



The Raw Food Detox Diet: The Five-step Plan for Vibrant Health and Maximum Weight Loss (Raw Food Series)

Natalia Rose

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A top nutritionist provides her simple, proven five-level diet plan to safely make the transition to eating raw foods, and to detoxify and achieve a perfect body no matter how you eat now.

The raw food craze has taken off, as raw restaurants spring up and celebrities, models, and other fans tout the effects of eating raw. However, many people who are intrigued by raw food simply don't know how to make the transition from what they're eating now, or how to achieve the benefits of eating raw without giving up their lifestyle or the foods they love. Natalia Rose, an in-demand nutritionist, shows how in *The Raw Food Detox Diet*. Whether your diet is primarily made up of meat and potatoes, or tofu and tempeh, you can incorporate the flavour and lasting health benefits of raw food into your life.

Over time, our bodies build up poisons and store waste from food that is not fully eliminated. Raw food helps to detoxify the body by flushing out these poisons and setting us back on a course toward greater energy, clearer skin and shinier hair, and a slim, natural figure. But making the transition to a raw diet too quickly can have negative effects on the body. Instead, the healthier way is to make a gentle change based on your previous diet and current needs. You do not conform to *The Raw Food Detox Diet*; it conforms to you, and you choose how far you want to go. Whether you're looking to live an all-raw lifestyle, or just to improve your energy and shape while still eating the foods you love, this groundbreaking diet book will energize and inspire you to achieve your goals safely and easily.

The Raw Food Detox Diet: The Five-step Plan for Vibrant Health and Maximum Weight Loss (Raw Food Series) Details

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Vicki says

I love this book and I really hope I can incorporate more of this approach to eating in mine and my family's lives. The american diet is DISGUSTING and though I feel like generally we eat better than average this book made me feel like I could do a way better job...and now I know how!

One thing I like is it is not all or nothing. You can be whatever percent of a raw foodist as you wish and you can ease into it. It is SO different from the typical American diet that it is stressful to try and undertake it all at once so I am adding/changing things slowly and for my kids even more slowly because this lifestyle is quite an undertaking!

At times this book made me feel stressed and feel like Oh my gosh I have been eating wrong all these years! But overall, I just decided babysteps is the best approach to this massive of a change!

Kris Patrick says

Sooooo many rules!!!!!! I tune out when I read diet books that suggest food combining- or foods never to combine. Never? Really? How about if I drink more veggies and eat less junk and call it a day. The section how to self-administer an enema did make me giggle.

Darby says

I think of all the books I have read this has the best approach to healthy eating. It is simple and straight forward. At first I thought the idea of food combining was a bit excessive. But I tried it and I felt so much better. Its amazing. The book helps you transition to eating more raw food starting from where ever you are, and gives good advice to assist you in progressing as far as you would like to. It also has a lot of good recipies in it as well. I keep this book on my kitchen counter I use the recipies that often. This book was one of my big stepping points to healthier eating.

Nicole says

This book was easier to read than most raw food books. Natalia Rose recommends a gradual transition to a raw diet, incorporating some cooked foods for a while as you transition. She recommends that people stay at a moderate raw diet for years, even, as their bodies and their lifestyles get used to the raw foods. She suggests a 5 stage plan to achieving a raw diet, and mentions that there is room for the occasional, special

cooked meal even for a "level 1" raw foodist.

Overall, the best raw food book I've read yet. I look forward to implementing some of the advice in it.

Merissa says

extremely informative in finding alternative and healthier yet delicious recipes!

Cy says

Rose offers a simple, real world approach to people interested in raw foodism at any level. Compared to other live food literature I've read, i got a lot of motivation from her positive and upbeat tone and realistic applications.

Lauren says

This is the best raw food book I have read so far. Rose provides a moderate, realistic and simplistic approach to embarking on a raw food diet. I especially enjoyed her emphasis on food combining, which is infinitely beneficial for those interested in weight loss and true detoxification. Unlike a lot of raw food proponents, Rose stresses the value of a slow transition into raw foods to avoid autointoxication. After all the reading I have done on this subject, this book really helped me to combine all I've learned about the relationship between food and health into a true understanding. It also inspired me to develop a few theories of my own. And after about a week of following Rose's food combining principles, I lost 5 pounds!

Justine says

This one was tricky. I liked her approach to whole-food eating, but some of her science seems to veer into hokey territory (esp. dead vs. alive food). I'm a fan of alternative remedies and treatments, but I do need information backed up by reliable sources (though I don't necessarily count the USDA as a reliable source either---cheese pizza counting as a vegetable and all that). All in all, the author provided some good tips and tricks, along with recipes. I've cut out gluten and processed food from my diet, but I'm keeping dairy and I'm not jumping on board the combination train, at least not just yet.

Christine says

From this book I learned, or really reencountered, the idea that middle age weight gain might not be from a slowing metabolism. It might be from enzyme depletion. Eat raw foods and drink fresh pressed juices to replenish your enzymes. As a beginner I like this book better than Life Force Energy one she wrote because it has different stages/levels and you can start off slowly.

Paula says

Wow! Even if you are not interested in the raw foods movement, you are guaranteed to learn a lot about how your body processes food - and why even low-fat foods create tremendous waste (and therefore weight) in your body.

Simply put, the human digestive system does not recognize cooked or processed foods. This creates waste, which adds weight--even if you are thin right now.

Aurora says

I really learned a lot from this book. It is easy to understand and there are a lot of great points for great health.

There is a great survey to see where you are really at, and gives guidance on your transition process.

It is a great book for anyone who wants to improve their health, get off of nuisance medications, and feel better.

I thoroughly enjoy this book-- I finally moved it over to my read bookshelf, though I constantly refer to it.

Shane says

This was such an odd book. It started off with sound principles. Avoid processed food, focus on plants, vegetables, whole grains, and healthy fats etc. But then she slowly transitions into a diet where you are primarily eating nothing but juice. She is also somewhat obsessed with poo. She recommends monthly colonic cleansings, self administered enemas, and even pooing in your trash can as opposed to your toilet. The main principle of her philosophy is too get everything in and out as fast as you can. This does not sound like a rational approach to a healthy lifestyle if you ask me.

Alison says

Update - I have been reading that food combining and the idea that food gets stuck in your colon are both unsupported by science, so who knows. After reading more, I think the best bet is a high-carb, low-fat vegan lifestyle over this program, but I really appreciate this book for getting me into doing more research about health!

end update

Not to be overly dramatic, but for me, this book was life changing. Granted, I didn't know anything really about the digestive system and how it worked before reading this, but now I feel like I have power over my health. I had already cared about my health and tried to eat as well as I could, but now that I've been doing this diet (I'd prefer to call it "way of eating") for a couple weeks, I've dropped almost 10 pounds instantly, without trying; I'm down to a weight that I have never been before, and the weight is staying off.

Here are what I found to be the key pieces of knowledge from this book:

Raw foods, especially vegetables (raw; leafy, especially; organic, preferably), should be the staple of our diets. They have incredible live enzymes that scrub our cells clean of waste, so it is imperative to eat as much of these foods as possible. The processed foods that we have learned to eat don't clear our cells of waste in the same way; instead, they create backlog and get lodged in our systems (forever...).

Beyond veggies, there are different categories of food that require different types of enzymes to break them down in the digestive system:

1. Starches (e.g., whole grain breads, rice, sweet potatoes, avocados, legumes, cooked corn, young coconut, pasta)
2. Fleshes (i.e., flesh-protein; e.g., fish, eggs, chicken, meat, game, shellfish, raw cheese)
3. Nuts/Seeds/Dried Fruits (i.e., fat-protein; e.g., raw nuts, seeds, unsulfured dried fruits, and mature coconut)
4. Fresh fruits (e.g., citrus, bananas, plums, nectarines, grapes, berries...)

Different categories involve more or less time to exit the digestive system. The eventual goal (you build to it; you aren't supposed to go raw overnight) is to eat as many quick-exit fruits and veg as you can and to keep most of your eating from the quick-exit categories.

From quickest to slowest:

1. raw fruits/veg; raw honey (takes about 30 minutes to get out of your system; bananas about 45)
2. lightly steamed, low-starch vegetables; pure maple syrup, agave nectar (takes more like
3. raw nuts/seeds
4. raw stone- or cold-pressed plant oils
5. cooked starchy veg
6. raw unpasteurized dairy
7. whole grains
8. pasteurized dairy/animal flesh
9. non-whole grain flour products; sugar
10. cooked animal fats/hydrogenated oils; soy
11. chemicals, artificial colours and sweeteners

The idea is to avoid mixing the different categories, for a couple reasons:

One, if you start eating one type of food before the other one digests, the other hasn't exited your system, allowing backlog and making it harder to eliminate the waste from your system, so the goal is to eat in such a

way that you eat only one type of food at a time (except for veg, you can combine veg with any of the categories) and allow it to digest before progressing to a new category.

Two, the stomach produces different types of digestive enzymes to digest different types of foods. If you mix your categories, the different enzymes can neutralize each other. When the enzymes neutralize, the food doesn't get broken down; instead, the food ferments and creates a backlog so that the new food that comes after can't get out. Backlog is bad because the waste can get cooked into your intestines (your stomach is as hot as a dehydrator, so it's baked in there).

Natalia said that weight = waste that hasn't been removed by your intestines.

*Important note: if you eat fruit *after* another type of category (not including veg; veg is the only thing you don't have to think about, ever... if you want a piece of raw veg, go for it), then it definitely will ferment, so only eat fruit *before* you eat other types of foods.

Natalia recommends to juice your veggies in the morning (mixed with fruit to cut the green taste) and drink as much as you can when you first feel like you need some nutrients after you wake up. You can drink veggie/fruit juice all morning. After your juice, you should eat as much fruit as you want for breakfast -- the fruit will leave your stomach in 30 minutes (45 minutes for a banana), so just wait that long after the last piece before you switch categories (again, veg is free to mix however you want). Eating fruit before a meal is totally fine, after, not so much.

Three, if you do end up mixing (she stresses the fact that you don't have to be militant about eating, you just have to remember not to mix as much as you can, and your body will do the rest), then do it before bed. The myth is that we should eat a ton in the morning and go to bed on an empty stomach, but instead, let the stomach digest the competing/heavier foods at night, and when you wake up, you'll release it all in your morning bowel movement and your body will be ready to start over again. If you eat light, easy-to-digest foods during the day, your body will not be wasting precious energy trying to digest heavy food while you're trying to use your brain, muscles, etc...

There are different plans to transition you to a raw food diet based on your lifestyle and where your body is already. There's a little quiz, then you find your score, then you look at the suggested menu/ways of eating for your level. For mine, the idea is to have juice/fruit in the am, salad or cold soup (e.g., with either starch or fat proteins) for lunch, and then a cooked meal (this is to slowly transition away from cooked foods; you're supposed to ultimately, after eating this way for a while, realize that your system doesn't need them and that you're happy and satisfied not having them) at dinner.

Basically, you can eat as much food as you want; the main focus is making sure that it has the ability to get out of your system. If you get rid of the waste from the food, you don't accumulate weight. Natalia has also given many recipes that you can use; I haven't done many of them yet (I've been scouring the Internet for juice/salad/salad dressing recipes), but they look really delicious, and I believe her when she says that you don't need to feel deprived when eating like this. You CAN eat raw desserts... she even has a bunch of recipes for raw ice cream. Also, this program is incredibly adaptable -- meat eaters, vegetarians, and vegans can all easily fold these ideas into their lifestyles.

In sum, I loved this book; I only wish I had read it sooner.

Pamela says

This was an interesting read, but she is quite obsessed. I liked the data that she presented, but I'm not ready to follow her into the raw world.

Farnoosh Brock says

I came across Natalia's raw food diet by accident months ago, and it was not until I committed to a juicing diet that I decided to learn more about her ways. She has several books in print. First I read "The Raw Food Detox Diet", followed by "Raw Food Life Force Energy".

Her writing style is very simple, conversational and a similar style expected from any diet or nutrition books. Natalia's book takes you through the effects of a poor diet, sadly nicknamed as the American diet, and the pre-mature aging you can cause your body by the poor choices you make in every occasion. The core of her message is detoxing our bodies with a more raw food diet and as a result, clarifying our minds.

The weight loss and feeling fabulous follows naturally as a consequence of eating a more raw food diet and drinking green juices. Detoxing is a hip word these days. I first heard it from my cousin in Canada and just had to look into it. In October'07, I was on a wonderful trip in Germany and funny enough, it is exactly when I felt most helpless for not being able to control my body weight, something I had never had a problem with. During the 3 years before 2007, the infamous 15 pounds had slowly crept in. Not being able to make it vanish as swiftly as in my 20s created an emotional and psychological barrier to success in my mind.

What attracted me to Natalia was her flexibility to a practical approach. With all her strictness, she makes room for negotiables and provides many modified approaches to raw food diet approach. I wanted an eating style that was very simple, based on as much raw natural organic fresh food as possible, and yet not limited to just those foods. Natalia provides that flexibility through varying phases of adoption of her ultimate approach to eating.

Natalia takes you through her cleansing system, her reasons for juicing, and most importantly, her raw food combinations. Not eating certain things is challenging no doubt, but combining foods with new rules is an ever-present difficulty for me. The most difficult modification has been the Fruit Rules, as I call them:

Eat fruit only on an empty stomach and in the mornings.

Never combine fruits with anything else except raw vegetables.

Abstain from eating fruit after dinner or any meal.

Natalia's reasons for the Fruit Rules are simple: Fruit eaten on an empty stomach exits the body in 30min to an hour. She believes fruits eaten on a full stomach, especially after a cooked meal, will fester and the acids will do damage to your intestines, and hinder digestion for the meal and the fruit itself. I have relaxed some of my fruit rules since reading this book but I enjoyed following her rules when I could.

Among other surprises in this book is Natalia's hard-core theory on eating light-to-heavy, where dinner is your biggest meal, and if you will be having foods not on any of the cleansing programs, best to do it later in the day than earlier. She explains in detail how the food reacts and breaks down in the body and her take on what best to avoid and what best to enjoy.

Natalia's single favorite food has got to be the avocado. Avocado is delicious; even all by itself, it makes a filling and delicious snack. My relationship with it has grown tremendously since it has become a regular part of my diet, especially at breakfast. I like to mix it with some raw vegetables – carrots, celery, cucumbers – and sometimes raw nuts, pine nuts or almonds. Avocado does wonders for your internal organs and the natural fats from the vegetable are particularly beneficial to your body as a nutrient.

The book is filled with great fun creative recipes for an all raw-food diet, semi raw food diet, smoothies and juices. I have made the delicious Liquid Gold Elixir, in my blender and love the taste by itself or in my salads.

For the “Green lemonade”, a recipe for one of her green juices, I have modified her recipe to add some of my own favorite vegetables. It's heaps more fun to be creative and I suggest that when you first start juicing, keep everything in a Juicing Journal, because your taste buds are unique and you will forget the combinations you liked and those you did not, so best to write about it.

Loved loved this book and use it as reference all the years since 2007. Must read if you are thinking of going for a more raw-food based diet.
