

THE TRUTH ABOUT
**WEIGHT
LOSS**
— & —
THE
RAW FOOD
DIET

By Liz Swann Miller

What It Is, What It Isn't, and Why This New Trending Diet Might Not Be All It's Cracked Up to Be

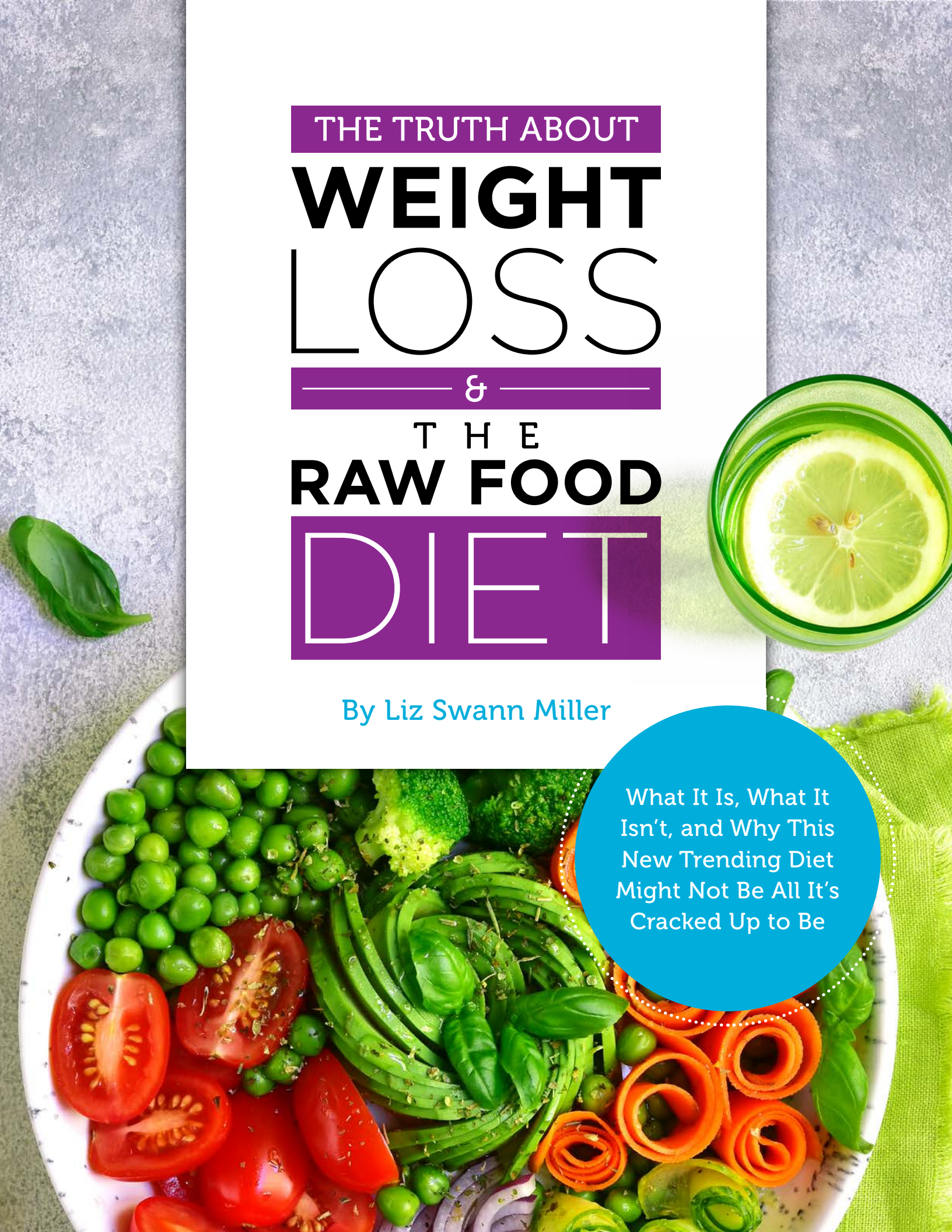




Table of Contents

- A Brief Intro to the Raw Food Diet 3
 - The Raw Food Diet at A Glance 4
- What Exactly Is the Raw Food Diet – A Closer Look 5
 - History of the Raw Food Diet 5
- Variations of the Raw Food Diet 7
- Raw or Not Raw: What Exactly Can You Eat? 8
 - What You Can Eat 8
 - What You Can't Eat 9
 - A Word on Meats & Grains..... 10
- Tips for Raw Grocery Shopping 11
 - Words to Watch for When Raw Shopping 12
- Benefits of Going on the Raw Food Diet..... 13
- Does the Raw Food Diet Really Work? 14
- A Closer Look at Health Impacts of the Raw Food Diet 15
- Weight Loss & The Raw Food Diet 16
- The Bottom Line on The Raw Food Diet..... 17
- An Easier (And Healthier) Way to Shed Pounds Fast..... 18

A Brief Intro to the Raw Food Diet



Unless you've been living under a rock for the past few years, you've probably heard a thing or two about the Raw Food Diet – an increasingly popular dieting trend that promises numerous health benefits in exchange for consuming only raw foods like fruits, veggies, seeds, nuts, and more.

Weight loss, higher energy levels, and many other health claims are all typical among raw enthusiasts. But this diet can also bring with it a variety of difficulties that not only make going raw especially tough, but it may also even be hard on your health in the end.

This short guide will help you fully understand the ins and outs of this new dietary trend – what's the Raw Food Diet all about, what you can and can't eat, some of the health impacts – as well as what's wrong with going raw when it comes to losing weight.

And most importantly of all, we'll take a look at one fantastic alternative to the Raw Food Diet that can help you shed pounds faster than ever – without the hassles of going raw.



The Raw Food Diet at A Glance

Finding the right diet for you can be hard. And, if you're like most people, keeping track of the practically endless number of diets out there can be a bit overwhelming. This quick look at the Raw Food Diet will help pick out the subtler points of this trending diet.

Pros

- 👍 A low-calorie diet by nature
- 👍 Diets are exceptionally high in fiber
- 👍 Packed with many essential vitamins and nutrients

Cons

- 👎 Difficult (and costly) to start
- 👎 Unusually high effort to maintain
- 👎 Expensive groceries
- 👎 Not many raw-friendly restaurants

Health Impacts

- Can lead to exposure to dangerous food-borne pathogens like bacteria and viruses
- May allow higher uptake of certain nutrition elements but lower amounts of others
- Can significantly reduce the risk of developing certain diseases, mostly involving obesity
- Has been shown to reduce both bad and good cholesterol
- May result in lowered bone mass
- Could impact hormonal cycles



What Exactly Is the Raw Food Diet – A Closer Look



Also known as the living foods or fresh foods diet, the Raw Food Diet, as you've probably guessed from the name, is all about consuming foods that haven't been cooked, processed, or fundamentally changed from their natural states. The guiding principle is that these foods should not have been exposed to temperatures above 104° Fahrenheit at any time before consumption.

That's because according to supporters of the Raw Food Diet, heating your foods past this temperature can cause a breakdown in beneficial enzymes and nutrients contained in those foods. When these nutritious elements are left intact through raw consumption (raw supporters claim), you'll supposedly experience a number of health benefits including:

- **Weight loss**
- **Better digestion**
- **More energy**
- **Reduced risk of serious diseases**
- **Improved skin appearance**
- **Less mental fog**

While the main staples of this diet are usually fruits, vegetables, seeds, and nuts, different variations allow dieters to consume certain kinds of meats, dairy products, and eggs as well (given that they aren't heated above 104°F of course).

Since any type of cooking, sautéing, roasting, or baking is entirely off the table with the Raw Food Diet, many users take advantage of dehydrators, blenders, and food processors to vary up their meal choices and add complexity to their dishes.

History of the Raw Food Diet

Despite this diet's recent surge in popularity, the truth is that the Raw Food Diet has actually been around for quite some time.

According to the [New York Academy of Medicine](#), one of the very first pieces of literature on the raw diet was *Uncooked Foods and How to Use Them* by Mr. and Mrs. Eugene Christian printed over almost a century ago in 1904. This account involved a complete cure for stomach problems as well as perfect overall health after a year of 100% only raw foods.

The diet was further popularized by Maximilian Bircher-Benner. Bircher-Benner was a

contemporary of the famous nutritionist John Harvey Kellogg (creator of Kellogg's cereal and a figurehead in early health movements). His theory, which was outlined in his 1938 *The Prevention of Incurable Disease*, promoted the power of soaked grains and raw fruits and vegetables overcooked meals, animal protein, and processed foods.

Both Bircher-Brenner and the Christian's helped lay the foundation for the Raw Food Diet as it is today.



Variations of the Raw Food Diet



While the Raw Food Diet may sound simple in principle, there are actually several different variations. Most of these variations come from a combination with other dietary guidelines. The three major types are the **Vegan Raw Food Diet**, the **Vegetarian Raw Food Diet**, and the **Omnivore Raw Food Diet**.

- **The Vegan Raw Food Diet** - This Raw Food Diet variant incorporates elements of veganism into its guidelines. Veganism outlaws eating any animal products of any kind. That means butter, milk, eggs, and dairy products are off limits in addition to (of course) any type of meat - including fish. And combined with the Raw Food Diet, only raw versions of vegan meals are allowed to be consumed.
- **The Vegetarian Raw Food Diet** - For Vegetarian Raw Food Diet followers, any sort of meat is out of the question. That means no fish or raw meat of any kind. For Lacto-Ovo vegetarians, meat is off the menu still, but dairy products and eggs are fair game. For Ovo-vegetarians, dairy is outlawed too, but eggs are okay to eat.
- **The Omnivore Raw Food Diet** - And finally, this version of the Raw Food Diet allows any plant- or animal-based products as long as they adhere to the central tenets of the program (i.e., not being processed and not heated to over 104°F). This version opens up the menu to sushi, certain types of steak tartare, and other raw meat dishes. Make sure to check beforehand if the meat was cooked slightly before freezing though as that would violate the Raw Food Diet.

Raw or Not Raw: What Exactly Can You Eat?



One of the most challenging parts of converting to the Raw Food Diet is knowing what you can – and more importantly cannot – eat on a daily basis. Below is a list of foods that are A-Okay when it comes to the Raw Food Diet and ones that you should take extra special care to avoid.

Make sure each of the foods below are in their **raw form**. Honey, butters, and oils especially can all come in processed versions and, as such, do not qualify as raw in most cases.

This list is not comprehensive though; there are still **plenty** of other foods you can still eat on this diet. Instead, think of it as a jumping-off point just to get you started.

What You Can Eat

Fruits & Veggies



- Bell peppers
- Broccoli
- Cauliflower
- Cucumber
- Onion
- Oranges
- Apples
- Mangoes
- Peas
- Spinach
- Tomatoes
- Kelp
- Seaweed
- Berries
- Lemons
- Limes
- Bananas
- Avocados
- Raisins
- Dates
- Dried cranberries
- Plums
- Beans
- Kale

Seeds & Nuts



- Pecans
- Pumpkin seeds
- Cashews
- Almonds
- Walnuts
- Sesame seeds
- Nut butter (almonds, cashews, etc.)
- Seed butter (sesame, sunflower, etc.)
- Nut and seed milks

Fats



- Seed oils (flax, chia, hemp, etc.)
- Olive oil
- Avocados
- Coconut butter and oil

Grains, Beans, & Legumes



- Quinoa
- Oats
- Wheat germ
- Millet
- Lentils
- Chickpeas
- Mung beans
- Wild rice

Sweets



- Honey
- Agave nectar
- Stevia powder
- Date sugar

What You Can't Eat

- Cooked foods (duh!)
- Canned foods
- Frozen vegetables
- Pasteurized milk or fruit juices
- Most store-bought cheeses
- Processed sweeteners
- Alcoholic beverages (organic wine is fine but no beer or liquor!)
- Tea and coffee (based on how they are prepared)
- Vitamin supplements
- Any non-raw oils
- Table salts
- Pasta
- Chips
- Baked goods
- Roasted, baked nuts
- Refined sugars or flour
- Pastries

A Word on Meats & Grains

Strictly according to core principles of the Raw Food Diet, meats are allowed. However, many people find raw meats unappealing (besides certain kinds of sushi of course). Dehydrated meats, on the other hand, do not technically violate the principles of the Raw Food Diet **as long as they haven't been heated to over 104° Fahrenheit.**

But raw enthusiasts beware - many store-bought types of meat have an enormous number of chemical additives and preservatives. Beyond that, dehydrating meats on your own can often take **weeks at a time to do!** As a result, it might end up being cheaper and easier for you to drop some meats altogether.

Grains are all okay to eat on the Raw Food Diet. But in their raw form, most grains are entirely inedible (and not very tasty on top of that). That's where sprouting comes in. Many Raw Food Diet followers soak their grains for a few days at a time to encourage sprouting. Once the grains have sprouted, they'll be much more digestible and easier to incorporate into your meals.



Tips for Raw Grocery Shopping



Getting your supermarket routine down is a bit tough when it comes to sticking with a Raw Food Diet. But with a little practice, you can cut down on wasted time and money. Here are some tips to help you stick to this exceptionally demanding diet.

- **Avoid Frozen Vegetables** - Veggies are definitely one of the core staples of the Raw Food Diet, as you already know. And to make things a bit easier at the grocery store, you'll probably be tempted to buy frozen vegetables to make it even easier to make a quick meal. **DO NOT GIVE INTO TEMPTATION.** Frozen vegetables are briefly heated before being flash frozen and, consequently, do not qualify as "raw" according to the diet.
- **Plan Ahead** - While you may have gotten away with casual shopping before, committing to the Raw Food Diet takes planning and discipline. Knowing just what you're supposed to get before heading to the store is critical, especially since so many of the foods you'll be buying have an extraordinarily low shelf-life.
- **Find A Solid Produce Section** - Not all produce sections are created equal. Some big-name grocers may have aisle after aisle of dry goods and box products but tend not to give the same attention to fresh fruits and veggies. And given that the bulk of your meals are going to come from this section, you may want to start shopping at higher-end supermarkets. But be wary - fresher produce usually equates to higher costs...
- **Start Meal Planning** - If there's one thing that Raw Food Dieters have gotten especially good at, it's meal planning. The strict dietary requirements, the lack of compatible meals from most restaurants and cafeterias, and the particularly high amount of time it takes to prepare more elaborate raw food meals means that you'll want to start making your meals en masse. It may take your entire Sunday to do, but at least you won't be as tempted to bite into a juicy hamburger when you've already got a meal planned out. It'll also make your grocery shopping far easier to do.
- **Make Sure You Have A Variety of Kitchen Tools** - The Raw Food Diet is notorious for requiring many different kitchen tools, at least if you want enough variety to hold onto your sanity that is. Blenders, dehydrators, juicers and more will all be necessary to get the most out of your raw materials and create unique and delicious meals as a result. They'll also open up a new world of taste opportunities for foods that may have otherwise been unappealing when consumed in their natural state (think root veggies like beets and, of course, certain meats).

- **Buy in Bulk** - This one should come as no surprise, but just in case you aren't already, start buying in bulk. Seeds, nuts, grains for sprouting, and more are all far more affordable when purchased in large quantities.

Words to Watch for When Raw Shopping

Knowing what's raw and what isn't can be hard at first. But if you see these words on the label, be sure to steer clear!

- Baked
- Roasted
- Cooked
- Toasted
- Dry-Roasted
- Processed
- Enriched
- Canned
- Pasteurized



Benefits of Going on the Raw Food Diet



As with almost any other trending diet today, the core benefits of the Raw Food Diet are weight loss and a healthier, more energizing lifestyle.

And when the Raw Food Diet is followed to a T, most of these benefits will be within reach.

Weight loss, for example, is quite common among individuals who have switched over to the Raw Food Diet from a typical American diet. This is due in large part to the dramatic reduction in calories between the two diets, though, and not necessarily due to enzymes that remain intact since the foods haven't been cooked.

In fact, according to [one study](#) from the Institute of Nutritional Science of Germany of over 500 different men and women, long-term adherence to the Raw Food Diet was associated with a significant weight loss. Over the course of the study, men lost around 20lbs while women lost about 26lbs. It should be noted, however, that the study took place over approximately 4 years and required strict adherence to the diet (which can be incredibly difficult for many).

And while weight loss with the Raw Food Diet is possible, it can be **incredibly** hard to achieve (which we'll go into in just a bit).

With regards to long-term health, the Raw Food Diet may also cut down on some life-threatening diseases like cardiovascular disease and diabetes just because of the weight loss associated with the diet. Some [studies](#) have actually shown that a strictly raw diet may end up lowering levels of total cholesterol and triglycerides as well – good news for the heart!

The Raw Food Diet is also exceptional when it comes to fiber and nutrition. Compared to a typical diet that consists of sodas, junk food, and highly processed meals loaded with ingredients proven to contribute to poor health, the Raw Food Diet can provide far more nutrients than some people are used to.

All in all, many of the benefits that come from the Raw Food Diet have to do solely with a reduction in calories and getting more nutritious fruits and vegetables.

Does the Raw Food Diet Really Work?



The central claim that this diet makes – that vital nutrients and enzymes are being destroyed by cooking – is partially true, but mostly bunk. In fact, many nutrients and enzymes are only absorbed once foods are actually cooked.

According to [Scientific American](#), studies have shown that cooked veggies like spinach, carrots, and mushrooms (to name a few) provide higher levels of antioxidants like carotenoids (beta-carotene) and ferulic acid. Beyond that, studies of strict raw foodies have shown that they are largely deficient in levels of lycopene, an antioxidant that is found primarily in cooked red fruits like tomatoes and peppers.

Cooking veggies may also produce certain essential compounds like indole. Indole has been proven to help kill precancerous cells in the body before they mutate into a threat to your body.

And while research has shown that cooking fruits and vegetables may actually reduce the amount of vitamin C, this is a small price to pay since this vitamin is so incredibly prevalent in many of the foods we usually eat. According to the National Institutes of Health, most people in the United States get the recommended dosage of vitamin C without even thinking about it. That's because, besides citrus fruits, many other foods already have vitamin C built right in, including:

- Peppers
- Broccoli
- Strawberries
- Cantaloupe
- Tomatoes
- Even baked potatoes!

As you can see, there are a lot of foods we already eat daily that provide plenty of vitamin C.

Ultimately, then, the vitamins and nutrients you stand to lose from going on the Raw Food Diet may not outweigh the small boost in vitamin C.

A Closer Look at Health Impacts of the Raw Food Diet



Beyond the nutrient deficiencies shown above, there are a few other ways that the Raw Food Diet may be doing more harm than good.

Some studies have shown that the severe calorie deficiency that generally comes with the diet is merely too much for the body to handle. Researchers have shown that bone density and hormonal balances can all be thrown out of whack due to the sharp drop in calories (and vitamin deficiencies too).



The large-scale study from the Institute of Nutritional Science of Germany actually found that about 30% of the surveyed women experienced complete amenorrhea (the absence of menstruation) as a result of the strict Raw Food Diet.

Added to that is the fact that many raw foodists may be severely lacking in vital antioxidants, putting them at much higher risk of developing life-threatening illnesses like cancer, cardiovascular diseases, Alzheimer's, and macular degeneration [according to studies](#).

And finally, the beneficial effect the Raw Food Diet has on lowering the dangerous kind of cholesterol (LDL or low-density lipoprotein) also carries over to the **right** type of cholesterol (HDL or high-density lipoprotein). Not entirely worth it, is it?

Weight Loss & The Raw Food Diet



While it looks like the Raw Food Diet isn't all it's cracked up to be regarding health, how does it stack up in terms of weight loss?

As we've already seen, the Raw Food Diet has been shown to drop the pounds on a long enough timeline. Remember, men dropped an average of 20lbs and women an average of 26lbs over the course of 4 years on the diet.

However, there are two factors at play here: the length of time and the strictness of the diet.

When you break it down, these numbers just aren't that impressive. For women, a 26lb average loss over 4 years comes out to be around 6.5lbs a year or around **0.55lbs a month and 0.12lbs a week!**

It doesn't get any better for men either. A loss of 20lbs over 4 years is equivalent to 5lbs a year or **less than half a pound a month** and around **1/10 of a pound per week!**

And to make matters even worse, this kind of weight loss only occurred with **strict adherence to the diet**. Why is this a problem? Because the Raw Food Diet is one of the hardest to stick to simply because of the lack of convenience involved.

There are a number of factors at play here that make the Raw Food Diet particularly hard to stick with. To name just a few:

- It generally requires lots of different kinds of equipment (dehydrators, blenders, food processors)
- It's especially tough to find restaurants that follow dietary stipulations
- Meal prep can take a long time (even the whole weekend sometimes)
- Expensive groceries due to more perishable goods
- A "learning curve" when it comes to foods without familiar flavors

All of this usually adds up to an inability to stick to the Raw Food Diet for long enough to see results – even among the most dedicated of dieters. In the end, there are **far more effective ways** to shed those pounds than the Raw Food Diet.

The Bottom Line on The Raw Food Diet



The Raw Food Diet is undoubtedly a great way to test your self-control and incorporate more nutrition into your daily diet. Plus, when used over an extended period of time, it can prove useful in helping you lose some weight and preventing deadly diseases as a result.

However, the claims that this diet will make you healthier and more energized due to the higher numbers of enzymes and nutrients in raw foods is mostly false. In fact, cooked meals tend to contain even more antioxidants and vitamins than their uncooked counterparts.

Beyond that, the Raw Food Diet may even cause serious health problems down the line if you aren't careful.

And finally, using the Raw Food Diet primarily for weight loss is a bit of a lost cause. You'll see results over time but sticking to the diet long enough to meet your goals is likely going to be much harder than you anticipate.

Beyond that, other weight loss alternatives can help you lose belly fat and trim up your body faster, healthier, and (to be perfectly honest) smarter.



An Easier (And Healthier) Way to Shed Pounds Fast



While the Raw Food Diet may take years to get results, there are undeniably better and healthier options for getting a slimmer figure, packing on muscle, and feeling more energized than ever.

And the best option by far is **The Fat Decimator System**.

This program was developed as a fool-proof solution to the problem of mainstream dieting – the fads, the trends, the “hot diet of the week” – and has been proven to melt pounds faster than anything else available today. Trust me; this is one program you need to start using **today**.

Built from research on more than 500 medical studies, dozens of diet books and hundreds of diet systems, programs, gadgets, pills, and potions, **The Fat Decimator System** shines everywhere the Raw Food Diet falls short:

- It can help you lose **as much as 41lbs in just 3 weeks** (like past user Sharon Monroe did) rather than 26lbs over the course of 4 years.
- It incorporates **nutrient- and fiber-rich meals** – the best parts of the Raw Food Diet.
- It shows you how to **pack on lean muscle** without packing on the pounds.
- It lets you eat **the foods you crave** – and you can even cook them too!
- It can help you feel **healthier, energized**, and more **confident** than ever before.

The secret of this proven program involves tapping into **one little-known biological process** that’s making it impossible for many people to lose weight. By showing you exactly how you can overcome and take advantage of this chemical reaction, **The Fat Decimator System** helps you supercharge your weight loss, so you can melt pounds away in half the time.

The technical details are a bit outside the scope of this book, but luckily, there’s an entire documentary that dives deep into how **The Fat Decimator System** works on a cellular level. And trust me, once you see how easy dropping pounds can really be, you’ll wonder how you ever missed it in the first place.

The video also shows you just how marine Sergeant Kyle Cooper got his hands on this no-fluff program (while on the hunt for Osama Bin Laden no less!) and how he’s used it to literally save the lives of thousands of people just like you.

Go [watch the video here](#) today. I **guarantee** you won't regret it.

In the end, **The Fat Decimator System** is without a doubt the quickest, healthiest, and smartest way to get fit fast - without all the hassle of a painful diet.

So, skip the raw and start **decimating** your fat today.

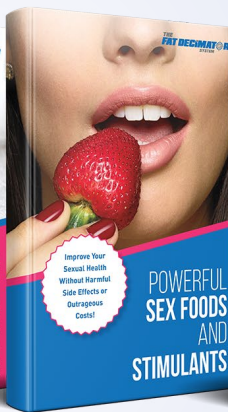




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