

## So What's the Fuss about the Raw Food Diet?

A lot. From improved sleep, to anti-aging benefits, to improved health and vitality, raw vegan eating methods are becoming more and more popular and in demand and with due cause. Perhaps nothing comes close to being the most natural way to eat as using raw vegan eating methods as the guideline for eating and perhaps this is because the items consumed (mostly fruits and veggies) are our most naturally biologically conducive meals. To implement the use of raw vegan eating methods, one needs to know the categories of raw foods, some basic guidelines for using raw vegan eating methods and tips to succeed at this radical lifestyle. That said here is a list of raw foods commonly found in raw vegan eating methods:

Fruits:

1. Sweet Fruits: Tropical Fruits, Dates, Persimmons, Sweet Grapes
2. Acid Fruits: Lemons, Citrus, Tomatoes
3. Sub-Acid Fruits: Apples, Pears, Tart Grapes
4. Melons
5. Fatty Fruits: Avocados, Durian

Vegetables: (aka List of Raw Low Carbohydrate foods)

1. Lettuce and Celery
2. Non-Starchy Greens: Spinach, Cabbage
3. Fruit Vegetables: Cucumbers, Tomatoes, Bell Peppers
4. Root Vegetables: Carrots, Celeriac

Nuts and Seeds. These are the items one is most likely to find in raw vegan eating methods. To avoid fermentation in the intestines, indigestion, water retention and toxicity, do apply these simple techniques in eating for health:

1. Eat sweet fruits with other varieties of sweet fruits only.
2. Eat Acid fruits alone or with Lettuce and Celery. In little quantities they may combine with Avocados or Nuts and Non-Starchy vegetables.
3. Avocados and Olives are best eaten with non-starchy vegetables. I believe mashed, avocados combine great with boiled potatoes.
4. Melons, as a rule eat alone or leave alone.

Other rules:

1. Never eat until you're hungry and guidelines to know when you are in true hunger are as follows:
2. Do not drink liquids of any kind with your meals. It only dilutes the digestive juices in your stomach leading to indigestion and constipation.
3. As a rule of thumb, don't drink anything but water an hour or 2 prior to and/or after eating your meals.

Suffice it to say being raw is perhaps one of the most underrated or otherwise unrecognized methods of eating, but like you very well know raw vegan eating methods are the best and now with the tips presented above you will be well grounded enough to succeed at this method of eating right, just the way nature always intended.

## About the Author

Kate Winslet was awarded substantial libel damages Friday after a British magazine wrongly stated that she had visited.

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