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## Raw For 30 Days, film with Angela

Posted by joshlaraw - 2007/11/28 02:34

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Hi All-

Angela Stokes is in a new film about raw food called "Raw For 30 Days." Anyone here seen the trailer? Take a look at it at:

<http://www.youtube.com/watch?v=jSuqCMld00w>

You can see more info at the Raw for 30 days website at:

[www.rawfor30days.com](http://www.rawfor30days.com)

I'm new to raw food and this trailer is exciting to me because diabetes runs in my family and I am trying to make sure I don't get diabetes when I get older.

Anyone else here familiar with this film?

Josh

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## Re:Raw For 30 Days, film with Angela

Posted by karennd - 2007/11/28 04:50

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It just goes to show you that raw food heals many things. Or actually, it's what they didn't eat that healed them. As Matt Monarch says "It is what you leave out of your diet completely without cheating that heals you."

There are also other diets that have healed people with Type 2 Diabetes, which is what all the people in this video had, because they all completely eliminated the worst foods - sugar & processed starches.

I love the fact that this film gets the word out about how raw food can heal diabetes (a chronic disease). A high raw diet will also do that, for those who can't achieve an all raw diet.

I have Type 1 Diabetes though and an all raw diet is the only way I have found to better control my blood sugars and hopefully heal.

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