



# ***100 Days to 100% Raw:***

*The Step by Step Guide to the Raw Food Lifestyle for  
Achieving Optimum Health & Ultimate Beauty*

*By*

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Beautiful on Raw: Uncooked Creations & Quantum Eating:  
The Ultimate Elixir of Youth***

*Freud never traced  
the trauma of the caterpillar  
but it cannot be easy  
becoming a butterfly overnight.*

**Sharron Carrell**





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**Introduction**

I wrote *100 Days to 100% Raw* as a companion to my two raw lifestyle books: [Your Right to be Beautiful](#) and [Beautiful on Raw: Uncooked Creations](#). During my seminars and personal consultations, I discovered that I didn't actually have a program to help kick-start people who were interested in the raw food movement but were daunted by the prospect of a total conversion to a raw food lifestyle. In this guide, I have simplified everything I have learned into these 100 steps. You will find references to my books as well as others to illustrate the points I am making.

*100 Days to 100% Raw* features a dynamic, step-by-step curriculum to teach the fundamentals of the raw food lifestyle. These self-facilitated steps will help you kick-start your health and improve your looks. It is designed for both newcomers and those seeking to improve their progress. My *100 Days to 100% Raw* strives to promote a healthy lifestyle change for people of all ages. The program focuses on providing resources for those just beginning to make health changes as well as those who already have a health routine and want to expand their options. This guide is designed for a person making the transition from the Standard American Diet. If you are already doing some of what I recommend, you may move faster because you have already completed certain steps.

While the goal of the journey is to become our true bodily selves, the only way to accomplish this is by letting go of who we are not. Since you have read my first two books, it is time to not merely understand the principles of the living food lifestyle, but to embrace them to the best of your ability.

Learning an entirely new way of eating can be overwhelming. All at once, you are unlearning everything you ever knew about eating. Every person who goes raw has done most of these steps at some point. Introduce ONE new thing at a time—never more. These hundred days do not have to be consecutive, but these are the steps that have to be taken to stay on the chosen

path. It is okay to complete the transition in more than 100 days.

Like any major change, going raw isn't simple. It is unlikely you'll sail through this book and be absolutely raw in 100 days. You will start, stop, stumble and start over. I did. Everyone in the movement has. The essential thing to remember is: Do consistently what you can and keep adding to the progress you've made. You'll encounter plateaus when you are not making major changes. But as long as you maintain what you have mastered, you will eventually succeed. It may be days, months, or years before you achieve your final goal—these suggestions will simply be your guide. Pick and choose. Work with your life and your schedule. But try to work your way through the steps. Make a checkmark by every milestone so you can see your progress.

## Day 1

On this, your first day venturing into the raw food lifestyle, promise yourself you are *going* to do it. This is critical. Without that commitment, you may as well stop reading now. Over the course of changing your lifestyle you'll get discouraged, bored, angry and fed up. When you start feeling that way, it is important to keep going forward.

The key to commitment: Don't just say it—*mean* it. Don't just be “involved” with the raw foods—be truly, lastingly, decidedly...committed. If you want to know the difference, it's like an eggs-and-ham breakfast: The chicken was “involved.” The pig was *committed*. (note: I don't endorse eating such a breakfast)

Once you begin to see positive results you will have the momentum to move on. The positives will act like a wave to carry you out, but when cleansing reactions appear the same wave will want to take you back to the safe life you have known. You are not going to procrastinate—procrastination is your enemy. The time has come to stop merely talking about going on the raw food diet. Start planning now. Look ahead several days so you will know what is being introduced and will have the ingredients on hand.

*“If you do not create your destiny, you will have your fate inflicted upon you”--*

—William Irwin Thompson

You will want to invest in an inexpensive journal or notebook. This will prove to be immensely helpful in your journey to the raw foods lifestyle. The UK's Raw Food Coach Karen Knowler advises:

"As long as you are prepared to show up fully on paper, safe in the knowledge that it's for your eyes only and your only assignment is to be 100% honest, then you will be giving yourself one of the biggest gifts you will ever give yourself: the gift of listening to your own heart. And for some of you this may be the first time ever. Once you've got that far, that vital

first step has been taken. You've opened up, if only a little, and you've started to excavate. Obviously from here there is further to go. This is just the first step towards your new-found freedom." Winter 2007 edition of '**Get Fresh**' magazine.

## Day 2

Visit [www.amazon.com](http://www.amazon.com). In the subject line write: raw food. Familiarize yourself with the books available on the raw food diet. Reading is essential to succeed in this lifestyle. Each person's experience is unique. Some books are going to mean more to you than others. They all present their own experiences in their own voice. The life experiences of the people who went on this lifestyle and succeeded in spite of overcoming obstacles are your greatest motivation. The books will serve as validation for you, and also will provide some explanations and quotes that you can use for yourself to stay focused on the chosen path.

*"If you would know the road, ask someone who has traveled it"*

— Chinese Proverb

*"Books open your mind, broaden your mind, and strengthen you as nothing else can"*

— William Feather

*"The books that help you most are those which make you think that most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty."*

—Theodore Parker

*Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to continually be part of unanimity."*

—Christopher Morley

The steps to 100% Raw can be an exasperating journey. You will find that not everyone will be easily swayed from their accustomed ways. Some of your friends and family may find the concept of the raw food lifestyle threatening. You may feel completely outnumbered. You may feel misled, confused and alone because your perspective and lifestyle seem so different from your peers and often in direct opposition to popular beliefs.

That said, I also must tell you that living 100 % raw is very easy. People have this preconceived notion that following the 100% raw lifestyle is torturous. Believing that, many don't even try it, or if they do, and find it unexpectedly easy with a feeling so light that it

seems like levitating; they stop, freeze up, and tell themselves that whatever it is that they are eating can't be "real" food or at least not enough to sustain life. There is something too casual, too effortless and too normal about this kind of eating. So you begin to question: Why, if this is so easy, don't lots of other people do it?

That is when reading the books of those who went before you become a lifestyle saving experience. They will help you to get to the point when eating raw will become non-negotiable. You simply eat raw and fast at times when raw produce is not available.

### **Day 3**

Order a juicer you can afford. Most large department stores carry several styles and price ranges. Any good brand new juicer will cost over \$100. The Champion is one of the best. It is available for about \$200. You can check out websites such as [Modern Manna](#) for the best prices.

The Green Power or Green Star Juice Extractor is another good choice. Check [Green Star](#) for complete information on styles and models. The Green Star juicer has a system that crushes fruits and vegetables instead of cutting them. It expels a drier pulp that means more juice and nutrients are extracted. The Green Star comes in several models with varied accessories. It is also sold at [2-Life Health Products](#).

Products for the Natural Lifestyle are also found at [Green Living Oasis](#). Special attention is given to those on a Vegan Live Food Diet to provide them with the kitchen equipment they need at competitive prices.

You can usually find good buys on used juicers at internet auctions such as [www.ebay.com](http://www.ebay.com).

Visit [The Juice Master](#) and [Juice Fasting Health Spa Retreat](#) for information and support on juicing. The Juice Master site has a good selection of appliances but it is only useful for all-in-one-place comparisons because the company is based in the UK, and purchasing from them is not really viable for most abroad.

### **Day 4**

Start eating apples on your way to work or gym. Do not leave home without an apple. More and more studies are showing the cancer fighting properties of apples. Apple skins are a source for quercetin, an antioxidant that keeps the heart and lungs healthy.

People who eat an apple a day have better lung capacity than those who don't. This antioxidant has also been shown to lower the risk of colon cancer. Check [Beautiful on Raw: Uncooked Creations](#) for more information on the benefits of apples.

Read the book *Green for Life* by Victoria Boutenko. Learn about all the benefits of eating greens and begin making green smoothies! You can order it directly from [The Raw Family](#). Copies of *Green for Life* are also available from [www.BeautifulOnRaw.com](http://www.BeautifulOnRaw.com) by clicking on “All Products from Tonya.”

## Day 5

*"A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time."*

—Mark Twain

Every change in your habits should be made gradually. Don't expect to become a raw food eater in a day, a week, not even a month. Sudden changes can become immediately destructive to the body, even if the change is from bad to good. Give time for each new practice to get your body accustomed to it.

Keep in mind the extreme example of a drug addict. The use of poisonous drugs destroys the body inch by inch, day by day. But sudden deprivation causes suffering, violent withdrawal reactions and even death.

Although there are no rules about improving your eating habits, I would offer you one caution: think small. One of the worst mistakes most beginning raw food eaters make is thinking big, trying to go cold turkey. Keep your steps small and focused.

Don't focus your thoughts on how you are going to deal with your cleansing reactions, finding the foods you can eat, your family's resentment, your friends' negativity, social situations or you will be overwhelmed before you start. Take one day at a time and make it work. Forget about the whole picture, we will cross that bridge when we get there.

*"Take the first step in faith. You don't have to see the whole staircase, just take the first step."*

— Martin Luther King, Jr.

For daily inspiration and education visit [Health Inspirations](#).

## Day 6

Make a list of the fruits and vegetables you're already eating, whether raw or cooked. You can write these in your journal if you like. There is no point in trying to eat something you don't like just because you are going raw. That approach is self-defeating.

I will continually introduce you to foods that are widely used in the raw food lifestyle that you may never have thought about eating. Try them as they come but in the very beginning use those you like already. Check [Beautiful on Raw: Uncooked Creations](#) to see what your favorites have to offer in terms of health benefits.

If you have a particular health concern, check to see which fruits and vegetables are the best to help your condition. Build these into your diet regularly.

Raw unprocessed nuts and seeds are an important part of the raw food diet. There is no better snack than a handful of nuts or seeds. They add extra nutrition, flavor and crunch to raw food meals. Nuts are an extremely nutritious food if properly prepared. You must always soak or partially sprout seeds and nuts before eating them. This is because nuts and seeds contain numerous enzyme inhibitors that can put a real strain on the digestive system. Soaking makes nuts and seeds easier to digest and make their nutrients readily available. Soaking in water activates special enzymes that neutralize enzyme inhibitors.

A good and relatively inexpensive source for buying raw nuts is [Country Life Natural Foods](#) . Ask for their catalog.

## **Day 7**

Realize that your day will begin by juicing your vegetables. You will eat fruit daily and your meal will be prepared from the salads and main dishes found in [Beautiful on Raw: Uncooked Creations](#) or other recipe sources.

All the essential nutrients in fruit and vegetables are locked in their fibers. A juice extractor frees these essential nutrients so they can be absorbed and used directly, requiring a minimum amount of digestive effort. Thus the metabolic energy can be used 100% for cleansing mucoid matter from the lymph and toxins from the cellular tissue. What you need to increase the quantity of enzymes, vitamins and minerals absorbed into the body is a juice extractor! A good juice extractor is a valuable tool in extracting the native vitality of raw foods.

As you progress, you will add other steps and practices. But your crucial routine will not vary. Exercise is also essential. Continue whatever exercise regimen you now practice. Read Chapter 24 “You Have the Right to be Beautiful—Exercise It!” in [Your Right to be Beautiful](#). I’ll introduce you to some other practices as we go along.

"Going raw requires a strong mind- a touch of genius if you will. That may explain why so few people, relatively speaking, are changing. A willingness to venture out, to be awkward, to wander through the unfamiliar, is also what sometimes separates the adventurous from the easily offended, the new thinker from the conventional thinker."—



From the article entitled '*Raw Foods Lifestyle: Paradigm Shift*' which you can read in its entirety at my [Raw Food Blog](#). I am adding new articles regularly, so be sure to check back often.

## Day 8

While waiting for your juicer to come, check your local health store, farmer's market or a large supermarket for fresh organic produce. Wild Oats, Whole Foods and Trader Joe's are all good sources for healthy food if you have one of these franchises in your area. You will start shopping there often. Asian markets are also a good source for many of the foods you'll be using. If there is a co-op in your area you can join that as well.

Visit [The Raw Food World](#). I will be recommending a number of foods that are not readily available except through mail order. You need to buy some basics at your local health food store—Celtic sea salt and raw (crystallized) honey.

Order raw carob from [The Raw Food World](#). Start with just one bag to see how you like it. Later, you can order two or three to save on shipping.

At this point the raw food lifestyle may strike you as “unattainable.” It may seem too hard, too controversial, and too confrontational. Like separating flax seeds from sesame seeds, sometimes it looks like too much work. At other times eating raw will seem like having too much free time with nothing to do. Suddenly there is a space for new beginnings, a vacuum to fill. On any given day, all you need is to do your best, and the rest will follow. Remember: the rewards are solid and the gains are real.

*"If you hear a voice within you say you cannot paint, then by all means paint, and that voice will be silenced."*

— Vincent Van Gogh

## Day 9

Write down your expectations for the raw food lifestyle and tuck the paper away in a drawer. At the end of your 100-day adventure, take it out and see how close you have come to your goals. You might also want to take a 'Before' picture so you can see, later on, just how much progress you have actually made.

Sign up for my newsletter at [Beautiful on Raw](#). Also sign up for *The Daily Raw Inspiration* from Jinjee at [The Garden Diet](#). This inspiring couple is raising their entire beautiful family on the raw vegan diet. Their website has much to offer. They have even made a documentary about their family called 'Breakthrough'.



I watched this DVD with my son and his fiancée. We found ourselves engrossed in the mini-paradise that Storm and Jinjee created for their family.

The raw vegan documentary "*Breakthrough*" about Storm and Jinjee Talifero and their four children is a beautiful and inspirational film about their journey on live, raw vegan foods. It shows a family that not only survives on the Raw food diet but flourishes admirably, improving their experience in every area of life, body, mind, and spirit. This family lives by example and it shows through their beauty, joy and health!

This documentary of the Talifero family radiates such a profound expression of pure unity and connection that watching it leaves you feeling in-spirit and motivated not only about the incredible raw food lifestyle, but life in general. It speaks to the harmony and divine beauty within us all. The Taliferos live in a beautiful mountainous area and the film shows the family enjoying time together exploring their surroundings. The interaction is truly awe-inspiring and deeply heartwarming.

The film's focus on the children emphasizes the amazing results possible with raw foods. Among other instances, it shows the 2 and 5 year olds quietly spending hours drawing animations and concentrating with incredible ease. If you are considering raw food for your children this incident will give you added impetus. It is very positive and encouraging.

"*Breakthrough*" really validates the raw food lifestyle and if you ever feel like you need some emotional support on your own raw food journey, this film certainly does the trick. This is a definite must-see for anyone on raw or thinking about going raw.

Check out: [www.breakthroughthedocumentary.com](http://www.breakthroughthedocumentary.com) for more information and to watch a preview.

Check for newsletters whenever you visit a website. Many are excellent. You can always unsubscribe if you decide you're not interested.

What does it mean to be a 100% raw food eater? In a way, it is to be in the world but not of the world. This book is my attempt to help the health seeker, who has a longing to enjoy human existence to the fullest but wants to avoid the fate of degenerative diseases and degrading aging.

There is so much rejuvenating power in the human body, yet diseases threaten our existence. Why? Because we are currently more committed to sickness than to health. The forces of promoting ill pleasures and temptations in this world are powerful, imposing and daring in a perverse kind of way. One who is not committed to health succumbs to sickness by default. By taking a stand for health, changes are inevitable.

## **Day 10**

Have you got your juicer yet? Read or re-read Chapter 21 “*Squeeze the Beauty Out*” in [Your Right to be Beautiful](#). You can make your first juice. Though you can start with citrus, try to follow this rule: *Juice* vegetables and greens, but *eat* sweet fruits.

I noticed when I drink citrus juices or eat lot of oranges and tangerines my teeth will become very sensitive and begin to hurt. So I’ve concluded that acidity in citrus is not good for teeth. I eat citrus only occasionally.

The juice will replace your current breakfast. My ‘*Beginner’s Juice*’ is a good way to start: juice 2 medium apples and 3 medium carrots. I find that if I do juicing first thing in the morning, I’ll never skip it. You’ll find a whole a chapter on juices in [Beautiful on Raw: Uncooked Creations](#).

You may want to get a book on juicing. A very good one is N.M. Walker’s [Fresh Vegetable and Fruit Juices: What’s Missing in Your Body?](#)

## Day 11

Juice or make a green smoothie. Soak nuts for tomorrow’s snack.

Brush your teeth with a mixture of sea salt and good unscented soap. Fair warning—it’ll take you some time to get used to this. But your teeth will never feel so clean and healthy. You might never need to see your dentist again. Leftover food particles that get caught between the teeth and along the gum line must be removed. You can use dental floss. It is important to floss after each meal—even after snacks.

To help prevent dental decay, eat lots of greens, seaweed, and juices that are rich in many important alkaline minerals, such as calcium and magnesium. These minerals, as well as vitamin D and phosphorus, are necessary to build strong enamel. This is the very *minimum* you can do to insure healthy teeth for life.

Add baby greens and avocado to your usual salad. The nutrient content and flavor is boosted by adding more nutritious ingredients than the usual iceberg lettuce. To activate the rejuvenating ability of your body, top your salad with:

### **Avocado Tomato Dressing**

*1 large ripe tomato*

*1 small cucumber, peeled and chopped*

*1 avocado, pit removed*

*1 clove garlic*

*1/2 teaspoon raw honey*

*sea salt to taste*

Combine these ingredients in blender and blend to creamy consistency.

## **Day 12**

Juice. Soak nuts for tomorrow's recipe or snack. Read Chapter 17, "Does a Lifelong Beauty Need Daily Bread?" in [Your Right to be Beautiful](#), which explores the effects of flour on your health.

Stop eating any baked bread. Buy uncooked sprouted Manna Bread in the frozen section of the health food store. Cut it in 7 slices and eat one piece every day. Two to three weeks of eating Manna Bread will free you completely from cooked bread cravings. As you become more comfortable with food preparation, you will also make your own crackers.

Visit Kelli at [Simply Raw Bliss](#).

I want to express my deep gratitude to Kelli Haines for helping me with this revised and expanded version of *100 Days to 100% Raw*.

## **Day 13**

Make the 'Invigorating Emerald Juice' from page 136 of [Beautiful on Raw: Uncooked Creations](#). You are going to juice-fast tomorrow, so prepare yourself mentally. This will be the journey of a lifetime. There is a Hindi proverb that says, "*Fasting is the best medicine.*"

Fasting brings a physiological rest for the digestive tract and central nervous system and normalizes your metabolism. For inspiration and great information visit [Freedom You](#). The author makes a good case for a juice fast.

I usually start my fasts after lunch and begin eating the next day at the same time.

## **Day 14**

Perform a 24-hour juice fast. Check out some books on Juice Fasting. An excellent book is:

[Juice Fasting and Detoxification: Use the Healing Power of Fresh Juice to Feel Young and Look Great: The Fastest Way to Restore Your Health](#) by Steve Meyerowitz.

Juice fasting cleanses the body while supplying a dramatic increase in vitamins, minerals and enzymes. It has become an effective stepping-stone to water fasting.

Water is a living fuel that takes no digestive energies from the body, allowing the body's entire focus to rest on healing and rejuvenation. Because you are not employing your digestive tract, the circulatory, respiratory, glandular and nervous systems rest as well.

In order to help take your mind off of fasting and fill you with renewed enthusiasm, you can feed the soul instead of the body. Today's 'Soul Food' is very simple yet effective: find a picture that represents what you want from the raw foods lifestyle; one that inspires you and reminds you of what this is all about for you. It can be off the internet, from a magazine, or you can even draw one! Put it in a prominent place where you will see it often; perhaps on the refrigerator, near your desk at work, the bathroom mirror, etc. Hopefully, whenever you look at it from now on, you will be reminded of all that you are striving for and how worthwhile it all is! Determine this week to keep your dream in sight.

## Day 15

Make the 'Eyesight Enhancer' juice from page 122 of [Beautiful on Raw: Uncooked Creations](#). Soak nuts for tomorrow's recipe or snack. I am usually at my most attractive after a fast and feel wonderfully invigorated. You may, however, notice some side effects such as headache, dizziness, weakness or nausea. The difficulties you experience will probably stand in direct proportion to the abuse you've visited upon your body in the past.

*"The truth shall make you free but first it shall make you miserable."*

— Barry Stevens

Visit [The Raw Food World](#). Familiarize yourself with their book selection.

Review everything you have learned and accomplished this past week. What needs more work? What successes have you had?

Record your answers in your journal. It might look something like this:

*I've learned so much in just two weeks. I had no idea there were so many good books and resources available. I did my first juice fast yesterday and it went pretty well. Now I realize it's nothing to be afraid of. This week I am going to try to stay consistent with the daily juicing, eating apples and reading. I thought snacking on nuts would be so boring....but I find them completely satisfying. I'm starting to see I can really do this! Like they say 'slow and steady wins the race'!.....*

## Day 16

Juice. Soak nuts for tomorrow's recipe or snack. Visit [The Raw Family](#) for the amazing story of an entire family who went raw.

Sign up for their newsletter.

Get the new version of *12 Steps to Raw Food: How to End Your Dependency on Cooked Food* by Victoria Boutenko.

This is a very sympathetic and useful book, for those trying to change their lifestyle. I used it when I began to go 100% raw, and it has recently been revised and updated. Even if you have read the original version, you won't want to miss all of the new information in this one.

If you can encourage your family to join you, everyone will be healthier and your transition will be much easier. But not everyone is that lucky!

## Day 17

Juice. Soak nuts for tomorrow's snack. Buy some recipe books. [Beautiful on Raw: Uncooked Creations](#) has over 100 recipes. I sought in this book to explore the benefits of certain fruits and vegetables and include recipes that use them to the best effect.

Explore other raw food recipe books. My personal favorite is [The Complete Book of Raw Food: Healthy, Delicious Vegetarian Cuisine Made with Living Foods](#), edited by Julie Rodwell. It contains over 300 recipes from a variety of raw food chefs. If you find that you have favorite chefs, you can always add their cookbooks to your collection.

Sergei and Valya Boutenko have recently published a new raw foods recipe book entitled *Fresh: The Ultimate Live Food Cookbook*. It combines fifteen years of raw life experience and recipes. You can order it from [The Raw Family](#).

You may also find favorites among the diverse women whom I interviewed for [Beautiful on Raw: Uncooked Creations](#). I asked each to contribute her favorite recipe with the interview. All have websites you can visit for more recipes.

## Day 18

Make the 'Eyebag Remover' juice from page 124 of [Beautiful on Raw: Uncooked Creations](#). Soak nuts for tomorrow's snack. Look for a local raw food support group.

If there is none, place an ad in your health food store calendar—Wild Oats and many health food stores have calendars of upcoming events—or a bulletin board:

*Everyone interested in the raw vegan diet please call....*

You can also begin meeting in someone's house or in a community room in your local health food store. Talk to the store manager. Usually store personnel are very helpful because the raw food potlucks bring in new customers. Make sure they put it in their calendar every month. Also call your local newspaper and ask to talk to a food section editor. Ask them to put a monthly announcement such as the one I have used:

Dear Rawsome friend!

You are cordially invited:

Date

RAW FOODS SUPPORT GROUP MEETING & POTLUCK

Address

Contact Number

Join the Living Foods Support Group for their monthly meeting and potluck and learn more about the raw food diet. Please bring a 100 % raw vegan dish, fresh fruit, greens or a \$5 donation.

Choose a topic for discussion and ask people to prepare a presentation. Some members may be willing to volunteer to make a 20-minute presentation from their own experiences. You can also invite a guest speaker when your group has at least 30 people. I am traveling full time these days. I will be happy to come and speak to your group. My presentation will attract many newcomers to your growing raw food community.

## Day 19

Juice or make a green smoothie, or both! Soak nuts for tomorrow's snack. Visit [Raw Food Meet-Up](#). This site helps you locate raw food meetings in your area as well as a source for starting your own. Another source for meeting other vegans is Healthy Living Forum at [HealthyLiving4Him](#). Most sites have message boards, forums and other services for members to use in exchanging ideas.

Read or re-read Chapter 13, "*The Salt of Beauty*" in [Your Right to be Beautiful](#).

Stop using salt except for Celtic sea salt in great moderation. Even your family will be willing to use this salt.

## Day 20

Juice, or make a green smoothie. Soak nuts for tomorrow's snack. In the beginning, you can use a heavy-duty high-speed blender to prepare dishes but you should consider a Vita-Mix which is much more efficient and a good investment.

Vitamix Turboblend 4500 (2 horsepower) with toxin-free container available at a special discounted price with free shipping. To order please contact Ron Strauss at 707-928-4170 or email: [rstrauss@mchsi.com](mailto:rstrauss@mchsi.com).

Vita-Mix is excellent for making green smoothies! However, at first a regular blender will do the job!

Again check out internet sites for the best prices.

Visit [Dr. Foster's Essentials](#) and [Circle of Life Holistic Programs](#) to prepare for a fast tomorrow.

The juice from vegetables and greens are filled with healing and cleansing properties that allow the body to gently and safely detoxify your body.

There will be times in your transition when you experience strong cravings. As Storm Talifero of [The Garden Diet](#) explains,

"Cravings in themselves are not bad. They're basically set up to tell our body what we need at any given moment so that we can supply the body with that particular building block. But on a Standard American Diet our cravings have become distorted. We need to get on a natural path so that our cravings will work FOR us instead of against us." He recommends, when you have a craving; *feed* it, don't *fight* it. There is always a healthy, raw alternative to anything we crave.

## **Day 21**

Conduct a 24-hour juice fast. Juice fasting removes toxins and increases nutrient intake. Through juice fasting, many individuals have cured themselves from serious diseases such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism, smoking and drug addiction. Because juice fasting removes toxins and excess fatty tissue while supplying an abundance of nutrients, it offers an advantage over any weight-loss program.

Check out [HealthWorld Online](#). Here you'll find excellent information about fasting.

For today's 'Soul Food' go to the Raw Food Testimonials page at [Beautiful on Raw](#) and read what others are saying. As you progress, you will find you have much in common with the experience of others, and you will be encouraged to know that if they can do it, so can you! Determine this week to write a testimonial of your own soon.



## Day 22

Juice. Soak nuts for tomorrow's snack. Review everything you have learned and accomplished this past week. What needs more work? What successes have you had? Don't forget to write down your observations in your journal.

You may still experience some symptoms from the fasting because your body is not going to adjust in only one try. It is not unusual to experience past illnesses very briefly and in reverse order as your body heals itself through fasting.

Visit [Wilderness Family Naturals](#). This is a company dedicated to service and integrity, offering a bountiful array of useful lifestyle products and information, including coconut products and raw, organic jungle peanuts!

## Day 23

Try the '*Bone Strengtheners*' juice from page 126 of [Beautiful on Raw: Uncooked Creations](#). Eat fruit. Soak nuts for tomorrow's recipe or snack. Look for recipes that can be used for your daily meals. Salads are the easiest and most natural to most people but you may enjoy exploring recipes that mimic traditional meals "*Meatless Meatballs*" and "*Eggplant Pizza*" in the Entrees chapter of [Beautiful on Raw: Uncooked Creations](#).

Remember that eating acidic foods in excess can have negative impact on the teeth. These include lemon juice, fruit juice, citrus fruit, unripe fruit and vinegar. Constant contact with sweet foods encourages tooth decay and gum disease. Be sure to brush your teeth after each meal!

Visit [Everlasting Life](#). This is a general site that includes health tips, books and much more.

## Day 24

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read Chapter 12 "Beauty in a Sweet Prison" from [Your Right to be Beautiful](#).

Clean out your pantry of all the products containing refined sugars: white, brown, raw and powdered. All of it. Stop buying any kind of refined sugar. Buy some dates to help you through your sweet tooth crisis. Make a dessert from the dates utilizing one of the recipes from [Beautiful on Raw: Uncooked Creations](#).

Visit [Good Mood Food](#) for a dose of encouragement.

## Day 25

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Order a dessert from [The Raw Bakery](#) just to convince yourself that raw food desserts are better tasting than cooked. They are expensive—but what a perfect way to reward yourself! You'll also be encouraged to strive for this kind of perfection when you start making your own desserts.

If your teeth are in constant contact with sugar, even the natural sugars in the form of coconut water, honey, dried fruit, fruit juice or other sweet foods, tooth decay will occur. Most important of all is to avoid constant contact with sugar. It is okay to eat a lot of fruit, but have it all at once. Avoid constant snacking and sipping on fruit juice, coconut water, etc. Brush your teeth with Celtic Salt and soap!

Try one of the Tooth Whitener recipes from the June 2006 [Beautiful on Raw Newsletter](#):

*1 tsp lemon juice and 1 tsp salt mixed together to form a paste. Brush your teeth with it.*

OR

*Dried and powdered bay leaves combines with dried orange peel. Mix into a paste and brush with this.*

## **Day 26**

Make the refreshing 'Complexion Clarifier' juice from page 128 of [Beautiful on Raw: Uncooked Creations](#). Eat fruit. Soak nuts for tomorrow's recipe or snack.

Check for young coconuts at your local Asian Market. Buy several. These are different from the usual hard-shelled coconuts found at the average supermarket. Read [Beautiful on Raw: Uncooked Creations](#) for the health benefits of young coconuts. Start drinking lots of coconut water.

Scoop out coconut meat and store it in a glass jar in the refrigerator.

For more information about coconuts and to learn how to open a young coconut visit: [The Raw Guru](#)

## **Day 27**

Juice. Eat fruit. Read [The Healing Sun](#) by Richard Hobday. This book discusses the need to welcome sunlight back into our lives—safely! Hobday's book shows how sunlight has been used to prevent and cure diseases in the past, and how it can heal us and help us in the future.

The light and heat from the sun are indispensable to all nature including humans who need it for their health and well-being. You need to catch some sun everyday. 10 to 15 minutes of morning sun daily at least during the summer. You will be learning even more about this later.

The answer to protecting yourself from skin cancer or aging is to drink and eat plenty of fresh coconuts.

Buy raw tahini at your local health food store and make the following shake that very much resembles a milk shake. Nourishing and loaded with nutrients, this is a healthy substitute for chocolate lovers. It is a delicious, quick and easy recipe for a luscious, silky carob shake fortified with raw-food goodness.

Coconut, bananas and tahini make it a high-protein, high-fiber, high-energy shake that will keep you satisfied for hours. Kids love it and will never know they are getting a dessert packed with potassium from bananas as well as other health and energy building ingredients.

### **“Better than Chocolate” Mousse**

*2 bananas*

*2 tablespoons raw tahini*

*2 tablespoons raw carob*

*1 cup coconut water*

Mix all the ingredients in a blender until smooth. Serve immediately.

## **Day 28**

Attempt a 24-hour water fast. It is time to try a water fast in place of your earlier juice fast. I say *attempt* because you may not succeed for a while. I fast for two days or more at a time. But it takes time to get to enjoy fasting as much as eating. Your body and your mind will tell you that you are starving—you must reply, “No, I’m fasting.”

The medical community consistently views fasting as starvation, but fasting always precedes starvation. The body supports itself through stored tissue reserves. At the same time, you are giving your digestive tract a much-needed rest—something it has probably not had in your lifetime.

Fasting initially is difficult. I suggest getting [The Miracle of Fasting: Proven Throughout History for Physical, Mental and Spiritual Rejuvenation](#) by Paul and Patricia Bragg to read while you are fasting.

Keep pushing toward the 24-hour mark if you have not made it. Your final challenge will be 36 hours.

*"If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down."*

—Mary Pickford

Your 'Soul Food' today is finding a 'raw buddy'! It could be a health minded friend or relative, or more likely someone from the monthly support group you have found. You might even find someone to do this program along with you! As long as it is someone who will absolutely support you in your lifestyle changes, that you can confide in and share your victories with. You can also join the community at Alissa Cohen's [Raw Food Talk](#), or the message board at [Raw Food MeetUp](#). Determine this week to find a raw buddy.

## Day 29

For today's juice try 'Scarlet Beauty Juice' from page 130 of [Beautiful on Raw: Uncooked Creations](#). Eat fruit. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Write down your observations and any other comments in your journal.

Visit: [Living Tree Community Foods](#). This is an online store that carries a range of practical and useful products that support your living foods lifestyle.

Buy at least one jar of black tahini from [Living Tree Community Foods](#). It is made from organic *unhulled* black sesame seeds, and it's therefore, higher in calcium and lower in fat than conventional raw tahini. It is said to be effective in mitigating prematurely graying hair. Now I eat only black tahini. Here is my favorite dessert:

### **Black Tahini- Carob Pudding**

*1 teaspoon raw black tahini*

*1 avocado, pitted*

*1 cup coconut water*

*2 round teaspoons raw carob*

Mix all ingredients in a blender until smooth. Absolutely delicious. It tastes like chocolate pudding.

## Day 30

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read Chapter 9 "Meet Beauty without Meat" in [Your Right to be Beautiful](#).

Stop eating red meat and chicken. Clear your pantry of all products containing meat or poultry.

Visit [Hallelujah Acres](#). This is a general health site with valuable information, products and resources. Also, visit their [Hallelujah Acres Lifestyle Centers](#). With several locations in the US, they offer hands-on instruction in making lifestyle changes in a warm, uplifting atmosphere.

## Day 31

For today's juice you can make 'Anti-Aging Asparagus Juice' from page 138 of [Beautiful on Raw: Uncooked Creations](#). Eat fruit. Soak nuts for tomorrow's recipe or snack.

Read the interview by Annette Larkins in [Beautiful on Raw: Uncooked Creations](#) and visit her website at [Annette Larkins](#). Her book *Journey to Health* is available through Alark Publications, PO Box 770097, Miami, Florida 33177. You will also enjoy her interview in the February 2007 edition of the [Beautiful on Raw Newsletter](#).

Do not snack! Brush your teeth after eating, especially when eating fruit and acid foods. Whole fresh fruit will have no negative impact on teeth if the acids are removed promptly from the teeth by rinsing your mouth with water after you're done eating. Whenever you eat anything containing sugar, even natural sugar, rinse your mouth with water immediately afterward.

## Day 32

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read about sprouting. You'll find directions in [Beautiful on Raw: Uncooked Creations](#).

A good book on sprouting is: *Sprouts The Miracle Food: The Complete Guide to Sprouting* by [Steve Meyerowitz](#).

You can also visit [Chet Day's Health and Beyond](#).

*"Anyone who has never made a mistake, has never tried anything new."*

— Albert Einstein

## Day 33

Juice. Eat fruit. Prepare a light meal from one of your raw recipe books. Buy jars from a thrift shop for sprouting if you don't have anything suitable. Special lids can be purchased for jar sprouting at your local health food store or from [The Sprout People](#).

Buy the ingredients for "*Buckwheat Burgers*" and begin sprouting the buckwheat. When buying buckwheat, be sure to look for the raw, hulled groats. They should be a pinkish-green color, as opposed to the dark brown unhulled variety. Buckwheat takes several days to sprout.

## Day 34

Juice. Eat fruit. Order a dehydrator. In my new book [Beautiful on Raw: Uncooked Creations](#), I have recipes that require a dehydrator.

One of the best dehydrators is the **Excalibur!**

[Health Nut Alternatives](#) carries 3 types of Excalibur Dehydrators:

4 trays with 4 square feet of drying area: [Excalibur Dehydrator 2400](#)

5 trays with 8 square feet of drying area: [Excalibur Dehydrator 2500](#)

9 trays with 15 square feet of drying area: [Excalibur Dehydrator 2900](#)

If you are single, or the only one in your family who is doing the raw food diet, the 4 tray dehydrator is ideal.

If you will be making crackers and cookies for the whole family it will be better to buy a 9 tray dehydrator.

During your transition to the raw food lifestyle a dehydrator can be very helpful. It can even make the difference as to whether you stick to the raw food diet or not. You are asked to dehydrate at a temperature below 118°F-- the food is considered raw since all the enzymes are still intact at that temperature.

I love to experiment with my dehydrator. However, after living the raw food lifestyle for almost eleven years, I find dehydrated food to be too heavy for me, so I eat dehydrated foods in moderation.

After eating dried fruit or dehydrated foods, eat an apple or some celery after, and brush your teeth as soon as you can.

Be sure you are reading from at least one of the recommended books daily. As I mentioned at the beginning, they can be a tremendous source of validation and motivation.

## Day 35

Perform a 24-hour water fast. Continue to read [The Miracle of Fasting: Proven Throughout History for Physical, Mental and Spiritual Rejuvenation](#) by Paul C. and Patricia Bragg while you are fasting.

The water fast is no more difficult than the juice fast, but your mind may convince you otherwise. Get in as many hours as you can, just as you did when you started your juice fast. All fasting requires discipline, so you are strengthening your mind even as you cleanse your body.

This time you should be able to complete the 24 hours. But if you don't make it, keep trying. You just need to add more hours each time you try.

*"Energy and persistence conquer all things."*

— Benjamin Franklin

'Soul Food' today consists of coming up with your motto. This is your phrase, just for you to repeat to yourself every day to spur yourself on. Some examples of famous ones are 'Just Do It!' or 'If it's to be, it's up to me' or 'Every day, in every way, I'm getting better and better.' Today you can take some time to come up with a unique one of your very own. Determine this week to say your motto every day.

## Day 36

Juice. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Are you keeping track of these things in your journal?

Visit the International Raw & Living Foods Organization, which is based in the UK at [The Fresh Network](#).

**The Fresh Network** specializes in networking raw and living food information and supporting all those interested in cutting-edge health foods, products, events and information.

I am currently writing a regular column "Raw Beauty" for their magazine, *Get Fresh*. Read the excerpts of an interview that they did with me in the book [Beautiful on Raw: Uncooked Creations](#) in order to answer some of the questions you may have.



One of my lectures entitled 'Raw Foods Miracle: Revealing Beauty and Reversing Aging' is available as either a DVD or as part of a 2 CD set. You can purchase them from [Beautiful on Raw](#).

## **Day 37**

Make the '*Health Enhancing Juice*' from page 132 of [Beautiful on Raw: Uncooked Creations](#). Soak nuts for tomorrow's recipe. Read *Milk the Deadly Poison* by Robert Cohen and "Will White Mustaches Make You Beautiful?" in [Your Right to be Beautiful](#).

Stop drinking milk and eating all dairy products.

Make "Sesame Seed Milk" from *Your Right to Be Beautiful* as a substitute.

### **Sesame Seed Milk**

*1 cup soaked sesame seeds*

*1 cup water*

*2 or 3 pitted dates*

Blend all ingredients in a blender until smooth. Pour the mixture through a strainer. Some health food stores also carry special nut milk bags for this very purpose, or you can order them online at sites such as [Creative Health Institute](#) or [The Raw Food World](#).

Buy Psyllium powder in your local health food store for tomorrow's recipe. Read in [Beautiful on Raw: Uncooked Creations](#) about the amazing properties of psyllium.

## **Day 38**

Juice. Soak nuts for tomorrow's recipe or snack. Your buckwheat should be sprouted so it's time to make a meat replacement. Try to avoid eating meat altogether. The Buckwheat recipe is from [Beautiful on Raw: Uncooked Creations](#).

### **Healthy Buckwheat "Burger"**

#### **"Burger" Buns**

*1 cup buckwheat, soaked and sprouted*

*1 cup sunflower seeds, soaked overnight*

*1/2 cup sun-dried tomatoes, soaked for several hours*

*1/2 medium red onion, minced*

*2 tablespoons whole psyllium husk*

*1/4 cup fresh parsley, finely chopped*

*a pinch of paprika*

*sea salt to taste*

Combine buckwheat, sunflower seeds, and sun-dried tomatoes in a food processor and mix well. Transfer the dough to a medium bowl. Stir in red onion, whole psyllium husk, parsley, paprika, and sea salt. Form the dough by hand into six half-inch thick buns and place on mesh dehydrator sheets. Dehydrate 12 hours, turning at least once.

### ***“Burger”***

*3 medium portobello mushroom caps*

*1 cup nama shoyu*

*2 tablespoons lemon juice*

*1 large tomato, sliced*

*1/2 large onion, sliced in rings*

Marinate mushrooms in nama shoyu and lemon juice for at

least 15 minutes and up to several hours. Discard marinade.

**To assemble the burger:** Place one large tomato slice, onion rings to taste, and marinated mushroom between two of the buns and enjoy. Makes 3 burgers.

### **Day 39**

Make 'Ruby Rejuvenating Juice' from page 134 of [Beautiful on Raw: Uncooked Creations.](#) Soak nuts for tomorrow's recipe or snack.

Investigate air and water purification systems. An important part of a healthy life is pure air and water.

Portable units are available for air purification from various sources and in a variety of sizes and prices. The best known is probably the highly advertised [Ionic Breeze System](#) from The Sharper Image. The best systems will eliminate odors and kill mildew, mold and bacteria.

For air and water purification for the whole house, contact Karen Johnson at [GodsPerfectWay@aol.com](mailto:GodsPerfectWay@aol.com).

I do not endorse any products. I only give you my experience and suggestions. If you live in a clean, country area, your best solution may be very simple: open the window.

## **Day 40**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Buy kale and make Kale Guacamole to use instead of butter.

### **Kale Guacamole**

*3 leaves of lacinato kale*

*2 avocados*

*3 dates, pitted*

*2 strips of kelp soaked for 10 minutes*

*2 clove of garlic, chopped*

*2 tablespoons of lemon juice*

*1/2 cup red onion, finely chopped*

*1 small tomato, diced small*

*1/2 cup of fresh parsley, finely chopped*

Place kale, avocados, dates, kelp, garlic, lemon juice, and salt into the food processor fitted with a steel blade and mix until creamy. Add red onion, tomato and parsley. **Serve on crackers.**

The recipe is from [Beautiful on Raw: Uncooked Creations](#).

## **Day 41**

Juice. By now you have hopefully tried all of the juices in [Beautiful on Raw: Uncooked Creations](#), created others of your own and found new ones on the websites you have visited.

For inspiration visit [Rhio's Raw Energy](#). Listen every Thursday to the worldwide internet radio show *Hooked on Raw* with raw food chefs and enthusiasts Rhio and Felicia. Tune in at: [www.healthylife.net](http://www.healthylife.net). It airs at 1 pm Pacific Daylight time.

Be sure to sign up for Dr. Gabriel Cousens' newsletter from [The Tree of Life](#).

## Day 42

Conduct 24-hour water fast. Read [Fasting Can Save Your Life](#) by Dr. Herbert Shelton. He concentrates on the use of fasting to eliminate degenerative diseases and has supervised over 40,000 fasts.

Fasting cleanses the body from years of unhealthy eating, boosting the immune system and flushing out toxins. The body is cleansed from the by-products of a destructive diet while the spirit is cleansed from harmful habits and addictions. Fasting also lowers the blood pressure and insulin level. Everything is geared away from adding food and toward rebuilding the immune system.

For comic relief, today's 'Soul Food' is watching these lighthearted parodies by [Joel Jacobs](#) and [Angela Stokes](#). As you are changing your habits and lifestyle, remember not to take yourself too seriously all the time. Enjoy the process. Determine this week to keep a sense of humor; have fun with your food.

## Day 43

Juice. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Record your answers in your journal.

For inspiration and new information visit Curing Disease Naturally at [www.RawandJuicy.com](http://www.RawandJuicy.com).

Read about the health benefits of adding fermented foods to your diet on pages 290-291 of [Your Right to be Beautiful](#). Make the sauerkraut recipe on page 294. It will take 3-4 days to be ready. You can also find excellent resources for fermenting at [Wilderness Family Naturals](#).

## Day 44

Juice. Soak nuts for tomorrow's recipe or snack. You need to read a book about colon care. I

suggest Millan Chessman's *Stay Young & Healthy Through Internal Cleansing*. Millan is a certified health practitioner and lectures extensively.

Visit her at [Millan's Home Colonic Cleansing Kit](#) . Read her interview in [Beautiful on Raw: Uncooked Creations](#).

Read the article "*The Strait Poop*" found on my [Raw Food Blog](#) for more information on a healthy colon.

## **Day 45**

Juice. Soak nuts for tomorrow's recipe or snack. Find a colon therapist in your area and make an appointment.

Check [www.colonhydrotherapyonline.com](http://www.colonhydrotherapyonline.com) for a colon therapist in your area.

Make a healthy alternative to French fries.

### ***Jicama Fries***

*Peel and slice a jicama into thin sticks. Place in a bowl and toss all ingredients well to coat 'fries' evenly:*

*2 Tablespoons olive oil*

*1 tsp. Celtic sea salt*

*1 tsp. chili powder*

*2 Tablespoons nutritional yeast*

*1 tsp. onion powder*

## **Day 46**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read Chapter 23, "*The Mermaids' Beauty Secret*" in [Your Right to be Beautiful](#). I hope it will make you all pumped up to start using seaweed in your diet.

After publishing [Your Right to be Beautiful](#), I discovered even more valuable information that I feel should be passed on to my readers. Seaweed contains more minerals than land plants. Many nutritionists now believe that every element found naturally in the earth has some role in human nutrition. Selenium is just now being considered vital to our systems,

where once it was considered poisonous.

Seaweed is rich in iron, sodium and iodine. An analysis of seawater showed that it contains about 31 percent sodium. Human blood contains about 34 percent. The concentrations of other elements, such as potassium, calcium, magnesium and chlorine in seawater appear to match amounts found in human blood.

Iodine is important to proper thyroid function. A functioning thyroid provides energy and endurance as well as easing nervous tension. By increasing circulation, iodine contributes to better nourishment and clear thought while burning food so it cannot be stored as fat.

## **Day 47**

Juice. Eat fruit as your last meal. Soak nuts for tomorrow's recipe or snack. Check your local health food store or Asian Markets for seaweed. It is usually less expensive at the Asian markets. Buy only one package the first time. Dulse is a good first choice. Crop some on your salad. After you become accustomed to the taste and texture, buy a larger bag from a company that specializes in sea vegetables. You will be saving money by buying in bulk.

There are 2 mail order sources besides [The Raw Food World](#) that I recommend:

Maine Seaweed Company

P.O. Box 57

Steuben, ME 04680

Phone/Fax: 205.546.2875

(Leave a detailed message and they will call you back.)

Website: [www.alcasoft.com/seaweed](http://www.alcasoft.com/seaweed)

They have a good selection of sun/wind-dried sea vegetables (seaweed).

Gold Mine Natural Food Co.

7805 Arjons Drive

San Diego, CA 92126

Phone: 800.475.3663

Website: [www.goldminenaturalfood.com](http://www.goldminenaturalfood.com)

They sell Organic nama shoyu and several kinds of seaweed.

## **Day 48**

Juice. Eat fruit as your last meal. Hopefully, you were able to find dulse locally.

Use it to make one of these dressings. “*Delicious Dulse Dressing*” is from [Beautiful on Raw: Uncooked Creations](#):

### **Dulse Dressing**

*1/3 cup of dulse strips*

*1/2 pine nuts soaked for several hours*

*1/4 small beet, to add color*

*1/2 cup sun-dried tomatoes, soaked overnight*

*1 tablespoon dill, chopped*

*1/8 teaspoon cayenne pepper*

*1 tablespoon raw honey*

*1 clove garlic*

Place all ingredients in the blender or Vita-Mix and blend until smooth and creamy. Use it on your baby greens and tomatoes.

Or, you can make a dressing that has a bit of an Asian flair:

### **Tahini Dulse Dressing**

*1 Tablespoon miso paste*

*2 Tablespoons raw tahini*

*1 Tablespoon raw almond butter*

*2 Tablespoons dulse flakes*

*1 teaspoon apple cider vinegar*

*2 Tablespoons cold pressed sesame oil*

*1 Tablespoon honey*

*water to thin to desired consistency.*

Whisk together with a fork in a small bowl.



## Day 49

Perform a 24-hour water fast. Continue reading [Fasting Can Save Your Life](#) by Dr. Herbert Shelton.

Fasting lowers blood pressure and insulin levels. This causes the breakdown of glycogen from the liver to provide glucose and the breakdown of fat; both glucose and fat provide for energy needs.

Reading a book about fasting *while* you are fasting is a great help.

For a healthy helping of 'Soul Food' this is the perfect night for a pampering bath. Light candles, put in 2 cups of Epsom salts and some aromatherapy oils if you happen to have them. While you soak, count your blessings. Think of all the things that you are thankful for. Once you get going, you will find it hard to stop. Determine to carry that attitude of gratitude with you this coming week.

## ***Let's Have a Beauty Week!***

You are halfway through your 100 days. Let's celebrate the beauty of life. By now, you should be seeing some changes. Start paying attention to the outside now that you are well into taking proper care of the inside. Some women say they are not interested in their looks because they are beautiful on the inside. That may very well be true, but those of us on the outside don't have X-ray vision. The human race is almost universally subject to the "pretty" gene. We like to look at the things and people who are pleasing to our eyes. It may be shallow, but it is human nature...so let's dive into the beauty pool.

## Day 50

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read Chapter 28, "*Daily Aid in Your Beauty Crusade*" in [Your Right to be Beautiful](#).

Write down in your journal how you are doing up to this point.

You should start using the facial massage that I describe on page 306. You can use any masque that you usually use although you might want to check to see that it is as natural as possible and replace it if it contains harmful chemicals.

I developed my own *Your Right to Be Beautiful* **cream** and **masque**!

To learn more about my Anti-Aging Cream with Sea Buckthorn Oil click here:

[http://www.beautifulonraw.com/Anti\\_Aging\\_Cream\\_with\\_Sea\\_Buckthorn\\_Oil.html](http://www.beautifulonraw.com/Anti_Aging_Cream_with_Sea_Buckthorn_Oil.html)

To learn more about my Multi- Herbal Green Clay Masque click here:

[http://www.beautifulonraw.com/Multi\\_Herb\\_Green\\_Clay\\_Masque.html](http://www.beautifulonraw.com/Multi_Herb_Green_Clay_Masque.html)

For more information visit [Beautiful on Raw](#) and click on [All Products from Tonya](#)

Find can find more organic health and beauty products at [Organic Health and Beauty](#)

Good skin care products are from the [ONE group](#). They have certified pure organic skin care products.

## Day 51

Try 'My Favorite Juice' recipe from the January 2007 [Beautiful on Raw Newsletter](#). Eat fruit. Soak nuts for tomorrow's recipe or snack. Buy castor oil and apply it to your lashes. With your finger, apply castor oil nightly on your eyelashes to make them moist and luxurious. Put it on your eyebrows, too. You can use an old toothbrush to massage it in.

Put a piece of tape between your eyes at bedtime to help to smooth wrinkles. Tape is an old theatrical trick that works well for reminding you not to squint or frown.

When transitioning to a raw foods diet, it can be tempting to focus solely on food and neglect developing some of the lifestyle habits, which are just as important. Take a quick inventory of how you are doing on these and choose an area that needs more attention today.

## Day 52

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Start *really* brushing your hair daily. I know you brush it now or at least run your fingers through, it but I mean a *serious* brushing. I brush my hair 100 strokes daily. If you have my books, you will have seen pictures of my long hair. A daily brushing—50 in the morning and 50 at night—has stimulated my hair growth. The raw food diet cleanses the system and promotes healthy hair.

Proper brushing stimulates your scalp and increases the blood flow to the roots. Bend over from the waist when you brush. Blood rushes to your face and scalp. You may want to start with only 10 strokes and work up to 50.

Brush gently at first. As you increase the number of strokes, you can increase the pressure. I now brush vigorously. But when I first started, my scalp was very sensitive to this new experience.

I recently discovered an amazing device to improve your hair growth.

It is called 'The Rolling Bed of Pins!' It is 100 times more effective than 100 strokes! For more information visit:

[http://www.beautifulonraw.com/Skin\\_Rejuvinater\\_Bed\\_of\\_Nails.html](http://www.beautifulonraw.com/Skin_Rejuvinater_Bed_of_Nails.html)

## Day 53

Juice. Eat fruit as your last meal of the day. Soak nuts for tomorrow's recipe or snack. Start a wonderful new habit: Brush your hands and body every morning. Dry skin brushing stimulates the lymph by stimulating the surface of the skin and gets things really going just like brushing your hair. Get a good brush.

Body brushes are usually available at health food stores, which also sometimes carry books on the practice. You don't really need instructions—it's very much like taking a bath or shower: You just scrub all over.

If you have delicate skin, you should begin with a very soft brush or even just a dry wash cloth. Some people use loofahs. But I find I can use a stiffer and stiffer brush for a longer period. Scrubbing feels wonderful and gives your skin a bright glow all over. Some believe that one reason that men's faces often age slower is that they daily shave away dead skin cells so that their faces are constantly rejuvenating. Dry skin brushing serves the same purpose.

Lately I discovered that *FACIAL DRY BRUSHING IS AN IMPORTANT PIECE OF THE BEAUTY PUZZLE!*. For more information visit:

[http://www.beautifulonraw.com/Facial\\_Dry\\_Brushing\\_Exfoliate\\_Your\\_Face.html](http://www.beautifulonraw.com/Facial_Dry_Brushing_Exfoliate_Your_Face.html)

## Day 54

Juice. Eat fruit as your last meal for the day. Soak nuts for tomorrow's recipe or snack.

I love make-up, and there are a number of excellent products available for those of us who want our cosmetics as organic as our diet.

I recently found a new source for toxic-free skincare: [Seven Arrows Color Connection](#). Seven Arrows Color Connection has designed and developed an entire system to nourish the skin instead of poisoning it.

If you sign up on their website, they will also send you a free "Toxic Alarm" CD to tell you what's really in some of the commercial products you're probably using now.

A few companies I have used in the past and can recommend are:

Real Purity:  
P.O. Box 2858  
Crossville, TN 38557

Phone: 800.253.1694  
Website: [www.realpuritytm.com](http://www.realpuritytm.com)

Ecco Bella:  
1123 Route 23 South  
Wayne, NJ 07470  
Phone: 877.696.2220, ext. 19  
Website: [www.eccobella.com](http://www.eccobella.com)

Dr. Hauschka  
20 Industrial Drive East  
South Deerfield, MA 01373  
Phone: 1-800-247-9907

Cosmetics are also available at your health food store. But their inventory may be limited, so these companies may be able to supply items you cannot find elsewhere. Some larger department stores and boutiques are beginning to carry organic lines in their cosmetic departments. Check them out.

## **Day 55**

Juice. Eat fruit. Finish the week by reading Chapter 29 “*The Hallmark of Beauty is Style*” in [Your Right to be Beautiful](#). After you have worked so diligently to change your entire lifestyle, you will need to rethink how you feel about yourself and how you want to present yourself to the world.

From now on, your days should include the beauty regimen of dry skin and hair brushing, facial massage and castor oil treatments for your lashes and brows. Don't forget your lips! Brushing and applying castor oil to your lips will make them incredibly smooth!

Visit [Natural Zing](#). They carry a full line on raw, organic, vegetarian food and health products.

## **Day 56**

Perform a 24-hour water fast. Begin reading [Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease](#) by Joel Fuhrman. Fasting produces startling results in your face. Salt is eliminated, first meaning that the fluid accumulation under the skin disappears spontaneously.

Your body releases excessive fluids that it has retained to neutralize the salt. It is not unusual to lose weight during a fast, but it may not be permanent. The whole changeover to raw food will be necessary to attain your perfect weight and keep it balanced.

If at all possible, get a 1/2 hour massage today for your 'Soul Food'. Massage not only improves circulation, aiding in the release of toxins, but is an unbeatable stress reliever. Determine to include occasional massages in your health practices from now on.

Read Alissa Cohen's interview in [Beautiful on Raw: Uncooked Creations](#) and check out her list of beauty tips. She wrote *Living on Live Food*. Visit her website at [AlissaCohen.com](http://AlissaCohen.com).

## Day 57

Juice. Eat fruit as your last meal of the day. Soak nuts for tomorrow's recipe or snack. Be sure you have added the beauty regimen to your daily routine. Consider start doing facial exercises. If you have any doubts about using facial exercises, look around at your yoga, Pilates, or gym class. The phenomenon I explored in my first book, *Your Right to Be Beautiful*, is getting more pronounced than ever. People with thirty-year-old bodies have faces that look decades older. Have you seen bodies reshaped by exercises? You *can* actually reshape your face. For more information visit:

[http://www.beautifulonraw.com/Rawsome\\_Flex\\_Facial\\_Exercises.html](http://www.beautifulonraw.com/Rawsome_Flex_Facial_Exercises.html)

Remember your journal entry for today.

Visit [The Raw Vegan Network](#). They offer general information as well as courses in raw food certification.

Sign up for Health Revolution's free e-zine at [The Raw Diet](#).

## Day 58

Juice. Eat fruit as your last meal that day. Check out a yoga class or a yoga DVD/tape. If you cannot find a class, check your library for yoga DVDs so you can get an idea of what's available and what suits your needs.

At my yoga studio, I watched some people bringing their mats and preparing for yoga class with an overwhelming feeling of inadequacy. With two bilateral titanic joints, I certainly did not belong there. However, I am very glad I persevered because I fell in love with yoga completely. Make no mistake—in my situation it wasn't easy. In fact, it was extremely difficult.

Taking some private lessons turned out to be the best solution for me. Take a private class for at least several sessions. It is very important that you are getting the most from the poses and learn to respect your limitations.

You can also visit [The Yoga Learning Center](#) for online instruction and information.

I now do yoga everyday. You should try to gradually reach that level, and should certainly do it at least 3 times a week.

Buy ingredients for Macadamia Cheese from [Beautiful on Raw: Uncooked Creations](#) and soak the Macadamia nuts overnight.

## Day 59

Juice. Eat fruit as a last meal that day. Soak nuts for tomorrow's recipe or snack. Yoga. The fundamental characteristic of classic Yoga is that poses are held for at least a minute. This is what you are working toward. Like fasting, it may take time to master but do the best you can. Hang on until you feel as though you may become a permanent lotus, gradually you will reach 60 seconds without having a panic attack.

*"Just because you cannot do everything, it's no excuse not to do everything you can."*

— Ashleigh Brilliant

Try the coconut water treatment for your hair described in the April 2007 [Beautiful on Raw Newsletter](#).

Make "Macadamia Cheese" using the recipe in [Beautiful on Raw: Uncooked Creations](#).

## Day 60

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. You have apples (remember I told you to eat one every day) and you have some Macadamia Cheese left. Make 'Layered Apple Pie' from [Beautiful on Raw: Uncooked Creations](#). Fresh apples are combined with fluffy macadamia cheese for a unique experience. A sumptuous apple pie is the quintessential autumn dessert. Apples are abundant in the fall and rightfully begin to dominate the market. In contrast to traditional apple pie, which bakes into a squishy, mushy and shriveled mass requiring a load of sugar before it can be eaten, this pie is crispy and the luscious scent of the green apples is heaven!

The presence of original fruit colors and flavors guarantees that the nutritional value has not been destroyed. It is topped off with crushed walnuts, lemon rind and cinnamon. No sugar, no flour, no butter—only the wholesome goodness! Your perception of apple pie will be changed forever. Best of all, this apple pie is very easy to make.

Be sure to order my latest book [Quantum Eating](#) if you have not already done so. It will show you how to take your health to the next level!

## Day 61

Juice. Soak your nuts. Raise the footboard on your bed. Begin to sleep with the leg side of your bed about 1 or 1.5 inches higher than your head side. Some people do it by placing something under the feet of the bedstead but others just put something solid under the mattress that will elevate the feet. There are some foam pads sold for this purpose or make your own. If you keep your feet and legs elevated slightly higher than your head it will increase circulation and blood flow to your head. This position helps rejuvenate the body functions and contributes to youthful appearance.

For inspiration visit: [Raw Reform](#).

It is packed with essential guidance on going raw for healthy weight loss.

Angela released her first inspiring e-book, entitled '*Raw Reform: How to go Raw for Weight Loss*' and has also recently written one called '*Raw Emotions*' which deals with some of the emotional aspects of changing to the raw foods diet.

## Day 62

Juice. Soak your nuts. Read Brenda's interview in [Beautiful on Raw: Uncooked Creations](#). She gives a 10-day course in the Living Food Lifestyle. The Living Foods Institute is designed as an educational training center devoted to teaching advocates of the raw food lifestyle. Website: [Living Foods Institute](#).

Brenda has created over 1000 recipes to date. Some of them are in her e-book entitled '*101 Raw and Living Foods Recipes*' which is available at [Living Foods Institute](#).

## Day 63

Perform a 24-hour water fast. Continue to read [Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease](#) by Joel Fuhrman.

Do not worry about losing muscle tone during a fast. People who fast regularly soon begin to notice an increase in lean-body mass and a decrease in body fat. Optimizing the way your body utilizes protein is a very important factor in building muscle. Fasting ultimately results in greatly increased muscle-growth. Combine fasting with weight lifting and you will achieve the best possible muscle quality.

'Soul Food': Fill a dishpan or similar container with warm water, an essential oil, some natural liquid soap, and.....marbles. Soak your feet in this, rolling them around on the marbles for a delightful and relaxing foot massage. You will be massaging acupressure points on your feet which is wonderfully invigorating. While you are doing this, reflect on the fact that fasting is essentially 'pushing the reset button' of your appetites and habits. Determine to start with a



clean slate tomorrow.

## Day 64

Juice. Eat fruit as your last meal that day. Soak nuts for tomorrow's recipe or snack. Yoga. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? What would you like to write in your journal today?

For inspiration visit [Shazzie](#) and read her interview in [Beautiful on Raw: Uncooked Creations](#). Her fresh, cheerful attitude is a real pick-me-up. This is another great site for those interested in raising children on a raw vegan diet.

## Day 65

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. If you are not doing any breathing exercises, it is time now to learn more about breathing.

Visit: [Optimal Breathing](#). Michael Grant White has studied breathing in depth and has a very detailed website.

Also read chapter 19 '*Breathing Lessons for Health and Beauty*' in my book [Quantum Eating](#).

Check Out:

*Conscious Breathing* by Gay Hendricks—an easy to understand book of breathing and breathing exercises.

*Body Flex* by Greer Childers—a set of 2 videotapes including breathing and isometric exercises.

## Day 66

Juice. Eat fruit as the last meal that day. Soak nuts for tomorrow's recipe or snack. Read Ann Wigmore's [The Wheatgrass Book](#). Her findings were the basis for the teachings at The Living Foods Institute.

Try a shot of wheat grass. I do not recommend you buy a wheat grass juicer unless you have a serious health issue. Most people do not use that particular juicer often enough to get their money's worth. Quite frankly, I find that I need the support of a retreat to drink it on a daily basis.

Drink at least 2 ounces of wheat grass each time you are in a health food store. You can do it!

*"If you really want to do something you'll find a way. If you don't, you'll find an excuse."*

— Jim Rohn

## **Day 67**

Juice. If you have serious health challenges or want to speed up the cleansing process, consider going to one of these retreats where they use wheatgrass juice:

[Optimum Health Institute](#)

[Ann Wigmore Natural Health Institute](#)

[Hippocrates Health Institute](#)

[Creative Health Institute](#)

My husband and I participated in a 12 day Body Mind Restoration Retreat. If you are considering a health enhancing vacation this is the best present you can give yourself or your partner. Body Mind Restoration Retreat is nestled deep inside a paradise of pristine nature. Sedate rural charm carries moral and spiritual overtones and serves as a perfect background for the restoration of health, wholeness and spiritual harmony.

We lived in simple intimate cottage set in a magnificent meadow overlooking a small picturesque pond. The pristine nature of the setting and the hospitable staff warmly welcomed all those who, tired of the noise of city life and competitive business world, needed a change. Breathtaking landscapes and the wildlife they harbor will fence you off for a short while from health negating temptations, negative people and emotions.

The hosts of this retreat, Marcia and David, are interesting and special people. They are cheerful, spiritual people with open hearts, and are glad to share their health, joy and optimism with others. Marcia, the director, puts her heart and soul into this place and makes it a jewel. Daily meditation sessions with David promise to propel you on your spiritual journey.

The atmosphere is very casual, with alternating activities and relaxations. You can choose from restorative, gentle and advanced yoga, or Pilates class. My husband loved rebounding classes with Marcia. Just to see this 60-years young woman leading this class kept him going. Visit [Body Mind Restoration Retreats](#).

## **Day 68**

Juice. Eat some fruit for your last meal that day. Try not to eat after 6 pm. As you progress, you will want to move that time earlier and earlier, up to 3 pm. This is explained in depth in my book [Quantum Eating](#). Here is an excerpt:

"The secret to success on the Quantum Eating regimen is to concentrate on changing your lifestyle at whatever pace your body can accept change. You proceed experimentally, attentively, relying upon the responses you receive from your body. Move gingerly. Watch for signs the body is giving you, and adjust your eating accordingly. Changing your diet abruptly can be dangerous, but so can any act of living."

Soak nuts for tomorrow's recipe or snack. Buy a food processor. A state of the art Cuisinart will require an investment of about \$189.

If money is an issue— isn't it always?—you can buy a regular food processor at some department store for only \$30 or so. Once again, check the internet sources and auctions for a good deal. If you are using it to prepare food for only yourself, you can try an individual processor.

Check out [The Raw Life](#). This is a raw food super store for health books, videos, CD's, whole live food supplements, raw food snacks and more.

For inspiration visit [Amanda Waldner](#) and read her interview in [Beautiful on Raw: Uncooked Creations](#).

## **Day 69**

Juice. Eat fruit. I hope that by now you are regularly practicing yoga. In yoga exercises, you use 100% of the body, while things like tennis, jogging, swimming only use ten to twenty percent of the body and are inherently competitive rather than relaxing. Changing your lifetime eating habits can be stressful enough without competing physically.

No one argues that these activities build muscles and create physical strength, but it is the flexibility of the joints and of the connective tissues that gives us the feeling of ease and lightness in the body. We are seeking a deeper contentment that can be found in the practice of yoga.

Make the 'Green Power Smoothie' from page 376 of [Quantum Eating](#).

## **Day 70**

24-hour water fast. Continue to read [Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease](#) by Joel Fuhrman.

Fasting makes you immune to time. We are trying to halt the train of aging, and fasting is like pulling the emergency brake.

'Soul Food' for today. Take some time to declutter and give yourself a fresh start this week.

How about going through your closet and drawers and getting rid of what doesn't suit you anymore? Put outfits together, polish shoes and rearrange your wardrobe. Give away what you do not wear any longer. Start transforming that wardrobe to fit the new you. Determine this week to wear the things you really enjoy and that make you feel wonderful!

## **Day 71**

Juice. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Write those answers down in your journal.

Visit [Body and Mind Retreats](#). This is a body-mind retreat in Thailand. It offers courses in meditation, yoga and other studies.

Also visit [GlobalYogini.Com](#). They teach a form of Yoga called [Tri-Yoga](#). It was developed by Kali Ray in Santa Cruz, California, in the form of 7 levels each of which contain 7 series. The classes are in Santa Cruz so if you live in the area or are interested in further study, check them out.

For possible vacation places visit: [Samasati](#) and [Rejuvenation Vacation](#).

## **Day 72**

Juice. Soak nuts for tomorrow's recipe or snack. Buy sun-dried tomatoes or make your own. You can buy these in bags or in bulk at your health food market. [Essential Living Foods](#) is another excellent resource.

The best way is to make your own. During the season buy a box of good ripe tomatoes. Slice them thin and dehydrate. Check them periodically as you might need to turn them. Dehydrate as many as you can.

Sew a bag from cheesecloth and hang the bag somewhere where it gets plenty of fresh air circulation. You will be very happy you made them when ripe, fresh tomatoes are not available and green house tomatoes are not only tasteless but are less nutritious.

To rehydrate dried tomatoes soak the desired amount in a little water to cover for an hour, then squeeze the water out. They are excellent to use in a salad or when a recipe calls for sun dried tomato.

Visit the [Raw Spirit Festival](#). This truly is a festive gathering of raw foodists and eco-enthusiasts from all walks of life, put on by a non-profit organization and held annually in Arizona. I am usually a presenter.

## Day 73

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Yoga.

That dehydrator you ordered should have arrived by now. You can attempt to make your first crackers. Put the flax seeds to soak overnight. From now on you'll be making a variety of crackers to substitute for bread.

I hope you practice some yoga daily. In yoga, the stretching and holding of poses without aerobic stress is beneficial not just to your body but to your mind as well. The total containment of a stress-free atmosphere will bring mental and spiritual balance. It will aid not only your coordination but also the entire space that your body occupies. You learn to balance your emotions as well. Serenity is the key to successfully practicing yoga.

Read chapter 24 entitled 'Stretching Your Benefits: How Yoga and Raw Foods Work in Tandem for Superior Health' in my book [Quantum Eating](#).

## Day 74

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Use one of the cracker recipes from my books.

The easiest crackers just use the pulp from your juicer: carrots, beets and celery, etc. Add soaked flax seeds and blend until smooth. Spread on dehydrator sheets. Place in dehydrator at 105°F for 12 hours. In about 8 hours you might want to turn them up and remove the teflex sheet as they continue to dehydrate.

Here is a tip for making your crackers look smooth and uniform every time:

Spread dough slightly on your teflex sheet, then cover with a sheet of wax paper. Roll with a rolling pin until all of the dough is about 1/4 inch thick, evenly covering the teflex sheet. Carefully remove the wax paper and with the blunt side of a butter knife score into desired shapes and trim away excess from the edges.

## Day 75

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Visit [Chef Suzanne Alex Ferrara](#). She wrote ***The Rawfood Primer***. Read her interview in [Beautiful on Raw: Uncooked Creations](#). Check her site for info and recipes.

Practice Yoga. The stronger you become, the easier motion becomes. Simple activities will no longer cause the same physical exertion as before. Flexibility gives you freedom from tension

and brings everything into the open where it can be washed away by the flow of fresh blood through your body.

*"Success is the sum of small efforts, repeated day in and day out."*

— Robert Collier

## **Day 76**

Juice. Eat fruit. If you feel you have not yet mastered the discipline of fasting, you might want to check the following websites and look at opportunities for supervised fasting:

<http://www.healthpromoting.com/index.htm>

TrueNorth Health  
610 Commerce Blvd  
#152 Rohnert Park, CA 94908  
Phone: 707-586-5555

<http://www.fastingbydesign.com>

Scott's Natural Health Institute  
PO Box 361095  
Strongsville, OH 44136  
Phone: 440.238.3003

<http://www.drcinque.com/>

Dr. Cinque's Health Retreat  
Fasting - Detoxification - Juice Diets - Vegan Diets  
Health Improvement - Addictions - Weightloss  
305 Verdin Drive  
Buda, Texas 78610  
Phone: 512.295.4256

These sites all offer detailed information about their services. If you are determined to follow the raw food lifestyle and seem unable to master this step on your own after a reasonable length of time, this is a chance to succeed under professional supervision that is sympathetic to your needs.

## **Day 77**

Perform a 36-hour water fast. Read the book [Fasting: The Ultimate Diet](#) by Alan Cott, M.D.

Fasting also gives the nervous system and the brain a physiological rest. Fasting has been used with success to treat a variety of neuropsychiatric disorders. Fasting has a high success rate in alleviating neuroses, anxiety, and depression and has been known to succeed when other therapies have failed.

After you have fasted regularly over a period of time, you will see for yourself the wonderful sense of peace and well being that it brings you.

'Soul Food' for today: Read back over your journal, including your 'Before' picture and reflect on how far you have come. Congratulate yourself on all of the changes you have made and the new habits you have cultivated. Marvel at how you are transforming right before your very eyes. Determine this week to press on. I am proud of how far you've come, and you should be, too.

*"I never worry about action, but only inaction."*

— Winston Churchill

## **Day 78**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Changed juices? Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Journal.

You are over three fourths of the way through the program. Take a hard look and see if you need to backtrack and strengthen your resolve in certain critical areas.

For inspiration visit: [Raw Food Right Now](#).

## **Day 79**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Clean out all of the cans in your cupboard that contain meat. Soak pumpkin seeds and flax seeds overnight to use in meatless meatballs.

Begin soaking in a hot hydrogen peroxide bath several times a week before going to bed. This is a beauty tip that I shared from my August 2007 [Beautiful on Raw Newsletter](#).

Read chapter 18 entitled 'Dr. Jekyll or Mr. Hyde?' in [Quantum Eating](#). It explains all about the benefits of this in great detail.

## Day 80

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Make Meatless Meat Balls from the recipe section in [Beautiful on Raw: Uncooked Creations](#).

Yoga. As you become more proficient and more dedicated, you will experience a lifestyle change just as you have with raw foods. You wake up earlier, fully alert and energetic. No more sluggish early mornings.

If you are a gardener check out [Organic Gardening](#) —an interesting and useful organic gardening site.

## Day 81

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. If you have decided you like sea vegetables, buy some nori sheets. They must be black—not dark green; green means they have been toasted. As before, try the Asian markets for small quantities.

If you like them enough, you should order a larger quantity and save money. They come in 50 organic sheets.

You may purchase them at [Maine Coast Sea Vegetables](#).

## Day 82

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Buy a durian at an Asian market. You must try this fruit at least once.

Some people think durian smells like rotten cheese, but it tastes like vanilla custard. According to a popular saying, durians “smell like hell and taste like heaven.” The smell is so horrific that it is banned from public consumption in Singapore, where the fruit is very popular. There are “No Durian” signs in the subway—the standard red circle with a slash through the silhouette of a spiky fruit.

If that doesn't make you want to try it, what will? Durian is extremely nutritious and popular with raw food advocates, but it does take some getting used to—don't say you weren't warned! If nothing else, the durian is a great conversation topic.

Visit [Living and Raw Foods](#).



## Day 83

Juice. Eat fruit. As you will have discovered, the raw food diet uses nuts in many of the recipes. They are cheaper in bulk and you are certain you are getting the right product. It is always a good idea to have a supply on hand. Order according to your preferences and the recipes you seem to use the most.

Most of the almonds grown in this country come from California. In 2007, new regulation was passed stating that all almonds must now be fumigated and pasteurized. The exception is organic, raw almonds which will only have to be pasteurized. The labels, however, may still say 'raw'. Authentic raw almonds may now have to come from other countries. There are some companies who are able to offer truly raw almonds, such as [Living Tree Community Foods](#), and [Living Nutz](#).

If you're ever in Chicago, Illinois, visit [Karyn's](#). If you live in the area, she also has classes. Another wonderful restaurant is [Ecopolitan](#) in Minneapolis.

Some other raw food places:

[Blossoming Lotus](#)  
925 NW Davis St  
Portland, OR 97209

[Grezzo](#)  
69 Prince Street  
Boston, MA 02113  
1-857-362-7288

[Arnold's Way](#)  
319 West Main St.  
Store #4  
Lansdale, PA 19446

Whenever you travel, check for other raw food restaurants all over the country!

## Day 84

Perform a 36-hour water fast. Continue reading [Fasting: The Ultimate Diet](#) by Alan Cott, M.D.

By now, you have discovered the extreme adaptability of the human body to regulate and redistribute its resources. All constructive processes of life continue without interruption. Fat reserves and non-functional tissues supply nutrients for the vital functions of the brain, heart, lungs, and nerves.

'Soul Food': Today, simply buy yourself something delightful to brighten your day. It doesn't have to be expensive. Some ideas are: a new CD that you've been wanting, a bouquet of fresh flowers, or possibly hit the thrift store and find an exquisite new serving bowl for your

favorite raw foods or a fancy tall glass for your juices. Determine this week to remember to reward yourself occasionally for a job well done.

## **Day 85**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Write down your answers in your journal.

Are you staying consistent with your beauty regimen?

Visit [Roe Gallo](#) for inspiration.

Read Gina's interview in [Beautiful on Raw: Uncooked Creations](#).

## **Day 86**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Make Vibrant Veggie Nori Rolls from [Beautiful on Raw: Uncooked Creations](#). This unusual combination includes almonds and beets in the filling. It tastes somewhat like crabmeat.

Sunflower seeds make them crunchy. The rolls can be served as an appetizer or as a main course. You can also use a veggie roll as a sandwich replacement. Nori rolls are great for taking to parties. Everyone will be impressed. Veggie rolls are extremely versatile and can be made in endless variations.

## **Day 87**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Read pages 247-248 in [Your Right to be Beautiful](#) for information on mercury.

For further discussion on the dangers of mercury visit: [Got Mercury?](#)

Stop eating fish altogether.

[Rhio's Raw Energy](#) has some thought-provoking information on the benefits of consuming cilantro.

## **Day 88**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. As you continue yoga, remember it

strengthen muscles, brings a healthy glow and creates symmetry by creating balance and grace in the body that makes it beautiful.

Stretching, twisting, bending forwards and backwards, vigorously massages various organs. The activity moves stagnated blood that improves the flow of fresh nutrients and drains away impurities. It relaxes tense, painful areas of your body and strengthens weak areas.

Make the recipe for 'Fast Food Hot Soup' from pg. 391 of [Quantum Eating](#). Eat with your homemade crackers.

## Day 89

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. ***Stop eating cooked food all together.***

Even if you slide, a very deep primal part of you will urge you to return to this diet if only to experience the complete purity.

Why trade constant euphoria for a short lived gastronomic pleasure?

A sure way to fail in the raw food lifestyle is by discussing our attempts and ideas too soon and too indiscriminately. When we talk about our health aspirations to closed minded and negative people, we make ourselves vulnerable. We jeopardize our chances to finish our transformation. Our energy gets overdrawn. Energy that should be used for healing gets used instead defending our dietary choices. You will find yourself questioning again and again if the critics are "right". In order to complete your self-transformation, you must keep that in the proper perspective. You must protect the new you that is to be revealed.

It is difficult to overemphasize the amount of care that must be taken to protect your initial attempts at 100% raw. Do not be self-destructive in your choices of your early confidants. Sometimes it is better to say: I cannot eat now, I have an upset stomach. I cannot tell you how many times this phrase saved my day. You will find that people easily accept this excuse, but will rave if [you](#) tell them that you do not eat anything cooked.

*"First say to yourself what you would be; and then do what you have to do."*

— Epictetus

Visit [Pure Joy Planet](#). This is another general site with tips, recipes, products, etc.

## Day 90

Juice. Eat fruit. Keep doing yoga. As you practice the raw food lifestyle with yoga, this sense of feeling clean, good and pure gradually becomes so prevailing that it penetrates every part of your life.

It restores your emotional balance. Your emotions undergo a deep cleansing and healing and your outlook on life is changing just as your body is changing.

Visit [Yoga Journal](#).

Be sure you are including some type of deep breathing exercises every day.

## **Day 91**

Perform a 36 hour water fast. Continue reading [Fasting: The Ultimate Diet](#) by Alan Cott, M.D.

By now you have probably concluded that fasting does not mean you are starving yourself to death. As long as it has water, the body can continue to function for up to 6 weeks before starvation sets in. Even then, the body has reserves to last from 1 to 3 months.

In many senses, this is an instance of mind over matter. If you can control your panic, your body will adjust to the demands made on it. I'm telling you this in case you are ever lost in the desert and need survival skills.

'Soul Food': Get your journal out and start dreaming. Write down what the perfect dream day would look like for you. What would you do, where would you go, what would your schedule look like? If there were no obstacles, how would you live out a perfect day on the raw foods lifestyle? Determine this week that if you can dream it, you can do it.

## **Day 92**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Are you doing yoga everyday yet? Record your insights. One day you will be very grateful to me to encouraging you to keep a journal.

Have you kept up your beauty regimen? Have you been remembering to include daily sunlight? Read chapter 30, '*Sunning and Mooning*' in [Quantum Eating](#).

Visit [Raw Foods News](#).

Do not expect your cooked food friends to applaud your raw food aspirations. They can't, any more than your drinking buddies would celebrate your abstinence.

Eaters are trapped by the giant octopus of cooked food. They will be disturbed and annoyed by your raw food discoveries and revelations. They will not try to reassure you; they may even sabotage you.

Be aware of their well-meaning doubts and advice. See their attacks on your raw food journey for what it is: their attempts to draw you back into their familiar ways for the sake of their own comfort and peace of mind.

Your moving away from cooked foods will make them feel abandoned. It is almost like leaving a cult or sect. Many tactics will be used to get you back into the cooking fraternity. They try to guilt-trip you into giving up raw food. The best thing you can do is to become an example of good health for them.

Before you know it, new sources of encouragement will emerge to give you support and carry you forward to a goal of superior health. The powerful energy that you exude will encourage your friends to at least explore your new direction.

The raw food lifestyle is the raw food diet one day at a time.

## **Day 93**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Yoga. Make *Clever Carrot Cake* from [Beautiful on Raw: Uncooked Creations](#).

The original guilty pleasure, this dessert has been transformed into a raw creation devoid of forbidden calories. This Carrot cake is made with walnuts, almonds, shreds of coconut and carrot. It is glazed with creamy cashew frosting in place of the usual artery clogging cream cheese. Its intense nourishment, opulent look and celestial taste is sure to get rave reviews. Even non-raw food eaters enjoy it.

It can be taken to dinners as an introductory offering because no one can resist dessert, even when it is raw.

Visit: [Living Nutrition](#).

## **Day 94**

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Yoga. Check out Juliano Brotman's [Raw: The Uncook Book: New Vegetarian Food for Life](#) for more sophisticated recipes.

This particular book is only for people with strong digestive systems. My son loves it! Buy this book only if you like complicated recipes and really want to impress someone.

Visit: [Raw Foods, Living Foods, and Fruitarian Links](#) for events and links to other raw food sites.

## Day 95

Juice. Yoga. Make a green smoothie. Investigate the benefits of adding 'The Violet Ray' to your health and beauty regimen. You can learn more about it at my website

[http://www.beautifulonraw.com/Holistic\\_Device\\_Violet\\_Ray.html](http://www.beautifulonraw.com/Holistic_Device_Violet_Ray.html)

Try to stop eating by 5 p.m.

## Day 96

Perform 36-hour water fast. Consider reading [Choose to Live Peacefully](#) by Susan Smith Jones. This book is for readers interested in the spiritual aspects of fasting. The author decided to go on a 40-day fast, inspired by Jesus Christ, who supposedly advocated fasting for both therapeutic and spiritual benefits. In 40 chapters she examines one by one the many facets of a satisfying life.

I have not discussed the use of enemas during a fast. Opinion is deeply divided over the issue. I started fasting with the Bragg book which discourages enemas, so I did not use them for several years. The healthier you are, the easier it is to fast without enemas. However, I found that after my last round of hip surgeries, I was so loaded with toxins that fasting became easier with enemas and colon irrigations. This is a decision you will have to make for yourself.

In order to ensure more complete elimination on a regular basis, consider using a stool to raise your feet so that you are in more of a 'squatting' position. You can read about the health benefits here: [Squat-Don't Sit](#).

Treat yourself to some delicious 'Soul Food' of your own choosing!

## Day 97

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Review everything you have learned and accomplished so far. What needs more work? What successes have you had? Record your thoughts in your journal.

Visit [Eat Raw](#). It is another general store type of site.

Read Rosalind's interview in [Beautiful on Raw: Uncooked Creations](#).

## Day 98

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Yoga. Check out raw food resorts and consider a vacation in the future to one of those places.

Visit the website and tour the outstanding new [Anidawehi Plantation](#).

I want to tell you about Regency House Natural Health Spa where my husband and I went to celebrate our silver anniversary. This was my first time at the spa and I loved every minute of it.

I believe this the best place for vacationing for health seekers. They serve vegan food, but if you are on the raw food diet, they will gladly accommodate you. I had the lavish fruit buffet with everyone else. For lunch and dinner, they made a vegetable juice for me. I also ate a delicious green salad with tahini dressing from the daily lunch menu.

They also offer physical activities for people of every taste: Yoga, Pilates, Water Aerobics and more.

Check them out at: [Regency Health Spa](#).

## Day 99

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack. Yoga. Read [10 Steps to Fashion Freedom: Discover Your Personal Style from the Inside Out](#) by Malcolm Levene and Kate Mayfield. Read or re-read the chapter 29: 'The Hallmark of Beauty is Style' from [Your Right to be Beautiful](#).

You have a new look and this information will help you define it. If you have been eating raw, practicing yoga and keeping up with the beauty regimen, you should see some significant changes.

## Day 100

Juice. Eat fruit. Soak nuts for tomorrow's recipe or snack.

Read chapter 31 '*Go Raw and Meet Your Destiny*' from [Quantum Eating](#).

**Celebrate! Go Shopping for the Brand New You.**

Pull that list you made in the beginning out of your drawer and see how well you met your expectations.

It's time to take that 'After' picture!

Email me at [TonyaZavasta@hotmail.com](mailto:TonyaZavasta@hotmail.com) about your experiences and I'll be delighted to post it on my website [Beautiful on Raw.](#)