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## New to Raw!!

Posted by Happysoul - 2009/06/11 03:42

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I'm new to this life style, I used to hate eating raw foods cus in my head anything that not passed stove or fire wont pass my mouth..lol However, one of my friend lost lots of his weight cus he started eating raw foods. Curious, I tried it and I like it so far.. it wasn't that bad anyway.. I'm from California, my name is Cherry and I can't wait to share thoughts, tips and ideas with all of you.

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## Re:New to Raw!!

Posted by oxy - 2009/06/13 23:28

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hi cherry!

i am oxy from germany and have been reading up a few raw sites including this excellent one for the past few days. i am pretty much impressed with the idea of raw and am sure that it would help in the long term. so i invested in a food processor today and also went to buy organic foods for the first time in my life! well, i am kicking off tomorrow with 100% raw and would be glad if we could help each other with the routine, as i am sure there will be times where one slackens and would get tempted to slide back to the unhealthy stuff. so whats your reason to do raw?

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