

Mike Dillman's

Real-World

RAW



The Busy Person's Guide
to the Raw-Vegan Diet

Real-World Raw:
The Busy Person's Guide to the Raw-Vegan Diet

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Mike Dillman

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Nanaimo, British Columbia, Canada**

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Nanaimo, British Columbia, Canada

Your Health is Your Responsibility!

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Part 1: First Impressions

In Part One, we introduce and explain what a raw-vegan diet is, how it differs from other diets, and list some of the many health benefits it can offer you. I also talk about my own early encounter with the raw-vegan diet.

Introduction: Welcome and What to Expect

You may not realize it now, but you've just discovered the book that will mark a turning point in your life. I want to congratulate you on taking an interest in your health and (even more specifically) in approaching your health with the mindset of being *pro*active, rather than *re*active. It's that emphasis upon being proactive that makes the raw-vegan diet the real deal.

Oh there's that nasty little word that we all love to hate — "*diet*". Unfortunately, this sorry word has been bad-mouthed and stigmatized for so long that its true meaning has been long forgotten. Everybody has heard many a story from friends, coworkers and family members about the rigors of trying to stick to a diet. We all know about the headaches associated with counting calories, cutting down on carbs, reducing our fat intake, staying away from refined sugars, avoiding gluten, and all the other ground rules that are associated with the theme-of-the-month diet programs that are commonplace in today's market.

Everybody's also far too familiar with the stories of failure that predictably present themselves in the weeks that follow with their diet's demise.

"I always felt tired and drained."

"I couldn't handle being hungry all the time."

"It wasn't working for me."

"I just don't have the willpower."

Perhaps you may even be familiar with stories like this from first-hand experiences. Maybe you've already been through your fair share of diets and had more than your fair share of disappointing failures, too. You may even have followed those diets religiously, down to the smallest details, yet still didn't get the

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results you wanted. Or maybe you did achieve some initial success and you did lose some weight. You were able to stick with your diet and avoid eating all the wrong things and you went to the gym and worked off those pounds and improved your energy level — at least for a while. Then you found that you couldn't keep up the program. You had cravings for foods that you knew you weren't supposed to be eating. You weren't able to get to the gym to exercise as much as you needed to. Your motivation was waning and everything you had achieved was regressing back to where you had started. In the end you had little to show for all your efforts. You felt frustrated — and perhaps embarrassed as well — that you had wasted all that time and effort and had nothing to show for it but failure.

If your experiences have been anything like this — and there's a good chance they have been — you may be very skeptical about trying any new diet that claims to be the ultimate solution to every health and weight loss problem. I wouldn't blame you in the slightest. I completely agree. You definitely should be wary about most of the dietary advice that you find out there. It doesn't seem to matter what programs we follow, since they all seem to get us to the same place — the disappointing situation we've just illustrated. It might even make some of us wonder why we should even bother, since failure and disappointment seem inevitable.

If you do feel that way, I'll admit that you've got a bit of a case there, but thankfully only a partial one. I absolutely agree that varying degrees of letdown will be the result of all the *usual* dieting strategies. The reason for this is the fact they all share a fundamental problem — they aren't based around principles that are maintainable. The common thread with all the weight-loss diets on the market today is that they're virtually impossible to sustain long-term. The very nature of their approach places you in the midst of a battle between a denial of food and an urge to acquire it. It's only through a constant effort of willpower that

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you're able to keep the diet going. That can become extremely difficult as time goes on, as the initial level of motivation slips a bit, and you decide you don't want to feel like you're constantly waging war with yourself.

Good news! There's another way. As I said earlier, there's a fundamental difference in the approach of the raw-vegan diet — its focus on being **proactive**. That means, rather than constantly battling the urge to eat more calories than you really need, the raw-vegan diet will solve the core problem of satisfying your body's inner hunger — ending the overeating battle for good. It achieves this because, unlike the majority of the foods we typically eat today, the foods in the raw-vegan diet are very high in vitamins and minerals. They're also very high in water content, meaning they're less dense and have fewer calories by volume. The combined effect of these factors is that with every serving of food in the raw-vegan diet you're getting a much higher amount of vitamins and minerals and a much lower amount of calories than you would have received from a similarly-sized meal comprised of the foods in your typical diet.

That's tremendously important because it's your body's cries for those vitamins and minerals that cause the continuous urges to keep eating and ruin your efforts to achieve a healthy body weight. The body is not really asking for more calories (i.e. fuel). Once you've eaten enough to meet your daily requirements it should be satisfied. What it wants are the nutrients that it's lacking. However, when the foods we eat are very low in these nutrients we have to eat much more to acquire our vitamin and mineral needs. The unfortunate fallout is that we end up eating far more calories than we're able to effectively use, thus causing us to gain weight.

By eating a raw-vegan diet we avoid this problem entirely. The high nutrient value of the foods will ensure that you easily get the vitamins and minerals you need without having to overeat. In fact, when done correctly, you'll find that it's

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virtually impossible to overeat on a raw-vegan diet. This is one of the ways in which the raw-vegan diet differentiates itself from all other diets. Instead of restricting the amount of calories you eat and fighting a constant war of hunger versus willpower — which can only end in frustration and defeat — a raw-vegan diet works first to satisfy that true inner hunger for nutrition and eliminates the urge to overeat entirely. This means, of course, that the eating habits of the raw-vegan diet are ones that truly can be sustained for life. In fact, once you've acquired the habit you'll find that it comes naturally and requires virtually no effort to maintain.

Personally, I've been eating a raw-vegan diet for years and it's become such an integrated part of my life that I don't think of it as a "*diet*" at all. I don't feel like I'm rationing or restricting myself, but rather that I'm just doing what makes me feel my best. When I reflect on how seamlessly the raw-vegan diet has become a special part of my life, and I realize how many extraordinary benefits it's given me, it makes me feel that the term "the raw-vegan ***diet***" isn't really a fair one at all. It uses that evil "*d-word*" and creates those same negative emotions that we associate with all the other forms of *diets*. I believe a more suitable wording would actually be "the raw-vegan ***lifestyle***" because it reminds us how totally life-changing an experience it can be and how it adds to and enriches one's being, rather than limiting or taking away from it.

I want to emphasize something else as well. Yes, the raw-vegan diet can — and most certainly will — help you to drop those unwanted pounds that you've never seemed to be able to shake. You'll finally be able to achieve the healthy bodyweight you deserve. But it's important to realize that this is far more than just an awesome natural weight-loss diet. Adopting a raw-vegan diet will improve every aspect of your health. For the first time in your life, your body will be provided with all the vitamins, minerals and other essential nutrients it needs in their most natural, usable forms. When you give your body everything it needs to

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truly flourish you'll awaken a greater state of health than you've ever experienced.

Many of the benefits to going raw are things that you've likely never thought to associate with the food you eat. Indeed, the extent to which what we eat affects our bodies isn't something most of us are very aware of these days. But that lack of awareness doesn't mean the relationship isn't an enormous one. It's actually exactly the opposite. Making the change to a raw-vegan diet will trigger a spectacular rebirth. Soon you'll find your energy levels soaring, your breathing becoming easier, your allergies subsiding, your immune system becoming stronger, your hair getting softer and regaining its youthful shine, your skin becoming more smooth and firm, and your complexion clearing up — even your breath will be naturally fresher... the list goes on and on!

And it goes beyond the physical changes, too! When you switch to a raw-vegan diet you'll find that your mind will become more clear and sharp, your moods will become more consistently upbeat and happy, your sense of self-awareness will grow, and you'll become open to new horizons that never before presented themselves to you. You'll discover a renewed vigor for life and a renewed desire to do the activities that you've been too tired to do for years.

There range of benefits really is so generous and diverse that I can't possibly do them justice by trying to list them all right here. But don't worry, you'll hear all about them later in great detail as we progress through this book!

All that being said, expecting to receive all these spectacular transformations without any effort at all would be unrealistic. We have to understand that even the most perfect of diets will still require a bit of work — at least, in the beginning. To **get** changes, one has to **make** changes. I'm not going to tell you that spectacular results will manifest themselves overnight simply by **reading** this book because that just isn't going to be enough. You'll have to embrace the

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need for positive changes and you'll have to take **actions** to implement those changes.

This is where some books might begin telling you about a strenuous exercise program you'll need to adhere to. Relax! I'm not going there! Certainly exercise is an indispensable part of a healthy lifestyle, and getting a moderate level of exercise will add to the benefits of a raw-vegan diet, but it's not crucial. You can achieve a good level of results simply by making the right choice and adopting a raw-vegan diet. (I will say, though, that after going raw-vegan for a while, you'll likely find your increased energy levels will inspire you get up and move a lot more anyway!)

It won't be necessary for you to spend a lot of time or money to succeed with a raw-vegan diet, either. The amount of time required to prepare and clean up after your meals will most likely be much less than you spend now dealing with cooked meals. Think of all the time wasted working over the stove and scraping and scrubbing the baked-on crud from your dishes. That's time you can now spend doing other, more enjoyable activities. Furthermore, you won't need more than one good kitchen appliance and there are no expensive supplements to buy, so you won't have to break the bank to get started.

The simplicity of the raw-vegan diet will astound you once you come to understand it, and that's where this book will truly become priceless to you. Within its pages I'm going to do all I can to explain everything that you need to know. At times the information I present to you may seem very radical. It's certainly different from most of what passes as conventional wisdom today. But really, what is conventional wisdom other than the common beliefs held by the mainstream crowd — and you may have noticed that the majority of people aren't really experiencing anything close to the best of health these days.

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I've always felt that if you don't like the results people are getting, it doesn't make much sense to follow the methods those same people are using. So let me present to you a different method, and with it, all the incredible possibilities it can make available to you. In the many pages that follow, I'm going to take you on a journey that will revisit all the 'fundamental' principles of proper health and nutrition that conventional wisdom has taught us and knock them off their foundations. I'll present you with a landslide of information that will make it undeniable that eating a typical western diet — the foods that have become commonplace in our diets today — is not only unnecessary to achieving good health, but actually makes great health impossible.

You'll learn why your body is perfectly designed to flourish on a diet of fresh, raw fruits and vegetables with some nuts and seeds, and why it will fail miserably when made to sustain itself on a diet of grains, dairy, animal flesh, and other unnatural food choices. You'll discover that the vast array of benefits that come with adopting a raw-vegan diet go far beyond what you'd typically associate with a simple change in eating habits, and eagerly anticipate how great it will be to experience them firsthand. And of course, most importantly, you'll learn how easy it is to get started with your very own raw-vegan diet! I'll show you everything you need to know to make the transition from cooked to raw-vegan as easy as possible. It doesn't matter whether you want to jump straight in 100% right away, take it slowly and progressively phase into it, or if you have no idea yet at all. Wherever you want to take this, I'll be right there to teach you everything you need to know.

Indeed, upon completing this book, you'll have a total understanding of everything that I can give you to help you thrive with your new raw-vegan diet — that is, except for one thing... The final ingredient will be up to you. You'll have to make a determined effort. No one else can do that part for you. I can walk you to the right door, I can open it for you, I can tell you everything you need to

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hear to motivate you, but in the end it comes down to the **doing** part. Without that, nothing will happen. You'll have to really **want** to do it. Initially, it may be a challenge. There will be a lot of big changes. Some will be easy for you, and some will likely be much harder. You'll have to break some old habits and set some new ones. You'll have to overcome what are, in effect, some addictions — addictions to unhealthy foods. These habits are both physical and psychological, and can be tougher for some people to overcome than for others. But don't let any of that hold you back! Knowing that these initial difficulties are going to present themselves, having an understanding of what causes them, and knowing that they'll pass will all help to inspire you to overcome the momentary hardships and prevail. You can **definitely** do this! Deep down, this is exactly what your body wants. It's exactly what your body was designed for. If you simply give it what it really needs, you'll be amazed how eagerly it will do the work for you. Your body will be freed of all the burdens that have made everything so terribly difficult for so very long — and it will pounce at the newfound opportunities that become available.

The raw-vegan diet is the ultimate vessel to experiencing the total package of excellent overall health. With this book in hand, paired with a drive to succeed, you have everything you need to ensure that this is the last diet you'll ever need. And doesn't knowing that make you feel just that little bit better, already? ☺

Traveling an Unexpected Journey Without a Map: My First Encounter with Raw-Veganism

"Nearly all the best things that came to me in life
have been unexpected, unplanned by me."

~Carl Sandburg, poet and author

When I look back on my first encounter with raw-veganism, I'm amazed at how coincidental it was. I certainly wasn't actively looking for it. Actually, it basically landed right in my lap. The good thing was that I decided to grab a firm hold of it, rather than brush it off and run the other way. Learning about the raw-vegan diet was definitely a defining moment for me and I'm very thankful things turned out as they did. Given the same circumstances again, I could easily have walked away and never have realized how much I was missing.

Let's flashback to just before I stumbled upon the notion of the raw-vegan diet — what was my lifestyle like back then? Well, at the time I was a third-year university student, working a part-time retail job on the weekends and spending much of my spare time exercising. I was a regular at the public gym (lifting weights three or four times per week) and I was an avid cyclist. I wouldn't have called myself a jock by any stretch of the imagination, but I was a pretty active guy. My health and fitness efforts weren't limited to just exercising, either, as I also made a fairly concerted effort to eat what I thought was a healthy diet. However, I should definitely stress the emphasis should be placed on the words "thought was a healthy diet".

Because of my activity level, I had a pretty big appetite. Most of my calories were coming from grains and dairy. I ate *lots* of cereal and oatmeal — usually

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several large bowls, daily — enough that I'd go through a box of shredded wheat and a box of instant oatmeal packets every couple of days. Of course, no one eats their cereal dry, and so I was dousing it with milk. I wasn't just using milk in my cereal though. I was also using it as a base for my protein shakes, of which I was having two or three, daily. All together, I was using about one-and-a-half to two liters of milk, every day. And as if I hadn't quite hit my dairy quota yet, let's not forget that I was also using whey protein powder in those shakes and eating at least 500g of yogurt every day. I often ate an entire large tub in one sitting!

So, what was with all the dairy products? Well, because I was working out regularly, I believed I needed to eat a lot of protein. After all, that's what *'they'* tell you, right? I'd fallen for that scam and was pumping up my protein intake. It wasn't limited to just dairy sources, either. I was also eating high-protein foods like chicken and fish most days, and eggs for breakfast.

Ironically, I tended to avoid red meat. That's one of those silly lines in the sand that we tend to draw to fool ourselves into thinking we're being healthy. And what do you know, it worked. I succeeded in duping myself. In my defense, I didn't eat any junk food whatsoever, such as candy, potato chips, soft drinks, caffeinated drinks, hot dogs, fries, burgers, alcohol and the like, so I suppose I had an excuse for thinking everything was going well. Nonetheless, considering what I know now, this all seems ridiculous. Just looking back at the pH imbalance of what I was eating makes me cringe, today. (I'll be explaining the pH balance in detail in later chapters.) And where, may I ask, were all the fruits and vegetables? An apple and a glass of pasteurized orange juice were about all I was having on a regular basis, plus the occasional caesar salad here and there. That's nowhere near enough.

I was basically eating a meat, grains and dairy diet, but none of those food groups even comes close to meeting the minimal requirements for most vitamins.

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Sadly, these days, many people would consider someone eating a diet like this one to be a health nut, simply because I wasn't eating any of the blatantly bad stuff. That's a telling sign of how far many of us have strayed.

Anyway, at the time I didn't realize any of this and I wasn't looking to shift my diet in the direction of any form of vegetarianism. I was working to build muscle and I thought I was eating in my best interest already. So, when a friend of mine told me she was reading a book called "*Nature's First Law: The Raw Diet*", I thought it sounded ridiculous. She was only a few chapters into the book and didn't really understand the material very well at all, so she wasn't making a very strong case when she tried to explain it to me. Nonetheless, what she lacked in rhetoric, she made up for in enthusiasm and in the end I decided to read the book myself.

I went into the book very skeptically, thinking there was no way that I'd get very far before I'd toss it aside with a scoff. After all, I *thought* I was already experiencing good health. Now, with the benefit of a quality pair of "retrospectacles," I realize how wrong I was. What ended up happening was that I read the whole book that day and was immediately sold on it. It was totally compelling. It all made perfect sense and I wanted to try it for myself. I basically made the immediate decision that I was going to go 100% raw, right then and there. My first day raw was January 10th, 2004, and that was the start of a very long learning curve. I was enthusiastic, motivated, and determined... and thank goodness that I had those qualities in abundance because I didn't have much else going for me.

Looking back on things, I went in with very little chance of success. I didn't know anyone else who was a raw-vegan, or even a dedicated vegetarian for that matter, so I had no one to ask questions of. That also meant that I didn't have anyone encouraging me because I was doing this totally alone. There was no one holding me to it, so I could've taken the easy route and quit at any time. All I

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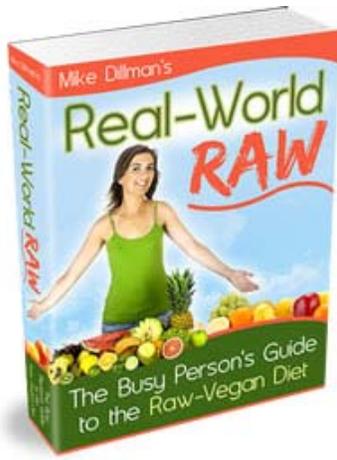
had were a couple of books, and to be honest, while they had some strengths they also definitely had their weaknesses. They did a good job of motivating me but not in helping me to implement anything. Also, they recommended a lot of things that I now feel are not the correct choices one should make if they want to feel their best and excel with the raw-vegan diet.

I must have broken every one of my fundamental raw-vegan dietary rules repeatedly that first year. Of course, that was before I had even *discovered* any of those rules — and that was the problem. All I had was a vague philosophy. I had a slogan to cheer, “Eat all raw!” but that was about all. I had no idea where I was going and I had to stumble my way to the distant and blurry finish line because I didn't have a map to tell me where, or even what, I was really aiming for. I don't want to ramble on and tell you all the mistakes I made and how crappy I felt and how frustrated I got while I went through my first year, because that's only going to confuse and discourage you. I want you to succeed without having to go through all those unnecessary difficulties, so instead I'll impart upon you everything that I **learned** from my mistakes. That way, I'm giving you the **solution**, rather than the *problem*.

Everything I've written in this book is the culmination of those many, many mistakes I made while learning the raw-vegan diet. In a way, they were very useful to me and I hope they can be even more useful to you. Let's get started and I'll tell you all about it.

Mike

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We've come to the end of our special sneak preview of

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I hope you've enjoyed what you've read so far. Of course, we've only just begun to scratch the surface.

There are still hundreds of pages of material, packed with everything you need to succeed with your raw-vegan diet, just waiting around the corner for you!

If you're **interested in continuing**, the rest of the book (the full 270 pages) is only a click away...

Click on this link ⇒ www.realworldraw.com/products/

You'll arrive back at my site on the products page where you can **get your copy of the best raw diet book available anywhere.**

In **literally only a couple of minutes**, you'll have your own complete edition downloaded to your computer and ready to read!

There's no reason to wait. You've already gone this far, and you have momentum. Take advantage of this opportunity to follow through and put your raw-vegan diet into action.

I know you'll be so glad that you did. :^)