
Welcome to the Raw Re-Forum :)

Posted by angela - 2007/11/24 18:52

A very warm and happy welcome to everyone.

I am very excited that the NEW RawReform Forum is up and running now and hope it will provide a great place for people to meet, network and share experiences.

Enjoy...

All blessings,

Angela. xxx Grin

Re:Welcome to the Raw Re-Forum :)

Posted by karennd - 2007/11/26 23:15

Thanks, Angela, and I wanted to say welcome too! I am looking forward to joining in on the conversations and contributing where I can.

Angela, your story is the most inspirational raw transformation story out there and I love how it shows that for some a gradual transition is the best way. As you said in one interview, some people shouldn't jump into the deep end of the swimming pool right away (eat 100% raw food immediately).

I am looking forward to reading your Juice Feaster's Handbook in the near future!

I have also found that Matt's books provide me with the information I need to successfully stick with a raw food diet long term. They contain information you can't find anywhere else. I am halfway through his latest book Raw Success and it is really opening my eyes. I have always wondered why, if raw food eating is so healthy, there aren't more raw food centenarians. This book answers that question and more!

Whether you want to eat a high raw diet or a 100% raw diet, this forum is a great place to find support for a consistent long term lifestyle change. Let's all strive for consistency, not perfection, and support each other at whatever level we're at!

Karen DeVeaux

Check out my blog!

Re:Welcome to the Raw Re-Forum :)

Posted by amdevine - 2007/12/01 08:49

Hi Angela,

Thanks for the warm welcome!

You really are an inspiration. Before I read your story, I never in a million years would've thought to go raw. Truly. I've been on every diet under the sun--Atkins (ugh!), South Beach, The Hay Diet, The GI Diet & even counting calories.

But, that's the thing--diets are temporary. What's needed is a new lifestyle--not a diet. I definitely want to work up to 100% raw, but now am about 75-80%.

Your YouTube spots are fantastic! Wish I had a singing voice like that. If I tried to sing, my cats would flee.

Anyway, be well & happy holidays to you & your fiance.

~Manda

<http://vegjourney.blogspot.com>

www.amandadevine.com
