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When you Need Quick Inspiration to Stick to Your Raw Foodie Lifestyle

Whether you want to be 100% raw or high raw or plant-based, having a quick reference guide to read each morning (and each time you're faced with a challenge) can help inspire you to make good choices.

Only fill your head with things that lift your mood and empower you to reach your goals.

Of course, raw isn't the requirement, but it helps! And if you're a meat-eater reading this, simply incorporating more raw fruits and veggies in your diet will start your shift towards health and vibrant energy!



For those who follow various people in the raw vegan community, we know there are many approaches to doing the raw vegan diet.

Many follow natural hygiene principles, have higher fruit, many enjoy a higher amount of healthy raw fats, and some incorporate consciously steamed whole veggies or other plant-based whole foods atop their raw foods in the winter vs. their 100% raw counterparts.

This judgment-free zone focuses on healthy, whole, vibrant, nutrient-dense, organic fruits and veggies. The way that makes this easy for you to follow, vibe high, and be sustainable for life is the right path for you, no matter what online gurus tell you.

EVERY MORNING BEFORE GRABBING YOUR PHONE: Create an affirmation that FEELS true. If you don't feel confident that you can have the body or health you desire, add "I am in the process of..." and read it EVERY morning.



"I am in the process of eating a high raw, living foods diet that I LOVE... and that nurtures every cell of my body. It becomes effortless because I love to feel good, and I love to have abundant energy." Post-it notes in places where you can easily see them throughout your day help keep your affirmation alive and present.

Adding more living foods to your diet will slowly increase your energy, mood, vibrancy, joy, and healing. Your body will become more hydrated and toned. And it will begin a snowball effect that makes it easier with each passing day.

It has the power to transform your entire life! It's about abundance. It's about all the beautiful possibilities it opens up for us. Discipline (in a healthy way) just gives us more freedom!

BENEFITS OF LIVING FOODS

🍇 **Hydration. Skin health!** Hair. Nails. Wrinkles. The vitamins, minerals, and antioxidants in fruits and vegetables promote healthy skin by **protecting it from damage caused by free radicals and supporting collagen production**. Eating a variety of *colorful* produce can give your skin a natural glow.

🍇 **Weight loss** (low in calories). Less room to eat crappy foods. Heck, just **have an apple before any meal**; that one change alone will shift everything! Weight loss means you can do more, feel lighter, and jog. Look good in a bikini. Play with your kids. Have more energy!

🍇 **Fiber!** Fruits and veggies fill you with their high water content and high fiber (when eaten in whole form). Their natural enzymes aid digestion (with proper food combining) and help prevent constipation.



🍇 **Nutrient composition!** Fruits and veggies are the OGs! If they're alive and not de-natured, you'll improve your mood, hydration, well-being, and toned body and maximize nutrients!

🍇 **Mental Well-being!** Research proves it! A diet rich in fruits and vegetables is associated with better mental health outcomes. The nutrients and antioxidants help reduce the risk of depression, improve mood, and enhance overall cognitive function. Improved mood.

Nutrient deficiencies, particularly vitamins and minerals, can negatively impact mood and mental health. By consuming various fruits, vegetables, nuts, and seeds rich in essential nutrients, you will support optimal brain function and improve your mood!

🍇 Vibrant Energy! A diet rich in whole, unprocessed foods can sustain energy levels throughout the day, preventing energy crashes and promoting mental alertness and productivity. Stable energy levels can positively impact mood and overall mental well-being. And help you quit caffeine if that's one of your goals.

🍇 Better Gut Health! There is emerging research on the gut-brain connection, suggesting that the health of your gut microbiota may influence your mental health and the “good” bacteria in your tummy.


🍇 Brain Health and Memory! A raw vegan diet, emphasizing fiber-rich fruits and vegetables, supports your gut microbiome, affecting your mood, memory, and cognition.





🍇 Mindful Eating Practices. Adhering to a raw vegan diet requires mindful eating and conscious food choices. Practicing mindfulness while eating can help develop a healthier relationship with food, promote self-awareness, and potentially reduce emotional eating or other negative eating patterns. And if you grow your food and get your hands in the soil, you have an even deeper connection to your food.

🍇 HEALING and Disease Prevention! Regular consumption of fruits and vegetables has been linked to a REDUCED risk of chronic diseases such as heart disease, stroke, certain cancers, and diabetes. The high levels of antioxidants and phytochemicals in fruits and vegetables contribute to their disease-fighting properties.

And by minimizing the stress on your digestion and eating our species-specific diet of fruits and veggies, we empower our bodies and allow them to heal any lingering health issues.

 **Eye Health!** Certain fruits and vegetables, such as carrots, spinach, and oranges, are rich in vitamins and antioxidants that are beneficial for eye health. They can help protect against age-related macular degeneration and other vision problems.

 **Heart Health!** The high fiber, antioxidants, and potassium levels in fruits and vegetables contribute to heart health. They help lower blood pressure, **reduce cholesterol levels**, and improve cardiovascular function.

 **Boosted Immunity!** Fruits and vegetables are excellent sources of immune-boosting nutrients like vitamin C, vitamin A, and antioxidants. Regular consumption can enhance your body's ability to fight off infections and illnesses.

Usual medical disclaimer: It is generally a good idea to periodically check B12 levels, iron, vitamin D, calcium, and healthy omegas (such as dark leafy greens and chia seeds).