

# Why Go Raw?

10 Amazing Reasons to Turn Off the Oven

Marie Greene



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## *10 Amazing Reasons To Turn Off The Oven*

by Marie Greene

Have you ever taken a really close look at what you put into your mouth? Think about it. Your body is a complex machine designed to perform amazing tasks on a constant basis, and yet it's more than likely that most of us don't put a lot of thought into the "fuel" we use to keep it running. Race car drivers don't use low-octane fuel to power their high performance vehicles, so why should we expect high-speed results from bodies powered with low-quality fuel? Here are ten amazing reasons to support your body with the living foods it was designed to love:

### **1. Living foods save you money.**

Most people that believe they can't afford to eat an all-raw diet may not consider the following facts:

\*By cutting out processed/packaged foods, meat, and dairy, there is plenty of room in the budget for adding fresh fruits and veggies.

\*Other than some initial equipment costs, most living foods are easily accessible and can easily be grown in your own backyard.

\*Eating fruits and vegetables in season helps to keep the costs down.

\*As you cut standard foods out of your diet, you will notice less cravings, less hunger, and will eat smaller portions. The more nutrients you are assimilating, the less food you need to be satisfied. Try it and find out for yourself.

\*Consider the cost of carrots versus the cost of a slice of carrot cake, and it will help you understand the financial benefits to eating a diet of raw living foods (the simpler the better).

Take a close look at the ingredients on the packaged foods you used to eat. Make a list, jotting them all down together and ask yourself if those are the best ingredients for your body. Do you even know what most of them are? Not only do they feed your body the absolute lowest quality fuel available, but these ingredients create an acidic state in the body, which is a breeding ground for illness. The key is not just to add raw foods to your existing

shopping list, but to eliminate unhealthy foods and allow the raw foods to take their place. By eating a higher vibration diet, you are also saving yourself medical costs down the road. Any extra money you may spend on food now will be more than worth it when you see the savings in your health and well-being. Consider the costs associated with a trip to the doctor and the “full course” of medications prescribed, and you’ll feel more comfortable with the price of bananas and romaine.

## **2. Living foods feed your spirit.**

You’ll hear me say this again and again, but it’s not all about the food. The Raw Lifestyle is about an absolute state of health- mental, physical and spiritual. The amazing thing about raw foods is the transition that takes place internally on a spiritual level as you begin to feel more clear, more directed, and more purposeful about your life. There is a clarity, and an awareness that becomes obvious very quickly when your diet consists of only living foods. Energy resonates from living foods, and by eating those foods you are ingesting that energy which feeds your being on every level. Cooked foods promote only basic existence, not vibrance. They dull the senses and prevent rejuvenation and cleansing.

As a lifelong vegetarian, and vegan of many years, I truly felt that I was living at my peak energy. I didn’t know it could get better, but after transitioning to raw foods over a couple of years I realized that there was a state of health I had never experienced with any other way of eating. I began to feel more aware than at any other time in my life, and it was so noticeable that I could literally pinpoint emotional and spiritual progress as it was happening. Amazing!

## **3. Living foods can bring out your natural beauty.**

David Wolfe, an amazing teacher and living foods mentor, wrote an entire book, *The Beauty Diet*, all about the physical beauty that comes through living foods. How can a diet change make you beautiful?

Our bodies are designed perfectly and yet, our stewardship to care for and maintain them can impede that perfection. If our idea of “taking care” of

our bodies is by ingesting chemicals and foods with poor mineral/vitamin content, then we are not giving our bodies the resources they need to perform optimally. We may continue to function on basic levels, but we frequently experience rashes, acne, sallow skin, dark circles under our eyes, brittle hair, dull eyes, lack of energy, constipation...and more.

One thing you will notice about raw foodists, especially those who do it right, is that they glow. Their skin is luminescent and their eyes are bright. They smile a lot because they feel wonderful, and have an all around look of health. The Raw Lifestyle beauty comes not *just* through the actual physical changes, although there are MANY, but also the emotional and spiritual changes that create a vibrant state that is unsurpassable.

#### **4. Living foods will help you lose weight.**

Take one look at the media and you might assume that weight loss is unattainable. Everyone wants it, and no one has a sure-fire way to get it. As a society we are conditioned to turn to food to feed emotional needs. The Raw Lifestyle invites you to become aware of your tendency to feed an emotion with food. Intuitive eating allows you to use other methods to meet your emotional needs when they arise. By understanding why you are craving comfort foods, you can often overcome the need to eat them.

Living foods provide your body with high quality proteins, minerals and vitamins (especially if your foods are organic). When your body is truly feeling fed, you won't continue to crave the refined sugars and starches that you once did. Generally within two or three weeks most cravings will subside, and you'll find your body begging for fresh fruits or veggies. And unlike modern diets that require calorie counting, The Raw Lifestyle frees you from the need to keep track. Eat as many meals a day as you want, and as long as you limit the nuts and seeds (which tend to be higher in fat) you'll see your body transform into the shape you always knew it could be.

In general people don't realize the connection between digestion, elimination, and weight. As you eat meat, dairy, and processed/refined foods, your colon becomes clogged with a thick layer of sticky mucus (gross, huh?). The more mucus we have, the less nutrition we absorb, and the

fewer toxins we eliminate. When your digestion is freed from the burdens of mucus and toxic foods, your elimination process will kick into gear and your body will begin to shed weight more easily.

### **5. Living foods can protect and revitalize your body.**

How long has it been since you felt absolutely amazing? Do you have to drag yourself out of bed in the morning, or are you bouncing out of bed and ready to conquer the world? Is your body getting old before its time, or do you feel as young and vibrant as ever?

There are some who enjoy the flexibility and energy of their youth long into their eighties. How is this possible? Take care of your body and it will take care of you! Raw living foods are recognizable to your body. Rather than having to sort through the chemicals and additives of a normal diet, your body can begin digesting and absorbing food quickly and with less effort. This means there is more energy for rebuilding and regeneration, and more energy for living an active lifestyle.

As you eat nutrient rich, living foods, your body will begin doing internal housekeeping. You'll find yourself cleansing out old matter as your body discovers that it now has the ability to do so. The average person holds 5-10 lbs. of waste matter in their bodies. Just imagine what cleansing work your body will do when it's given the proper tools!

### **6. Living foods will help you come to know yourself.**

Most of us don't realize the lack of connection we have with ourselves. We go mundanely throughout life with very little cognition, or awareness, of our own well being. As life passes by us, there are glimpses of recognition- little inklings that tell us we aren't living our truth. We see the fleeting messages and wave at them as they pass by.

Coming to know oneself is possible on every level, and though there are many paths that lead in that direction, I believe an optimal diet is a vital

part of the process. Whether you intend to become a raw foodist or just incorporate more living foods into your diet, it's important to transition away from foods that contain chemicals and hormones, and from foods that are processed and refined into oblivion. Our bodies cannot begin to enlighten us emotionally if we are bogged down with unhealthy foods. The slower and less efficiently we digest and eliminate our food, the slower and less efficiently we operate on every level.

The high vibration of living foods provides your body with an energy that resonates throughout your being. As you raise the vibration of your body with the help of ***proper foods*** and ***proper thoughts***, you will find that you develop a new relationship with yourself. You will feel more in tune with what it is you really want. You'll wake up to the reality that is YOU. Knowing yourself allows you to honor yourself, both by your choices and your thinking. Raw living foods provide one vehicle to this self-knowledge.

Once you begin to change the way you think, you'll find that you are indeed creating your own experience. In every way, your thoughts create your reality. By learning more about your innate ability to create, you will see the tremendous value this has in adopting a Raw Lifestyle on every level. To learn more about creating consciously, visit [this site](#).

## **7. Living foods allow you to process and overcome emotional baggage.**

Who could imagine that a change in diet would open up old emotions and bring a lifetime of loose ends to our attention? Our cells have memory, and store vast amounts of information and emotion. As we begin to cleanse our bodies of physical waste, the emotional waste begins to rise to the surface as well, allowing us to clear it and move forward.

Though a bit confusing when it first begins, this emotional clearing allows you to free yourself from the invisible toxins that have weighed you down and have limited your growth. As you let go of food addictions and social expectations, you also begin to let go of self-defeating thoughts and behaviors. Old disappointments may surface, allowing you the opportunity to escort them out of your life. Embracing and welcoming your new reality

becomes a way of being, rather than simply existing.

The easiest way to describe the sensation of this awakening is to imagine being introduced to your subconscious, and seeing all of its contents displayed. Laid out before you are all of the unrealized dreams, the self-defeating thoughts, the resentment, the heartbreak, the anger... as well as the undiscovered gifts, the emotional intelligence, the self-awareness, and inner truth. As you sort through these files of consciousness, you begin to notice how comfortable it feels to let go of limiting beliefs and fears. Shedding old patterns allows you the freedom of opening your life to your own potential. The Raw Lifestyle involves not just living foods, but living attitudes.

### **8. Living foods change your taste buds.**

At the beginning of the raw food journey, it's hard to believe you could ever stop craving your favorite vices: ice cream, diet soda, chocolate chip cookies, you name it people crave it! Unfortunately, we don't crave such things because they are good for us, or even because our bodies want them, but because nutritional deficiencies send signals to our brain saying that we're missing something. But with so much internal pollution, it's difficult for our brain to recognize what the body is asking for, and we instead give way to emotional eating. As your body becomes more and more familiar with real nutrition, the false cravings begin to dissipate and allow your body to ask for what it really wants- more living foods!

After being raw for several weeks or months you may find yourself tasting a nibble of an old favorite, only to discover how salty or artificial it tastes. Even the smell and sight of cooked foods may seem unappealing and heavy. It will surprise you to see how quickly your body adapts to living foods, and how loudly it will let you know if you've eaten something it doesn't approve of. Several times I have been awakened by wracking stomach cramps and diarrhea after a few bites of something I knew I shouldn't have eaten. A sleepless, painful night is an excellent reminder to take better care of our bodies.

## **9. Living foods are beautiful!**

Have you been to a potluck recently? The tables are spread with neatly checkered cloths and vases full of flowers, but the food- Oh the food! Bowls full of monochromatic mush are arrayed with festive effort, yet the most appealing thing on the table are the flowers!

I had never noticed the contrast between raw foods and “regular” foods until I attended my first rawluck (a raw potluck). Never before had I seen so much color, or so many glowing people. Not once did anyone unbutton their pants, or pat their protruding belly. It wasn’t at all like the gatherings of my prior experience, where unidentifiable mixtures often pose as side dishes (and are practically inedible). My husband refuses to eat potluck food, and has always done so. He insists that there is far too much room for mystery in foods that are so combined that there’s no telling what might be in them. I used to tease him about his potluck snobbery, but I’ve since latched on to his wisdom.

A dining room table can be decorated with nothing more than a clear glass bowl full of fresh lemons, or shiny Granny Smith apples, and be absolutely stunning. Could we do the same with a bowl full of chips? macaroni and cheese? burritos?

## **10. A living food lifestyle is contagious!**

It’s nearly impossible to be in the presence of raw foodists and not come away feeling inspired. As you transition to living foods, your friends and loved ones will take notice. You will look better, feel better, and glow brighter. Those that observe the changes in you will want to know more.

*What’s different about you?*

*Is this something they could do, too?*

*How can they get started?*

You’ll find the transition from student to teacher comes quickly, as the people in your life begin to look for ways to change their course. Your trial-and-error experiences become a lifeline for those who want to follow

in your footsteps. Imitation is the greatest form of flattery, so open up your heart and be willing to share your journey.

## Favorite Easy Raw Recipes

### Cashew Banana Berry Sorbet

- 1 c. cashews
- 1/2 blender full of cold water
- 1 c. frozen strawberries
- 1 banana
- 1 c. frozen berry blend
- 1/2 c. maple syrup (or more, to taste)
- 1/2 fresh squeezed lemon



Blend all ingredients in the blender until creamy and pink. Process in your ice cream maker just like you would ordinary ice cream. It's really yummy soft serve out of the container. If you don't eat it all in one sitting, then it freezes well, but you'll want to let it sit out for a bit before you try and scoop it. It gets really hard once it freezes all the way!

### Chopped Salad with Chipotle Ranch Dressing

Salad:

- 2 c. romaine lettuce, chopped
- 1 cucumber, peeled and diced
- 1 red bell pepper, seeded and diced
- 2 celery stalks, sliced 1/4" thickness
- 1/2 red onion, sliced very thin
- 2 carrots, peeled and sliced
- 1/2 small head of radicchio, sliced into thin pieces
- 2 tomatoes, cut into wedges



Toss salad ingredients together. The radicchio is FABULOUS and is so worth the price. Don't skimp if you are going to make this salad. You'll want to experience all the flavors together, and the radicchio would be sorely missed.

## Raw Vegan Chipotle Ranch Dressing

1 c. raw sour cream\*  
1/4 c. olive oil  
1 Tbsp fresh lemon juice  
1 1/2 tsp maple syrup (or agave nectar)  
1 Tbsp apple cider vinegar  
2 chipotle peppers  
2 Tbsp drained capers  
2 Tbsp chopped onion  
1/2 tsp sea salt  
1/2 tsp chili powder  
1/4 tsp paprika  
1 garlic clove, minced

Blend all dressing ingredients together in the blender until smooth. Add a bit of water or oil if it's too thick. This dressing will keep for up to a week in the refrigerator, but so far we haven't managed to keep any past the second day. It does seem to get hotter the longer it sits in the fridge (even the second day), so be prepared to use it quickly if you don't like it too spicy.

### \*Raw Sour Cream

1 c. cashews  
Juice of 1/2 lemon  
Juice of 1/4 lime  
1-2 c. water (as needed)  
dash salt  
1/2 c. shredded coconut flakes (no sweeteners or sulfites)

Add ingredients to Vita Mix and blend, adding additional water if necessary

for a smooth mixture. Store in the refrigerator. The cream will thicken after it has been refrigerated for a few hours.

## Cashew Pad Thai

- 1/3 head red cabbage, thinly sliced
- 1 clove garlic, minced
- Juice of 1/2 lime
- 1 Tbsp fresh ginger root, grated finely
- 8 leaves fresh basil, sliced
- 1/4 c. Bragg's Apple Cider Vinegar (maybe a bit less)
- 2 tsp. soy sauce
- 1/2 tsp green Thai curry paste
- 2 Tbsp honey
- 1/4 c. raw dehydrated coconut (grated style)
- 1 c. cauliflower diced small
- 2 stalks celery, sliced 1/2" thick
- 1/2 c. cashews, crumbled



Set cabbage, celery, cauliflower and coconut aside. Combine all other ingredients and stir well. Toss over vegetables and sprinkle with cashews. Eat with chopsticks if you'd like!

## Cauliflower Salad

- 2 c. chopped cauliflower
- 1 thin stalk celery, sliced
- 1/2 c. frozen peas, thawed
- 1/2 red pepper, diced small
- 1/2 c. raw cashews
- Drizzle of raw \*Honey Mustard Dressing



Combine all ingredients and chill for at least one hour before serving. They can be eaten the second day, but the cashews are usually quite soft after marinating overnight so it's best eaten the day it's made.

### \*Honey Mustard Dressing

1 tsp. whole mustard seeds  
water  
1/2 c. raw honey  
3 Tbsp Bragg's Apple Cider Vinegar  
1/2 level tsp. garlic powder  
1/2 clove fresh garlic (minced)  
1/2 c. olive oil  
4-6 Tbsp. prepared mustard

Put mustard seeds in a bowl and cover with water. Let sit for 20-30 minutes. Rinse with water and drain. Put seeds in blender along with vinegar until seeds pop open. Add garlic powder, garlic and honey. Blend mixture on high until combined. Drizzle oil in slowly while blending. Then blend on high for another full minute. Add prepared mustard and blend well. You may need to pulse the blender to keep the blender from getting too hot.

### Pineapple Papaya Cream Smoothie

1 1/2 c. fresh papaya (seeds removed)  
1 c. fresh pineapple (rind removed)  
1 whole orange with pith intact (peeled, cut into quarters)  
juice from 1/2 fresh lemon  
Handful of ice  
1/2 c. cold water  
1/4 c. pure maple syrup  
1/2- 3/4 c. raw sour cream



Puree in Vita Mix until smooth. Drink immediately as the pineapple enzymes will break down the other fruits quickly.

## Almond Joys

3 c. shredded dried coconut  
2/3 c. coconut butter, at room temperature  
2 Tbsp raw cacao powder  
1/2 c. pure maple syrup (more if needed for  
sweetness)  
dash of pure vanilla



In a bowl combine the melted coconut butter and the cacao, stirring until smooth. Add the maple syrup and vanilla and continue stirring until the mixture is uniformly blended. Pour over the coconut and mix completely. Drop by spoonfuls onto a plate and garnish with a raw almond in the center. If you want to reserve a bit of the chocolate mixture you can drizzle a bit on the top of each Almond Joy to add an extra special touch. Refrigerate overnight and serve chilled. These will melt in your mouth!

## Macaroons

1/2 c. raw almonds  
2- 2 1/2c. shredded unsweetened coconut  
1/4-1/2 c. pure maple syrup (start with 1/4 and add more if needed for  
sweetness)  
1/4 c. coconut butter  
1/8 c. coconut oil  
2 Tbsp pure vanilla  
dash sea salt

In a food processor pulse almonds until they become a coarse powder. In a bowl combine almonds and remaining ingredients. With a small ice-cream scoop or large melon-baller, pack mixture into the scoop and then plop onto a serving tray. When all the balls are formed, place the tray in the refrigerator and chill until firm. These are better the second day when the coconut softens. Keep refrigerated when not being eaten.

## Santa Fe Scramble

1/2 c. almonds  
1/4 c. sunflower seeds  
1/4 c. water  
1 tsp cumin  
dash taco seasoning  
handful cherry tomatoes, sliced in half  
few Tbsp diced onions (Sweet Vidalia are best)  
fresh baby spinach leaves  
1/2 avocado, diced



Blend in nuts and seeds food processor until in small pieces. Add water and cumin and blend again for a few seconds. Stir in remaining ingredients (except for spinach) and serve atop a bed of spinach leaves.

## Romaine Wraps

In a food processor add-  
4 or more baby carrots  
Small handful of cauliflower  
3-4 large basil leaves  
2 small mushrooms  
Few Tbsp pine nuts  
Dash of Bragg's Amino's (or Nama Shoyu)



Pulse the mixture for a few seconds until the pieces are small, but not smooth. Spread evenly over 4-5 pieces of romaine lettuce. Top with chopped avocado, onion slices, sliced tomatoes and a generous sprinkling of Veggie Pepper (Frontier Brand).

## Chocolate Banana Zip

In a Vita Mix (or any blender) add:

1/2 c. cashews

2 c. water

2 Tbsp raw cacao powder

dash sea salt

few Tbsp raw agave nectar

2 Tbsp raw honey

Blend on high until smooth. Add 3 ripe bananas and then add 2-3 trays of ice gradually until smooth and creamy. Add additional sweetener if needed.

## Pizza Roll Ups

1 c. soaked walnuts

1/3 c. sun dried tomatoes

1/2 red bell pepper

1 very small onion

2 cloves garlic

1 large handful fresh basil

1 nice sized pinch of fresh oregano

1/2 c. fresh sliced mushrooms

sea salt

Italian Seasoning

Mediterranean olives



Slice zucchini with a vegetable peeler, creating long paper-thin slices that are the width and length of the zucchini. Add remaining ingredients to food processor and puree until mixture is a thick paste with small bits and pieces remaining. Spread a thin layer of mixture onto each zucchini slice and roll up gently. Place rolls on dehydrator trays and dehydrate at 110 degrees for 8 hours or until dry. Serve warm.

## Rainbow Crackers

- 1 c. golden flax seeds, soaked in water overnight
- 1 c. buckwheat (hulled), soaked in water overnight
- 1 small onion
- 5 snack-size baby carrots
- 1/3 c. chopped red cabbage
  
- 1 stalk celery
- Spike seasoning
- 2 cloves fresh garlic
- salt



Combine vegetables and garlic in your food processor and process until they are small pieces. They don't need to be completely smooth, as the larger flecks in the crackers enhance the look. Stir veggie blend into a bowl with flax and drained/rinsed buckwheat. The flax will be a thick gel, which improves the texture of the crackers. Season with a few shakes of Spike, a dash of salt and any other seasonings you would like to use. Dehydrate at 115 degrees for two days, turning once to completely dry both sides.

## Tahini Walnut Dip

- 1 1/4 c. walnuts (soaked)
- 1/3 c. raw sesame tahini
- 2 Tbsp fresh parsley
- Dash of cumin, coriander, cayenne pepper, Veggie Pepper, celtic sea salt (to taste)
- water to thin

In a food processor combine all ingredients and gradually add water until you like the consistency. If you're using unsoaked walnuts, the mixture will thicken up as it refrigerates so keep this in mind as you're adding water. Serve with fresh veggies or raw crackers.

## Hummus Wrap

Raw almond hummus  
Romaine lettuce  
Grape tomatoes, quartered  
Red onions  
Avocado  
Alfalfa sprouts  
Carrots, sliced julienne  
Raw olives  
Veggie Pepper



Layer a strip of hummus on the romaine leaf. Top with a few carrot strips, a few red onion slices, tomato wedges, a small handful of sprouts, sliced raw olives, avocado slices, and veggie pepper. Serve immediately.

## Raw Hummus

1 c. almonds, soaked overnight (drained)  
3/4 c. raw cashews, soaked overnight (drained)  
1 Medjool date, pitted  
1/4-1/2 c. olive oil  
1/4 c. lemon juice  
2-3 Tbsp. cumin  
2 cloves garlic, minced  
1/8 c. minced fresh parsley (packed tightly)  
Dash cayenne pepper (optional)  
1 tsp onion powder  
Sea salt, to taste  
Water, for thinning

In a food processor combine all ingredients with 1/2 c. water to start. Process until mixture begins to smooth out, adding extra water as needed to create desired consistency. A friend of mine always serves her raw hummus with raw olives and sunflower greens, which I believe is the most fabulous way to eat it! This tastes great on baby carrots, celery, raw

crackers, hummus wraps, grape tomatoes, and just about anything else you can think of.

## Flax Cereal

1/4 c. each raw flax seeds, sunflower seeds, sesame seeds, pumpkin seeds, almonds, walnuts, etc...

1/4 c. unsweetened coconut

1/4 c. raisins, dates, cranberries, etc...

3-4 Tbsp date sugar, brown sugar or honey



For cereal in the morning combine ingredients in bowl and pour water over the top to just barely cover the mixture. Cover the bowl overnight. In the morning the cereal will be thick and ready to eat. Drain off any excess water and add additional Sucanat or honey to sweeten if desired.

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Learn more about The Raw Lifestyle by signing up for my free e-zine, available on my website [www.therawlifestyle.com](http://www.therawlifestyle.com). Weekly articles and recipes will provide inspiration, insight, and encouragement for raw foodists. Whether you are a veteran raw foodist, or just beginning the journey, The Raw Lifestyle has something for everyone.

For deeper insight into The Raw Lifestyle, watch for the release of my upcoming e-book, ***Peace & Plenty: Embracing The Raw Lifestyle in Body, Mind & Spirit***. The book will be available by Fall 2007. Subscribers to my weekly e-zine will be the first to hear of its completion.

Thank you for sharing this journey with me. As more and more people commit to raising their vibration, and living with greater intention, this beautiful world of ours will respond in ways so powerful that we will be amazed. You'll never know the influence you can have until you begin. It's a beautiful path, and I look forward to walking it with you.

Marie