

Crazy Raw Vegan Interview starring Matt Bennett from @RawIntuition

Transcript from YouTube Interview:
<https://youtu.be/T8DAdkf4JyM>

SHARI LIKES FRUIT:

It. Welcome. Welcome to my channel. My friend Matt's here, author, raw Vegan, chef, coach raw vegan for 13 years. What what else am I missing? Detoxification specialist.

Matt Bennett:

Yep, just all around awesome guy.

SHARI LIKES FRUIT:

You know what? I have that written down. Gosh, I forgot that one. I I just have five questions or less because every interview is an hour and can be too long for some people. So we're just going to do the speed round. Get through it. You know, I have to ask about water. You're the distilled water guy. I get this question every day. So I just want you to settle it for the channel. My mom has filtered water colligan. Somebody has berkey. Is that what it's called there's? Reverse osmosis? If you're getting out the bad things, does it need to be distilled? Is there a reason that's better? You tell me.



Matt Bennett:

Yeah, great question. So the only way you know that you're going to get out all the bad stuff is if you distill your water. It is the most consistent and reliable method of removing 99.99% of contaminants. And there's really no other method. Even Ro doesn't take out the same range and any filter based system. The berkey is a really popular one. I think it is a good one. So if you are just wanting a filter know, I would probably go with Berkeley. But if you really want to be sure that you're taking out as much as possible of all of the contaminants, you want to get a steam distillation countertop or an automatic distiller.



SHARI LIKES FRUIT:

Okay, that's the best option. And then the one that's on Amazon for \$150 versus the one I have. The one you have that's made in the USA, better brand, blah blah. Is there a reason that one's better or tell me.

Matt Bennett:

Yeah, well, the Mini Classic CT is the countertop distiller that we both have and that distiller is made in the US. It has the best warranty of any distillery you're going to find and the company is just great. So you get what you pay for. So I know many people that have reached out to me who bought the lower end expense wise distillers. And one to two years later, so many people come back to me and tell me they wish they would have gotten the Mini Classic because, yeah, it is a little more expensive than the others, but it lasts. I have family members that have had one for over a decade. I've had mine since 2018 and it lasts. There's testimonials on their website of people having it for 40 plus years. So it's like any other appliance that you're going to purchase. The only difference is this one prevents you from consuming some very toxic material.

SHARI LIKES FRUIT:

I also notice it's designed differently. Like it has the coil on the bottom and a bigger base. Those are cheap. I have a cheap one too, but they don't last like you're saying. And they look different. So I feel like the filter is different. The filter is bigger on the CT, things like that. So there's a difference in how it's made as well.

Matt Bennett:

Yeah. And the nice thing is the Mini classic CT has what they call a dual vent system that allows VOCs to escape because that's one thing that can get through in distillation is VOCs volatile organic compounds. So something like chlorine that'll evaporate before the water will evaporate, so that can get up through. The thing with those filters or those exhaust vents is that they let that out. And then there's also a post carbon filter that you can use. You don't have to use it, but it is recommended to just make sure that there's no VOCs that got through and they're very inexpensive and they last a good amount of time.

SHARI LIKES FRUIT:

Then I have the right one.

Matt Bennett:

Yes.

SHARI LIKES FRUIT:

Since you and I were texting today, I'm going to bring up this topic. And I know it's a large topic, but 100% raw versus 100% cooked, what is the optimal diet? And if raw is perfect, if you're 100% raw your whole life versus a person who's 100% plant based, what is the difference? What is your view? What do you want people to know about that? And related to that, when people first go raw, they want to be perfect, and then they end up being worse because they screw up. And then they go get Thai food as an example. And then when you're in it long enough, you sort of get the groove and you realize you could have a little bit of steamed vegetables once in a while. It's no big deal. So sort of tie all that together for people that are new to the diet or want to transition or how you view that.

Matt Bennett:

Yeah, that is a great topic to discuss because it is something that a lot of people struggle with. A lot of people have, I think, a kind of a skewed perception of what is required to be healthy. I think raw food raw food is foundational. It is vital to have a long, healthy life, in my opinion. But from what I've seen, all the evidence is that you don't have to be 100% raw. I think anything from like 80% raw and higher is going to give you some really great benefits. The closer you can get to 100% is great. If you want to be 100% and you can do that sustainably, then that's perfect. But if you're like most people who don't have the greatest access all year round to great fruits and local greens, or it doesn't have to be local, but the calorie source needs to be there. A lot of people are undereating on this lifestyle, and so it's important to have some flexibility in this imperfect system that we live in. And so our society is not set up to be a raw foodist. And so you just have to do the best that you can do and realize that all of the longest lived civilizations were mostly plant based and they weren't 100% raw. So that just goes to show that raw food is incredible and it's important. But there's much more to health than just eating all raw food. So eat as much raw as you can, but don't also neglect a lot of the other healthy lifestyle habits that are required in order to have long lasting vitality and health.

SHARI LIKES FRUIT:

Is that a fly or a moth? What do we want?

Matt Bennett:

It is a fly. I didn't kill it because I'm vegan.

SHARI LIKES FRUIT:

That's right. Well we like surprise guests so it's fine. And the other point is not to just go crazy when you don't do it perfectly because most sustainable. Are you laughing at the fly?

Matt Bennett:

Okay, it's fun.

SHARI LIKES FRUIT:

People that can sustain the diet long term end up incorporating a steamed yam once in a while or something like that. So if people think about it differently when they start to transition, they'll probably be fine for the long term. So that's kind of what I know with the people that have asked me questions, things like that. They just want to be perfect and then they end up overdoing. Over, correcting. So I'm with you. Okay, related to that, you're a coach, you've been a coach for many years. So I'm just curious what you receive the most, questions that you receive the most. I know it's impossible doing a short amount of time, but what do you tell them for this question that they ask you the most? Or is it what we already covered? Like how do you transition?

Matt Bennett:

Yeah, most of the people that I coach are looking for either weight loss or just trying to eat as much raw food as possible. I tend to actually get most people that have been in this lifestyle for a while and they're just struggling to find a way that they can do it sustainably. And so that's what I really try and specialize in is making this diet enjoyable and sustainable because I think there's a lot of approaches out there that most people struggle with long term. Like we just talked about trying to be 100% raw when it just isn't practical for their given situation. Again, some people can do it, they're in a good situation or they're just very determined to do that. But what I try and get across like I said, is that you don't have to be 100% raw to make this a sustainable way to be healthy long term. So what I would tell people to be healthy and sustainable long term, is to go to my website, download the traffic light system for free off my website, and you can learn how to structure your diet in a way that gives you the good direction on where you're going with your diet, but also builds in some strategic boundaries that are going to help you to if you need to include a little bit of cooked food, you can do that and not feel guilty about it, and it just lays it out for you. So it's really super easy to move forward with and be successful.

SHARI LIKES FRUIT:

Do you notice that the advice for women versus men needs to be different because they're different personalities and emotions and the way they operate?

Matt Bennett:

That's kind of tough. I think for the majority of people, men and women, it's going to be pretty similar. Each person is going to be a little bit different. People do have their specific preferences and their own way they want to do it. But in terms of men versus women, I don't think there's that big of a difference. Maybe women want to eat a little more fat, but for the most part I think it's pretty similar.

SHARI LIKES FRUIT:

What about with emotional eating? Because women grow up with a different kind of image of what they're supposed to look like and things like that. And men seem to be able to do cleanses better and fasting and things like that and some women shouldn't do that. Is there a difference in that way?

Matt Bennett:

Yeah, that is something that comes up. So with women, they are definitely more in touch with their emotional side. I don't even know how to answer that question.

SHARI LIKES FRUIT:

I know there's no way to answer it safely. I'll say it as a woman. I would say that there's a different approach between the two because guys seem to have an easier time in some areas and women so if women do a cleanse, as I've heard a lot of coaches talk about, they might rebound and overcorrect versus a guy who just like Eli. Eli can just do it all day long. It's no big deal.

Matt Bennett:

So can yeah.

SHARI LIKES FRUIT:

So, okay.

Matt Bennett:

Is that yeah. Yeah, it is. Yep. I'll go with that.

SHARI LIKES FRUIT:

Okay, last question. Before my last question, see how I added two questions? I love that protein. So we started to talk about that today as well. Some people are coming out saying you need more as you age. Some people I personally do think if you wanted to build muscle and gain muscle, you would have to increase the protein a little bit. I do think the macros matter. I don't think that necessarily is the biggest thing you should do for health. But for muscle building, I do agree you could add a little more protein for aging. There is some research to say that you should add a little more protein as you age. Not a ton. There's no argument about plant based versus meat. I don't think that's an issue. So I'm just curious what your views are. Is there a role for protein to be increased ever so slightly within the context of a plant based diet?

Matt Bennett:

I would say some of these nuances are insignificant if you're living a holistically healthy lifestyle. Personally, I think you just need more calories. If you want to build muscle, you need to eat more food and then consequently, you'll get more protein. That's just my thing. To be honest, I haven't studied a lot of the science that's out there, but from what I've witnessed, it's really just about eating more food and lifting weights and doing exercise in terms of going higher in protein as you get older. Again, I think the other healthy lifestyle factors are more important than focusing on your protein. I would say just eat a healthy, whole food, plant based diet as you get older and make sure that you maintain physical activity. You're getting good sleep, you have good relationships, you have a good emotional and spiritual life, and I think that's going to be more important than bumping up your protein a little bit.

SHARI LIKES FRUIT:

Good answer. You also said you haven't researched a lot, but you haven't researched the one aspect. You've researched a ton, just to clarify, because that's all you do all the time, which actually is a good segue to your books. I'm still waiting for one book, hard Copy Autograph.

Matt Bennett:

I haven't oh, yes.

SHARI LIKES FRUIT:

But what do you want to say quickly about your books? Five star digestion, 21 day raw transformation and five star salad revolution. And any other books you have coming out. There it is. Yes.

Matt Bennett:

There they are right here, guys. Yeah. So again, like I said earlier, I try to make this diet and lifestyle as enjoyable and sustainable and low maintenance as possible. I think my books will help you do that for sure. Again, there's the fly. Again, if you use the information in my books, I have gotten great feedback on it. The people that I coach really love the approach that I take to helping people understand a very simple way to structure this diet and lifestyle and the holistic nature of not just diet, you need all the other pieces as well. So, yeah, I would recommend people check out the books. Of course, there's a lot of great books out there on this diet and lifestyle, but I really tried my best to encapsulate all of the best parts of everything that I've learned from all these different people and my own experience and put it into an easy to understand and easy to follow program, basically for you guys to be successful with.

SHARI LIKES FRUIT:

It's kind of smart, too, that they're called Five Star because they have five stars on Amazon. Like, you're subliminally programming people to leave you a review.

Matt Bennett:

That was the idea.

SHARI LIKES FRUIT:

Very smart. Yeah. And do you have any other books coming out?

Matt Bennett:

Yes, I'm actually writing a book on weight loss. It's going to be called five Star Weight loss. And so I'm going to give you guys the program that I like to help people with, with weight loss that I found to help me with managing my weight. I lost about initially 30 plus pounds when I first got into this diet and lifestyle. And then using what I teach in these books, I've found a good balance on how to just have a healthy weight and eat the foods that I love and not have any cravings and have really great energy and do everything that I want to do. So weight loss, there's a lot that goes into it besides just diet. And I'm going to cover all of the different things that I think are easy to understand and it's kind of common sense stuff, but I'm putting it into an approach that I think people are going to find really entertaining and easy to follow.

SHARI LIKES FRUIT:

And as your editor, you'll get little bonus things to throw in there as somebody who has been through it as well on the female side.

Matt Bennett:

Yes, exactly.

SHARI LIKES FRUIT:

Also, this is not relevant, but there was a political debate where a fly landed on one of the candidates. Do you remember that?

Matt Bennett:

No, I don't. Watch the circus.

SHARI LIKES FRUIT:

I can't talk about it. I'll start laughing. But I've been trying not to think about the whole interview. But The Fly became a character on Saturday Night Live and they did a whole thing. It was the Fly close up and what he was trying to do. But anyway, hopefully it won't be here for the last question, which is, you have a new show coming out that's live.

Matt Bennett:

What's the question?

SHARI LIKES FRUIT:

Can you talk about your new show?

Matt Bennett:

Is this going to be edited?

SHARI LIKES FRUIT:

No.

Matt Bennett:

Good.

SHARI LIKES FRUIT:

This is why I'm not your first guest, by the way, on your show.

Matt Bennett:

Yeah. I'm going to have to consider a fly trap.

SHARI LIKES FRUIT:

Oh, yeah. I could go to Gallery View now.

Matt Bennett:

What?

SHARI LIKES FRUIT:

I need to go to Speaker View is what I'm saying. Okay, here we go. And you're on. Okay.

Matt Bennett:

What you want me to answer, right?

SHARI LIKES FRUIT:

Oh, hold on. Okay. Yes, please. Tell me about your live show coming.

Matt Bennett:

Okay.

SHARI LIKES FRUIT:

I'm going to send you the skit later. Okay. No, the world wants to know, Matt. Tell me about.

Matt Bennett:

All right. Yeah. So my upcoming show is called the Raw Intuition Health Show. Had to really dig deep to find that name, and it's going to be just me going live with a different guest each week. And we're going to have a specific topic on health and wellness and all sorts of topics related to health and diet and lifestyle and all these things. So I think people are really going to enjoy it. It's going to be packed with information and inspiration, and it's free, so tune in.

SHARI LIKES FRUIT:

That is a good price. Darn it. I'm going to have to switch to say goodbye. Why don't you you're the guy with the voice. You should just take us out. Thank you for watching. Hold on.

Matt Bennett:

Yeah, I'm fine.

SHARI LIKES FRUIT:

My nose is running. And here we go. Are we good? I think we're good. We covered everything.

Matt Bennett:

That was everything that I know.

SHARI LIKES FRUIT:

We just got it all out. We're going to bring Ava on. Okay. So we'll properly end. Thank you, Matt, for your time. I appreciate.

Matt Bennett:

You. Ava.

SHARI LIKES FRUIT:

Well, we've neglected her. She's going to know why when she watches this interview. Should I stop this one and we'll bring her on?

Matt Bennett:

Sure, yeah.

SHARI LIKES FRUIT:

I'll explain in the captions why I'm a train wreck. Thank you for watching. Okay. Oh, man.