
O.A. advice

Posted by Squirrelletta - 2007/11/25 03:40

Angela,

My life is "unmanageable". I was off and on in OA in the 90's and never got a sponsor in over 2 years of program. Today, after finally finding OA again, I got a great sponsor.

My question to Angela: I am trying to come up with my "eating plan" and I'm curious if being 100% raw is something you recommend? I've been 80% or above during "sane" moments in my eating and was thinking about still having "sane" cooked foods as a small portion of my general diet. (example: no sugar/white flour/cheese/dairy for me) What are your thoughts on this?

I was touched, amazed and happy while reading your books when you brought up OA and recommended it. I really felt better about raw when I found someone that had traveled a similar path as I.

Some history: I've been obese my entire life. My heaviest weight being at 300lbs and 5'7". I was always highly active and into backpacking and sports, if you can believe it! I have already lost over 80 pounds on whole foods and now converted to a high raw diet-since learning about it from a friend. (Talk about before after pictures, people don't even know who I am! Another weird emotional situation.) It's been a long three-year path for me and I feel I have lots more to go (about 70 more pounds.) Recently I have emotionally/nutritionally fallen off the wagon and found myself back at OA and facing my eating plan question with new commitment. I hope you can help, as I just don't want to be in "denial" with myself. As you know, some mainstreamers find Raw rather extreme and practically like an eating disorder itself. I don't trust myself much these days and want to know if 100% is something I should be going for. I hope I make sense to you with my question.

Sincere thanks for all you have and are doing for true food addicts.

Nicole

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Re:O.A. advice

Posted by angela - 2007/12/05 14:48

Dear Nicole,

thanks for your message and for sharing some of your story. CONGRATS on your amazing weight loss so far and that you've found a great sponsor - I'm very happy for you :)

In terms of 'percentages' raw. Yes, I absolutely recommend being 100% raw for people IF - and it's a BIG IF - they FEEL good about it - i.e. not stressed, restricted, anxious, lonely, freaked etc etc. I would MUCH rather see someone 80% raw and HAPPY than 100% raw and neurotic ;)

Also, the percentage of raw foods that's going to work for you or anyone depends on WHERE YOU'RE AT right now - if you're coming recently from a background of obesity for example, going head-first into being 100% raw is going to = a pretty intense detox. You could try being 50% raw or more and work it up from there. Someone who is coming from a healthier background or has been playing with including more raw for a while will of course have totally different needs/boundaries...

So, yes, being 80% raw, with a good balanced raw intake of fruits, fats and PLENTY of greens (preferably lots of veggie juice daily), PLUS 20% 'sane' cooked foods as you say, sounds GREAT to me...:) Maybe at some point you'll end up 100% raw, maybe not - we all have our own journeys...the KEY thing from my POV is to get those majorly processed, toxic 'nasties' like refined sugars and processed starches out of our intake COMPLETELY asap - which I can see you're perfectly aware of already, so it sounds like you're on a marvellous course for healing ;)

I'm happy to see that you've already read my 'How to Go Raw for Weight Loss' book - the second one 'Revealing the Physical Changes' will likely help you too, as that one outlines all the changes that happen in our bodies as we detox and move out of obesity...

Hope that helps,

One love,

Angela. xxx

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Re:O.A. advice

Posted by Squirrelletta - 2008/01/05 08:57

Angela-

Thanks you so much for your response and your time.

If possible, I'd love to know your opinion on these questions as well:

Because of my sugar/white flour physiological addiction I'm getting a lot of mainstream carb-phobic recommendations from my sponsor. (Whom is diabetic and has been sugar/white free for 22 years! She is aware of the raw diet and is supportive but concerned due to the sugar addiction factor.) All regard fruit & "natural sugar" intake. (example: Not to be eating raw honey, agave and fruit's with high carb counts and keeping my other fruits to a minimum.) Do you agree with these theory's and can my diet be very healthy without the FRUIT amounts normally consumed by raw foodist's? (Example: The 80/10/10 diet?) Like just me consuming minimal carb count fruits?

Second: Mr. Matt Monarch mentioned at a talk that we should not eat refined sugar EVER. He stated that he read that in a Norman Walker book, are you aware of which one? I'd LOVE to read up on what happens to our bodies from refined sugars.:)

In summary:

What do you feel is important to keep in the diet, still be well-rounded as far as nutrition and keep my physiological addictions in check?:S

Thanks SOOOOO much! I bring my abstinent food with me everywhere anyway, so being 100% RAW is defiantly in my future!

Very kind regards,
Nicole

Re:O.A. advice

Posted by angela - 2008/01/20 18:21

Hi Nicole,

thanks for your message :)

Yes, I hear you about sponsors not quite getting the whole raw picture sometimes - it can be tricky ;) I recommend MODERATION with all - balance, the middle way. I do not feel good about people doing smthg like 80/10/10 in the long run, as it simply feels 'out of balance' to me - too much emphasis on one food group and people ofeten end up de-mineralised, edgy, etc. HOWEVER, a small amount of fruit daily/often is great - aim for a BALANCE between fruits, fats and greens and you'll be fine. Yes, aiming for lower glylcemic fruits can definitely be useful - e.g. avoid dates etc - very very sweet things can help trigger compulsions... YES, you could also be 'very healthy' without the fruits eaten by many raw foodies - that's of course also an option. I prefer to see the 'middle path' though, as I said - otherwise you'll be getting an over-emphasis on greens and fats instead, which is not very balanced either. Everyone is different and you will find your balance of what works best for you as you explore more...you'll see which raw foods/fruits etc trigger you...be sure to get one green drink a day into your body at least - preferably a green JUICE, or a smoothie will work too - just get lots of healing, re-minerlaising, alkalising greens in and you'll be off to a good start ;)

My next book - 'Raw Emotions' - goes deeeeeeeep into overeating/emotional eating issues, spiritual aspects of our transformations etc - you can pre-order and see more info about it here:

http://store.rawreform.com/product_info.php?cPath=97_100142_100195&products_id=1001468

The book by Norman Walker you are referring to is 'Become Younger' - GREAT read ;) This is the book Matt read over 8 years ago now and then went 100% raw overnight...You can see it here:

http://store.rawreform.com/product_info.php?products_id=636

Hope that all helps :)

One love,
Angela. xxx

Re:O.A. advice

Posted by Squirrelletta - 2008/04/07 11:33

Hello Angela,

A quick update:

I am doing wonderful on program and am blessed with the same amazing sponsor still. Her spiritual program is off the chart and has saved my life! She is so open minded and intuitive of this disease. I'm down over 100 pounds (I don't keep track much anymore because, as I'm sure you know, the issue is not the weight.)And I swear someday when I get around to it, I'll scan before/after photo's for everyone!

I'm using a nutritionalist's "plan" that has basic food category's on it which I could tweek to create raw as I desire (starch, protein, fruit, fat and veggies. No dairy for me.) On a "high raw" day (for me-at this time) I'm at about 78% by weight. (*I know how main stream dietitian's are considered, trust me, I share your belief's. But for my recovery program, I've really tried to put aside the prejudice and focus on my emotional and spiritual recovery and eat as healthy as possible while keeping my focus where it needs to be at the time.)

My question: I do have grains incorporated as a "starch" but would like to slowly convert them over to raw items. Is there anything you can think of besides corn and green peas that I could use as a starch? I do eat sweet potato, but it's cooked of course. I hear quinoa and millet are less hybridized than say brown rice. Perhaps I should eat those if I had the choice?

I've committed to sticking with the plan I'm on for a couple months as I work through the emotional stuff. (To keep the focus off food obsession-an obvious problem in my case.)But my protein I keep as low as they'll let me and it's veggie 80% of the time now. I'd just like to be eating plant matter (starches and proteins) a little more to still be "sticking with my food plan" but having it MORE raw! :P Any tips would be great!

Thank you so much and I look forward to reading your new book, congrats!
Nicole

PS: I'm really hoping to be able to attend the raw spirit fest this year!

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