

Special Report:

Getting Started with Raw Foods

By Michael Snyder

Publisher Data and Legal Information

Copyright C 2009, TheRawDiet.com. All rights reserved.

Published by TheRawDiet.com

Contact the publisher at

URL: <http://www.TheRawDiet.com>

Email: mike@therawdiet.com

No responsibility is assumed by the authors/publishers for any injury and/or damage and/or loss sustained to persons or property as a matter of the use of this product's liability, negligence or otherwise, or from any use of operation of any products, methods, instructions or ideas contained in the material herein. All rights reserved. No part of this eBook may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise without express written permission of TheRawDiet.com.

© 2009 TheRawDiet.com. All Rights Reserved.

Michael Snyder

Chapter 1- The ABC's of Raw Food Nutrition

The raw vegetarian diet is the healthiest and best tasting diet on earth. It is healthy for the environment, and healthy for you physically, emotionally, and spiritually. This diet supplies every essential nutrient in an easy to digest form. I like the saying, “If it’s not broke, don’t fix it!” The food is essentially living. It has not been microwaved, cooked, radiated, or heated above 110 degrees. If you plant a raw almond in the ground, it will grow into a tree. If you plant a cooked almond in the ground, it will rot and disintegrate into the soil.

This is not a bland and boring raw vegetable diet. There is more to eat than just broccoli and carrots! Many people tell me they could never eat this way because they like food that tastes good, and they need more protein. They wonder how I can eat boring salads every day. What they don’t understand is that this diet is full of the most delicious foods they have ever tasted. The variety of foods to choose from is incredible. You could eat a different fruit each day of your life and you won’t come close to tasting them all.

The main reason I eat a raw and living foods diet is because of the taste. There are no cooked foods that can come close to tasting as good as raw gourmet recipes. Occasionally I will eat some cooked foods, and I am usually disappointed. They just don't taste as good as raw foods. The juice is what holds the flavor, and cooking removes all the juice! Cooks must compensate for the loss of juice and flavor by adding condiments, such as salt, ketchup, mustard, and hot sauce.

The key to making this diet work is to make the food taste delicious. Preparing gourmet foods is an easy way to make it delicious. Sure, some folks eat nothing but simple salads, but most people will quickly become bored of this. Raw gourmet recipes do a great job of mimicking cooked food dishes. I make raw vegan versions of spaghetti, burgers, cakes, soup, ice cream, sushi, pizza, cookies, crackers, cheese, milk, French fries, catsup, lasagna, stir fry, mashed potatoes, gravy, and much more. I have made dishes of every ethnicity, including American, Russian, Thai, Italian, Indian, Mexican, and German. My versions of the ethnic foods taste better than any cooked version I have tried. It's no longer enjoyable to eat at restaurants because the food just doesn't taste as good as raw gourmet. This diet has evolved way past the simple salad! Once you have eaten raw gourmet you'll never go back to cooked.

Besides destroying the flavor, cooking also destroys vital nutrients. It denatures proteins, destroys vitamins and enzymes, changes organic minerals into their inorganic form, and it is especially damaging to fats. Cooking fats creates free radicals and carcinogens, which are two of the biggest causes of disease and aging. It is estimated that cooking destroys 80% of the nutrients in food. It destroys 50% of the proteins, and between 60% to 70% of the vitamins and minerals. One can still heat food and consider it raw. I will often warm my food up to 110 degrees, especially during the winter. Temperatures above 110 will kill the enzymes.

Enzymes are chemical catalysts that create every chemical reaction. They are proteins found in every cell and are needed for nearly every biological facet of life. Your digestive and immune systems use enzymes, and they far outweigh the importance of other nutrients. Living foods are much easier to digest because they are full of enzymes. If the food is living, your body doesn't need to build digestive enzymes to break it down. Your immune system will then have more enzymes to heal and repair the body. A strong immune system will slow, stop, and even reverse the aging process. Cooking destroys 100% of the enzymes in foods.

This diet is much more than apples and oranges. There are many foods that can be classified as

raw and living. This diet may include fruits, vegetables, nuts, seeds, sprouted legumes, sprouted grains, grass, algae, sea vegetables, herbs, spices, dehydrated foods, juice, tea, fermented beverages, and fermented foods. Fruits, vegetables, and greens should be the foundation of the diet. The other items should make a small part of your daily menu. There are so many foods you can add to your diet that I can guarantee you will never get bored. The transition to raw foods is an exciting journey full of new discoveries.

Every essential nutrient is provided when a variety of foods are eaten. Care must be taken when transitioning to the raw foods diet to ensure you are receiving all essential nutrients. These essential nutrients include minerals, vitamins, enzymes, carbohydrates, fats, proteins, phytonutrients, and antioxidants. The proteins are broken down into 20 different amino acids, and 8 are essential. There are at least 50 essential nutrients that our body cannot make. These nutrients must be eaten in food. Our bodies create the non-essential nutrients.

When I first transitioned to raw foods, I had a hard time eating enough calories. The food is around 80% water and you will need to eat a greater volume of food than you are used to. For example, one apple contains the same number of calories as one slice of bread. The best way to eat adequate

calories is to put your juicer and blender to work. These two appliances make it easy to eat enough food throughout the day. You don't need to adhere to the three meals a day plan. Listen to your body and eat when you are hungry. I find it best to eat many small meals throughout the day, but everybody is different. Some people will feel better with 2 big meals and one glass of juice.

When I start the day with a breakfast of fresh juice and fruits I feel full of energy. I never need coffee to jumpstart my day because fresh juice fully energizes me. I always carry a few pieces of fruit with me because I never know when hunger will strike! Fruit is the ultimate fast food, it takes no time to prepare, there is no clean up, and there is no trash. Making full meals out of fruit will keep you out of the kitchen. Locally grown in-season fruits are always the best tasting and least expensive.

Worries about malnutrition and deficiency on this diet are unfounded. It is the most calcium rich, mineral rich, vitamin rich, and protein rich diet on earth. You will be receiving and assimilating so many nutrients that you won't need to eat as much. You can eat half the amount of food and receive more nutrients than a person eating the same foods cooked. This is good news because studies have found that the less you eat, the healthier you are and the longer you live.

One of the biggest concerns about the raw and living foods diet is protein. This diet is the most protein rich diet on the planet. When protein is consumed it is broken down into amino acids. There are 8 essential amino acids that must be found in food, and I make sure to eat them every day. There are many vegan foods that supply every amino acid in an easy to digest form. Many of them contain proteins that are already broken down into amino acids. Consuming adequate quantities of these foods will supply you with more than enough protein. Twenty to forty grams of protein is appropriate for most people. You could easily eat a raw vegan version of the high-protein Atkins diet!

While every food contains protein, there are a few that are protein rich. There are forms of protein you can get from algae that are readily available. These proteins are predigested and available as amino acids. Algae by weight have significantly more protein than any other plant on earth. It is over 50% protein by weight and contains complete digestible protein. There's no other food that comes close to this. Foods that are complete proteins contain every essential amino acid. The three types of raw algae are spirulina, chlorella, and Aphanizomenon flos-aquae (AFA) blue-green algae from Klamath Lake, Oregon. There are some good articles about the E3 Live brand of the Klamath blue green algae at <http://www.therawdiet.com/e3.html>

I love the E3 Live brand because it comes in a raw, liquid form.

The best source of protein are the seeds, such as flax, sunflower, sesame, hemp, green pumpkin seeds. I love to make gourmet Pate recipes, which are made from nuts, seeds, vegetables, and seasonings. Leafy greens are high in protein compared to other vegetables. Blending or juicing the leafy greens is an easy way to eat large quantities. Bee Pollen is a complete protein already broken down into the individual amino acids. It contains all the essential components needed to sustain life. It is 40% protein and rich in minerals and vitamins. Hemp seeds are around 35% protein and contain every essential amino acid. There are many sprouts that are high in protein, especially lentil and sunflower. Wheatgrass juice contains every essential nutrient, including amino acids. Ripe fruit contains smaller amounts of protein, but the proteins are already broken down into amino acids and are easily absorbed and assimilated. These foods will supply more than enough protein to your diet.

I eat all 21 amino acids every day to ensure I have adequate protein levels. Our body can make 13 of the amino acids, but I prefer to eat them. Bee pollen contains all 21 amino acids, goji berries contain 18 amino acids, hemp seeds contain 19 amino acids, kelp contains 21 amino acids, and the various algae contains 20 amino acids.

Mike's First Journey Down The Living Foods Path

During my first year on this diet I was eating mostly fruit. I felt great for the first few months and then my health started to decline. My energy levels and appearance were deteriorating. Many people were telling me that I was getting too skinny and my skin color was turning orange! My parents were especially concerned. They were practically begging me to eat some cooked foods. During this time my knowledge of the raw foods diet was limited and I still wasn't aware of the essential nutrients. I wasn't eating enough variety, and I wasn't consuming enough fat, protein, calories, or chlorophyll.

After a year of eating raw foods, I attended my first International Raw and Living Foods Festival in Portland, Oregon. This was the most amazing event I had ever attended and it changed my life. I had never seen so many healthy, happy, glowing, radiant, and beautiful people. I met many people who had been eating this diet for decades. Some of the healthiest people were the senior citizens who have been eating this diet for over 40 years. I attended many lectures and food demonstrations given by famous teachers and authors.

It was at this festival that I learned about the evolution of nutrition. I learned that my diet of mostly fruit wasn't giving me enough nutrients. I wasn't eating enough vegetables or greens. One of the most important nutrients I was missing out on was chlorophyll, which comes from the green foods.

After the festival I dramatically increased my consumption of green foods and my energy levels dramatically improved! I have found that the more chlorophyll rich foods I eat, the better I feel. Chlorophyll is essentially the same as the hemoglobin in our blood. The one small difference is that chlorophyll has a magnesium molecule, and hemoglobin has an iron molecule.

To increase the greens I started to make many dietary changes. I now juice leafy greens as often as possible. I drink Wheatgrass juice, which is 70% chlorophyll. I eat algae, which contains about 10 times more chlorophyll than grass. I eat a high quality green superfood supplement. One of the best changes I made was to start blending up the leafy greens into soup. I started making the recipe created by Dr. Ann Wigmore called “Energy Soup”, which includes a large quantity of blended greens. Eating a high chlorophyll diet has created many healing miracles in my life. Some improvements have been an increase in my energy levels, my skin problems completely healed, and my depression has disappeared. This is a link to the energy soup recipe, and I prepare this meal as often as possible.

<http://www.rawfoods.com/recipes/energysoup.html>

I eat different leafy greens every day. The variety and selection of greens never ceases to amaze me. Before I ate raw foods, the only leafy green I ate was iceberg lettuce! The best selection of greens

can be found at your local farmers market. Support your local farmers as much as possible! Some excellent leafy greens include kale, collards, red and green chard, bok choy, arugula, mustard, parsley, cilantro, endive, dandelion, spinach, beet greens, romaine, baby green sprouts, and green or red leaf lettuce.

Most vegetables in the produce section can be eaten raw. One you should avoid is the white potato. They are unappetizing raw but they can be juiced. Other starchy root vegetables are delicious grated up on a salad, blended up in a soup, or sliced up into noodles. Eating the starchy vegetables will help to take away cravings for cooked starches such as bread, pasta, chips, or other grains. Some good starch vegetables include yams, turnips, sweet potatoes, carrots, beets, parsnips, rutabagas, and burdock root.

One of the staples in my diet is pate. This is a delicious gourmet dish made by blending up soaked nuts and seeds with various vegetables, herbs, and spices. I have found this to be the easiest way to eat the nuts and seeds. When I first started eating nuts and seeds, I was just eating them plain or added to salads. I was also eating large quantities of nut butters. I quickly learned that this is not the best way to eat them. The raw nuts and nut butters were giving me indigestion and constipation.

The best way to eat nuts and seeds is to first soak them. This activates the enzymes and turns

them into living foods. This makes them much easier to digest and assimilate. They become exponentially more nutritious and most of fats are converted into proteins. After soaking they can be blended up and turned into delicious pate, cheese, or nut milk. They are the perfect replacement for dairy. Sesame seed milk is the richest source of calcium available.

Your local health food store should have a good selection of raw nuts, but some must be ordered over the Internet. For example, raw cashews must be purchased over the Internet. Most cashews in the stores are not raw even though they are labeled raw. You may find some truly raw cashews in the store. You can test them by sprouting to see if an actual sprout grows out of the nut. Nuts and seeds should be stored in the refrigerator or freezer so they don't become rancid.

During my first year on raw foods, I was under the impression that juice wasn't healthy. I really don't think I ever had fresh raw juice before in my life. After I attended my first Living Foods Festival, I learned that fresh juice is the most important part of the diet. The healthiest people I met were the ones who drank the most juice. The point of juicing is to remove the fiber. You can absorb the nutrients instantly because you don't need to digest the fiber. Juice is especially important for people just starting to improve their diet due to years of malnutrition and nutrient deficiency. Vegetable juice is especially important for people who have trouble digesting the fiber in vegetables.

A week after the festival, I purchased my first juicer. I immediately started juicing every fruit and vegetable I could get my hands on. I couldn't believe how good it all tasted! I juiced tomatoes, pineapples, beets, carrots, apples, greens, grapes, oranges, broccoli, onions, grapefruit, cucumbers, celery, and more. I am still amazed at how good raw juice tastes. There is nothing better! Every household should have a juicer.

My favorite juice blends are about 10% fruits and 90% leafy greens and veggies. My favorite juice blend is 25% celery, 25% cucumber, and 50% greens. I sometimes throw a carrot in to make it sweet. I also love to mix a little ginger juice in to help with digestion. My favorite food to juice is wheatgrass. I try to drink 4 ounces of wheatgrass juice every day. Wheatgrass juice is consumed in small amounts, usually in shot glasses that hold 1 to 2 ounces. Wheatgrass has almost every essential nutrient. If it is grown with the Ocean Grown Solution, <http://www.oceangrown.com>, it will absorb 92 minerals out of the soil. This makes it the most mineral rich food on earth. Our bodies are made out of minerals, and we need as many of them as we can possibly get.

Drink all juice on an empty stomach. Hold wheatgrass juice in your mouth for at least two

minutes and chew to mix it with your salivary digestive enzymes. The juice will be absorbed directly into your bloodstream through a little hole under your tongue. The juice will taste sweeter as you chew because the starches will be broken down into sugars. If you don't have access to fresh wheatgrass juice, a good substitute is Pines Wheatgrass. Pines is a company that sells wheat and barley grass dried at low temperatures and ground up into a powder. It should be available in the supplement aisle of your health food store. Drink fresh raw juice every day and watch your energy levels soar!

Succeeding socially on a raw food diet is difficult at first, but it will become easy over time. It can be tough when you aren't receiving support from family and friends. The best thing you can do is to tell them you don't expect them to eat raw. Don't try to force your ideas, beliefs, and eating patterns on them. Just lead by example, and once you start seeing results from your excellent eating habits people will start asking you what your secret is. Tell your family and friends that you are setting goals to transition to a raw foods diet and you would appreciate their support and help. If you ask them for support, they will give it to you.

One of the best ways to introduce people to the raw foods lifestyle is through the raw gourmet dishes. The gourmet dishes taste so good people will be amazed and very impressed. The food will effortlessly sell the diet to your friends and family, and you won't need to do any work. You're not going to convert people to the raw diet with celery and carrots, so you're going to have to work your

magic in the kitchen.

The first thing you need to do is purchase a good recipe book. Practice the recipes before sharing them with your family, just in case it doesn't turn out well. You don't want to give friends their first taste of raw with an untested recipe, it could be a disaster and prevent them from sampling raw forever! Guacamole and salsa are good recipes to start with because of their familiarity. You may then move up to chocolate cake, berry pie, and some of your favorite entrées and appetizers.

The biggest test of your willpower will come when you visit a restaurant. A visit to the restaurant is unavoidable. We all are required to visit restaurants on special occasions, whether it's a friend's birthday, a wedding, or another special occasion. You may be surprised at the selection of raw foods available at restaurants, even though they aren't listed on the menu.

Personally, I eat a few pieces of fruit before going in the restaurant. This prevents my hunger from taking over and ordering a big entrée. I then silently hand the waitperson a card when it is my turn to order. I found this card in the classic book by Victoria Boutenko titled "12 Steps to Raw". Print it out, make copies, and use it at restaurants. Often you will find that the dish you receive will incredibly delicious, filling, and cheaper than other menu options.

I Eat Only Raw, Uncooked Foods

I would like a salad or vegetable plate with only fresh, uncooked items:

Lettuce	Zucchini	Cauliflower	spinach
mushrooms	tomato	sprouts	scallions
parsley	cilantro	bok choy	bell pepper
arugula	celery	onion	kale
avocado	chard	cucumber	radish
cabbage	carrot	beet	

Thank You for your creative efforts!

This is the end of chapter 1. Thank you for reading! Please feel free to contact me with any questions. Stay tuned for my upcoming emails. If you would like to read the rest of this eBook, and receive the free bonus Getting Started with Raw Foods Audio Program, please visit

==> [Click Here](#)

www.TheRawDiet.com/evolve.html

If you are looking for new raw food equipment, please visit my store, The Raw Diet Health Shop:

==> <http://store.TheRawDiet.com>

To Your Great Health, Mike Snyder