

# **How To Be A Raw Vegan Smart Ass**

A Compilation Of The Funniest And  
Wittiest Replies To The Questions That  
Drive Fruit Lovers Crazy!

Brought together and edited by Ronnie Smith.

<http://www.fruityronster.com>

# Authors Note

Please feel free to share this information with others.

When writing about a fruit the first letter has been capitalised (following on from Anne Osborne's directions in "Fruitarianism: The Path To Paradise", e.g **M**ango, **B**anana).

The author accepts no liability for the deliberate misuse of this information to blow minds and shatter long held beliefs.

The newbie should be prepared for the emotional outbursts that may result from the use of these laser guided wake-up bombs.

# Contributors

Without the contributors this book would not be possible. Or it would be a lot shorter. Or not as good.

Or...whatever.

The point is they helped a lot so I want to praise them and point you towards where you can find out more about them.

This book came together after having numerous conversations with other fruit lovers about the type of questions we got asked on a regular basis.

I decided to compile these questions together and ask my friends to provide their best answers.

So, now all of this collected wisdom is in one place for you. I hope you enjoy it, get a laugh out of it and that it prepares you for creating some ease in social situations in the future.

Here is a list of the contributors in no particular order. For those who have websites and further information I have provided links. As for the rest, simply muse upon how you might have a chance meeting someday.

## **Chris Kendall**

Chris Kendall earns his Bananas flowing as a Registered Holistic Nutritionist (RHN), 100% Raw and Transitional Lifestyle Coach, Kendalini Yoga Creator and Raw Food Chef.

Following his passions, Chris shares his bliss through running retreats, sharing at festivals, singing songs of Compassion, as well as via in person / online consultation services, ebooks and his new free raw recipes app.

His budding vision the "TRA Dream"; A Non-profit 501 c(3) Charity focused on creating donation based holistic healing, yoga, permaculture, educational retreat centres around the world is at the heart of his endeavours.

Paying it forward Chris offers all of his ebooks and services on a By Donation Basis.

[www.therawadvantage.com](http://www.therawadvantage.com)

## **Dr Doug Graham**

Dr Graham is a 30-year raw vegan and author of “The 80/10/10 Diet,” as well as many other books on health, the raw food diet, athletic performance, and injury prevention.

Dr Graham has worked internationally with top-class athletes and runs annual health events in Washington (US) and Costa Rica, as well as being a keynote speaker at events around the world.

Please check out his excellent information at:

<http://www.foodnsport.com>

## **Grant Campbell**

Grant Campbell aka Raw Aussie Athlete ([rawaussieathlete.com](http://rawaussieathlete.com)) is an established ultramarathon runner who has been raw vegan since late 2005.

His annual Thailand Adventure Retreat ([Click This Link To Check Out A Review](#)) is raved about by fruit lovers and adventurers alike.

A Certified Lifestyle Coach and Director of Education at Foodnsport ([foodnsport.com](http://foodnsport.com)), Grant helps people enhance their quality of life through diet and lifestyle with educational materials, retreats and consulting services.

[www.rawaussieathlete.com](http://www.rawaussieathlete.com)

## **Arnie Rodriguez**

When not hunting for exotic fruits, Arnie composes music for films, animations, commercials and theatre shows.

He is the founder and musical director of the “Animated Eden “ animation festival. He can be found at :

<http://www.arnierodriguez.com>

## **James Bailey**

James Bailey is an athlete and raw vegan that played a part in the team that put together the first ever UK Fruit Festival. He has helped to create a non-profit retreat called “Afruitcan Roots” that will take place in East Africa.

[www.afruitcanroots.org](http://www.afruitcanroots.org)

## **MC Fructose**

MC Fructose has been promoting a fruit based vegan diet through his Youtube channel and online radio show for the past few years. You can check out his incredible transformation here:

<https://www.youtube.com/user/easyrawfood>

## **Marina Grubic**

Marina Grubic has been spreading the message of health through her Youtube channel Inspire Me To Be Healthy. Originally from Serbia, Marina has taught yoga and ran the kitchen at large low fat raw vegan festivals and events around the world. You can check her out here:

[https://www.youtube.com/channel/UC8-d2dy971dXrh3ePcA\\_pEw](https://www.youtube.com/channel/UC8-d2dy971dXrh3ePcA_pEw)

## **Jessie Suzanne Lemmons**

Jessie is a popular member of the online raw vegan scene with her videos at her “Raw Vibrations” Youtube channel. She is also on instagram as @fitncrunchy.

<https://www.youtube.com/user/RawVibrations2/feed>

## **Jim Smith**

Jim Smith was inspired by his change to a healthy fruit based vegan lifestyle to quit his career and go back to university to train to be a doctor of medicine.

He enjoys trying to teach his fellow students about the benefits of treating disease with a plant based diet.

## **Lee Watermelon**

Lee moved from Manchester, England to tropical North Australia to live the sweet life. Follow his blessed out lifestyle at his website:

<http://freshfru.it/>

## **Erwan Compes**

Erwan is an interactive designer based in Tahiti who is passionate about fruit and triathlon. Check out his website at

[www.erwancompes.com](http://www.erwancompes.com).

## **Elliot Atkins Turkish**

Elliot plays a vibrant role in the large fruity scene of London, England. He loves to climb trees and find the most unusual and rare exotic fruits to share with friends at fruitlucks.

## **Danielle Day**

DanDann wanders the streets, a Siren serenading all who will listen with her musical journalings of normal daily occurrences and the naturally supernatural. They are the joyous souls who find themselves in the path of her lulling arias.

[www.beyondsalad.com](http://www.beyondsalad.com)

[www.dandann.me](http://www.dandann.me)

## **Simon Little**

Simon was in charge of media and filming at the UK Fruitfest. He is an impressive raw vegan callisthenics athlete and also enjoys weightlifting. He is the director of production at Pukaar News.

## **Dorothea Vasicek**

Dorothea is a raw vegan travel-enthusiast who is forever captivated by the world unknown. She is currently pursuing an education in health science; culinary skills, language, writing and creativity. She is an outdoor enthusiast, a fruit connoisseur, an athlete at heart and a wholly transient individual.

<http://www.rawwanderlust.com>

## **Conor McMillen**

Conor is an Internal Family Systems Therapist and Health Coach who helps to transform and inspire lives through his Youtube channel “Handyman Bananas”. Check out his work at:

<http://www.handymanbananas.com>

<http://www.conormcmillen.com>

# Contents

## Introduction

## The Questions And Answers

1. “Why do you eat so much fruit?”
2. “What are you going to do with all that fruit?”
3. “Sure eating all that fruit must be good for you but it must be really expensive?”
4. “Where do you get your protein?”
5. “Did you know that bananas are going extinct?”
6. “Did you know that bananas were actually made in a lab?”
7. “Is that not too much sugar?”
8. “Is that not too much potassium?”
9. “All that fruit must rot your teeth?”
10. “Surely you must be running to the toilet all the time?”
11. “Isn't all that tropical fruit being flown in from abroad bad for the environment?”
12. “You must be eating a lot of pesticides on your fruit, surely that must be bad for you?”
13. “Don't you know all that fruit will spike your insulin and make your body store it as fat?”



# Introduction

Dear fruit lover,

Have you noticed the same questions come up again and again?

If you have not been on the raw vegan lifestyle a long time you may not have heard them yet but you are likely to in the future....over and over.

It took me a while to realise that most of the time (almost all of the time) those questions were not genuine enquiries for knowledge from earnest health seekers. No. They were something *slightly* different.

The person was trying to point out a concern that they thought you perhaps hadn't considered. Actually it came from a place of being a little worried about you. Or ..A LOT worried about you.

I usually find that it is not worth the energy to come back with a long discussion on the science of nutrition and the human anatomy as usually the person (sensing you actually know a little bit about what you are talking about) will change the subject and their brain will neatly delete the whole episode from its memory bank.

However it did occur to me that it may be useful to have some good answers prepared for such occasions. Perhaps quick or short answers that will show you have a confidence and sense of humour with your lifestyle.

I reached out to a number of friends to help with compiling some answers. I took the best of those responses and put them together into this book.

Answers range from witty to crudely offensive. Some will make you look smart and some will stop a conversation dead. You may offend someone for life and lose their friendship for good. Therefore I offer this following disclaimer:

(turn to next page)

**DISCLAIMER: The author is not held responsible for the use of this verbal ammunition. Use wisely and with care- you may end up blowing someone's mind!**

If you would like to connect with me further I have hundreds of videos about my own personal journey on a fruit based raw food diet at my Youtube channel "Fruity Ronster".

There you will see videos of me all around the world at fruit festivals in Europe, the US and Thailand. I have some great interviews with some of the experts I have met along the way. I hope you find these videos educational and inspiring.

My experience has taught me that the best way to really change your habits for good is to get around people that have already done it and continue to thrive successfully.

This is why I set up the UK Fruitfest. This event is dedicated to bringing fruit lovers together to provide them with education, support and community in their aim of changing to a healthier fruit centred lifestyle.

Our first festival in June 2014 went fantastically well. I hope you consider attending in the future. For more information please find out more here:

<http://www.fruitfest.co.uk>

For now please enjoy the rest of this book. I hope to support you in any way I can with your journey towards health and a fruitful life,

In kindness,

Ronnie Smith

# **“Why do you eat so much fruit?”**

*Jesus told me to.*

**Arnie Rodriguez**

*If I don't eat it, it will spoil!*

**Marina Grubic**

*Raw guys n' girls taste better*

**Chris Kendall**

*Because I'm sweet stuff*

**James Bailey**

*Nature's candy*

**MC Fructose**

*Fruit is my staple food.*

**Elliot Atkins-Turkish**

*It does a body good*

**Jessie Suzanne Lemmons**

*That dopamine*

**Sean Francis Murphy**

*I'm trying to get in the Guinness Book of Records as the first person to be hospitalised by eating too much fruit. Look out for me soon in the Daily Mail too.*

**Jim Smith**

*I'm Bananas*

**Laurie Getchell**

*To carry out my alien overlords plan to repopulate the Earth with fruit trees.*

**Erwan Norrswell**

*I like my poo and wee to smell pleasant*

**Lee Watermelon**

*I'm a growing boy*

**Danielle Day**

*Because I'm really lazy and can't be a\*\*ed to prepare food, fruit needs no preparation and comes ready to eat and tastes great.*

**Simon Little**

*I've noticed that you don't eat much fruit. Why is that?*

**Dr Douglas Graham**

*Because I can.*

**Grant Campbell**

*I like pooping. A LOT!*

**Conor McMillen**

# **“What are you going to do with all that fruit?”**

*Banana bread*

**Arnie Rodriguez**

*I am having a fruit party tonight.*

**Marina Grubic**

*Secret Fruit Powered Bi Plane*

**Chris Kendall**

*Eat it ...serious, man! I am going to eat it. Yes all of it. No it won't take me that long, about 4-5 days,*

**James Bailey**

*I have a pet gorilla at home and he likes to drink smoothies like a boss!*

**MC Fructose**

*I will eat it all in one sitting [even if this isn't true]*

**Elliot Atkins Turkish**

*Put it in my face*

**Jessie Suzanne Lemmons**

*Eat it... / Party*

**Sean Murphy**

*I have a blender at home, I like to mash it and squish it all together and then take a bath in it.*

**Jim Smith**

*Bananas!! I eat them all!*

**Laurie Getchell**

*I live with an ape.*

**Erwan Norswell**

*It's a donation to the local Art University. 'Paradise . . . Still Life' project. Students can eat once their work is complete.*

**Lee Watermelon**

*Split it with my monkey*

**Danielle Day**

*Shove it up my a\*\*e*

**Simon Little**

*Shh, I am not supposed to talk about it, so I can only tell you if you promise not to tell anyone else. We're doing secret animal experiments, you know, the kind no one really wants to talk about, and we have to feed the animals as part of the experiment.*

**Dr Douglas Graham**

*Because I like my shit to have all the colours of the rainbow*

**Dorothea Vasichek**



**“Sure, eating all that fruit is good for you but it must be really expensive!?”**

*But I deserve it, because I am so special.*

**Marina Grubic**

*It's ok, I'm rich*

**Arnie Rodriguez**

*It's cheaper than cocaine and gets me high all day!*

**Chris Kendall**

*Yes, but so are doctor bills. (BTW I can get 4 lbs of Bananas for \$1)*

**MC Fructose**

*That's why I started working a minimum wage job, so that I could afford my fruit addiction*

**Elliot Atkins Turkish**

*I only spend \$ on fruit, that's why I look like a homeless person*

**Jessie Suzanne Lemmons**

*If you declare eating fruit as a religion, you can call the government and they will give you a rebate, just call them and ask!*

**Jim Smith**

*It is and it is. I live in a land down under. 1 Mango cost \$7 at the local store. The best time to plant a fruit tree was 20 years ago. The second best time is right now!*

**Lee Watermelon**

*Frankly, my non-vegan self was a Sushi snob. Trust me - THAT was WAY more expensive.*

**Danielle Day**

*The most expensive thing in life is being sick. The loss in productivity is astronomical.*

**Dr Douglas Graham**

*It's a vicious cycle. Fruit makes you smarter, so you can earn more money and buy more fruit.*

**Grant Campbell**

*Oh my god it is SO expensive. Right now I am dipping into my cancer-fund.*

**Conor McMillen**

Yeah. I'm not worth it.

**Doroteha Vasichek**

# **“Where do you get your protein?”**

*Chemtrails*

**Arnie Rodriguez**

*My doctor told me I have a rare disease because of which I shouldn't eat protein.*

**Marina Grubic**

*Look at these guns n ask me that again.*

**Chris Kendall**

*I usually eat my hair and fingernails*

**MC Fructose**

*Yo mama*

**Jessie Suzanne Lemmons**

*Your momma*

**Laurie Getchell**

*Proteen, I don't know what that is... Is that a new magazine for teenage prostitutes?*

**Jim Smith**

*I have created an on-line petition to rid society of this question. Please get on-board and sign the trucker! Thanks!*

*<https://www.change.org/.../calling-all-nurseries...>*

**Lee Watermelon**

*I eat vegans.*

**Danielle Day**

*Did you ever stop to wonder where a gorilla or a bull gets its protein? Mine comes from the same place.*

**Dr Douglas Graham**

*What is protein?*

**Grant Campbell**

*I make a point to sleep with lactating mothers a couple times a month...*

**Conor McMillen**

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**“Did you know that Bananas are going extinct?”**

*Thanks to me.*

**Arnie Rodriguez**

*Oh no! I ate them all!*

**Marina Grubic**

*So are we silly, time to eat ‘em up n’ do the Dance of the Bananahicans.*

**Chris Kendall**

*Really? Good thing there are over 100,000 different species of fruits*

**MC Fructose**

*There are hundreds of varieties of Bananas in the world. If Cavendish are going extinct, then I look forward to the others.*

**Elliot Atkins Turkish**

*Just the Cavendish variety. Lots of other groovy types out there we've got to get to market!*

**Jessie Suzanne Lemmons**

*Really? Yesss!!! I knew if we worked hard enough we could defeat those evil yellow b\*\*tards! I've hated them since I was a kid, ever since they made Wyle-E-Coyote slip up!*

**Jim Smith**

*Your mom is going extinct*

**Laurie Getchell**

*What like humans? We are currently in an extinction phase! Hooray*

**Lee Watermelon**

*Wonder why? MUAHAHAHAHA*

**Danielle Day**

*Should I be worried? Fortunately I also like Mango, Persimmon, Figs, Dates, Grapes, Durian and Chempadak.*

**Grant Campbell**

*You're mom's going extinct*

**Conor McMillen**

Does that mean I'll have to start hiding my Bananas from my pet monkey? **Dorothea Vasichek**

# **“Did you know that Bananas were actually made in a lab?”**

*I love lab food. Yummy!*

**Marina Grubic**

*So, I was too...*

**Chris Kendall**

*So is cheese!*

**MC Fructose**

*I am really grateful for that lab. I'd like to send them a research fund.*

**Elliot Atkins-Turkish**

*Dogs don't make Bananas?? I thought Bananas were a bi-product of coal mining?*

**Jim Smith**

*Ahhh yes . . . Dolly (the cloned Sheep) and Burt (the bent Banana) are cousins!*

**Lee Watermelon**



*Same lab where they made you I heard - OH crap! You're parents didn't tell you did they.....*

**Danielle Day**

*Turns out I know the guy that's responsible, yes. He says Bananas went seedless on their own, fifty years before humans could figure out how to make them do it.*

**Dr Douglas Graham**

*That's cool. Maybe they can start making them in different colours.*

**Grant Campbell**

*That's fascinating. What was it like for you to see the banana-genus spawn in a controlled lab environment? Oh, wait, you weren't there.*

**Dorothea Vasichek**

# **“Is that not too much sugar?”**

*I decided to kill myself with sugar.*

**Marina Grubic**

*Only if u add Coconut sugar*

**Chris Kendall**

*WHAT?! - No, no it's not...in fact I am not sure whether it's enough...*

**James Bailey**

*Lol, sugar fuels every cell in our bodies. One can have too much fat, not too much sugar.*

**MC Fructose**

*What can I say? I am a sugar addict*

**Elliott Atkins Turkish**

*It's the right amount, and don't call me Sugar!*

**Jim Smith**

*It's just enough baby!*

**Lee Watermelon**

*Sweetness is my weakness!*

**Danielle Day**

*Yes, that is not too much sugar.*

**Dr Douglas Graham**

*You are quite correct. That is "not too much sugar".*

**Grant Campbell**

*I can never be sweet enough.*

**Dorothea Vasichek**

# **“Is that not too much potassium?”**

*Oh yes... actually, I fainted yesterday from too much of potassium, but I don't mind fainting again.*

**Marina Grubic**

*Potassium puts hair on your chest.*

**James Bailey**

*Yeah, you're right, potassium does have an atomic weight of 39.0983 and a boiling point of 759C, but I wear size 12 shoes so my hairdresser said I should be ok.*

**Jim Smith**

*You pee it out. (What?) YOU PEE IT OUT!!!!!! WEEEEEEEE  
PEEEEEEE FREEEEEELYYYYYYYYY!!!!*

**Danielle Day**

*Only my urologist knows for certain.*

**Dr Douglas Graham**

*You are quite correct. That is "not too much potassium".*

**Grant Campbell**

*Actually potassium is not plutonium. It's weird I know because they both start with "p".*

**Conor McMillen**

Oh no, I put potassium on everything. Can't get enough of the stuff.

**Dorothea Vasichek**

# **“All that fruit must rot your teeth?”**

*I have had fake teeth for years now.*

**Marina Grubic**

*Naw that's just the Bacteria's Poop..*

**Chris Kendall**

*You're rotting my brain with these questions*

**Sean Francis Murphy**

*That's why I always rinse my mouth out with Coca-Cola afterwards,  
to be safe*

**Jim Smith**

*Yes, I'm on my fourth set already.*

**Dr Douglas Graham**

*Fortunately dental implants are still cheap in Thailand.*

**Grant Campbell**

*It's not a problem. I just buy teeth from 8 year olds on the black market and use glue to hold them into place. You can get a good 2-3 months on a tooth like that.*

**Conor McMillen**

*...what, these teeth? Oh, I don't worry about it. I'm already on my third set of dentures.*

**Dorothea Vasichek**

# **“Surely you must be running to the toilet all the time?”**

*Most times I don't make it- adult diapers are a huge part of this lifestyle!*

**Arnie Rodriguez**

*I usually just stay in the toilet... more practical.*

**Marina Grubic**

*I actually have a thriving Multi Level Marketing 811RV Diaper Business.. Arnie is a part of it.*

**Chris Kendall**

*Have you heard of the rhetorical question does a bear, shit in the woods? - Well I love running in the woods...*

**James Bailey**

*Nope, only 2-3 times a day and that's a hell of a lot better than once a week!*

**MC Fructose**



*I love the extra exercise*

**Jessie Suzanne Lemmons**

*My doctor said I should aim for at least 30 minutes of exercise each day, so running for the toilet is multi-tasking and I don't need to do any other exercise.*

**Jim Smith**

*What? No I dont- ....um... where IS your toilet anyway?*

**Danielle Day**

*No I go like clockwork, it never used to be like that before I started eating a high fruit raw vegan diet, my IBS and Coeliac disease meant I would be on the toilet up to 8-9 times a day, mixing constipation with diarrhea... and no, I don't mind talk about poo.*

**Simon Little**

*Sorry, I have to run.*

**Dr Douglas Graham**

*That sounds like a benefit. I do like running.*

**Grant Campbell**

Only some of the time. The other times I walk. Every once in a while I trot.

**Dorothea Vasichek**

# **“Isn't all that tropical fruit being flown in from abroad bad for the environment?”**

*No, planes are bad for the environment, we need to make better planes, and keep eating fruit.*

**Arnie Rodriguez**

*Actually, I order my tropical fruit to be brought by a hemp plane that uses hemp fuel.*

**Marina Grubic**

*Most of it is brought over by Boat, were u think they got the banana Boat from?*

**Chris Kendall**

*Maybe, but I offset that by not supporting animal agriculture which is by far the most destructive industry on this planet.*

**MC Fructose**

*I try to only buy local to avoid contributing to that, but even still, nothing as bad for the environment as agrobusiness*

**Jessie Suzanne Lemmons**

*Don't hate the player hate the game*

**Sean Murphy**

*Oh... it's only a LITTLE worse than Ivory Coast chocolate slavery, genocide, child sex trade and politics, but it's cool. I mean... Bananas man! WE DO WHAT WE WANT!!!*

**Danielle Day**

*Are you trying to get rid of me?*

**Dr Douglas Graham**

*Where is your tea, coffee, sugar from? How much methane does that cow fart out over the years it's been alive and how much water and food does it eat? A box of Bananas flown over from South America produces less co2 than a pound of steak does.*

**Simon Little**

*Tropical fruit isn't bad for the environment, but the exhaust from the planes sure is.*

**Grant Campbell**

*You're right. Local murder is probably better.*

**Conor McMillen**

*Oh I know, and think about all the people eating packaged food that travelled thousands of miles and took exponentially more fossil fuels to create. That can't possibly effect the environment. But this banana, oh yeah, it's making a dent.*

**Dorothea Vasichek**

**“You must be eating a lot of pesticides on your fruit, surely that must be bad for you?”**

*It helps control the pest problems in my belly.*

**Arnie Rodriguez**

*Dangit, I should probably just start eating pesticide laden cooked and processed foods that leave me feeling dumbed down instead?*

**Chris Kendall**

*I like my pesticides raw thanks.*

**Danielle Day**

*Yes, pesticides are bad for everyone. Did you know that a hamburger has one hundred times the concentration of pesticides as that found on a piece of fruit?*

**Dr Douglas Graham**

*It isn't as bad for me as it is for the pests.*

**Grant Campbell**

*Pesticides only affect pests. DUH otherwise it would be called humancides. Stupid.*

**Conor McMillen**

*I only eat fruit with the highest concentration of pesticide residue on it. More protein.*

**Dorothea Vasichek**

**“Don't you know all that fruit will spike your insulin and make your body store it as fat?”**

*Yes I did. Fruitarianism is the choice diet of Sumo Wrestlers.*

**Lee Watermelon**

*Check out my 6 pack n let me know if u still think so...*

**Chris Kendall**

*Dude, I am a fruitin' rake!*

**James Bailey**

*How did I lose 60 lbs of fat then eating 3500 calories a day?*

**MC Fructose**

*Ah, thank goodness, someone who knows about insulin! I've been dying to know how insulin affects hepatocyte and adipose metabolism, please can you explain it to me, as all those lectures I learned whilst studying my medical degree were just lacking in good detail?*

**Jim Smith**



*We're actually launching a petition to McDonalds to stop serving so much fruit.*

**Danielle Day**

*Stop asking me stupid questions. I look like a Greek god you look like a fat [insert profanity here] Think my diet is working far better than yours is.*

**Simon Little**

*After thirty years, I'm still worried about that, but it hasn't happened yet.*

**Dr Douglas Graham**

*My body has a mind of its own. Fruit can't make my body do anything it doesn't want to.*

**Grant Campbell**

*I do know that. That's why I have a six pack. I'm trying to get rid of it but I'm just addicted to fruit. I can't stop.*

**Conor McMillen**

*Since when does the body store hormones as fat?*

**Dorothea Vasichek**

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**END OF TRANSMISSION**

# Conclusion

So that brings us to the end of this little book. Please read over it, refer to it enough and gain strength in the knowledge that you are not alone in answering these questions on a daily basis.

Personally I have found that as I have become more confident and assured in this lifestyle I find people ask me about it less and less. I also don't have the desire to try to correct people or educate them. Unless they *really* want to know...which is rare.

Instead I focus on putting on a Fruitluck in Glasgow, Scotland where I live which you can find more details about at:

[http://www.meetup.com/Glasgow -Fruitluck](http://www.meetup.com/Glasgow-Fruitluck)

And as I said at the start, I also have a regular Youtube channel in which I post videos on a twice or thrice weekly basis. You can find it by searching for "Fruity Ronster" or following this link:

[www.youtube.com/user/ronnieavoidsjunk](http://www.youtube.com/user/ronnieavoidsjunk)

The best place to stay connected with me is at:

<http://www.fruityronster.com>

If you ever bump into me a fruit stand somewhere across the universe please let me know what you thought of this book.

Otherwise you can send me an email at [fruityronster@gmail.com](mailto:fruityronster@gmail.com).

Perhaps you would like to share your own ideas for a future edition?

# About Me



**Me at the Woodstock Fruit Festival 2013, photo by Roy Rozman**

I grew up eating a standard diet which included a lot of meat, dairy and fried food. I was always a big sugar junkie and ate a lot of sweets. As far as I remember, it all tasted good to me.

I resisted the teenage pressure to change from sugar addiction to alcohol addiction. Sweets tasted much better.

In my late teens and early twenties I knew I was wasn't feeling as good as I used to.

I could have addressed this by doing what most people do and ignoring it. Or I could try to make a lot of money, buy stuff, drink alcohol take drugs and party ....BUT like an idiot I thought I should perhaps address my diet and lifestyle and make some fundamental changes.

This gradually led me to make small improvements in diet such as giving up refined sugar.

Once I gave up refined sugar I was sure I had found the panacea of health. Little did I know I would still be making a lot of changes for years to come.

I gave up caffeine after realising I was getting as hooked on that as I was on sugar. The next step was going vegetarian, which I found an easy transition compared to giving up sugar.

I started eating a large quantity of fruit around the end of 2011 and stuck to a raw food diet from July 2012 onwards. This led to adventures and travels around the world with the aim of learning the secrets of the raw food lifestyle.

If you would like to hear more about that journey look out for my book:

**“Confessions Of A Raw Food Elitist”**

# UK Fruitfest

The first ever UK Fruitfest took place in Devon, England in the summer of 2014.

Over 65 participants enjoyed incredible meals and superb quality seasonal and local fruit.

Every day was packed with activities such as:

- morning fitness classes
- tai chi
- yoga
- meditation class
- men's and women's support groups
- food demonstrations
- ballroom and jive dancing classes
- running groups
- children's activities (games and arts and crafts)
- lectures from our guest speakers
- a large group dinner and talent show at the end

We hope to grow and improve upon this event for 2015. If you would like to find out more about it then please visit the website at:

<http://www.fruitfest.co.uk>

