
Supplements

Posted by amdevine - 2007/12/08 02:26

Angela,

When you switched over to a high-raw diet, did you take any supplements, or did you not need to?

Also, if you had an off day, or a slip-up, what did you do?

Thanks & happy holidays,

Manda

<http://vegjourney.blogspot.com>

Re:Supplements

Posted by angela - 2007/12/12 11:38

Hi Manda,

thanks for your Qs :)

Hmmm, when I went raw in the beginning I took no supplements really... I did however go OFF thyroxine cold turkey, which I'd been on for abt 13 years, to support my thyroid. My homoeopath supported me to take homoeopathic remedies instead for the first 6 months or so...I also took kelp tablets daily and still do...

Other than that, my intake was pretty basic for the first couple of years - I was in Iceland and just ate whatever I could find or afford that was raw ;)

It wasn't until later in my journey that I started to take things like probiotics, to support my internal flora. I feel it would have been MUCH more beneficial for me to take those from the start. These days I take probiotics, kelp, B12 and enzymes pretty much daily. We sell all the supplements I take on the RawReform store: <http://store.rawreform.com>. As for dealing with cravings/ 'off days' at the beginning...for the first couple of years on my raw journey, I would do crazy things with food bingeing. I was about 70-80% raw and then would go and suddenly freak out and eat loads of bread or chocolate or smthg and feel AWFUL about it. I had not removed THE most damaging foods from my system completely - like the refined sugars and processed starches, so I stayed addicted and would have 'slips' with these foods that left me feeling terrible. I dealt with it by getting into recovery work around my emotional attachment with food. Firstly I put down the foods that were most damaging to me, then picked up many tools for helping me to cope with my emotions WITHOUT eating. My first book 'How to go Raw for Weight Loss - an Introduction for Overeaters' gives many many tips and exercises for guiding ourselves away from these self-destructive habits, to a new freedom and health. I learnt to be gentle and loving with myself, forgive, breathe deep and move on if 'slips' did happen. I learnt to share my experiences with others. I learnt to relax and avoid restricted thinking ;) My new book, coming out in 2008, also goes deeeeeeeep into the emotional/spiritual aspects of our relationship with food...

Hope that helps...you can see my 'How to Go Raw for Weight Loss' book here:

http://store.rawreform.com/product_info.php?products_id=1001315

All blessings,

Angela. xxx <http://www.rawreform.com/images/fbfiles/images/HOWtobook.gif>
