

Lazy Man's Guide To Raw Food Success

Easy Tips For Vibrant Health With
Raw Foods In The Real World

by Ronnie Smith

Introduction

“Lazy Mans Guide To Raw Food Success”: That phrase doesn't seem to make sense. But it is to some extent true.

Although I am probably more active than the average person, as a raw fooder I end up hanging out with some incredibly active and fit individuals.

Anyone can feel pretty inactive when they are having a conversation with a couple of ultra-marathon runners, an ex professional triathlete, a soon to be professional triathlete and an American Master's runner of the year.

And when you meet a couple in their 60s who ran a marathon every day for 365 days your mind is expanded to a new potential lying within everyone. The power of raw foods sometimes unleashes amazing things in people.

Raw food, especially the 801010 raw vegan diet, attracts a lot of elite performers. Athletes, looking for an edge over their opponents, turn to raw food to see if it will sky rocket their performance levels. Often it happens the other way around; a “normal” person starts eating raw and gets so much new energy that they start training and become a high level athlete.

People may get the impression that a raw food diet is very hard to do. They imagine that there is a lot of planning and preparation and you must be a very organised individual to maintain a raw food diet.

Partly this is true, but I wanted to share with you many of my tips and secrets for raw food succes. Raw food can also be done the lazy way.

This book is not a complete guide to living on a raw food diet. Rather it is a collection of short thoughts and essays I put together about thriving succesfully on a raw food diet.

Most of this book is comprised of emails that I sent out to my subscribers over the course of the last few years. If you would like to connect with me more you can subscribe over at **www.fruityronster.com**.

Also I have realised that there is a need for more clear guidance to be put out there about raw foods.

As I travel and grow through the raw food world I am constantly concerned by the lack of good information out there. Despite the fact there is a lot of great information now in books and online many people still do not know the basics of eating a healthy raw food diet.

There are arguments about the details but in general the verdict of most of the successful long term raw foodists is that your diet should be based on Fruit. This means that the majority of your calories must come from sweet Fruit.

For raw food beginners, this may be an unusual thing to get used to as we have spent most of our lives being trained to eat savoury cooked food for most of our diet.

When we go raw even though we are going back to a more “natural” diet we still require training. People who try to follow their body (and are really only following their ego) end up inevitably making big mistakes.

I made many mistakes when transitioning to raw, and some I am still paying for.

I hope that this book will help to steer you in the right direction and clear up a few things in your mind. There are many ideas that we want to believe and that sound appealing, especially coming from the mouths of captivating speakers, but these ideas often don't stand up to real scrutiny.

The raw food diet is the inevitable end point in the search for what is a truly healthy diet. It helps to bridge a gap between humans and the rest of nature. A lot of questions that have bothered you your whole life will be answered. You will learn a lot about your bodies potential.

Possibly the biggest thing that will affect you is realising that you are a frugivore. Your entire being has evolved in relation to the process of acquiring fruit and everything from our mind, our instincts, our intelligence our memory and our physical anatomy are evidence of that process.

As we correct our diet, something new opens up. We become aware of our needs. We look around at the world and look at our own life in a different way.

I was speaking to my friend Grant Campbell about the amount of people that go raw and end up moving to the tropics, living in sun on fruit and don't seem to do much else. I felt this was a bit of a waste and that they could contribute more to their community and the world.

Grant's reply was that many people have been so out of touch with their needs for years that they want to give their body all of the support and nourishment they can give it. In a sense they are catching up on years of not getting enough sun, enough rest, enough friendship and good fruit.

Therefore in this book I also talk about some of these other needs.

Grow in health, continue to learn and get around those who are getting the results you desire. Raw foods is worth it, but must be done right in order for each day to become a joy.

If you would like to attend an event to experience and learn about the raw food lifestyle with international experts please visit: www.fruitfest.co.uk.

Stay fruity,

Ronnie Smith

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Why Would A Person Go 100% Raw?

Have you ever wondered why on earth a person would go on a 100% raw food diet? I'm sure everyone has their own reasons and motivations. It is rarely just one thing.

Many people may start off looking for better health only to be given further motivation by the ethical considerations. Some people may be looking for more energy but love the advantages of having better skin or digestion.

Some people may be hoping for an increase in spiritual awareness but enjoy the fitness benefits they receive.

I think the real miracle is how much it can potentially improve a persons health, especially over the course of a lifetime. Health is something hard to measure as it really encompasses a lot of different things and if one thing is off then the rest of you can suffer.

I know many people who are on a high raw diet and are interested in the benefits of raw foods to the extent that they would go to raw food festivals and travel to exotic parts of the world to find the best fruit.

Yet it seems so few actually want to head towards 100% raw for life. It seems pretty daunting looking at it like that. I just want to keep doing my best and focusing on my weak points in order to keep improving overall.

I would love to hear your own story if you eat 100% raw. Feel free to reply to me.

As for me, I am by no means the healthiest raw fooder. In my first year I think I got very skinny, I was probably undereating, or it may have been a natural part of detox. In the last year I think I have often been eating too much fat and went through a phase of eating a lot of pistachio nuts.

I get unorganised or undisciplined in my buying process and end up relying on dried fruit to keep me going. I also turn to pasteurised juices more than I would like to and recently I'm wondering if I am using the dehydrator too much.

But in reality I have come a long way and these are small things that I can work on. Maybe that is the important message, just keep working on the weak points and make changes that are consistent with your goals and values.

Lazy Man's Raw Food Back Up Plan

I would like to share with you some easy and down right lazy ways of staying raw.

To eat your best on a raw food diet you need to stay organised. It's great to have a local wholesale market to get your fruit in advance for the week.

But what if you can't get to the market? What if, like me, you just decide that your bed is a nicer place to be at 7am on a Saturday morning than the Blochairn Fruit Market.

Ahh..the Fruit Market...what a romantic place. Full of guys shouting at each other, and forklift trucks flying around blind corners at 50 miles an hour and missing you by inches.

The sights, the smells, the sounds!

Last week I was at the fruit market and one of the guys said there used to be 3 banks situated on the market to service it and a full time police man. That was in the days before the large supermarkets took a lot of the business away.

In Glasgow there are very few independent fruit shops around any more. One of the very few happens to be right outside where I work. I guess that is the *law of fruit attraction* in action.

Anyway, the fruit market is a cool place. For fruit lovers it is a magical place. But if I can't get there where am I getting my fruit from? How do I get enough without spending way too much?

I've got to admit, I am prepared to spend more money on fruit than most people. I am very frugal when it comes to other things but I am happy to spend a little more on good fruit than most people would think was sensible.

But the subject of this chapter is a back up plan. OK, time to get on track.

If I was to wake up in a foreign city with no fruit I would probably go to two main back ups.

The first would be dried fruit. Dates are often a staple of mine anyway and they can be blended into a simple smoothie with water called Datorade. The key to making a good Datorade is lots of water, and it will come out like a creamy sweet milk.

If your blender is not a beast that obliterates all in its path (like a Vitamix or a Blendtech)...then soak the dates in water for a while and they should blend easily.

Raisins, currants and sultanas are dried fruits I have only just started experimenting with. These are super high in calories and very cheap. The only downside I see is that they can often come covered in oil. It is usually a very thin layer of oil and usually within the 80:10:10 ratio but if you want to miss oil out completely then you may want to check the packaging.

Dried fruit can leave you feeling a little empty too as they don't take up a lot of space in your stomach. The water is removed leaving them lower in volume though retaining the same number of calories.

Juices are another option but something I am moving away from. I have probably relied on juices bought from the shop too much at times. A lot of the time this is laziness. Sometimes it is to save time. I think there are negatives to drinking juice that are subtle but noticeable.

The lack of fibre affects digestion. Plus I am sure the process the juices go through is more complex than we assume.

I have sometimes moved to eating more fats also. Well, quite a lot actually. I have definitely had times that I ate more nuts than was good for me.

Avocados are something I have only recently started to enjoy and have eaten as much as 4 a day at times. Tahini is another ingredient I have added quite a lot to salad dressings or spread over dates and ate accompanied with a caffeine free tea like Rooibos.

I don't see eating high fat raw as being better in anyway. I admit it is enjoyable from a taste perspective, not really something I aspire to eat long term or on a daily or weekly basis.

Apart from that, there is always fruit. The problem is not enough high calorie, high volume, dense tropical fruits. But it is good to develop the ability to pick out the best stuff.

Also sometimes we have a prejudice of what we think will be good or bad. For a long time I have avoided buying oranges. I have had so many experiences of getting bad ones. But recently I have tried them again and had great quality every time. So give things a try, you may be impressed.

Experiments with second best always lead me to want to make sure I am prepared for first best, every time. I know I need to raise my game a bit and just make sure I am out of bed on those Saturday morning...avoiding kamikaze forklift drivers and deciphering ancient Glaswegian dialects to make sure I get the fruit haul to prepare me for the week.

But if I don't get it, I know I have a lot of options before I would go to starches. Well let me know if you have any backups, I would be glad to hear some other ideas.

Living In A Cold Climate As A Raw Foodist

(written during the winter)

Are you in a cold climate like me? If you are North of the equator chances are that it is a little bit colder than usual. Or a lot colder than usual.

For those of you in the tropics, I guess it is good times as ever, unless its hurricane season. Or Ebola is running riot.

Or some other disease that may or may not exist. (it's hard to know what is real anymore)

Well it's cold where I am.

I have some friends heading to Chiang Mai, Thailand in January. It looks like it will be the place to be for fruitarians. I don't know if I will go yet. I assure you that if you do go and meet up with the group there you will have a great time.

If you don't you can blame me.

Oh well.

Anyway, it's cold where I am at. Right now I am sitting in a library in the centre of Glasgow. I've actually rented a little room to get some work done. It feels like I have my own little office, for just £2.50 all day. Nice.

It's getting chilly in this room, I don't know when they will turn the heating on. It's been cold here for a while and it's made me think that on my raw food lifestyle. I have never really craved warm food.

I have craved cooked food but there is a difference. Not all cooked food is warm. People still eat sandwiches in winter, and crisps or chips, processed food straight from the refrigerator.

So it made me think it wasn't the warmth of the food that people craved but more the savouriness of it or the texture. I was staying with some long term raw foodists recently. They quite often make a warm soup by blending vegetables in the vitamix til a warm soup is made.

I enjoyed it but still wasn't super keen on it. I did however really enjoy the raw hot fudge sundae with banana ice cream that my host made. As he joked to me while we were eating that decadence:

"boy those raw foodists really miss out"

Raw food can be warmed without it being cooked. There is a fine line though and I'm not sure where that is. Temperature confuses me in general...so many different scales.

One person says:

"it was 50 blah blah " today

I don't know if that means it was cold or warm. I just act impressed...this is the best response.

Personally my favourite temperature scale is the Kelvin scale. It starts with absolute zero at 0. It's only my favourite because it is named after a guy from Glasgow that came up with it, Lord Kelvin. The Kelvin is a river in Glasgow and gives it's name to the area the guy got his Lord name from.

When I was at University I used to walk past the house he lived in every day.

Anyway that was a long tangent.

Back on point.

So anyway, I still eat cold food during the cold weather like I always did. If you're barrier to going raw or more raw is that you want hot soup then just blend some peas, carrots and celery in the vitamix for a few minutes and you get a nice warm but not boiled soup.

I hope you are enjoying the fruit wherever you are in the world.

Christmas On A Raw Food Diet

(written during Christmas 2014)

How is Christmas going for you?

Perhaps you don't celebrate it at all. Or it's just not a big deal like it used to be. Or you have kids and its and it's still an exciting time for them.

Have you had any struggles with staying on track with your diet and lifestyle? I would love to know what you're main problems and issues were, so feel free to email me about it.

I was lucky in that at my Christmas dinner my mum made me a raw pizza dish. It is was certainly not an 801010 recipe but it was tasty.

So it wasn't really an issue what I ate.

And I am no longer tempted by any of the other treats that go around at Christmas. I just haven't eaten that stuff in so long that it's not even in my mind.

I must say that I am less and less comfortable with being at a table with a non vegan meal served. I have started to avoid these situations. I don't feel like I am missing out either.

But it is funny sometimes to see and hear how people act around their food. I was with some friends at a burger type restaurant and I remember one guy saying:

"I'll have indigestion tonight!"

It's typical of the diet that most of society eats. They are aware they are hurting themselves but keep going with it anyway.

Let's move on.

A lot of fruity people, more and more, are escaping the winter times. Some leave for good and become "fruit bums".

You know the type I mean.

Wandering around South East Asia, visiting all the cool fruit hotspots and Durian festivals.

Taking countless photos of themselves with enormous piles of tropical fruits to make everyone on instagram and facebook jealous.

Scoundrels!

Wait....I guess *I* have been that guy to!

Just a little bit.

Fruit bums temporarily give up the "normal" world to search for happiness and fulfilment in a meal of fruit in the sun surrounded by other vagabonds. I think the idea of doing that is more appealing than the reality.

But I have had some friends that seem to have really enjoyed it and some now live for most or all of the year in Thailand or somewhere similar and travel around. If you are lucky you'll bump into them at a festival or fruitluck.

Anyhow...

What are your thoughts on this? Have you made the move? Are you getting away in the winter and where are your favourite spots?

I like the idea of searching for fruit in Africa. Particularly in the jungles where Bonobos and other apes run wild.

Tony Wright told me that they love to eat a fruit called "Jungle Sop". Apparently it is bigger than your head and highly prized by the anthropoid apes. I would like to find these fruits and see how these animals live.

I don't know why I shared that with you but it's just my part time dream sometimes.

Remember life is always a fruity adventure, you never know what is going to be in your local shop or supermarket.

Changing Your Diet And Lifestyle

There really is nothing like changing your diet. It's one of the hardest things you can ever do. The reason being that habits are hard to break .

Fortunately good habits are as hard to break as bad ones. So if you can change your habits then once the new habits are formed it is plain sailing.

Sort of.

Anyway...

I started to think that changing diet was like changing what sports team you support.

If that analogy doesnt work for you, then maybe it is the same as changing your entire political view point, your religion, which country you belong to or any other number of things that you cling to as part of your self.

Most people will be very wary about making a change and it will take a lot of enquiry and probably a lot of convincing. Usually there will be one moment that changes eveything or at least seems to.

I dont think that people genuinely change overnight...i think it is usually a longer process than they realise. I remember hearing someone use the word "fruitarian" as a joke on a tv show when i was probably 9 or 10 years old.

... and I remember a woman speaking about raw foods on the radio, once again I must have been in my very early teens or younger. I remember the journalist asking if she didnt miss hot soup and cooked food. She said she didnt miss it as it didnt make her feel good.

She sounded young but was in her 60s. I have no idea who she was at all. But it did resonate with me...it sounded interesting.

These things happened over a decade before I changed my diet but probably influenced me in some way.

The same thing can be said of the many conversations I had with vegans and vegetarians years before even thinking of going vegan.

Remember when you are speaking to someone and hoping to make them make a change to their lifestyle that you are attempting the almost impossible. You are trying to make them change team.

More likely you will be a touchstone for many people, a silent and unrealised influence. Like the guy in "it's a wonderful life".

Changing your diet is a change to YOU. You have to become the type of person that inhabits that lifestyle and give up the old habits. That takes time and effort. There is a lot of emotional stuff that goes along with it. Food is a really emotional thing.

So do you really want to change to team health away from team S.A.D or whatever you want to call it? I would say it's a pretty good idea.

Emotional Trauma And Healing

Do you ever have trouble moving on from past emotional traumas? Have you ever had a particularly stressful emotional situation that has troubled you for years and you've never quite got over it?

Sometimes I hear people say they have "no regrets". I like this idea but I don't know how honest it really is.

Of course when you are feeling good about things and life is going well it is easy to think that you are happy about how everything has turned out...but at other times an experience from the past can come back to haunt you for a while.

Do you know what I am talking about? I think you probably do.

Recently, I had an old wound opened up. And I don't really know why.

It was a break up that happened with an ex girlfriend. It is quite a complicated scenario so I won't go into the full thing...but needless to say, I had some regrets about what happened at that time.

Particularly it felt like the relationship never had a chance to flourish in the way it could have. There was a lot of promise there that was left unfulfilled. I think that is why it has often come back to haunt me, and I remind myself of some of the silly things I did.

So, it really hit me hard a few days ago...I don't know why but I was really thinking about it a lot in a way I haven't done for years.

In many of these cases a person could say they are in need of closure. It is tempting to get in touch with the person again...but in reality this might not end up being wise. And I don't know how much of the scenario has been created in my own mind with the passing of time.

It occurred to me that maybe it was not closure from her but closure with my past self I needed. Perhaps I needed to stop blaming my younger self for making mistakes that I was too young and inexperienced to realise. In particular I was probably too young to realise how special the connection was. So while laying in bed one night recently, I started to consciously forgive my younger self, and told him it was ok, i did my best, i love you, thank you for the experience. Over and over.

My heart felt like it was sort of vibrating...it was good.

I don't know if such a process will help you but I thought I would put it out there. Some people use phrases like "everything happens for a reason"

In Scotland we have an expression:

"what's for you won't go by you"

For years that was the way I thought about the experiences that I have gone through. That there is some kind of fate to it all.

But is that not just as easy way to say "i had no control over the situation"? Because in reality I did have control and I made some bad choices.

And I got hurt.

It really is amazing how complex and difficult those emotions can be. I have always believed that forgiveness was the most important part of emotional healing.

In this case it took me a while to realise that it was myself I had to forgive.

And now it will probably move further back in my mind...and life will go on and for the most part I will not think about it anymore. But it will never entirely disappear.

If you are in one of these scenarios then make the most of it, try to remember how special and unique it is...take the chance and tell them how you really feel.

And always remember the words to say to yourself that we often forget:

"i forgive you, thank you, i love you"

Repeated over and over.

Peace.

Stress

Have I caught you at a stressful time? You know, I think if you boil it down, health is all about managing stress.

And living in vibrant and abundant health is about trying to limit the stress we place on ourselves. To make sense of that statement we need to look at what stress is.

The Oxford dictionary has two immediate definitions:

Pressure or tension exerted on a material object

and

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances

Both definitions of the word are important in our desire to be healthy.

Why eat healthier? Why eat fruit over a steak? I think the best answer (from the health perspective) is that it is *less stressful* to the body.

It places less of a demand on our vital energy to eat fruit, therefore it allows for the body to use that surplus energy in many important ways .

You never know what kind of illness you may have going on that has never fully been healed. If we place less stress on the body then maybe we can give the body a chance to sort it out.

But this does not just apply to food...we can look at everything in this way and evaluate what is the most stress free choice.

Clearly breathing air is much less stressful than holding your breath for as long as you can.

Getting a good nights sleep is less stressful than trying to run around on little sleep.

In saying this though, it is important to realise that "stress free" does not necessarily mean sitting on the couch doing nothing...

...or being unemployed and "chilling out" all day.

...or not developing skills or growing as a person...

We have to look deeper sometimes to see which option is in reality the most stressful.

Being in a social situation may seem stressful to you but if you never expose yourself to these situations you will probably end up more stressed. Social interaction and gregariousness are a part of human health....and yet many people think they find these situations stressful on the face of it.

I think it is more stressful over time to be alone, it's not good for us to spend too much time with no one else around. If you think about it, when we were evolving in large groups in the forests we had no choice...we always had other people around!

Which is my second thought on health this week. We can choose to do almost anything in this world but what could our ancestors not avoid?

They could not avoid sunlight...completely fresh unpolluted air...organic fruits and vegetables...warm weather....blue skies....being surrounded by plants and animals and trees.

We also couldn't avoid being around lots of other people, working together, physical activity, 12 hours of darkness ...and so on.

So these things have been going through my mind. A stress free and hygienic lifestyle will involve things that our ancestors could not choose NOT to do.

If that makes sense.

I think I need to keep refining my thoughts on this.

I've learned a lot from Dr Doug Graham and his book "The 801010 Diet" about diet, lifestyle and health. He is a regular speaker at the UK Fruitfest.

If you would like to hear more about that event please visit: www.fruitfest.co.uk.

Have You Ever Wondered How Your Amazing Brain Developed?

It is a bit of a mystery to science as to how our intelligence and brain size as a species expanded rapidly...leaving other animals to bite our cranial dust.

To the fruitarian though, it is clearly the effect of eating a diet of rich and complex biochemistry provided by the tropical fruits that we feasted on for millions of years!

I learned a lot about this stuff from Tony Wright and his book "**Left In The Dark**" now republished as "**Return To The Brain Of Eden**".

Tony's work completely changed how I look at the world. There are very few people who I can say have shifted my entire perception of the world as much as he has.

I have seen him speak at the **Woodstock Fruit Festival** over the last 3 years and had the chance to get to know him better.

In preparation for an event we were going to host in my home city I had to create some materials to promote the event. This made me go over his work again and try to simplify it down.

This process made me appreciate his work even more. His theory is really fascinating and I think it will one day have a huge impact on the world.

Sometimes I think, in years to come I will be telling people that I knew Tony, in the same way that some people can say they knew Einstein or Darwin.

Sleep

I started a new job recently and was caught nodding off during the first day of training.

What can I say? I didn't get any sleep the night before so I suppose it was inevitable. I didn't feel that bad...and at least I wasn't driving a bus or anything.

This is where caffeine might come to my favour. The world's most consumed performance enhancing drug...taken in many different forms.

I stopped taking caffeine a few years ago. I've had it a few times since then, particularly in some raw chocolate brownies. It's powerful stuff.

A friend mentioned he was going to a Cacao ceremony recently...I didn't know that was a real thing. My own personal Cacao ceremony would involve eating the fruit of the Cacao and not the bean. I've heard the fruit is lemon meringue pie sort of taste.

I don't know what goes on at a Cacao ceremony but a caffeine fuelled sleepless night is not what I am looking for right now.

Talking of sleepless nights, I caught up with my friend Tony Wright recently in an interview we did. Tony holds the unofficial world record for the longest time gone without sleep....around 11 days!

He has some great stories about what happened to him during these no sleep experiments. One time he lost the ability to speak temporarily and then managed to get it back...but was speaking in a different voice.

He also ended up one day thinking entirely in rhyming couplets..without being able to stop! I am really fascinated by these experiences. I think one time I made a half assed attempt at doing a no sleep experiment. It's really hard to say no to sleep...it's so comforting.

Well, you can check out that interview here:

<https://www.youtube.com/watch?v=Nxn26-vUOI4>

I wish you a good night's sleep. I am slowly getting back to a normal sleeping pattern after two many late nights.

Exposing People To Your Crazy Fruit Diet At Your New Job

How are things for you today? Where is the fruit leading you? Met anyone new through the power of fruit?

I've started a new job and have been in training for a few weeks with a lot of people I have never met before.

No-one yet has commented on my eating habits. At least not much.

I am able to keep it pretty low key for the most part. Regardless, I feel no anxiety about eating lots of fruit in front of other people.

It's like walking around barefoot. If you take your shoes off and walk barefoot around the city for the first time you feel a little anxious. It seems that people can pick up on this and they realise quickly you are wearing no shoes...and you become a spectacle.

But as you become more comfortable with it you project a different vibe. In turn, people notice it less. That's my thoughts anyway.

As soon as it becomes more normal to you, other people just accept it is a normal thing. They assume there is some reason for your weird diet and also assume you must be going home to eat tonnes of meat to compensate.

Apples Are Bad For You

Every now and then I see something annoying about food...often shared or said by someone who really should know better? Do you know what I mean?

I'll give you an example:

On facebook someone that runs a raw food page shared a post on the "**7 Worst Foods In The Supermarket**".

That would be quite a task to narrow that down...

But what annoyed me the most was that Apples appeared on that list.

The idea behind the list was that it was industry insiders sharing what food they never eat. So i guess Apple farmers never eat Apples (??).

Stuff like this is silly...

...the whole "dirty dozen" thing I think is silly. If you don't know that is; it's a list of fruits and vegetables that you should avoid buying non organic due to being sprayed heavily with pesticides.

I don't know the science but I would be amazed if there has been any link between eating fruit that was sprayed with pesticides and any disease or illness or anything.

Sure if you take a bath in the stuff you're gonna come to your demise, but genuinely I don't know what the real harm is.

So to just assume that eating apples that have been sprayed makes them one of the worst 7 foods is....yes, silly.

It's another weird excuse for not eating fruit. I have had a few people ask me if the Strawberrries I was offering them were organic. They dont seem to care about the rest of the food they eat....funny that.

What's more annoying is that a lot of people that should know better get flustered about this stuff.

I understand that when it comes to the environment that the pesticides are not the best choice but something a lot of people dont realise is how hard it is to grow food, especially for billions of people.

Fruitarian wet dreams of permaculture forests full of amazing perfectly ripe fruits are perhaps a little naive. I like the permaculture philosophy and think everyone should be planting fruit trees but it will probable always need to be in addition to other food supplies.

If you know better let me know.

Back to the point...

...it's always frustrating to see Fruit appear in any "worst foods" list.

I wonder if the list makers realise that caffeine can be used as a pesticide??

Because coffee, tea, chocolate, coca-cola...didn't appear on the list.

I'm pretty sure alochol would kill a few pests...and I didn't see any alcoholic beverages on the list.

(I guess some people see them selves as a pest to society and try to eradicate themselves with their own pesticides)

The science has been pretty clear for decades....we need to cut down on staured fat in a serious way and eat more fruits and vegetables. There is no argument to that (no serious one anyway)

And yet the innocent Apple appears on the list.

As far as I am aware the regulations around spraying are pretty strict and controlled. The food supply in general is pretty controlled.

To sum up organic is best but I don't worry about eating conventional.

A few more annoying things have come to mind...like people who think that "seedless" fruits are all GMOs...

...maybe more on that another time.

My Friend Doesn't See Me As A Raw Food Guru

I saw a friend recently that I haven't spoken to in a while. Her facebook pictures showed me that she had started making fresh juices for breakfast and lunch. She also mentioned having the recipe book for "Forks Over Knives".

So far...so good. Obviously, (so I thought), she would be thrilled to see me, raw food guru that I am, to attain some of my wisdom on raw foods, veganism and health.

Let's go back a bit:

I originally met her around the same time I was getting in to raw food. She started going out with a friend of mine (now her husband) who I used to spend a lot of time with.

He was interested in raw foods and health and particularly a book called "**Never Be Sick Again**" by Raymond Francis. Man, he would not stop talking about that book.

I never read the book but I think the guy was an engineer who had managed to cure himself from something or other and went around helping others do the same. I believe he did emphasise raw food in the book but it was not vegan.

Anyway my friend was probably part of the mixture of things that drew me towards raw foods. I started to really take it seriously. When I found the 80/10/10 approach I thought I had really found the right way of doing a raw food diet. But he wasn't very open to hearing about it.

He was always a bit sceptical and never really took to it. He was more open to the weird advice given by other people. This is a frustrating thing in this path. You find that people are more likely to try out really weird nonsense diets than eat fruits and vegetables.

There was a woman that we were friends with who would do a form of muscle testing called Kinesiology. She would use this to assess your dietary needs. In her view the body could tell you what it was lacking through the muscle testing process.

Often her advice was "you need more protein, less gluten and more salt". So my friend started eating raw eggs and throwing a pinch of salt in his mouth now and then. I tried to tell him that salt was not actually required by the body. I also knew there was no doubt he was meeting his protein needs.

Still, he was convinced that throwing salt in his mouth was helping with his brain clarity.

Fast forward, back to seeing his wife.

I was perhaps half expecting that she might ask me a little bit of advice about juicing, fruits, veggies, raw food and all that stuff....

....but no.

She told me a bit about what she was doing then said they wasn't a purist. She asked if I was still eating "Just fruit".

I don't know if I ever truly ate "just fruit", but I certainly did for weeks or months at a time sometimes. Lately I have eaten a lot more veggies, but that is more for taste than a feeling that I needed to.

She was telling me that she used to worry about me. She felt in the past that I was losing my ability to concentrate and focus on conversation and related this to a lack of healthy fats and how they are important for your central nervous system.

I just said "Yeh, Yeh, Oh Really....Yeh"

I don't try to tell people they are wrong. I'm not a great debater anyway and to be honest I probably don't have all the facts at my hands. Personally, I don't recollect being unable to follow a conversation. In fact, my job at the time was to speak to people on the phone for 8 hours a day so that would have seriously put my job on the line.

Why are people resistant to fruit? Why do they think it is lacking something that must be provided by nuts or dead animals or whatever? I guess people just can't accept that life might just be that simple. They are used to being told that things are complex, usually for the benefit of the expert that is telling them that.

Combine this with people's own ego. They want to believe they have specific and individual needs. And that by "being in touch with their body" they know their own needs.

So it is easy to sucker people into ideas like the "Blood Type Diet". It appeals to people's beliefs that they have a unique set of dietary needs. It also appeals to the idea that they are not to blame for being fat and unwell, their *blood type* is the problem.

Getting back to the point...

The result is my friend is going off to eat a super low calorie juice diet with some whole food thrown in. Seems like it is probably mostly vegan though she said if she craved protein she would have some fish.

That's another story. They went from vegetarian to "pescatarian". After years of vegetarianism she felt she was lacking something....

...I think they needed more fruit.

Most people do.

I think I'm gonna go and eat some now.

“Eat To Live Forever” With Giles Coren

(This was an email I sent out after watching the show "Eat To Live Forever" which aired on tv in the UK in 2016)

Did you see the Documentary "Eat to Live Forever" last night?

It was broadcast on BBC and starred Giles Coren. He went around meeting people who lived on unconventional diets including the Paleo Diet and a raw meat diet. Then he met some fruitarians...

.... and he didn't seem too convinced!

I enjoyed the clip and saw some friends of mine. Robby Barbaro (Mindful Diabetic) was on for a while and gave some great answers to Giles' questions. You may also have spotted Ryan and Anji from Happy Healthy Vegan there too.

Then came the obligatory Doctor categorically stating that eating Bananas can lead to potassium poisoning (it can't) and that eating Fruit can lead to diabetes (it won't).

Indeed the fruit based diet has been found to eliminate type 2 diabetes and help type 1 diabetics to lower their need for insulin.

You can see the whole clip here:

https://www.youtube.com/watch?v=GB_44ZRbJFU

I think any exposure for the fruit based lifestyle is great and it is likely that it will be portrayed in a negative light for quite some time. But probably seeing this will spark some interest for some people and make them research a little further.

And if you want to let Giles Coren know your thoughts you can find him on twitter:

@gilescoren

Of course, if you want to learn the real deal about eating a fruit-based diet then come to the Fruitfest in the UK! (www.fruitfest.co.uk)

Giles was concerned that it was all young kids with no science to back their information. At the Fruitfest you will be hearing from over 80 years of combined experience of living on and teaching a fruit based diet.

You will not leave short of information to confirm that this lifestyle is the best choice for our health and the happiness of the planet.

A Quote About Fruit You May Like

I came across this today, let me know what you think:

"When we eat fruit, the skin provides roughage essential to our growth. In human relationships, too, roughage is essential. The total person must be consumed to support life in depth— to allow for creative interchange between one human being and another, and eventually between a human being and God.

We cannot limit our intake to the qualities that are 'easy to take'— we must welcome those that force us to change the patterns we have been able to deal with in the past.

We must come to understand that everything is part of perfection and must be taken in a state of surrender; it must be digested and transcended. Life must be consumed whole— with all its tensions, pain, and joy. Only by surmounting a situation can we achieve the understanding, the nourishment, that that situation offers.

In my study with various teachers, I was consumed by them and consumed them. This was a psychic experience, what the books call being encompassed by the spirit of the teacher. My spirit grew by eating that which encompassed me."

This is from a book called "**Spiritual Cannibalism**" written by Albert "Rudi" Rudolph, an oriental art dealer and spiritual teacher from New York who died in the 70s.

I liked the fruit analogy at the start. More so, I like the idea of the hard parts of life being in a sense digested within our being and acting as a form of nutriment that improves us and helps us to grow.

Teeth Problems On A Raw Food Diet

Everyone's got teeth and most people seem to have problems with them. Almost everyone anyway. I'm sure there are some lucky people who never get any work done on their teeth.

I'm not one of those people.

At an early age I had a problem with my two front teeth. They seemed to be wearing away and eventually after being looked at by some experts (and being used as a curious example for dental students) I had two fronts added on to my front teeth.

They look pretty good and have lasted a long long time.

In my late teens and early twenties it seemed like I was always getting a filling when I went to the dentist. I started to get suspicious. Perhaps the dentist was wrong?

Then I gave up refined sugar from my diet and thought that my teeth would be untouchable from then on. This wasn't the case and I still got some fillings.

I was always a bit of a fast brusher, and I got lazy with brushing in the morning, but usually brushed every night, just not very thoroughly.

Fast forward to going vegan and starting to eat more fruit and getting rawer and rawer and for a short period of time I believed I could give up toothpaste and just brush with water.

This is a popular idea that has circulated around the raw food world for a long time, "If you go raw you don't need to brush your teeth anymore". I still see this idea being spread at times with n caveats added.

I maintained this idea even though I could see the plaque building up on my teeth. My mouth didn't feel clean. But I still thought once I was fully raw it would take care of itself.

When my new dentist wasn't too impressed with the shape of my teeth I became a bit defensive. In fact one day I left the dentist surgery before any treatment as I was sure they had lied to me about what treatment I was gonna get.

Have you ever walked out of dentist? It was a little bit dumb really. However I do find it traumatic at times.

Anyway, none of this was a good idea. Dentists are really not trying to bilk you out of money. They don't need to....so many people have really bad teeth. They have plenty of work.

I had to get serious about my teeth again after experiencing severe toothache. Nothing will send you running back to the dentist like toothache. It takes over your life as you lie in the fetal position for half an hour.

My dentist is still not impressed with my oral hygiene. I do brush every morning and night now but I still seem to be getting small bits of damage mounting up.

Is it because of eating fruit?

Well, the citric acid can erode enamel. But that's not the same as tooth decay, which is caused by bacteria.

I think I have made two large mistakes with my teeth. Eating too much dried fruit and drinking too much processed commercial orange juice.

I don't either of those things have helped.

I don't believe teeth problems have anything to do with nutritional deficiencies. I remember watching people on 30 Bananas A Day (a popular fruitarian and vegan website) telling others to eat more greens or supplement with vitamin D for their teeth problems.

If someone isn't brushing their teeth and they have a mouth full of bacteria then eating lettuce after a meal is NOT gonna help.

There have been a bunch of raw food people with teeth problems. Frederic Patenaude talked about getting something like 21 cavities found in one dentist appointment. Durianrider used to talk about how he only brushed with water....until he ended up having to get all his teeth replaced by a Thai dentist. Tim Van Orden has had some problems with his teeth which he made very public on his Youtube channel.

So why would people on a standard diet seem to have less teeth problems than a raw foodist?

I think this could be to do with the environment of the mouth. Tooth decay is caused by a particular type or types of bacteria that feed on carbohydrates. They get into the cracks in the teeth in which bits of food get stuck and they bloom.

Their waste product is acidic and this causes the erosion of the enamel. When the erosion gets down to our nerves it causes toothache....and there is not much you can do about it other than pulling the tooth out or getting to the dentist and getting the erosion drilled out.

(The other option is simply waiting for the tooth to die. I think people have mistakenly thought their toothache healed when in reality the nerve died, therefore no more pain was generated. An abscess can form in a dead tooth, it's not a good thing to have.)

We brush our teeth to try to reduce the number of bacteria. A dentist stops the decay by drilling into your tooth and removing all the eroded enamel and filling it up with a replacement. And usually they do a pretty good job of it.

If you think that you can reverse tooth decay it's good to get a dentist to show you what the inside of a decayed tooth looks like. You will be surprised at what is going on inside your tooth while you think they are pretty strong or pain free for the meantime.

Listen:

Here's my thought. A person on a standard diet has a diet that includes: alcohol, caffeine, salt, vinegar, garlic....essentially filling their mouth daily with anti-bacterial food stuffs. Thus making for an unpleasant environment for bacteria to live in.

Whereas the raw foodist has a clean diet, and a clean mouth regularly filled with copious quantities of sugar for the bacteria to gorge on.

Do you think I have touched on something that could be right?

What I'm saying is...you need to look after your teeth. And so do I...and what I am have done in the past wasn't working. So I'm ditching the juice and dried fruit as much as possible and really getting my focus back on keeping it fresh and whole.

Weird Raw Food Coincidence

What does a coincidence mean to you?

Is it a sign from the universe or just a random occurrence that we put too much meaning on?

Yesterday at my day job I had this annoying lady from London speaking to me. She kept going on and on. Her company was called "***Nama Foods***".

I got curious as I thought I had heard that name before. When I googled it I realised to my surprise that it was a raw food restaurant, "***Nama***" in London.

After helping them out I asked her about the place. Then I asked her about the fruit festival and she said she had just heard about it that same day and was thinking of coming!

Actually she wasn't too annoying after all we had a good talk about it.

I asked her to share the event with others. I thought that was a pretty crazy coincidence. Perhaps a good sign.

A bunch of people have been saying they are sending good vibes our way...maybe that's it?

If the cosmic signs are anything to go by it's gonna be a great event! Let your friends know and share with other fruity loons.

There Are NO Raw Food Populations

Have you heard this old chestnut:

"If a raw food diet is so healthy, why are there no examples of long term raw vegan populations"

You can change "raw vegan" to "vegan"...the same argument gets made.

First off, there is an abundance of examples of successful populations living on raw food. You just have to go outside of the human species.

The truth is that EVERY successful population of EVERY type of life lives on raw food. This is the model set out in nature.

It is us that are the anomaly. And can we really say we are more successful than other animals and forms of life?

We have been around a much, much shorter time than other species or animals and types of life...and there is no guarantee that we will continue to grow as a population long term.

We have achieved success in a different way. Becoming ever more sophisticated and advanced in many areas. But human health has been affected greatly by our advancement.

This is because we are able to change our environment.

The diet an animal chooses is based, as far as I can see, on two things. The instinct it has and the environment it is placed in.

Our instincts haven't changed, but our environment is drastically different.

Every other animal lives in it's natural environment and has no choice but to eat raw food. We have created a scenario in which it is almost more difficult to eat raw food than cooked food.

As for vegan populations, once again there are plenty of animals that live only on plants and have thrived for a very long time.

We are the only example of a population living on cooked food. You could point to good and bad things about the human race...I tend to think we are doing our best most of the time and have achieved a lot of great things.

But health has been left behind and people are suffering. People everyday are suffering in pain and anxiety that they don't need to be in and its all down to a lack of knowledge and awareness about creating health.

Its important to spread the message!

I hope I have given you an answer to that question sometimes asked of by the critics!

Health Is Not Something You Chase, It Is Something You Build

I recently heard a quote from a famous motivational speaker called Jim Rohn, who said words to the effect of:

"Success is not something you chase, success is something you attract by becoming an attractive person"

I love this thought and wondered if it could be applied to health.

Health is not something you can chase. The word chase makes it sound like a last ditch effort to grab the last remaining moments of your vitality.

Health is not something you can buy. It doesn't exist in a bottle, packet, can, powder, pill, medicine, herbal infusion, essential oil or any other external substance.

Chasing health is chasing an illusion. It is not "out there" somewhere to be grabbed at. It cannot be rushed into. The process can not be sped up.

At the same time it is not something we simply "attract" either. As Doug Graham says no one ever woke up in the morning with a high level of fitness all of a sudden.

Don't get me wrong...if you are sick and there are specific lifestyle factors that are leading to your condition then changing those lifestyle factors can lead to rapid recovery.

I have heard about this happen many times to many people.

But recovering from an illness is not the same as being healthy...though it is a step in the right direction.

Health is a mindset and a lifestyle. It is a constant and never ending pursuit of improving our daily habits to ensure we have more life in our years and more years in our life.

It is about treating ourselves with kindness, respect and compassion and surrounding ourselves with the best conditions possible in which we can flourish.

When we do that, our creative potential is unleashed and we can make our own unique mark on the world in any way we wish. Our mind is clear, our heart is open and our body is willing and strong. In essence our wings are open and we are free to fly.

Moving away from health can lead to confusion, de motivation, lethargy, depression. I have no desire to eat great tasting food that depletes my productivity and distracts me from my life, my dreams and goals.

I hope to contribute to creating a better life for myself and to extend that to others. Every hour I spend in a food coma is an hour wasted...an hour flushed down the drain that you never get back.

The clarity of mind, consistent energy, quick recovery and optimal digestion that can be achieved on the low fat raw vegan lifestyle can help fuel any activity you have planned in your life.

So give it a try and keep going. Keep improving and meeting others on the same path.

Although you can't chase health you can certainly make it a goal to meet others who have thrived on the lifestyle for years and who have knowledge to give you.

Remember that "**Healthcare is about SELF care**"...and, as if by magic, when we start taking care of our self and our own needs we are automatically starting to take better care of the planet and the animals...and we are in better shape to look after everyone else.

Take care! Take the greatest of care!

What To Do Next?

Thanks a lot for downloading this book. If you have enjoyed it I would really appreciate it if you leave a review on Amazon.

If you would like to stay in contact with what I am doing in the future you can either go to my website and subscribe to my email list, here: <http://www.fruitfest.co.uk>

Or you can subscribe to my Youtube channel. I have over 300 videos in which I talk about my raw vegan lifestyle, have interviews with experts and take you to fruit festivals around the world. You can view my channel here:

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

If you would like to find out more about attending one of the best raw food events in the world then head the Fruitfest site here and sign up for our email newsletter:

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

About The Author



Since 2011, Ronnie Smith has been pursuing optimal health living on a fruitarian, raw vegan diet.

This journey has taking him to festivals around the world in search of learning from the best teachers and meeting likeminded fruit lovers on the same path.

From the sun kissed Durian stands of Thailand, to the love filled crowd at the Woodstock Fruit Festival, stopping at Denmark , Slovenia and Spain along the way Ronnie has had the chance to meet many great friends and share his music.

His passion for this lifestyle led him to start the very first fruit festival in the UK. Since 2014 “Fruitfest” (www.fruitfest.co.uk) has been a home for aspiring and experienced fruitarian raw vegans to meet and learn more about this lifestyle and share the joy of health with others.

He currently lives and works in Glasgow, Scotland and can be found on Youtube and Instagram under the name “Fruity Ronster”.

