

10 STEPS TO DETOX AND BOOST YOUR ENERGY THROUGH THE POWER OF **RAW FOODS**



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Hello and welcome aboard!



We are Paul and Yulia Tarbath, Nutrition and Lifestyle Coaches. We love giving gifts to people and sharing information on healthy living **and** raw food dieting – in fact, it is our greatest passion!

To celebrate you joining our expanding Rawsomehealthy community, we produced this guide that can help you detox and boost your energy levels in the most natural and effective way.

Please enjoy!

Why do we need to detox?

Unhealthy diets, sedentary lifestyles, stressful living conditions, and environmental pollution all lead to the accumulation of toxicity in people's bodies. Toxins damage the normal functioning of your cells, and therefore prevent you from reaching your optimal state of health.

Toxins weaken the healthy functioning of your bodily systems and your organs, and vital functions become impaired. Fatigue, headaches, skin problems, weight issues, weak digestion, and many other health concerns happen as a result of toxicity. As toxicity continues to build up, people's bodies get weaker and more serious diseases begin to form, such as cancer, heart-related diseases, diabetes, etc.



Detox and body cleansing is a natural way of helping your body eliminate toxic waste and restore its healthy functioning. The safest and most natural way to assist the elimination of toxins from the body is through eating a natural diet and leading a healthy lifestyle, which will not only cleanse your body from the toxins and poisons of the past, but will also prevent the formation of toxins and diseases in the future.

A natural detox is completely different to starvation diets, costly kits, special superfoods and tinctures that are sold to people under the “detox” label. A natural detox is all about learning to live healthy and eating to live, rather than living to eat. Natural detox will provide support for your body's natural restoration process, so that it can start creating a level of health that has not been experienced by you in your entire life!

So, what are the benefits of detox?

The benefits of a detox are enormous, and just some of them include:

- ✓ Improved and restored digestion, and regular bowel movements
- ✓ Natural weight loss
- ✓ Improved circulation of the blood and lymphatic systems
- ✓ Improved functioning of the bodily organs, including liver and kidneys
- ✓ Accelerated recovery from disease
- ✓ Disease prevention
- ✓ Balanced emotional state
- ✓ Mental clarity
- ✓ Clear and shiny skin
- ✓ Greater levels of energy and vitality

10 steps to detox

No. 1:

Detox sensibly

Firstly, let's understand that a natural detox is not about eating junk and processed food in any quantities, gaining weight, feeling fatigued and unhealthy and then going on a short-term detox diet by starving and under-nourishing yourself.



Put simply, detox diets never work – with people finding themselves in a continual cycle of under-eating and then compensating for it by bingeing on food. In fact, this approach to detox is actually dangerous, and has been proven to lead to greater health complications in the future.

A proper detox “diet” is actually a way of living healthfully every single day. A natural and healthy diet will provide you with only the best opportunity to detox, lose weight and restore your health. Furthermore, a natural diet is exceptionally tasty, varied, exciting, and sweet!

No. 2:

Cut out all of the animal products, and go vegan

Animal products bring tremendous levels of toxicity to people's bodies. They are loaded with additives, hormones, and antibiotics. They contain excessive levels of protein, fat, cholesterol, and sulfur-containing amino acids (such as methionine) – all of which burden your body with poisons.

Excessive fat, as found in all animal products, leads to obesity, atherosclerosis, and promotes cancer.



If purification, increased energy, health and fitness are your goals, avoid all animal products, including meat, poultry, fish, dairy and eggs. In this way, your body will be relieved from the dietary poisons found in animal foods. Your dietary intake will no longer include pesticides, antibiotics, hormones, viruses, and parasites that are found in animal foods.

The abundance of low-fat, plant-based foods that you will be consuming will help your body start cleansing itself of previously stored toxicity and excessive fat, resulting in natural weight loss and improved health. Your diet will be built upon healthy carbohydrates, and you will be supplying your body with an abundance of vitamins, minerals, fibre, enzymes, antioxidants, and phyto-nutrients.

No. 3:

Cut out toxin-forming and stimulating foods and substances

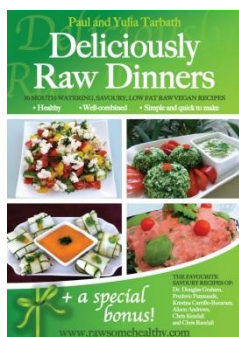
As well as cutting out all animal products, you should also avoid all processed and prepared foods. This really means anything that has been manufactured and pre-packaged. Instead, choose only fresh and whole foods!

Here is a list of the most toxin-forming foods and substances:

- alcohol
- nicotine
- coffee and caffeine (also in black and green tea)

- carbonated or soft drinks
- all processed and tinned foods
- fried or barbequed foods
- additives; preservatives; artificial flavourings and colourings; residual hormones or antibiotics; and genetically modified (GM) foods
- refined salt, sugar and sugar substitutes
- processed oils and margarine
- processed starch (white grains and flours, pastas, breads, cakes, cookies, pizzas, and potato chips)
- gluten (found in wheat, oats, barley and rye)
- chocolate, even raw (it a negative stimulating effect on your body)

If your diet has been primarily built upon these foods before, you may think: *“Oh, what is it that I am supposed to eat now?”*. This is simply because you have not been paying attention to all of the other healthful foods around you in the past and there are so many of them! When you start eating these foods, you will be amazed at just how diverse and tasty it is to eat whole, raw, and plant-based cuisine, and how many delicious healthful dishes you will be able to enjoy!



To help you make your low-fat raw food menu exciting and diverse, we have put together a unique collection of **36** savoury raw food recipes. ***Deliciously Raw Dinners*** e-book includes scrumptious soups, mouth-watering salads and irresistible main courses, which are very quick and easy to prepare! All of our recipes are very healthy, low in fat and are free from salt and other

stimulating substances that often get added to other raw food recipes.

You can get started right away by ordering your own copy of *Deliciously Raw Dinners* today from:
<http://rawsomehealthy.com/deliciously-raw-dinners-3/>

Here is just one of many recipes from the book for you to enjoy.

Bell Peppers Stuffed with Tomato Salsa (fat-free)



Ingredients:

- 5 fresh tomatoes
- 1/3 cup dried tomatoes
- 2 yellow bell peppers (de-seeded)
- 1 red bell pepper (de-seeded)
- 1 head lettuce (such as cos, iceberg, or romaine)
- 1 cup fresh rocket or arugula
- 1/2 cup fresh dill
- 1/2 cup fresh coriander
- 1/2 cup fresh chives
- 2 tablespoons lemon or lime juice

Preparation:

Step 1: Make the tomato salsa

- Roughly chop the tomatoes, red bell pepper, dill, coriander, and chives.
- Place the following ingredients in a food processor: fresh tomatoes, dried tomatoes, red bell pepper, dill, coriander, chives, lemon or lime juice.
- Mix together well using the “S” blade of the food processor.
- Place in a bowl and set aside.

Step 2: Make the stuffed bell peppers and salad

- Cut 2 yellow bell peppers into halves.
- Stuff the bell peppers with the tomato salsa mix.
- Put the bell peppers around a serving plate.
- Chop the lettuce, and mix together with rocket/arugula.

Step 3: Serve

- Place the lettuce onto the serving plate, next to the bell peppers.
- Serve and enjoy!

No. 4:

Switch to a low-fat, vegan diet that is as raw and organic as possible

A low-fat, raw and plant-based diet that is built upon fruits, vegetables, and moderate amounts of nuts and seeds offers the greatest opportunity for the body to cleanse and restore itself!

A raw food diet is superior to a cooked food diet because raw plants still have nature’s complete package of life-supporting nutrients fully intact within them, including vitamins, minerals, fibre, enzymes, antioxidants, and phyto-nutrients.



For example, antioxidants protect the living cells from many diseases, including cancer. Vitamins help ensure proper functioning of our hormonal system. Minerals maintain the alkalinity of the blood – helping us to grow, regenerate and heal.

Enzymes build our tissues and rebuild our cells. Fibre, which can be found in abundance in raw plants, aids in weight loss, and helps to maintain a healthy digestive system, as well as healthy levels of cholesterol and blood sugar.

When food is heated, its structure gets altered. The vital nutrients that are needed by our bodies are no longer there, or only available in unbalanced proportions, which means that they can no longer give our bodies full and complete nutrition.

When raw, plant-based food is eaten, and proper food combining practices are adhered to, the body is allowed to free up energy to cleanse itself of old poisons and excessive fat. A raw, low-fat vegan diet, combined with a regular, moderate to vigorous exercise regime, leads to *weight loss* absolutely naturally – without the need for any costly supplements, weight loss pills, and ineffective starvation diets!

Whole, fresh, ripe, and raw foods are quick to digest, which will free your body from the process of difficult and often incomplete digestion that can steal you of your health and create diseases.



Not only will a low-fat, raw food diet help you to detoxify your body, it will also assist you in you in gaining mind clarity, emotional balance and inner harmony. Many

people following this diet report accelerated inner growth, where they feel a lot more in tune with themselves, nature, and the wider world around them. A new state of connectedness arises; people begin to feel much more joyful, loving and empathetic.

Eating a low-fat, raw food diet that is as much organic as possible also brings many environmental benefits. Choosing organically grown food over non-organic food will help you minimise your intake of toxic chemicals. Organically-grown food avoids over 400 chemical pesticides, herbicides, artificial fertilisers and additives. It also benefits the soil, animals and plants. Farmers who grow organic food, report a greater diversity of wild birds, butterflies, wild plants and flowers.

On a low-fat, raw vegan diet, you can eat an abundance of sweet fruits and vegetables, which can be supplemented by modest amounts of fatty foods like avocados, nuts or seeds.

Here is an idea of what your day may look like:

Breakfast:

A substantial fruit-based breakfast, containing a fruit smoothie (about 800-1000 calories). An 800-calorie fruit meal translates as approximately: 8-10 bananas, or 5 mangoes, or 14 peaches, or 1,200g of grapes. If you feel hungry again during the initial stages of this adjustment say 2 or so hours after your fruit-based breakfast, have some more fruits in between your breakfast and lunch.

Lunch:

A large, 800-1200-calorie meal, consisting of fruits, or a fruit smoothie with greens, for example, celery, lettuce or baby spinach.

Dinner:

1 type of sub-acid or acid fruit (i.e. oranges, mandarins, pineapples, kiwis, nectarines, peaches, plums, etc.) in quantities that satisfy you consumed before a large serving of fresh raw salad, to which you can add one fatty food or a dressing of your choice (i.e. avocado, or nuts/seeds, or olives).

If you are not yet ready to commit to a 100% raw food diet, you can follow a high-raw diet and include a large bowl of fresh raw salad, followed by steamed vegetables (such as sweet potatoes, pumkins, carrots, broccoli, etc.) with your chosen home-made dressing or salt-free tomato sauce.

No. 5:

Create a new, living kitchen and give your fridge a makeover!

“Out of sight, out of mind”, they say, and rightly so. Your kitchen and your refrigerator must go through a detox together with you! Most people’s kitchens lack in fresh fruits and vegetables, and are overloaded with unhealthy, toxic, refined, and fatty foods. So, your old and unhealthy food can be replaced by new food, which will help your body cleanse itself – giving you the maximum health benefits.



Replace ketchup with fresh tomatoes, salt with celery and greens, sugar and cakes with fresh fruits, and soft drinks with water and fresh smoothies/green juices. Your kitchen should exude the

heavenly smells of fresh ripe fruits, such as bananas, melons, oranges, mangoes, peaches, pineapples, etc. Your fridge should be filled with healthy raw vegetables like lettuce, celery, spinach, cucumbers, tomatoes, bell pepper, zucchini, cauliflower, carrots, sweetcorn, etc.

Ice cream, raw cookies, puddings, pies, spaghetti, lasagne, wraps, soups, salads, and dressings – can all be created out of healthy, low-fat, raw vegan ingredients. It really is an exciting lifestyle to follow!

No. 6:

Exercise as if your detox and health depends upon it!



Your healthy diet, *must* be accompanied by regular exercise. Exercise aids in detox, weight loss, and helps to build strong muscles, organs, glands, circulatory and respiratory systems. It helps the blood to circulate (opening up the capillary system to more oxygen), and promotes muscular, cardiovascular and lymphatic health, along with a healthy digestive system.

Exercise is also a powerful anti-stress remedy, which works to remove mental and emotional tensions!

For optimal health, weight, and fitness, you need to perform at least 30-45 minutes of cardio/aerobic-like activity per day, 5 days a week. This can include activities such as aerobics, running/jogging, rebounding (or trampolining), brisk walking, swimming, cycling, or dancing. Complement your cardio activities by other forms of exercise, such as weight training, yoga, tai chi, etc.

No. 7:

Hydrate yourself

Hydration is vital to health, organ functioning and energy levels. The human body is comprised of 70-80% water, so your diet and drinking water intake need to supply your body with sufficient amounts. Raw, whole, ripe fruits and vegetables are naturally high in water (up to 90% of their content is water) and hydrate the body in the most natural way.



On top of your water-abundant diet of raw fruits and vegetables, you also need to drink 2-3 litres of pure water a day to help your body flush itself of toxins. Monitor your urine on a daily basis and ensure that it is clear. If you urinate less than 8-12 times a day, and your urine is dark yellow in colour – you are dehydrated. Aim to drink at least 1 litre of water before your breakfast, and drink more water during the day, either before your meals, or 1-2 hours after your meals.

No. 8:

Secure sufficient amounts of rest and sleep



Sleep and sufficient rest play a vital role in your process of detoxification and health restoration. Being deprived of rest and sleep will lower the vital energy force of your body, and impair the functioning of the toxin-eliminating organs – leading to health complications.

Relaxation and sleep are times of healing and recuperation for your whole bodily system, which allows it to replenish its depleted energy reserves so that you can continue functioning to your optimum potential.

Secure at least 8 hours of sleep every single night, and take short 15-20 minute afternoon siestas if you can, to revitalise your body and aid its healing and detox processes. Avoid eating heavy evening meals less than 3 hours before going to bed, so that the quality of your sleep is not affected and you do not end up with insomnia and unpleasant dreams.

No. 9:

Embrace the healing crisis

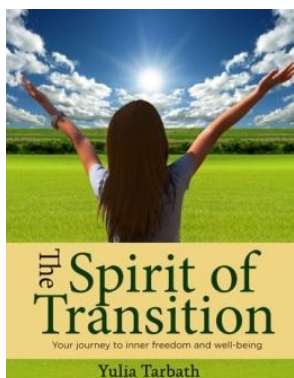
Healing crises are completely normal during detox, and can be welcomed with open arms. Typically, they emerge in many uncomfortable forms, as your body begins to eliminate all of the old poisons. These may include headaches, upset stomachs, acne, flu-like symptoms, nervousness, emotional imbalances, etc.

Continuing on the path of healthy living, and not letting the temporary and uncomfortable detox issues stop you on your way to greater health is vital. If you were never afraid of consuming a diet that leads to toxicity and diseases, then why be afraid of a diet that builds health and well-being?

Any detox symptoms you may experience will not stay around forever and will eventually pass. For all of this hard work you will be rewarded with greater vibrancy, a healthier and fitter body, a sharper mind, and an awakened Spirit.

Alongside applying all of the essentials mentioned in this guide, you can also add other wonderful tools and practices to help your process of detox. These may include: contemplation; relaxation; meditation; breathing techniques; practicing positive thinking; listening to tapes on self-empowerment, reading books on health and inner growth, spending time in Nature, and sunbathing.

The **Products** section of our website offers exciting and life-transforming literature that can help you shape yourself into a completely new being and we strongly recommend you exploring it!



From how to **detoxify** your body, **increase** your health, **decrease** eco-footprint, through to how to **transition to a low-fat, raw vegan diet** and healthy lifestyle, **transform old patterns** of behavior, and be part of the global **shift in consciousness** – all can be found within the pages of **The Spirit of Transition** by Yulia Tarbath. You can order your instant copy right away from:

<http://rawsomehealthy.com/the-spirit-of-transition/>

No. 10:

Be patient!

Finally, be patient. Healthy living and a low-fat, raw food diet will help you to re-create yourself. Every single part of your body – from your cells, through to your organs, tissues, and muscles – will be changing and rebuilding themselves. You will be laying a foundation for a new you and a fresh life for yourself. Reversing the effects of past habits and unhealthy ways of living

is not done in a day; it does take time, so be patient and consistent!



Be passionate and determined to help your body, because it is your true partner in health. Your body gives you the most incredible opportunity of all – to live, to be healthy and happy, and to share your happiness with this world.

Give your bodily temple the best that you can give it, treat it with love and care, and it will reward you with health and vitality that you have never experienced before!

Yours in vibrant and radiant health,

Paul and Yulia Tarbath

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