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## Raw Journey

Posted by Pohed - 2008/04/22 07:13

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I am so excited and glad that I found this website! I've been seeking a solution to the problems of obesity and exhaustion and I'm so glad that I've found a good one.

Today I ordered the ebook about eating raw for weight loss. I'm eager to read it. I think that this time, I may lose weight and keep it off because I am willing to give up my M & Ms, Coke, and even coffee.

I feel like dancing with joy to celebrate my rediscovery of raw food.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/04/24 09:00

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I'm practicing the habit of acknowledging each step toward my goal. For example:

Today I ate a nice salad with avocado, spring mix, grape tomatoes, cucumbers and lemon dill dressing and drank some water with TrueLemon.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/04/25 08:04

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Today I decided to drink a green vegetable juice and a fruit juice each day. Naked Juice is widely available here and I can easily find a Green Machine and a Cherry Pomegranate Power to drink each day. Each bottle contains a pound of produce and it's cheaper and more convenient than making the juice myself. I also drink water and am taking glucomannan tablets that my friend sent me last year.

Beyond that, I'm eating as I see fit. Today I ate a burrito with beans, beef and green chile in a flour tortilla. One of my goals is to radically reduce the amount of meat in my diet and virtually eliminate refined grain products and sugars. This burrito sank like a stone and I regret having eaten it. Maybe beans are ok but not mixed with meat and wrapped in a refined flour tortilla. Live and learn.

I'm also going to reduce my coffee consumption (at least on most days) from one pressing maximum per day (a Starbucks tall) by drinking green tea instead. I'm feeling more energetic already thanks to the fruit and vegetable juices so this seems feasible right now.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/04/26 06:18

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Today I drank lots of water. I also ate some baby carrots (they taste fantastic) and some organic Pico de Gallo corn chips. I'm looking forward to this year's harvest.

I found an interesting 92 day juice feast featured on a website and I'm hoping to try it soon. I may have to break down and buy a juicer or at least a blender.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/04/29 09:10

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Right now, I'm considering my finances and have decided to start with the Master Cleanse before considering the 92 day juice fast. I can afford it and it's easy and won't disturb my daily routine. I am looking forward to the day when I can drink fresh raw juice freely. I found an interesting book online called "Raw Juices Can Save Your Life". It might prove useful as I want to drink juices that will most benefit my body. I can't afford a tailored raw juice fast right now, but I can look for this book in the library.

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## Raw Journey

Posted by Pohed - 2008/05/01 06:47

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/01 06:47

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Today I drank Master Cleanse beverage in the morning and ate raw pineapple. It's so good! Since I began eating more raw food I've become more conscious of what I'm eating and drinking. I haven't craved coffee and haven't had any in two days, which surprises me. I also noticed that less food is satisfying my appetite. On the personal side(TMI for some, I suspect), the Master Cleanse beverage is flushing some old bilirubin out of my liver. I'm careful to drink plenty of water and rest and I'm feeling good.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/10 03:32

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For the past few days, I've been ravenous and eating all sorts of food, raw and cooked. I need to get back on track again.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/15 02:48

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That Master Cleanse provoked a downpour of old bilirubin. I'm still flushing it out today. For the past several days I've eaten mostly bread and water. I'm considering a return to the fruit-in-the-morning regime that I once followed. Fresh pineapple is the best. Then I can eat whatever I like for lunch, or pineapple, string beans and rice. Dinner is more pineapple and rice if desired. It's a good short-term regime but there has to be some flexibility for lunch or dinner or it becomes insufficiently nutritious over time.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/16 09:50

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Today I bought some cloves and raw honey for the Yogi Tea Master Cleanse. It contains a lemon, cloves, and honey. It's a nice departure in flavor from the lemon/maple/cayenne cleanse drink, too. Still plenty of old bilirubin to flush out.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/20 08:18

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Still drinking Master Cleanse and eating fruit, rice, and green beans. I'm using a recipe from Yogi Tea that includes lemon juice, raw honey and cloves. It agrees with my palate more than the Burroghs cleanse of maple syrup, cayenne, lemon juice and water and it doesn't produce a nasty funk either. Of course, I do allow myself a meal a day of whatever and today I ate some non-raw, non-organic, non-produce. I'll leave it at that. I'm still full nearly six hours later and look forward to resuming my usual regime in the morning. Still moving old bilirubin out and feeling better and better.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/23 03:19

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Still drinking the Yogi tea Master Cleanse and really enjoying it. I drink a salt flush (32 oz warm water with 2t noniodized sea salt) every other morning, too. It seems to be bringing up an endless supply of old bilirubin and a few kidney stones. Nothing dramatic, and I'm glad to have that old junk out of my system.

I'm loving the pineapple these days, too. It takes a lot less food to fill me than it used to, and I'm happy about that. There's something about the sunny, warm weather that makes detoxing especially appealing.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/05/27 03:43

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I've been drinking Master cleanse twice daily, salt flushing every other day, and eating potatoes, celery, carrots and grape tomatoes. Yesterday I didn't eat anything else. This morning when I woke up, I didn't taste old bile in my mouth for the first time in at least a month. I'm hoping that my poo will clear soon. My urine actually smells a little of cloves. Other than that, it is light and sweet.

I've done many different detoxes over the past four years including the olive oil and lemon flush, the Coke fast, the Renew Life digestive and kidney cleanses, and the Blessed Herbs colon and internal cleanses (which I recommend based on my own experience with them). The Master Cleanse seems to be doing a great job and it is the most economical cleanse that I've tried.

Of course, I'm using it after having used the other cleanses. I used the Blessed Herbs cleanses in the spring and summer of 2007. They were pleasant to use and I noticed a vast improvement in my well-being. My appetite changed. I preferred healthier foods and was satisfied with much less food than ever before. I felt more energetic, too. It was well worth its price. It's just that this simple cleanse of raw lemon juice, raw honey, cloves, and cayenne seems to be doing wonders.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/02 04:39

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Still drinking Master Cleanse (2qts) each day. Yesterday I ate potatoes, organic tomatoes, organic bananas, and green beans.

I feel much better than I did before I began the cleanse. I haven't had any coffee in several weeks and feel fine. I'm enjoying fresh produce so much lately. Today I tasted a Yodel (chocolate, cream filled snack cake) and it didn't taste as good as it would have a few months ago. It was too sweet and I wished for some chocolate banana pudding (mashed organic banana with organic cocoa and raw honey) instead. Amazing!

Today I walked over two miles in the sunshine and enjoyed it.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/03 07:25

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I am contemplating the purchase of a Breville Juice Fountain compact for only \$99. It makes a cup of juice in 5 seconds and is easy to clean. It seems like a good deal on a durable, efficient juicer.

Once I have it, I'll start drinking fresh, raw juice daily. Mmm! I can't wait!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/07 05:31

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I did it! I am now the proud owner of a Breville Juice Fountain Plus. It does make juice in five seconds and clean up is a snap. I never feel that it's too much trouble to make some juice.

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I've been juicing since Tuesday and I'm really enjoying it. I found a simple juice recipe for weight loss: juice of one grapefruit and one lemon, drunk first thing in the morning. I'll let you know if I lose weight.  
I've been drinking beet, carrot and celery juice, carrot, apple and celery juice, pineapple ginger juice, and the morning citrus juice. It's fantastic.  
I'm so glad that I made this forward step!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/08 03:30

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Today I drank the juice of a lemon with the juice of a grapefruit. Then, I made carrot, Granny Smith apple, radish (with greens), and cucumber juice. It tasted good and I was surprised at how much juice a large cucumber yields.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/10 01:16

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I juiced all week and am now hooked on juicing.  
Today I drank Master Cleanse made with fresh lemon juice and it makes such a big difference to use freshly extracted juice.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/13 04:49

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I've been juicing every day now and I am pleasantly surprised at the magnitude of the positive difference that it has made in my well-being.  
Today I rose naturally before 7 am (!) and walked over 5 miles today while running errands. I am so happy to wake up without caffeine. I used to joke that I'm not "solid-state" like my TV - I used to spend at least an hour feeling groggy before I woke up. Now I wake right up, and early, too. It's great. I hope that it lasts.  
I've been congested and tired so yesterday I drank juice all day (mostly lemonade) and ate some candy made from nut butter, cocoa, raw honey, and mayo. It was good and filling and today I'm feeling much better.  
I bought some fresh produce this morning: lemons, Granny Smith apples, cucumbers, romaine, carrots, and garlic. I drank some Master Cleanse lemonade, cucumber juice, and pineapple juice today. I love juice!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/15 04:25

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Yesterday I enjoyed a modified juice feast that included celery, carrots, Granny Smith (green) apples, lemon and grapefruit, romaine lettuce, bananas, raw garlic, coconut oil, peanut butter, cocoa, and raw honey. It rocked.  
Today I woke naturally at 5:30 am with no sinus/nasal congestion, feeling energetic and happier. I am amazed that there is no garlic odor about me today since I ate an entire head of raw garlic yesterday. That's a pleasant surprise. I resigned myself to dealing with the funk since I have been feeling under the weather and needed to "let my food be my medicine". I walked 5.5 miles today and enjoyed it. I'm eating much more raw produce, drinking more water and no coffee, and walking much more and enjoying it all. I'm also able to rise early in the morning without having set an alarm. Amazing!  
I'm so glad that I started juicing and eating raw produce.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/18 02:25

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I'm still enjoying a modified juice feast. I've decided to drink lemon grapefruit juice in the morning and the juice of romaine lettuce, cucumbers, and celery at some time during the day. It's very hot out and I've been feeling out of sorts so I think

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that it would be prudent to replenish my electrolytes daily.

Today I bought, in addition to the above produce, a nice bunch of beets with huge, leafy greens on top and two large Granny Smith apples. I think they'll juice well.

I've lost seven pounds and feel much better since I started juicing.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/20 03:31

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Today I began the day with grapefruit lemon juice. Later I drank some cucumber celery juice. Then, I ate some beautiful raspberries, blackberries and cherries.

I browsed through a few raw recipe books and juicing books.

I've decided to read 12 Steps to Raw Foods by Victoria Boutenko. I'm enjoying juicing and eating raw produce but I do think that a book of this nature would help me to go raw wisely. I tend to want to eat 100% raw every day and that's not feasible for me right now.

I've increased my raw percentage greatly and I've lost 7 pounds. I think that my strategy of drinking more and more raw juice has been a successful way of increasing my raw percentage but lately juice makes me feel nauseous. I decided to allow more solid raw food for a while.

I don't miss coffee at all! I find that lemon grapefruit juice wakes me up quickly and there are no jitters and no afternoon crash.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/24 01:42

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I've decided to continue to juice feast in a modified fashion. I don't want to precipitate a healing crisis so I'm following a conservative course of action. I'll be drinking fresh green juice in the morning and fresh purple juice in the evening. I'm going to eat at least one meal of solid food each day. I'm also going to feel free to add additional produce, juiced or not, and raw food as my body requires it.

Today I drank:

grapefruit/peach/apple juice (a delicious combination)

green juice:

head of celery

head of green leaf lettuce

bunch of cilantro

beet greens

half a small red delicious apple

one lime

The green juice might taste good with garlic added.

Later today, I plan to drink peach lemonade (2 peaches, 2 lemons, maybe some water, nutmeg and raw honey if desired)

In the early evening, I plan to drink some beet, red grape, and green apple juice. Mmm!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/25 05:51

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Today I drank:

Grapefruit/apple/peach juice

Beet/red grape/plum juice

Pineapple/pear/peach juice

Mmm! I also ate some cherries.

It's been a fruitful day.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/06/25 07:31

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I bought some raw pumpkin seed butter, which is good for fat people such as myself. I also bought some raw macademias to help me pass up fast food.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/07/12 07:28

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My body seems to be rejecting cooked food now. I'm more determined to increase my raw percentage and become high raw.

Today I went grocery shopping at the local chain store and was pleasantly surprised to find cacao, organic cold-pressed coconut oil, organic vanilla extract, and Bolthouse juices. The prices for these items were reasonable but the produce was outrageously priced. I live near a farmer's market and can't stand to spend \$6/lb for cherries or \$5 for a single pineapple. I was given some peaches and collards and I'm going to juice the collards tomorrow. Romaine and cucumber juice helps to quell my cravings for chocolate. Avocado and cherries or prunes helps to satisfy my desire to eat meat. I'm learning so much these days and I'm so happy about that!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/07/26 05:56

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I bought myself some chocolate mint Teeccino and some Starbucks Brazil Ipanema Bourbon coffee. I'm going to gradually decrease my intake of coffee over the next five weeks so that it becomes a healthy pleasure and not an addiction that sucks money out of my wallet and peace out of my mind. I'm excited about trying my new morning beverage of choice!;

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## Re:My journey from sad to raw

Posted by Pohed - 2008/08/12 07:29

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I bought myself some Amazing Meal powder at Whole Foods last week. This is a time for cleansing and healing for me and this raw meal replacement is going to help a lot. The chocolate powder tastes fantastic - it's an actual treat. I also bought some Peaceful Planet powder and while it's nutritious and filling, it's just not as tasty and it's not raw. I also bought the Internal Cleanse from Blessed Herbs and I'm going to give it a go. I can't believe that it's been two years since I used it already.

I also bought some Vitalzyme, which I sorely need.

I kind of gasp at the prices these days. I think that there should be a game show called "I Can't Believe It's That Price" or something like that. Contestants would have to guess the correct price of various items. I know that I'm surprised sometimes and wouldn't be able to guess correctly. Sadly, I'm usually shocked and unhappily surprised by prices. Gas is \$5? Insane. Soon we'll see the \$5 banana.

Oh, well. At least the prices are still reasonable here at Raw Reform!

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## Re:My journey from sad to raw

Posted by Pohed - 2008/08/28 03:33

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I've been enjoying the Amazing Meal a lot. It's a painless way to nourish my body with raw food. It is convenient and requires virtually no preparation. I love it. It helps me to resist the call of cooked food.

I've been juicing each morning. Lately I enjoy a juice made of Granny Smith apples, a Mineola tangelo and a banana. The recipe includes 1T nutritional yeast but I prefer to take the yeast like medicine with a chaser of water and then enjoy the juice separately.

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I've also been practicing yoga more. I have a yoga mat now and some books and dvds to enrich my practice. It helps me to remain in touch with my body and its needs. It reduces stress so that I am less prone to emotional eating and balances energy so that I am enjoying movement more and seeking opportunities to move instead of avoiding them.

I'm very happy with the progress that I have made thus far.

I'm almost done with the Internal Cleanse from Blessed Herbs. My appetite is greatly reduced and balanced. I am falling asleep and rising easily and naturally. My body has stopped kicking up a nasty detox funk at last. I'm pleased with the ease of use and effectiveness of this cleanse.

Thank you to all who make RawReform such a wonderful resource. You have inspired me to begin the lifelong journey toward wholeness.

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## Re:My journey from sad to raw

Posted by Pohed - 2008/08/30 07:02

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Good news. I've lost 5 lbs! I'm very happy with my modest loss and look forward to ever greater losses.

I found a suggestion on a website and I'm applying it to my own food consumption. It seems to be really working for me. I eat some fruit and some vegetables before my meals.

In the morning, I drink juice for breakfast. I could drink Amazing Meal later in the morning if I needed it but so far I don't. Sometimes I drink it in the evening instead of ordering pizza.

These small amendments to my daily pattern have produced noticeable changes. My appetite for the entree is reduced and I can easily eat it slowly and really enjoy it. What a small miracle.

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## Re:My journey from sad to raw

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

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I've lost 7 lbs and am very happy about that. I am drinking Amazing Meal regularly and eating a lot more fresh, raw produce and fewer M & Ms and Cokes and fast foods. I'm doing yoga and walking, too. It feels good to be giving my body a chance to heal by creating healthy habits.

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## Re:My Raw Journey

Posted by Pohed - 2008/09/10 04:59

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I'm nearing the end of my Blessed Herbs' Internal Cleanse. Honestly, I'm glad to see the end of the pills, tinctures and toxin absorber. But I am very happy with my experience cleansing with it this year. Two years ago I used this cleanse and had lots of symptoms. This year it was smooth sailing all the way. I didn't even drink the soothing green tea blend included in my kit. I highly recommend this cleanse (after the colon cleanse) to anyone who is interested in removing residual toxins and enjoying the happiness that comes from a clean system.

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## Re:Raw Journey

Posted by Pohed - 2008/09/20 07:37

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Yes, boys and girls, I've completed the Blessed Herbs Internal Cleanse. It's been fun yet I'm glad that it's over.

Now, I'm taking Vitalzyme and drinking Amazing Meal (a raw nutritional supplement) twice daily. It really helps me to balance my diet, meet my nutritional needs, and increase my raw percentage without really trying. It even tastes good. What more could I ask?

Well, I guess that it could be cheaper. But it's comparable to a modest fast food meal at under \$3 per meal when mixed with almond milk or rice milk. And it provides superior raw nutrition, tastes great, and is easy to carry along with me. Why balk at \$3/meal?

Why indeed? I've noticed that it's easier for me to justify \$3 spent at the local burger hut than \$3 spent on a pineapple.

This occurs because some of the adults who cared for me wouldn't have spent \$3 on a pineapple for me but they would stop for donuts or fast food on the way home from the grocery store.

It's an obstacle in my progress toward enjoying a high raw diet. I feel guilty when I leave the farmer's market and psychologically look over my shoulder for incoming financial doom. It's silly and I've decided to leave it behind.

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## Re:Raw Journey

Posted by Pohed - 2008/09/20 07:38

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## Re:Raw Journey

Posted by Pohed - 2008/09/23 04:20

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I've been considering the possibility of embarking on a 92 day juice feast. Somehow the thought of juice feasting in the fall and winter seems counterintuitive. It would be easiest in the spring and summer, no? Nonetheless, I feel that I must strike while the iron is hot.

Today I noticed that in addition to lots of soy milk for my Amazing Meal, I bought some radishes, apples, cucumbers and a Coke. My cart looks much different than it would have looked this spring. It's coming naturally now to eat raw produce and lots of it. I am feeling really good about that.

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## Re:Raw Journey

Posted by Pohed - 2008/10/05 04:33

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Well, I plunked down \$147 for four canisters of Amazing Meal this week. That's enough powder to provide 30 meals this month when mixed with soy, almond, or rice milk. The powder itself is raw, but I don't have the facility to soak raw almonds (which are hard to find these days) or soy nuts to make my own, rawer milk. I wondered if it would be more raw to drink the powder mixed with water and then later drink the milk but that seems kind of legalistic and silly. There's a great sale on soy milk in my area so I'll be stocking up shortly while using up my rice milk.

Drinking two servings of Amazing Meal really makes a difference in the way that I feel. I haven't weighed myself lately so I don't know if I've lost any body fat, but I do know that I'm establishing a healthy habit that I can continue throughout my life.

My yoga practice is continuing as planned. I really enjoy it and look forward to it. I'm walking more as I am able and enjoy that, too. Walking in the cool morning air is helpful in combating depression. I wish that I lived in a safer neighborhood and could walk within an hour of rising. I'm now rising naturally at about 5 am and generally wait until 7 am to leave home.

I've shelved the idea of juice feasting this fall. It's getting colder and I packed my juicer away. I did eat some delicious baby Yukon Gold potatoes with beets, Concord grapes and Empress plums. I haven't given up eating fresh, raw produce. One of my favorite simple meals is cubed yam with cubed apple. When prepared properly, it needs no seasoning and is as filling as a larger meal would be. I boil the water while cubing the yam, then cube the apple (I like Gala or Fuji in this recipe) into smaller dice when the yam is almost cooked. I drain the yam when it is almost ready, then add the cubed apple to the yam. Cover if you like your apple well-cooked, and let stand until the apple and yam have reached the desired texture (this is up to you). Eat and enjoy. It tastes good with a little maple syrup, honey, apricot all-fruit, clementine sections, nutmeg, lemon juice...it can be varied infinitely.

I would love to prepare this recipe without boiling the yam. If anyone knows how to marinate yam so that it can be eaten raw, please let me know. Thanks! and happy eating.

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## Re:Raw Journey

Posted by Pohed - 2008/10/16 06:09

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I've joined an online fitness and nutrition tracking website and really like it. I do keep track of my own micro-goals in my journal but this is a nice system that prints out reports and the like. While filling out forms for this website I noticed several things:

1. I have made a lot of progress in my lifestyle modification program
2. I haven't fully noticed or acknowledged that
3. I haven't lost much weight but my clothing fits more loosely and I feel better.
4. I'm not satisfied because I haven't lost the body fat yet!

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Today I am choosing to address #1. First things first.

Here is a list of some of the lifestyle modifications that I have made this year:

1. Hydration - I am always well-hydrated now. I drink at least 64 oz purified water every day without thinking about it.
2. Exercise - I walk for 30 minutes daily and do yoga kriya for at least 30 minutes daily.
3. Nutrition - I drink two servings of Amazing Meal daily. I always get my 5, usually much more than 5/day. I often eat a serving of fruit then a serving of veggies before a meal. I drink only one pressing of coffee on most days (a "tall" size) with Mimi cream (nut cream) instead of half and half. Some days are coffee-free by choice and I do not miss it nor do I need it to rise in the morning. I'm eating much less pizza, M & Ms, Coke and other non-nutrient dense foods and don't miss them at all.
4. I'm addressing some of the reasons that I've developed a protective covering of 125lbs of body fat.
5. I've accepted that I'm not going to be satisfied with improved health and well-being if I retain this body fat.

This represents significant progress for me and I want to acknowledge that. I am eager to reveal myself by letting go of the protective layer of fat.

Once again, I'm considering a modified juice feast. Maybe in the Spring? Winter weather just doesn't seem conducive to that. I'm not going to be able to finance my Amazing Meal habit next month. Maybe I'll replace that with two quarts of fruit and vegetable juice, favoring seasonal produce.

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## Re:Raw Journey

Posted by Pohed - 2008/10/17 09:00

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Woot! I've lost a few pounds and now weigh 266.7. That's 3.3 lbs gone. I hope that it was body fat and that it stays away. I spoke with a team of doctors today about weight loss. They said that it's no emergency and that weight loss drugs aren't the solution. In order to lose the weight and keep it off I need to continue to practice lifestyle modifications. Ok, I can do that.

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## Re:Raw Journey

Posted by Pohed - 2008/10/23 08:28

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Those online tracking sites are really helpful. I'm using Sparks People and Wellsphere myself. They remind me to incorporate the principles of good nutrition when choosing foods to eat, to exercise and to accept progress in modest increments.

I can't help but wish that a lightning bolt would come out of the sky and strike me, separating the excess body fat from muscle and bone, then melting it all away. Oh, well.

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## Re:Raw Journey

Posted by Pohed - 2008/10/30 06:14

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I'm doing more yoga kriya and enjoying that more, too. I just can't seem to stay high raw in the cold weather. I'm accepting that and just looking to keep my percentage of fresh fruit and vegetables high. I have limited resources and can't really expend much money or effort on food right now.

I'm keeping my coffee consumption down to one tall maximum each day. That's a great improvement. I'm eating less dairy and meat and gluten and more of what my body needs to produce good health.

I see so many great-looking recipes online and am eager to create some delicious raw food at home when I can.

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## Re:Raw Journey

Posted by Pohed - 2008/11/04 05:10

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This week I picked up a bag of organic Fuji apples and ate them with nondairy, gluten-free Nacho "cheese". Fantastic. Simple and so good. Apples are especially good in the fall and a day of "apples and" makes a great mini cleanse for the digestive system.

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## Re:Raw Journey

Posted by Pohed - 2008/12/17 05:02

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I've been eating lots of apples: Braeburn, Gaia, Red Delicious, Granny Smith...and I can't help but marvel at their wonderful simplicity. They're crisp, sweet, juicy and full of soluble fiber. They quell hunger pangs and give me a few moments to consider what I really want to eat. It's easy to keep my raw percentage high by eating apples.

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## Re:Raw Journey

Posted by Pohed - 2009/01/17 04:10

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Since I've started shopping at a local food co-op, my eating has vastly improved. Organic raw tahini, organic raw agave nectar, organic valencia oranges, Olivia's Organics Herb Salad...I'm eating lots of fresh produce and raw food even during the cold winter months. Of course, there are always apples (Gala this week) and Amazing Meal mixed with Chocolate Silk. I'm mixing my coffee with Teeccino which reduces the caffeine content and adds fiber and a nice, mellow flavor to my morning brew. It's so good that I don't need to add a thing. What amazes me most is how naturally my habits are improving. Thanks to Angela for the inspiration that she provides here.

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## Re:Raw Journey

Posted by Pohed - 2009/01/25 02:30

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I've noticed that my tastes have changed. I now prefer organic produce and such to fast food and junk food.. This is a really exciting development for me as I've usually had to force myself to eat foods that I didn't really want to eat or enjoy eating very much. I hope that eventually, I will see some weight loss as a result of this change in my tastes and eating habits.

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## Re:Raw Journey

Posted by Pohed - 2009/02/01 22:35

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I'm preparing to embark on a Juice Feast. I'm tired of carrying 150+ extra pounds of body fat. I'm ready to drink freshly extracted fruit and vegetable juices. I may choose to eat some wholesome raw foods as well. Since I'm so fat, it might not be prudent to switch abruptly to a diet of 100% juice. I'm going to purchase TheJuice Feaster's Handbook and do it.

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