

INTRODUCTION

If you are reading this book looking for the secret to a perfect body, you are going to find it. When you apply the principles in this book, you are going to uncover a thinner, younger looking, more beautiful version of your current self and experience the renewed energy of youth. You will also see a dramatic improvement in your health and a decrease in physical and mental ailments. This may sound too good to be true, but it isn't. Every single person I have worked with has radically improved his or her health and physical appearance by following the instructions contained in this book. Don't let anyone tell you it can't be done. It *can* be done. All you need is the *right* information, and you'll find that information right here.

For some of you, this book is a last resort before undertaking plastic surgery. Others may just want to lose a few pounds in preparation for a special occasion. Perhaps you are struggling with preexisting medical conditions or are overweight and under more dire pressure to reverse your health problems. This book is also for young people who have just started becoming concerned about their diet and appearance, and even those who are possibly already struggling with eating disorders. It is also for parents looking for a solution for their overweight child.

On the other hand, you may be among those readers who are not sure why they picked up this book; all you know is that you feel thick, constipated, discouraged, depressed, and in need of a little guidance and encouragement so that you can fix whatever it is that is weighing you down. For each and every one of you, this can be a haven, a place to find what you need. There is a comfortable raw food detox diet level for every unique life scenario under the sun. You may progress as slowly or as rapidly as you wish. As long as you are progressively incorporating the principles in this book, you are going to look and feel younger, healthier, leaner, and more vibrant with every passing day.

This health and weight-loss program does not require you to set a starting date or redesign your whole life. Start this very moment! You can still do anything that's on your calendar: go to restaurants, eat cooked (as opposed to all-raw) food, go to parties, take a road trip, drink

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wine, eat chocolate, get pregnant, anything. . . . Here's the amazing part: you do not conform to this program, *it conforms to you!* Each person that comes to me in my private practice comes with a unique life circumstance. My approach to this book will be no different. While the principles are based on the natural law that uniformly governs the physicality of us all, each person's unique state of health, lifestyle, and taste are carefully considered as this book guides you along your customized path to body heaven. But it can't start working until you make the commitment to begin.

So let's jump into that fountain of youth right now! Before a client and I start our first session together, one of the very first things I ask them do is to clear their heads of the muddy confusion of what constitutes a healthful or weight-loss-inducing food. This is not always as easy as it sounds because many dieters maintain strong attachments to their personal dietary belief system. The interesting thing about this, however, is that it is usually those very beliefs (fears about sugars, fats, calories, getting enough protein and calcium from animal products, and so forth) that created or contributed to their health and weight problems to begin with.

In this book, I am going to debunk many of these misconceptions. Soon you will see how much of what you have learned about a healthful diet is wrong. The good news is that you will soon have a better understanding of what truly contributes to rapid weight loss and vibrant health than anyone you know. After you read this book, you will have such a clear understanding of the tools for lifelong youth and beauty that you will never again get befuddled by media hype on the latest food or diet craze.

It's no surprise that almost everyone I meet complains of being utterly confused about what they should be eating when the most hyped diet concepts are not only misused but downright wrong. Take for example the concepts of soy-based foods, low-carb foods, sugars, vitamins, protein, and calcium sources. You will learn that soy-based foods are among the worst you can eat and that most of those low-carb products are the worst perpetrators of weight gain. You'll discover that raw fruit sugars can be enjoyed in large quantities and trigger excellent weight-loss results. You'll also learn that vitamin tablets are for the most part useless and that protein and calcium can be better absorbed from plant-based foods than from any animal product on the planet. It's all true and you will learn why as you read this book.

I ask my clients to "humor me" for the first hour we're together. This is when I clear their minds of this mess of information that just about everyone comes in with due to overexposure to health news information (most of which is simply PR and advertising for diet products). It's really critical that you let go of the old ideas that put you in an inferior state of health.

I am now asking you to do as I ask my private clients to do: humor me in this early stage with a "clean slate." I want you to let these grossly misunderstood diet myths drop away so that we can get to the heart of weight and aging issues. I know you will have lots of questions. Rest

assured that I will, throughout the course of this book, address each and every one of these confusing issues and clarify them as they have never been wholly clarified for you before. In the meantime, it will be a challenge for us to work together if your mind is constantly triggering “pop-ups” such as “But I thought soy was supposed to be good for me?” or “But doesn’t juice have a lot of sugar?” I am fully aware of what the media and popular dieting culture has fed you over the years, and none of it goes unaccounted for in these pages.

WHY YOU ARE GOING TO LOVE THE RAW FOOD DETOX DIET

You will never count calories, fat grams, or carb grams, or measure food again

Conventional dieting is nothing short of sheer torture. I've been there countless times. You can't eat anything that tastes really good (not in satisfying quantities, anyway) and you're starving all the time, which means, of course, you're also grumpy all the time! The Raw Food Detox Diet is different; you are going to eat so well that you will quickly realize that you will be able to do this (with pleasure) your entire life.

You will see results even without deliberate exercise

While there is no doubt that our bodies need lots of motion, flexing, and fluidity for optimum performance, those of you who think you have to be a slave to an exercise regimen are in for the best news of your life: you can reach your perfect shape without any formal exercise when you apply these steps. Your skin tone will also improve because your cells are going to become healthier and tighter. Most of my Manhattan clients do a little more than the normal to-and-fro walking that the city demands.

You will eat liberal amounts of rich, satisfying foods

After years of eating according to this program (which followed years of mainstream dieting and the common physical ailments that go with it), I still constantly remark on how fortunate I am to have discovered this way of living and eating. My clients and I eat delicious foods in hearty, unmeasured quantities—delights that are contraband and taboo in “Dietland.” Great-tasting, fulfilling eating experiences are our birthright and so is a gorgeous, healthy body. The mistake is that we think these two desirables are mutually exclusive. I'm going to show you why they need not be. But before I do, I want to give you a little sneak peek at the variety of choices you're going to enjoy when you embrace the Raw Food Detox Diet:

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- Avocados
- Sweet potatoes
- Whole grain pasta
- Nuts
- Dried fruits
- Pure maple syrup
- Fresh fruit and fresh, fruit juices
- Wine
- Eggs
- Whole grains
- Raw honey
- Whole grain bread products
- Raw ice cream
- Raw and whole grain cookies
- Raw goat cheese
- Chocolate
- Fish (optional)
- Organic meats (optional)
- Organic butter and cream

With so many online resources and exceptional new health food chain stores, you can get the items from this book's menu and recipe sections wherever you are in the world! You will also note that there is minimal preparation needed for the raw food dishes included in the recipe section. There is absolutely no need for dehydrator trays or sprouting for these decadent dishes!

You will open the flood gates for improvements in every area of your life

I want you to think of the Raw Food Detox Diet in much larger terms than just what you eat. This program affects how you live. When you embrace the principles in this book, your life is going to improve in both large and small ways. You are going to be clearer mentally and more centered emotionally. Cleaning your body is likely going to trigger a desire to clear and cleanse your living space to reflect the inner cleansing that is taking place. You are more than likely going to feel inspired to create more clarity in your communications with others and live from a more honest space. With this inner cleansing will come a greater sense of confidence in yourself and honor for your fellow man. On a more physical level, you are going to experience greater levels of wellness and be less dependent on medications and fears relating to illness. This program is a great lifestyle enhancer in so many obvious and subtle ways—it would be impossible to

name them all. Once you experience life at this level, it's unlikely that you'll want to go back to your previous habits.

You will achieve fast results that will last—even improve—over a lifetime

Detoxifying the body through raw foods is a way of living. The goal is not to detox and then “re-tox,” but rather to learn how to love eating for constant improvement, reaching higher and higher levels of health and leanness. One of the legion problems with traditional diets is that no one wants to maintain them long term. While the Raw Food Detox Diet starts to work as early as your first meal, it's created to offer the best living experience available, so that you'll want to make this your permanent lifestyle.

DEBUNKING TYPICAL RAW FOOD MYTHS

Myth #1: To benefit from the raw food diet, I need to eat only raw vegan foods.

Unlike many raw food books, *The Raw Food Detox Diet* allows and even emphasizes the inclusion of some cooked food in the diet (recommending different percentages of cooked food for each raw food transition level, as described in part II of this book). When you begin to eat raw food, it's healthy to keep some cooked food in the diet to prevent an overly intense detoxification response, to promote gastronomical pleasure and emotional satisfaction, and to take into account personal circumstance. Too often, raw food books adhere to the misguided goal of becoming a 100 percent raw foodist. In fact, that kind of diet is not for everyone, much less for those of you who are just starting out. Similarly, you will also find mention of nonvegan foods in this book. Not everyone is successful as a vegan or desires to become one. As you read, you will learn why becoming vegetarian or vegan does not guarantee health and weight-loss success.

Over the years of working with my clients, it has been clear to me that there is a place for some natural, cleanly prepared animal products within a highly raw, plant-based diet. Many of you may be committed vegans and vegetarians. You will easily adapt the detox diet to your philosophy. But for those of you who do not wish to give up every last morsel of “flesh” foods, you will learn that it is unnecessary to do so. Now that you know that you can still eat some cooked or flesh foods on this diet, you have one less excuse for not detoxing!

Myth #2: Increasing my raw food intake means spending time soaking and sprouting nuts and dehydrating foods.

Soaking, sprouting, and dehydration are not featured in this book and do not have to be a part of a raw foodist's routine. Why? First, moderate amounts of nuts may be enjoyed in their unsprouted state without interfering with detoxification and, as you will learn, are often easier to di-

gest than presoaked nuts. Second, I know my audience to be a busy, hard-working, hard-playing group that wishes this process to be as easy and uncomplicated as possible. Dehydrating foods for eight or more hours is not my clients' (nor, I presume, my readers') idea of an easy long-term lifestyle regimen.

Some of you may love the idea of making your own dehydrated raw breads, cookies, and other delectable dishes, and for you there are many raw recipe books that will perfectly complement this program. But *this* book is also for those of you who wish to spend little to no time in the kitchen while you cleanse and make this way of eating a lasting lifestyle. For you it's got to be simple and delicious—no hassles! The recipes in this book were designed with these ideals at heart. You do not have to have your own raw food chef or spend more time than usual in the kitchen. Besides, demand has sparked supply. Now, many raw food companies produce exceptionally delicious, low-temperature, dehydrated raw items, or “raw treats,” that anyone on a raw food diet can enjoy without going anywhere near a dehydrator tray or being forced to wait longer than it takes to undo a wrapper to get their “fix” of a mouthwatering sweet or savory raw treat.

Myth #3: To become a raw foodist, I probably have to become a health nut—but I'm really only interested in weight loss.

The Raw Food Detox Diet speaks directly to weight loss. For most people, getting into raw foods is about weight loss, and this book was created to deliver the most consistent results in this area. There are tips and tricks for every level along the way so that you can avoid plateaus and get maximum results until you reach your ultimate, desired natural weight. With this diet will come a renewed sense of youth and well-being like you've never experienced before, including relief of many chronic symptoms and a dramatic increase in energy. At first, my clients are typically motivated by weight loss, but then they make the broader connection between this way of eating and feeling better than they ever have before. The Raw Food Detox Diet is, quite frankly, the most healthful diet on the planet. On the other hand, to get preachy about health and not speak to the reason most people are attracted to the raw food concept—weight loss—is not what this book is about. Your weight-loss goals are of primary focus here and you can reach them!

Myth #4: If I just eat all raw foods, I'll be healthy and lose all my excess weight.

One of the least addressed but most critical components of successful detoxification in *The Raw Food Detox Diet* is the complete removal of the toxins that are drawn up from eating raw foods. In this book, I will guide you through simple steps that will facilitate the elimination of waste matter from your body. Contrary to popular belief, it is not what we put into our bodies that makes us healthy (various vitamins, minerals, enzymes, and so forth), but the removal of waste matter—built up from years of improper eating—that brings us into a state of glowing health. This book

explains exactly how to get rid of that waste matter in the most comprehensive, efficient ways. When you do this in combination with the dietary steps, you will be able to reach a level of health and leanness that very few people in our culture ever experience.

Myth #5: If I'm going to eat raw foods, I need to go "all raw" tomorrow.

Finally, it is a myth that you should be able to change your lifelong eating habits overnight. *The Raw Food Detox Diet* fully appreciates the transition you are making to this way of eating and will allow you to do so very gently. For most of you this new approach to foods will be very different from what you have tried until now. I respect that it is not just your mind and desire to change that we will be working with but also your emotions, your physiology, your cravings, and your life circumstances. Taking all this into account, this book will help guide you to the perfect level of transition, leaving plenty of room for personal tastes, choices, and the speed at which you adopt the program. Absolutely anyone living on this planet can find unparalleled success on the Raw Food Detox Diet.