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## Hello

Posted by Pohed - 2008/04/22 07:04

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Hi! I just discovered this site and am eager to rediscover raw foods. I'm especially interested in eating raw foods for weight loss and fitness.

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## Re:Hello

Posted by rawbliss - 2008/04/23 08:47

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Hi there- I am starting off in the raw food way too- it's exciting isn't it? You said 'rediscover' so you have already been raw before?

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## Re:Hello

Posted by Pohed - 2008/04/23 08:51

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Yes, but I fell back into my old habits. It's nice because a lot of this is familiar territory. You?

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## Re:Hello

Posted by rawbliss - 2008/04/23 09:04

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a similar thing for me- i actually went raw for a short time while i was doing a cleanse, but then, as you said, fell back into old habits- it's especially difficult when others around you are eating all of that stuff. But i am feeling really good about my motivation to go raw this time and I think I will really follow it through :) Im in NZ by the way, where the raw culture is still quite a young movement. How about you?

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## Re:Hello

Posted by Pohed - 2008/04/23 09:10

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I completed the Blessed Herbs colon cleanse and internal cleanse last year but somewhere along the line I started eating too much fast and restaurant food again. I'm looking forward to gradually increasing my raw food percentage. One day, I'll be there. It's my tendency to want to already be there, right now.

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## Re:Hello

Posted by rawbliss - 2008/04/23 09:15

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I know what you mean, but i guess good things can take time ! I think what is helping me is finding something that really inspires me to be raw, and remembering that inspiration every day... Good luck with becoming more raw- I'm sure you will get there with flying colours! ANd there is lots of raw support online :)

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## Re:Hello

Posted by Pohed - 2008/04/23 09:18

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Thanks! I'm really enjoying the process of learning more about raw foods and especially about the role of raw foods in weight loss. It's funny, but I feel as though I "woke up" just in time for Earth Day! Go Gaia!

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## RE: Hello

Posted by rawbliss - 2008/04/23 09:26

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Thats awesome! The universe works in synchronistic ways :)  
Yea I am also interested in the raw foods for weight loss side of it- it's awesome that you can really feel the changes in your body almost immediately when you're eating mainly raw foods! That feeling of heaviness from cooked foods just lessens and dissolves..

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## Re:Hello

Posted by Pohed - 2008/04/23 09:28

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Lately I've been craving leafy green vegetables. It's weird, but I just put aside my ubiquitous bag of M & Ms and haven't much wanted to go back into it. I'm gradually weaning myself from coffee, too. I do press my coffee but it's not organic and too much caffeine is linked to irregular blood sugar levels and heart disease.

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## Re:Hello

Posted by rawbliss - 2008/04/23 09:34

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Craving green leafy vegetables- sounds like your body is giving you a really strong message! :) Yea caffeine is ideally something to move away from, but just phase it out as you feel you are able to. For me, I find that dairy products make me feel quite bloated, so I think I will be a dairy-free raw foodie. My strange habit is that I really love vinegar- so apple cider vinegar is a regular in my salads at the moment

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## Re:Hello

Posted by Pohed - 2008/04/23 09:38

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Ideally, I would like to eat 100% raw with no animal products, gluten-free, and almost no added fat. I'd like to grow my own food and just buy food to balance my own harvest.

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## Re:Hello

Posted by rawbliss - 2008/04/23 10:03

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Yea, that's an awesome direction to be heading- I'd like to do that too- especially growing organic produce of my own...mmmmmmmm

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## Re:Hello

Posted by Pohed - 2008/05/30 04:03

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Yes, there is a lot more support for eating raw food than there was in the past. It's exciting to see that I'll have lots of company and that I can learn from the experiences of other people.  
I don't know if there's much of a raw food community here. There are two small health food stores but that's it. I think that the online community is by far the largest and the easiest to connect with.

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