

# *Raw Food Diet For Beginners:*

*Simple, Easy To Follow Diet Plans And Tips That Promises A Slimmer And  
Leaner Body Naturally!*

**ROSS CONTRERAS**



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## Introduction

Many people agree that the best way for humans to maintain a healthy lifestyle is by eating raw foods. As with most things making a commitment to a raw food diet is not an easy challenge, but the benefits you will reap from it will make it worth the effort. This is a diet that's main appeal is the health benefits it offers. You have made a positive step just by downloading this book today, and it shows me that you are serious about making positive healthy changes in your lifestyle.

Some of the most common struggles people have in life is trying to stay healthy, keeping our bodies looking and feeling more youthful. Often people try to eat healthy, but they end up failing because they break down when they are tempted with junk foods such as candy and chocolates. But keeping ourselves healthy really is not as hard as we may think. All we need to do is to start making little changes here and there in our overall diets; changes that will help us feel vibrant, energetic, and healthy.

We live in a fast food world made up of a lot of junk foods that are fast and easy to consume. We must look towards adding more raw foods to our diets that are filled with nutrients, vitamins and minerals that our bodies need to help fight against ailments. This book offers you some great tips and suggestions on how to make raw foods part of your daily diet, and also offers you some healthy raw food recipes to get you started down the road to good health and happiness!

## Chapter 1- Back to Raw Natural Food Choices

### How Your Body Actually Works and Its Natural Enzymes

When you are suffering from health conditions such as high blood pressure, your doctor will offer you prescription medication, a sort of band aid solution to the problem. They often don't take time to look into what the underlying cause may be of your high blood pressure. It may end up being fat clogged in your arteries that are causing this problem. If they find that you are deficient in vitamins, they may suggest taking a multitude of different supplements to make up for this.

You could instead take the natural approach and get them right from the source, and begin eating raw foods, these will contain the nutrients that you need to stay healthy. Often we turn to the artificial supplements rather than reaching for raw fruits and vegetables in the fast-paced lives that we lead.



In this book I would like to guide you towards taking a different road to achieve a healthier and happier life that you may be searching for. If you take the all-natural approach it will confront all of your underlying health issues to get you back on the road to good health. Taking this road means that you will not have to rely on chemicals or supplements that give you no assurance of working for you in the first place. Committing to a raw organic food diet that is filled with antioxidants, minerals, and vitamins will enhance your immunity, vitality, and energy in a natural way!

Just by you reading this book you are going to be able to understand what the raw food diet will offer you and how it is the best and healthiest road to take towards good health and happiness.

Our digestion process begins with the first bite we take of food. Digestive enzymes, called amylases, are released when we eat and this begins the process of breaking down the carbohydrates that we consume. The food then travels to the first half of our stomach where the carbohydrates are completely broken down. Once this process is completed it moves to the second half of our stomach where pepsin (enzyme that breaks down proteins into amino acids) and hydrochloric acid are excreted. After this it then moves into the small intestine. The majority of the fat that you have eaten will be digested.

Raw foods are basically any plant food that has not been heated over 118 degrees so that the enzymes within it are not destroyed. One of the big reasons that people choose to eat a raw food diet is to gain the enzymes from the raw food. In order for our body to convert food into energy it must be first broken down by digestive enzymes. Your body on its own is only able to produce so many of these enzymes. Once your body hits puberty it produces 10% to 13% less enzymes every decade. When using calorie restriction and fasting these can greatly influence these numbers in a positive way.

The salivary glands produce enzymes when you are chewing your food. Enzymes are made up of amino acids just like proteins, are protein catalysts, and are biologically active, basically meaning that they contain energy. When we take an enzyme orally it expends all of its energy clearing the blood of undigested food until all of it has been used up. There are two different types of enzymes that are produced by the body, digestive and metabolic. The metabolic enzymes that your body produces are used for biochemical reactions, detoxification, and metabolic energy within the cells of your body. An example of this would be the conversion of alpha-linolenic acid (ALA) omega-3 fatty acids and omega-6 linoleic acid (LA) to EPA and then DHA which comprises over 20% of the dry weight of the human brain. This process is done by metabolic enzymes produced by your body and shows the importance of eating a diet rich in enzymes and maintaining as close to a one-to-one balance of omega-3 fatty acids and omega-6 fatty acids as you possibly can.

Your body uses about 70% of its energy being used in the digestion process, maintaining alkalinity of the blood and acidity of the stomach, and the continual production of digestive enzymes.

The remaining systems of your body including the respiratory, reproductive, cardiovascular, nervous, muscular, and immune system use the remaining 30%. It is important to understand this because it proves how excessive eating devoid of enzymes drains your energy and leaves your body more susceptible to invading fungus, bacteria, parasites, and viruses which lead to disease.

There are many different diets and supplements, but the best choice is one that offers a full spectrum enzyme blend designed to break down fats, proteins and carbohydrates.

It was once thought that digestive enzymes were destroyed by the acidity of the stomach, but due to research findings it has been discovered that they simply become inactive in acid and become active again in a more suitable pH. Our bodies will only produce enough enzymes for the food that is consumed. When people are overweight this is a sign that they are eating more food than their body can handle. This leaves undigested carbs, proteins, and fats in the blood leaving food for unwanted invaders.

When you take in digestive enzymes either through raw food or supplements they will help break down food so that your body doesn't have to manufacture them, which allows you to have more energy which in turn will help you live a longer healthier life.

When you cook your food it produces a toxic compound called acrylamide which has been known to cause cancer. It has been discovered through research that our bodies can only produce so many enzymes in a lifetime, this is another important reason why you should eat as much raw food as you can.

### 3 Different Ways How Digestive Enzymes Are Produced

There are three ways that digestive enzymes are produced:

- by our body
- by plants and
- by the 400,000 to 800,000 bacteria that live in our digestive tract.

Our gut micro-flora or bacterial colonies adjust to our diet. The bacteria in our colon extract 15% of the calories from our food to fuel us. Studies have shown that people that are overweight have less gut bacteria so the best way to replenish them is to eating fermented foods and repopulate your colony by eating fruit.

There are 30 trillion human cells that make up our bodies and 100 trillion bacterial and fungal cells that reside on every square inch of our bodies. Studies have shown that each person has about 2 million different genes for bacteria and 23,000 different genes for your cells, meaning that only 1% of your body is you.

## Chapter 2- Science Backs Up Raw Food Choice

### The Difference between Raw Food and Cooked Food

Many people want to know what's wrong with having cooked food. People wonder why they cannot rely on cooked foods to provide them with the nutrients they need to lead a healthy lifestyle. Scientific research has proven that when we cook our foods not only are we destroying all or most of its nutrition, but also destroying the enzymes in the food.

On the other hand, when you eat raw, whole foods, their nutrition remains intact, and the enzymes that are crucial in helping us maintain a healthy digestive system also remain intact. The components of our food are altered when we cook our foods, and they no longer offer the same nutritional value as they would raw.

If you expose your food to temperatures over 45 Celsius or 115 degrees Fahrenheit, the enzymes within your food become denatured. Enzymes are made with proteins so they are unable to withstand high temperatures.

Your body in turn will have a harder time digesting the food once the enzymes are dead. Even though your body can make its own enzymes, it takes up a lot of energy. Most often the enzymes in your raw food will be enough to help your body digest the raw food you eat. When you are consuming cooked food, you are forcing your body to rely on its own enzymes. This will result in energy being used up during the digestion process. After eating a cooked meal, you may be left feeling tired and heavy, or like you want to lie down and take an after dinner nap.

Your body has a hard time digesting cooked food fully. This results in food that is not broken down staying in your intestines longer. This gives parasites more chances to survive within your body.

When food is exposed to high temperatures it also will disrupt the vitamins in the food being cooked, particularly Vitamins A, B, C, and E. These are all essential vitamins for our bodies. When we cook carbohydrates they can turn into a carcinogen called acrylamide. The higher the temperature the larger amounts of those carcinogens get into your bloodstream.

Frying foods is one of the worst forms of cooking. The oil becomes oxidized under high temperatures, and this in turn releases harmful free radicals inside your body. This could put you at higher risk of developing health issues such as cancer, premature aging, and cardiovascular diseases.

The pH levels in your food are also changed when you cook your food. Food is alkaline in nature, but when you cook food it becomes slightly more acidic. In order for your body to function optimally it must be within a very narrow range of pH and in order to do this it needs a more alkaline environment. This shift in pH is not good in any way and only leads to increasing your chance of developing diseases, disrupting the body's delicate acid-alkali balance, and building up the amount of acidic toxins over time.

Minerals that are found in raw foods are very good for your body. They are good at helping maintain the alkaline environment that your body desires. They are also great in helping get rid of unwanted toxins and are much easier for your body to absorb. But when you cook your foods the minerals are converted into inorganic minerals that are useless for your body.



As you age the amount of enzymes that your body will produce will decrease over time, and your body will slow down its essential functions. Many people believe that eating raw, organic foods is a great choice to help your body keep its supply of enzymes up, which in turn will help you stay healthier longer and slow down the aging process.

When you consume raw foods you are giving your body active enzymes that will help break down particles of food completely. In addition, your body will not have toxic build up. Therefore, by following a raw food diet, your body is going to feel more energetic, lighter, stronger, and feel and look younger!

## Chapter 3- Raw Food Diet Benefits

### How Raw Food Diet Helps You Lose Weight and Many More...

There are endless benefits to a raw food diet. Today we will look at just a few of the many benefits that you can obtain from a diet rich with organic, whole foods.

One of the biggest benefits for many people is weight loss, which can be done in a healthy way.

When you are consuming raw foods you are taking in a lot less in calories. Raw foods do not contain extra fat, excess sodium, added sugars, or harmful additives which can all help to widen your waistline. Instead, with a raw food diet you will fill up on healthy foods that contain vitamins, fibers, minerals and phytochemicals.

The second major benefit to a raw food diet is that your overall fitness will improve. You will feel much more energetic, mainly because your body is no longer getting tired out digesting food. Many people that have tried the raw food diet have stated that they noticed that they no longer feel tired throughout the day. You may even find that you are sleeping two to three hours less than you used to. You will also notice that the texture of your skin is going to become softer. Remember the saying 'you are what you eat' the raw food diet is truly a testament to this saying.

Another wonderful benefit to the raw food diet is that it will make your immune system stronger. Your immune system stays better guarded when it consumes barley, oats, and yogurt. The live cultures that exist in yogurt can help keep your intestines free of harmful germs. Barley and oats will help boost your immune system, helping to speed up wound healing and enhance the effects of antibiotics in your body.

It can also really help those that suffer from diabetes mellitus. It has the potential to prevent and effectively reverse diabetes by keeping your glucose levels optimal.

People that may be suffering from infertility can also benefit from the raw food diet. Doctors may not be able to treat all the underlying causes, but a raw food diet cleanses your body from inside out. It will reset your body helping it to overcome health issues such as infertility.

Once you are on the raw food diet you will also notice a change in your taste. You are going to notice that you will crave less caffeine, alcohol, and sugar filled juices, all of which chip away at your precious body bit by bit. You will replace your sugar cravings with healthier nutritious food choices.

You are going to feel cleaner overall. You will experience clarity both in mind and body. You will have a reduction in allergic reactions and headaches. Eating foods that are alive will make you feel alive. In order to experience this incredible feeling you must give the raw food diet a try!



## Chapter 4- Getting Started On a Raw Food Diet

### Understanding Raw Food Proper Definition and One Should Get Started

Before committing yourself to the raw food diet you must understand what it is exactly. Basically the raw food diet consists of “live” or “living food” also referred to as raw food. Speaking from a technical point of view, raw food is any food item that has not been processed, exposed to GMI, preservatives, additives, pesticides, or exposed to high temperatures in any way.

It means simply that you eat foods that are organic and in their natural state. When food is heated over 118 Fahrenheit or 42 Celsius it is no longer considered to be raw food as the enzymes within it become denatured and inactive.

Also the nutrients in the food that are chemicals undergo reactions to high heat and end up becoming volatile in nature. When you cook food it loses all of its vitamins, carbohydrates, proteins, and fats. Harmful carcinogens are released when the food is heated, as well as mutagens and free radicals that disrupt your body’s internal environment. People that eat a diet of raw foods, also known as “foodists”, will steer clear of foods that have been exposed to high temperatures.

Foodists are generally people that include three to four raw fruits and vegetables in their daily diet. Basically foodists rely on raw fruits and vegetables, germinated nuts, germinated seeds, and sprouts. Their main goal is to eat organic foods, whole foods which are full of vitamins, nutrition, fibers, and natural enzymes.

Now that we have gone through what the raw food diet basically is you may now move forward and try to bring change into your diet. You will have some important choices to make ahead of you, but when you are making food choices remember the benefits that you will receive from a raw food diet. Also, keep in mind the unhealthy aspects of eating a diet filled with cooked foods that are only offering you a higher risk of developing serious health issues such as diabetes and heart diseases.

You need to make a plan involving replacing the unhealthy foods in your life with healthy raw food choices. This important choice is going to make your life a much healthier one. It can be challenging living in a junk food filled world, but making an effort, such as making sure that you have your own healthy snacks, will pay off in so many health benefits.

Having foods around that are not healthy food choices will make it easier for you to fall off the raw food diet. You must plan ahead, use up the foods that you have, and empty your kitchen of the junk foods. It is also a good idea to have a start date for beginning a diet, it helps prepare you emotionally. It will become more of a commitment when you actually put it on your calendar.

When you shop for your foods during the raw food diet make a shopping list of the foods that you will need to start out. Stick to the grocery list. Most of the items on your list will

be located in the outer aisles of the grocery store where the fruits and vegetables are kept. Stay away from the inner aisles that store the junk foods such as chips and cookies. Stay focused on what you are at the grocery store to pick up. If it is a food item that is not on your list, then you probably do not need it. Try not to get distracted when you are in the grocery store, and only focus on the items that you are there to purchase.

Even though you now know the basics of what you are to eat on the raw food diet it still can be very challenging for you to stick with the raw food diet in a world that is based on junk food. It can be a bit overwhelming when making changes in one's life even if they are healthier changes. Do not be too hard on yourself if you fall off the wagon, just keep moving forward. The main thing to keep in mind is that you are making positive changes and that every bit will help. You may want to slowly introduce more raw foods into your daily diet. The choice is up to you, but whatever you decide is a positive action that you are taking to improve your life. You must do what will work for you personally.



You need to decide what your personal goal is going to be as the diet you choose is going to vary according to your personal goals. There are basically three major diets directed at weight loss, detox, and overall health to have more energy. If your aim is weight loss, then you need to add more raw and alkaline food to your diet. If you are looking to detoxify your body, you are going to have to rely more on juices that are extracted from organic fruits and vegetables. For your good health you should be aiming to consume more organic, raw, alkaline foods.

If you do not like the idea of sticking fully to a raw food diet you could try to include 60% raw foods and 40% vegan cooked foods. Then, later as you get used to the change in diet you can decide whether you want to convert 100% to a raw food diet.

## Chapter 5- Raw Foods You Should & Shouldn't Eat

### How to Incorporate Animal Products, Herbs and Other Food into Your New Raw Food Diet

If you want to include animal products in your diet you can try with cheese, milk, raw eggs, and yogurt. When you are including grains, beans, and nuts in your diet, you may soak them in water to release the enzymes so they will be more digestible for you to consume. As a beginner you should stick to following easy recipes that you can prepare without much hassle. You will eventually find that consuming raw food is going to be a lot more convenient than cooked foods. When you are craving desserts such as cakes or chocolates, instead choose to eat things such as dried fruits like cranberries, pineapple, raisins, apricots, or dates.

When you want to add some more flavor to your meals add fresh and dried herbs. When you use herbs and condiments it can really help you to transition to a raw food diet. Many seasonings have therapeutic benefits. The majority of culinary herbs and spices are rich in natural volatile oils that will help improve your circulation and digestive system as well as improve your nutrient assimilation. Some of the more common herbs and spices that you can get are parsley, coriander, basil, cayenne, oregano, and cinnamon. You can also use sea salt to add flavor to your foods. You can make salad dressing with virgin olive oil. These will help enhance the taste of your meals. Unlike processed foods, raw foods will spoil rather quickly so don't buy too much at a time or they will just go bad. Try not to keep leftovers as much as possible.

You can freeze dried fruits, shelled nuts, and grains to keep them longer. Remember that some fruits need to ripen fully before you can refrigerate them such as tomatoes, mangoes, avocados, plums and pears. Never refrigerate pumpkins, onions, garlic, bananas, potatoes, and pineapples. The low humidity of a fridge can easily dry out fruits and vegetables. To stop this from happening pack the fruits and veggies in air tight plastic bags. This will help slow down the dehydration process and keep them fresher longer. When storing fruits and veggies in fridge store avocados, cucumber, eggplant, zucchini, passion, fruits, tomatoes, and mangoes in the crisper. Store fruits such as apples, pears, peaches, grapes, apricots, and sweet corn on the upper shelves of your fridge.

Beginners often wonder what they must do in order to get enough protein in their daily diet. To get the right amount of proteins add leafy greens and sprouts to your meals. These will be a good source of protein for you. You can also snack on raw nuts such as pumpkin seeds, hemp seeds, Brazilian nuts and flax seeds. Goji and Incan berries are rich in protein and so are soy products. Make sure to add plenty of these foods in your daily diet.

## Foods You Should Eat

Try to eat as much organically grown food as you can. Try adding dandelions to salads, smoothies or juices; the whole plant is edible and very nutritious and medicinal.

Below is a list of fruits and vegetables with lowest pesticide content:

Watermelon, sweet potatoes, sweet peas, lettuce, pineapple, mushrooms, eggplant, grapefruit, kiwi, mangoes, cabbage, carrots, broccoli, bananas, avocados, and asparagus.

I would highly suggest that all other produce that you consume is organically grown. Besides being very healthy for your body it is also much easier and quicker to prepare. To be successful in this diet it is a good idea to make sure that you surround yourself with nice quality fruit. If you get to many bananas no need to worry! You can peel them and put them in bags and freeze them for months, then use them in smoothies. Feeding your bacteria in your colon foods that are high in resistant starch will deter them from climbing into your intestines looking for food. To help speed up the process in getting your bacteria used to your new plant-based diet you can try consuming raw apple cider vinegar, take probiotics, and eat a small amount of fermented food every day. Fermenting vegetables, and fruits, mushrooms, and herbs, nuts and seeds can be as simple as blending them up then putting them in a mason jar and have them sit out for several days in water and salt. Try tasting them periodically when you find a taste you like, then put the mason jar in the fridge. They will remain good for many months. You can add raw apple cider vinegar or probiotic capsules to speed up the fermentation process of your mason jar mixture.

When it comes to eating greens to help ensure different nutrient profiles and to avoid oxalates from the same plants rotate your greens. The most nutrient dense foods ounce for ounce is green plants, but they produce oxalates as a type of defense mechanism. To help prevent a buildup of oxalates in your body, as they can block absorption of important minerals, avoid going for months eating the same greens. You want to keep eating greens, they offer an abundance of nourishment including chlorophyll which helps clean your blood of contaminants and it actually contains oxygen. The easiest way to get a lot of greens into your diet is through making smoothies. Eat all kinds of fruits and vegetables, use the stalks of your broccoli to use in smoothies as they are full of calcium. Eat apple seeds even though they contain arsenic, in order to become sick you would have to consume many cups of seeds. The apple seeds contain vitamin B17 which many people have used to cure different types of cancer. You can also get this from apricot seeds without arsenic. To get vitamin B12 make sure to eat fermented foods. You should always make sure to soak your nuts in seeds in water to help lessen the amount of phytic acid which can block the absorption of certain minerals.

## Foods You Should Not Eat

Even though raw foods are good for our bodies there are some that you should avoid consuming in their raw state they are the following:

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