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## To raw or not to raw that is my question

Posted by kitty.pop - 2008/05/06 04:17

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Hi, I'm kitty:)

I'm currently vegetarian and trying to shift excess weight (I'm aiming for 2 stone to be precise). I try and eat healthily but I seem to have inherited a rubbish metabolism, gets fat quick and it wont budge gene from my dad. I'm not saying I'm over weight, it's just that I know that I'm not as healthy as I could be after all it's about being healthy and how you feel, I have really bad skin and scalp along with a few kinds of eczema, poor circulation, cellulite, prone to stretch marks, headaches, incredibly bad period pains, depression and paranoia (the two latter I have more or less recovered from).....the list goes on. I'm 17,18 next month, 5 foot 8 inches and I weigh 11.5 stone. I know that some people might say "thats fine, not bad atall" but I really would like to get back to 9 stone aswell as find a way of being much healthier. Also I know I am young, but this has gone on for ages and I would like to "nip it in the bud" before it becomes too big and affects me later in life when it may be harder to correct.

So what I wanted to ask is, could a raw food diet help me? if so what steps should I take to get started?

thanks for reading,  
best wishes xxx kitty

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## Re:To raw or not to raw that is my question

Posted by Garydeb44 - 2008/05/06 11:42

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Hi Kitty,

RAW!! that is the answer. I think that raw can definitely help all those things. There are a lot of great books out there to help you get started. Of course there is Matt Monarchs books, " Raw Spirit" and Raw Success. There is another great book "12 Steps to Raw" by Victoria Boutenko. That was my very first book, now I have about 80. I am 100% raw for 1 year and almost raw for another 5. I kind of just jumped right into it without looking back, but a lot of people like to take it slowly when they first start to limit the feelings of detox. Anything you do raw is better than none, but I would start with adding some green smoothies into your diet and leave out the sugar, starch and meat.

Debbie

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## Re:To raw or not to raw that is my question

Posted by Garydeb44 - 2008/05/06 11:43

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sorry, I just realized you said you are vegetarian, so I guess you already leave out meat:)

Debbie

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