

you're providing your body with food it can absorb.

## 2. Our food is too acidic -

When you eat a raw food diet, the most acidic foods get stripped from the diet - wheat, sugar, soft drinks, deep fried and processed foods to name but a few. You will naturally start including more greens, salads and other tasty gourmet raw food dishes.

## 1. We eat too much -

This goes back to the mineral story and the cooked food story - if you eat an organic raw meal, it will be naturally rich in minerals, you won't have to eat as much and you will be getting your full quota of nutrient value from less than half the quantity of food.

Living a long, healthy vibrant life is simply a natural byproduct of this lifestyle. So why else is it a good idea to eat raw? "Life is designed raw. Out of trillions of organisms that were alive at the beginning of time, are alive now and will be alive at the end of time, only one tampers with its food. You do not want to bet against those kind of odds." (excerpt from Sunfood Diet Success System).

Eating Raw saves you time and money.

Eating Raw gives you abundant energy.

Eating Raw gives you radiant health.

Eating Raw takes away the stress of having to worry about illnesses that just don't show up or make themselves at home in your body when it is cleansed and thriving on living foods.

Raw Food helps the planet. By eating raw you are in your own, powerful way doing your bit for the environment - instead of producing rubbish that fills landfills you are discarding seeds which create life.

Eating Raw is delicious and FUN!

And what's more it raises your vibration. Simply by the fact that you have limited your calorie intake, less time and energy is spent on digestion and that excess energy can be utilized elsewhere.

We've all heard that you are what you eat - if you eat dead food, you are in effect pushing your body's self-compost button. If you eat living food eg sprouts you are energizing and revitalizing every cell in your body with this living energy.

## here are some recipe ideas for how to get started

### **Pineapple & Berry cocktail**

1 large pineapple

1 mango

Seeds from half a vanilla pod or vanilla extract (not vanilla essence)

Pinch of Himalayan rock salt

Water

1 Cup mixed berries

1 handful goji berries

Water



### **Mexican mixed salad with guacamole and salsa**

1 Cup fresh Sweetcorn

1/2 a red pepper diced

1 Spring onion finely chopped

A handful of coriander chopped

1 tomato diced

5 pitted and halved black olives

A variety of sprouts - eg sunflower sprouts and alfalfa

Prepare a bowl of fresh organic rocket and baby spinach leaves. Add the diced ingredients above. Drizzle with olive oil and a squeeze of lemon. Sprinkle with 1/4 tsp ground cumin and 1/4 tsp rock/sea salt. Serve with guacamole and salsa

### **Guacamole**

2 large avocados

1/4 cup olive oil

Spring onions

Coriander

1 tomato

juice of 1 lemon

Himalayan rock salt

Chilli powder or fresh chillis (optional)

Put all ingredients into a power blender or a Magi-Mix and whiz until smooth and creamy.

### **Salsa**

2 cups fresh tomatoes

1/2 cup coriander

1/4 fresh chilli

1 Tbs lemon juice

1/2 cup red onion

Himalayan rock salt

Add all ingredients to your blender or mixer and pulse on/off until the ingredients are chunky, but not smooth.

If you would like to learn more book yourself onto one of the 4 week raw food prep classes for the full experience: Classes are 2 1/2 hours once a week for 4 weeks. For more info please call Beryn or Peter on 021 7864068 or visit [www.superfoods.co.za](http://www.superfoods.co.za) and check out the 'events' page. In the next issue ... raw chocolate recipes to indulge in totally gluten, wheat, sugar and dairy free plus 100% healthy and guilt-free and naturally out of this world.