Support for going raw
Posted by Cat - 2008/06/23 22:59

Hi
I am very interested in changing my diet to raw. My worst vice right now is that I drink excessive amounts of caffiene and I am finding it impossible to give up. I try all the time. The food part of it is no problem for me but I keep going back to the coffee. I am having health issues and you think I would stop because of that , but my brain won't let me...I feel similar to a drug addict. Can anyone suggest any raw juices, etc...which would help me to get through a few days while I withdraw from caffiene. I appreciate any inspiring feedback.

Thankyou,
Cat

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Re:Support for going raw
Posted by RawGal - 2008/06/24 07:31

Hey Cat-

I too have a love of coffee so I can relate to your situation.

What has helped me and many others is Teeccino. You can learn more about it at http://www.teeccino.com

As far as raw juices that have helped me - go to http://www.besthealthyjuicerrecipes.com and do a search for green lemonade - that is an awesome detox juice recipe and the juice tastes so great. It has replaced my morning coffee ritual. I love that juice! I hope you like it too.

There are also a ton of great juicer recipes at http://juicing-recipes.com/

I hope this helps you.

Raw Gal

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Re:Support for going raw
Posted by jennifer8055 - 2008/06/24 15:32

Hi,

I used to be pretty obese andstarted putting on a lot of weight especially on my thighs and bottom in my late thirties. I really wanted to do something about it and I started exercising as often as possible and also cut down on a lot of high calorie stuff. Unfortunately I hardly managed to lose any weight at all. I then recently read an article by a lady who claimed that she managed to lose nearly half of her weight using a particular weight loss diet. I tried it out and it actually worked really well. Within 4 months I managed to shave off 65 pounds completely. The results were pretty amazing and I feel so much healthier and energetic now without the extra pounds. You can read more about the lady's article at the link below

http://obesenomore.wordpress.com/

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Re:Support for going raw
Posted by SeoulKiwi - 2008/09/09 17:24

How about taking it in smaller chunks to begin with? Reduce the amount you are drinking by a couple of cups a day and when you are ready reduce it some more?

I have found that the more water I drink, the less I want other beverages. Mainly because my bladder is so full! lol

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Re:Support for going raw

Posted by RawPanda - 2010/02/14 04:22

I know what you're going through, I have spent 11 years working the espresso bar as a 'coffee girl' AND to top it off I'm cuban, espresso runs in my veins, but it IS possible to switch off and NEVER look back!! ;) I found out that the coffee and caffeine leeches iron and other minerals from your body very quickly and can cause miscarraiges and extreme anemia... speaking from experience(drinking esp. drinks since I was 13... I am 35 now!) I implore you to kick that habit... BUT ALL IS NOT LOST!! :huh: Even if you don't have a juicer you can at least replace the coffee with something BETTER for you :blink: ... Try Ginger's recipe: if you go to www.therawpath.com on the right side of her home page you'll see a link to 'superfood coffee'... if you mix and match some of the ingredients you can make any kind of coffehouse drink without a lick of coffee in it and yet you'll get a nutrient-dense-super-healthy buzz that won't leave you crashing AND it's good for you!! :woohoo: I have used this recipe and switched it up a bit and have yet to have the same drink twice, lol, and it still tastes like coffee :D woohoo! I don't even want that other stuff anymore...

Good Luck!!! xxx

-The Raw Panda

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Re:Support for going raw

Posted by thalz - 2011/09/19 12:24

If you play a online game, you will know that RS Gold is important. Only you have a lot of Runescape Gold, could you develop the level. But someone think it’s difficult to get RS Gold and waste of money. Now, I can tell you that it’s simple. If you want to know, please contact with me.

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