



GO RAW

Recipes To Get You Started

MY STORY

The decision to eat a diet of fruits, vegetables, sprouted nuts and seeds, or RAW happened because I was seeking health. It came after a journey of discovering the typical American diet was poisoning me.

After the birth of my second child, I discovered I had no tolerance for dairy products. It did not take much to convince me to give them up. I hated feeling bloated, fatigued and never sure when diarrhea would strike.

A decade later something was significantly wrong with my body. I was experiencing stomach problems again, and I had trouble sleeping, foggy thinking and my hormones were a mess. I was convinced I had some kind of cancer so I made an appointment with an Internal Medicine physician. During the week I was waiting for the results from the tests the doctor ran on me, I decided to do a little experiment of my own. I gave up wheat products. To my surprise, my symptoms were fading away. The doctor diagnosed me with Irritable Bowel Syndrome (the catchall diagnosis when they really don't know what's wrong with you), but I already knew I was gluten intolerant.

I experienced months of feeling sorry for myself, and yes, I was depressed. I did not know what to eat. I was lost! I had lost weight but I did not feel healthy. Many of the symptoms I had from eating the gluten were subsiding, but I never had a day when I woke up feeling vibrant!

It just so happened that my best friend was having a birthday and we wanted to treat her to lunch. She suggested a new restaurant where they served RAW food. I had no idea what that meant, but I figured they had to have salad. We were all amazed by the variety of gluten and dairy free choices on the menu. I could not have been happier!!! I could eat absolutely everything that came to the table. Pizza, seaweed wraps, a burrito, tabouli and an incredible fruit pie to top it all off! The clincher that really set things in motion for me was how I felt several hours after I had eaten this meal. I felt light, energized and clear headed!!!

I was hooked! I had to know more about this "RAW" food. I immersed myself with books, attended classes within my community and eventually went to the Living Light Culinary Institute for both food preparation and raw food nutrition certification. I have consumed a plant-based diet for several years now and, I feel younger than I did in my thirties. I can keep up with my children when we hike our Wasatch Mountains, and I no longer set the alarm clock. I wake up ready to embrace each and every day!!!!