies strike.

Can I combine nuts which are a protein with other vegetables and fruits?

Yes, nuts and seeds along with olives and avocados are classified as protein fats which can be eaten with green vegetables, sea vegetables, non starchy

vegetables and acid fruits.

What about soybeans and other beans?

These are a little tricky because they contain both a starch and a protein and can be hard to digest, which is why most people experience gas after eating them. You can try them sprouted, with other non starchy vegetables and see how you go.

Soybeans should be avoided all together unless sprouted or fermented first as they contain high levels of phytic acid, a nutrient blocker. Check that the soybeans you are fermenting are organic and non GMO.

I'm getting constipated on all this raw food, what do I do?

This could be due to the change in diet and also if you are detoxing things can clog up initially. Take Psyllium Husk, 1 teaspoon to 1 glass filtered water in the morning half an hour before food and again before bed if needed. Be sure to follow each glass of psyllium with another glass of fresh filtered water. Drink lots of filtered water during the day also. Book a colonic or try a coffee enema to help get things moving. A gentle walk is also a great way to get the bowels moving.

Can I use some of the food in my pantry and fridge to make a face mask?

Yes you can make great face masks with the food you have in the fridge! Whip up a rejuvenating rehydrating, cleansing face mask with the juice of one lemon, 2T raw active honey, 1 mashed avocado, half a papaya, blend all ingredients, slather on and leave for 15 minutes. Wash off. Get creative with other ingredients and make your own recipes!

I'm hungry all the time eating raw food, what do I do?

You may find you get hungry more often initially. This is partly due to your body actually using the food for fuel as opposed to storing it as fat. Remember you can eat as many greens, or

vegetables as you like so if you are hungry after a salad, have another one, If you feel like another juice or smoothie, have one more! Have a raw nut cacao bar! Just try to keep the nut consumption in moderation. Keep up your water intake, sometimes when we think we are hungry we are actually dehydrated and need to rehydrate.

In the beginning of the program, if you feel you need to eat a cooked meal, or add some ethically sourced organic meat protein to your meal, please do so.

This Program is not about deprivation, its about making informed healthy choices. As long as you have your end goal in mind all the time, your old habits will be replaced with new habits in no time.

How much herbal tea can I have?

As much as you like! Herbal teas are a great way to keep you hydrated and if you choose medicinal teas, these will help with supporting your organs and the detox process. If however, you are having more than 3 cups of herbal tea per day, remember to alternate the types of herbs you are using.

I'm eating out tonight, what do I choose on the menu?

Most restaurants offer a good range of salad options as mains and are happy to accommodate any dietary requests. Don't be afraid to ask. Or, choose a light meat protein dish and order an extra side salad with an olive oil and lemon juice dressing. Always carry a snack pack in your bag of some mixed dehydrated nuts to nibble on beforehand so you are not tempted to order a deep fried entrée!

Will I get addicted to taking a coffee enema?

No it does not have the same addictive properties as when you take coffee orally. Even if you are sensitive to caffeine it won't affect you taking your coffee this way. Do not attempt to use decaf coffee though, you won't get the benefits.

I live in a small town, where will I get the specialty foods and superfoods from?

There are plenty of places online now where you can order raw specialty foods and superfoods, most of the products you will use are available for sale in our online store for you!

www.therawfoodkitchen.com

WHAT DOES C, T, t, ACV mean in the RECIPES?!

This is my special raw measuring terminology!

- C = cup. T = Tablespoon. t = teaspoon
- ACV = Apple Cider Vinegar
- Where the recipe calls for salt only use Himalayan Crystal Salt, Celtic Sea Salt or Murray River Pink Salt.
NO table salt.

This allows you to read the recipe faster - and in turn make the recipe faster!