
New and excited/nervous

Posted by Brianne - 2008/04/21 10:09

I'm new to raw. I have been doing some research and moving more and more to raw. It just makes sense to eat this way. I'm also morbidly obese, so it seems like a good way to regain my health.

I'm very nervous about getting the proper nutrition and I know I will need some support. This community looks exciting and fun and am happy to be able to join in.

I live in a small town in the midwest, so it will also be an adventure finding food. I look forward to it, but I'm surprised at how intimidated I am by everything the more I research things. Any advice?

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Posted by karennd - 2008/04/21 10:26

Hi Brianne and welcome!

I recommend keeping it simple at first so as not to overwhelm yourself. If you are able to get a good blender and maybe a juicer that would help. If I had to choose one, it would be the blender to start with. I like my K-tec blender.

Have you read Angela's extended story at <http://www.rawreform.com/content/view/17/41/?> She gradually transitioned to a raw food diet, so that is definitely an option. Read her books and also her boyfriend's books, Matt Monarch. They will help to explain a lot.

Salads, green smoothies, fruit smoothies, and juices are all good. Then, as you feel more adventurous you can try some new raw recipes.

Good luck and keep us posted on how you are doing.

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