
Hello

Posted by Gypsy_Queen - 2008/05/16 17:24

Hello from the Down Under of Down Under (ie: Tasmania, Australia).

I've put on a lot of weight after a car accident three months ago, and have been drawn back to looking at a lifestyle change. I've done a vegetarian cooking course before (about 10yrs ago lol) and have been interested in a raw food lifestyle for some time.

I found my way back to info on this after reading about the benefits of raw, virgin, coconut oil.

I've ordered the set of four e-books and have read the first one on going raw for weight loss. I've discussed this with hubby & children (more protest from children than hubby) and we're going to start making some changes.

We already eat a lot of fruit & veg, however I want to cut out all of the processed stuff like flour & sugar.

I look forward to getting to know others hear and to reading the rest of the e-books.

Gypsy Queen http://www.rawreform.com/images/fbfiles/images/IMG_2629.JPG

=====