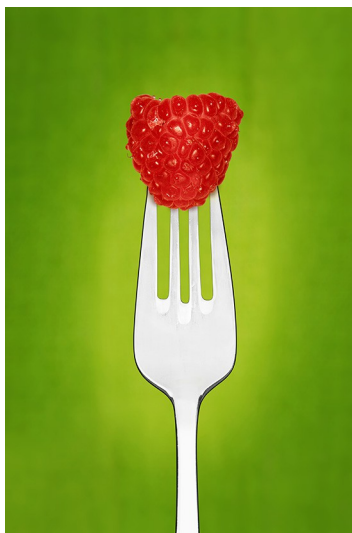


5 Ways to Optimize Your Weight Loss With a Raw Food Diet

Without Going 100% Raw



By Hope Daniels

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Introduction

If you're thinking about trying a raw food diet for weight loss, but not sure if you can go 100% raw, I have good news for you...

You can still benefit from a raw food diet without having to follow a strict raw food program.

This report will give you **“5 Raw Food Weight Loss Secrets”** to maximize the benefits of eating a raw plant-based diet, without having to follow a strict raw food diet filled with complicated recipes and expensive ingredients.

If you're like me, you want to make health choices based on reliable and accurate information, not based on raw food myths or misinformation that is easily circulated online.

This report is based on a review of science-based research and compiling the expertise of reputable certified nutritionists and board-certified physicians to provide accurate information that you can use to get started today on a raw food diet for weight loss.

It's my sincerest hope that this report sheds some light on the benefits of including more raw fruits and vegetables into your daily meals. But most importantly, I hope this report provides you solid information that you can use on your journey to weight loss and better health.

Yours for vibrant health,
Hope Daniels

Medical Warning and Disclaimer

The information in this report is for informational purposes only and is not intended to replace a relationship with a healthcare provider. It is not intended to diagnose, provide medical advice, nor administer treatment. The author of this report encourages you to make your own informed decisions based on your research and consultation with a qualified health care provider.

Raw Food Weight Loss Secret #1: *Eating Nutrient-dense Plant-based Foods*

According to Dr. Joel Fuhrman (a board-certified family physician specializing in nutritional medicine), when you follow a food program that is based on nutrient-dense foods, your body reaches its ideal weight, without feeling hunger or feeling deprived. [1]

These nutrient-dense foods are included in Dr. Fuhrman's acronym, G-BOMBS: Green vegetables, Beans, Onions, Mushrooms, Berries, and Seeds/Nuts.

According to Dr. Fuhrman, these foods have the most powerful anti-cancer and ***anti-fat storage*** effects.

*“ A high-nutrient eating style is the key to **dramatic weight loss, optimal overall health, and longevity.**”* ~Dr. Joel Fuhrman, author of #1 NY Times Bestseller, *Eat to Live.*

By incorporating more raw fruits and vegetables into your daily meals, you allow yourself access to these nutrient-rich foods that help you reach **your body's ideal healthy weight.**

Some raw food proponents believe that uncooked fruits, vegetables, and sprouted nuts/seeds have a higher nutrient content than their cooked counterparts.

If we follow this argument, then you should be getting more nutrients (and hence, a greater ability to lose excess weight) from eating raw fruits and vegetables, and sprouted

grains and seeds.

However, as we will see later in this report, there are some nutrients and antioxidants that are more available in cooked vegetables compared to their raw form.

But for the most part, raw fruits and vegetables can provide a rich source of antioxidants, phytonutrients, and vitamins. And one easy way to increase the amount of nutrient-rich vegetables you eat during the day is to drink a delicious raw fruit and vegetable smoothie.

Certified Holistic Nutritionist, Yuri Elkaim, shares one of his favorite raw smoothies in his [free Raw Food 101 video course](#):

One Green Smoothie to rule them all...



In a blender, mix the following ingredients:

- 1 head of kale
- 1 banana
- 1 pear
- 1 apple
- 1 bunch of parsley
- fresh squeezed juice from one-half lemon or 1 lime
- 2 cups of water

PLEASE NOTE: If you are diabetic, please consult with your doctor before starting a raw food diet and/or drinking fruit/veggie smoothies.

Notice how you can take in about 6 servings of fruits and vegetables from this one green smoothie...*all from one meal!*

This is the power of eating raw fruits and vegetables, if done right: You can consume high amounts of **cancer-fighting, anti-fat nutrients and antioxidants in just one meal.**

By the way, these are the same powerful vitamins, nutrients, and antioxidants that our bodies are deprived of when we eat a ***standard American diet*** of *highly processed foods*. Not only are processed foods high in calories, they are very low in critical **nutrients.**

Did you know...



One main reason why a raw food program can help with weight loss is that fruits and vegetables are more filling but with less calories than foods in the standard American diet.

So, a raw food diet can give your body high amounts of nutrients and vitamins while feeling full, even though you're consuming fewer calories.

Raw Food Weight Loss Secret #2: *Avoiding the Hidden "Weight Gain Culprits"*

So we recognize that a raw plant-based diet will help you lose weight. However, if your plan is to just incorporate more raw fruits and veggies into your existing diet, without making other changes to what you eat, you may be frustrated with your weight loss results.

Here's why... when it comes to weight loss (as well as other health benefits), ***what you DON'T eat*** is just as important as ***what you DO eat***.

If you increase the amount of raw fruits and veggies, but continue to eat processed junk food, you are reducing your body's ability to lose weight.



In addition to [removing as many processed foods](#) from your diet as possible, you can also **maximize your weight loss** by removing --- or at least cutting back on --- some food types that are hidden "**Weight Gain Culprits**".

And why do I call these foods "Weight Gain Culprits", you ask? Well, because certain foods, most notably **wheat and dairy products**, are common food allergens.

Wheat and dairy products are common food allergens that can cause inflammation in the body. And it is this inflammation in the body that can promote weight gain. [2]

So, it's possible that weight loss is not only a result of eating a

raw plant-based diet, but by also eliminating or reducing wheat and dairy.

[>> Here is an article on how wheat and dairy could be making you gain weight, and how to take the 2-week test <<](#)

Raw Food Weight Loss Secret #3: ***Avoiding the “Nutty” Weight Gain Culprit***

In [his Free Raw Food Video Course](#), certified holistic nutritionist, Yuri Elkaim, points out that some raw food diet programs rely too heavily on nuts and seeds as the basis for most meals.

According to Yuri, a **raw food diet program based heavily on nuts and seeds can undermine your weight loss goals**. For those following his partial raw food diet for weight loss, he recommends just a handful of daily nuts and seeds.

Raw Food Weight Loss Secret #4: ***Fruits and Veggies Are Not Created Equal***

In “**Raw Food Weight Loss Secret #1**”, we learned that eating more nutrient-dense plant-based foods can help you lose excess weight.

In this section, we’ll take a look at how you can **optimize your nutrient intake** by briefly talking about how not all fruits and vegetables are created equal when it comes to antioxidant levels, minerals, and vitamins.

Of course, the best approach to *healthy weight loss* is by **eating a wide variety of fruits, vegetables, legumes and seeds**. However, there are some “star players” that can help you optimize your weight loss goals.

In this section, I’d like to briefly cover a few of these “star players” to get you started on the right track.

Here we go....

What’s In Your Salad?

No raw food program would be the same without the ever-popular salad.



As you begin your journey into eating more raw foods, chances are you’ll turn to the trusty salad for a delicious and easy-to-make raw food meal.

But let’s look at some veggie ideas to make your salads the most nutrient-rich as possible...

First, I present to you the popular salad ingredient: ***iceberg lettuce***.

Iceberg is a refreshingly crispy lettuce, but when it comes to nutrients and vitamins, **it pales in comparison to dark leafy greens** like kale and spinach.

To give an example, let’s compare some vitamin and mineral content between **raw kale** and **raw iceberg lettuce**...

Table 1. A comparison of vitamins and minerals between raw Kale and raw Iceberg Lettuce.

Minerals	Units	Kale (raw, per 100g)	Iceberg (raw, per 100g)
Calcium	mg	150	18
Iron	mg	1.47	0.41
Magnesium	mg	47	7
Phosphorus	mg	92	20
Potassium	mg	491	141
Zinc	mg	0.56	0.15
Vitamins			
Vitamin C	mg	120	2.8
Thiamin	mg	0.11	0.04
Riboflavin	mg	0.13	0.03
Vitamin B-6	mg	0.27	0.04
Folate, µg	µg	31	29
Vitamin A, IU	IU	9990	502
Vitamin K (phylloquinone)	µg	704.8	24.1

Data source: USDA, Nutrient Data Library. [3]

In the table above, take a look at the difference between Kale and Iceberg in the amounts of **Calcium, Potassium, Vitamins C, A, and K**. What a difference in nutrient content!

If you're used to eating iceberg lettuce in your salad, now's your chance to ***add some kale to your salad***, or switch out the iceberg for some kale or other dark leafy greens: spinach, arugula, swiss chard, collard greens, etc.



Remember, the more **nutrient-rich** the veggies and fruits you eat, the easier it will be to lose excess weight.

The Nutrient-Rich Super Fruits and Vegetables:

One easy way to make sure you're **getting nutrient-rich fruits and veggies in your meals** is to remember Dr. Fuhrman's acronym for top nutrient-rich foods, G-BOMBs: [4]

- **G = Green vegetables.** According to Dr. Fuhrman, these are the **most nutrient-dense** of all foods. Examples: Leafy greens (kale, spinach, etc.), Brussels sprouts, Broccoli, Asparagus.
Extra credit: Green vegetables contain anti-cancer compounds and help reduce the risk of diabetes.
- **B = Beans** (and other legumes). A powerful weight loss and anti-diabetes food that helps prevent food cravings.
Extra credit: Eat beans, peas, or lentils at least twice per week to help decrease the risk of colon cancer by 50%.

Please note that Dr. Fuhrman is referring here to **cooked** beans and legumes, not raw.
- **O = Onions** (and leeks, garlic, shallots, and scallions). These are powerful anti-cancer foods that also boost your immune system.
Extra credit: Try some freshly chopped green onions or scallions in your salad.
- **M = Mushrooms.** Here's another powerful anti-cancer food. Several studies reveal that eating mushrooms can decrease the risk of breast, stomach, and colorectal cancers.

Extra Credit: Dr. Fuhrman recommends that **mushrooms should only be eaten cooked** to greatly reduce the level of carcinogenic compounds contained in some culinary mushrooms.

- **B = Berries** (and other fruit). High in nutrients and packed with some of the highest levels of cancer-fighting antioxidants. Berries are not only good for your waistline but also ***good for your brain***. Studies link berry consumption to a reduced risk of diabetes, cancer, and cognitive decline.

Extra Credit: For the most antioxidant power, try [Goji Berries](#) or Blueberries.

Raw Food Weight Loss Secret #5: *Eating Fat-Fighting Vegetables*

Fat-fighting vegetables?

Yes, they do exist!

One of the most common complaints for most of us that try to lose weight is battling with the excess weight around the stomach area.

If your goal is to lose some inches around your waistline (and who doesn't!), then here's some good news for us...

It turns out that there is a group of vegetables that will be your strong ally in burning away excess fat around your abdominal area.

Introducing the cruciferous vegetables.

Cruciferous vegetables --- such as broccoli, cauliflower, brussels sprouts, kale, bok choy, and cabbage --- have a certain type of phytonutrients that **help fight against estrogenic chemicals that stimulate belly fat.** [5]



So as you plan your next raw fruits and veggies shopping spree, be sure to bring home some fat-fighting heroes: the crunchy cruciferous vegetables!

Raw Food Weight Loss Bonus Secret:
Cooked and raw veggies are both good for you!

One main theory of many raw food proponents is that fruits, vegetables, and grains in their raw form maintain their natural enzymes and life force that would otherwise be destroyed through cooking.

It's beyond the scope of this report to question the validity of these claims.

However, what we can explore is the age-old debate of whether raw or cooked vegetables are healthier with regards to nutrient content.

And as we look to recent studies, the short answer is: **both.**

Okay, you may be thinking that I'm committing "raw food heresy"

by proclaiming **that both cooked and raw vegetables will benefit you.**

But several recent studies show us that this is indeed the case: in some instances, cooking will increase certain nutrients or antioxidants, and in other cases, the raw form provides higher levels of nutrients than if cooked.

And in other cases, cooking **can decrease toxins and/or carcinogenic compounds** that are naturally occurring in some raw vegetables, primarily button mushrooms.



The takeaway: You can eat a variety of cooked and raw vegetables on your raw food weight loss journey.

There are many reasons why your health will benefit from cooked vegetables.

One important reason: if you've eaten a limited variety of vegetables up until now, and you plan on increasing the variety and amount of fruits and veggies in your diet, then cooking some of these new vegetables will be much more palatable for you.

You'll have a much greater chance of success with your weight loss goals when following a partial raw food program if you are enjoying what you eat!

Can't eat raw kale? Not to worry: lightly steam it before adding it to your salad.

Also, cooking vegetables will allow you to eat a greater variety of vegetables than if you just limited yourself to eating only raw. For example, if you followed a strict raw food program, you would

more than likely pass up on the raw sweet potato or yam (most of us would!). But adding steamed yams to your weight loss program gives you access to a wider variety of nutrients.



Nutritionists will point out that warm foods increase your state of feeling satisfied or full after a meal --- a helpful ally to have on your weight loss journey that can help you stay away from that bag of potato chips hiding in your cupboard (*ahem!*).

Recent studies reveal the benefits of both cooked and raw vegetables [6]. For example, **cooked broccoli** produces a natural compound, indole, which kills *precancerous cells*. However, **raw broccoli** contains the enzyme myrosinase (damaged during cooking), which is a key player in blocking the growth of...you guessed it...*precancerous cells*.

Meanwhile, although **steamed carrots** have higher levels of *carotenoids* (anti-cancer and immune system booster) than **raw carrots**, the compound *polyphenol* (known to reduce the risk of heart disease and cancer) is almost entirely destroyed in cooked carrots, but plentiful in raw carrots [6].

So, if you embark on a raw food weight loss program, don't restrict yourself from eating cooked veggies. As we've seen, cooked vegetables (steamed, not fried) provide health benefits too.

All in all, cooked vegetables can be a great complement to a **raw food diet program**, especially in the beginning, if you plan on gradually transitioning into a short-term raw food diet for weight loss.

Where to Start - Your First Step:

If you are interested in starting a raw food diet for weight loss, but you first want to start off by gradually transitioning into eating more raw fruits and veggies, then I'd like to introduce you to Yuri Elkaim, a Registered Holistic Nutritionist.

Here's a guy who has helped over 65,000 people live healthier lives through his nutrition and fitness programs.



[>> Click here to get your FREE video course on getting started today with a partial raw food diet <<](#)

What I like about his raw food approach is that **he doesn't try to push anyone to go into a 100% raw food diet.** Instead, he advocates that we should all try to include more fresh raw fruits and veggies in our diet for better health, better energy, and for healthy weight loss.

He has a simple approach to incorporating more raw plant-based foods into your diet *without all the complicated and time-consuming recipes* that can bog you down in some other raw food diet programs.

And finally, I'd like to congratulate you for **taking the steps to a healthier you!** Increasing your daily servings of fruits and vegetables is just what the doctor ordered...and what your precious body is craving!

We're learning from research --- and from countless anecdotal success stories --- that **a diet filled with more plant-based foods** gives your body what it needs to shed excess weight, boost your immune system, decrease your chances of developing

chronic diseases (such as diabetes, cancer, heart disease, and arthritis), **protect your brain from premature aging**, and provide you with the healthy energy and vitality you deserve for a magnificent life!



I wish you all the best on your journey to better health!

Warmly,
~Hope Daniels

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