MOM WAS RIGHT: FRUIT AND VEGGIES ARE GOOD FOR YOU

By Leslie Vandever

The raw vegan diet is a dynamic, delicious way to increase your energy levels, lose weight if you need to, lower your risk of heart disease, cancer, and diabetes, and just be all-around healthier. You’ll feel good and look great. All you have to do is follow Mom’s advice and “eat your vegetables (and fruits)!"

The Obesity Epidemic

More than a third of American adults today are not just carrying around a few extra pounds—they’re obese Heart disease, high blood pressure, stroke, type II diabetes, and some cancers are all associated with obesity—and they’re the leading causes of preventable death in the U.S.

Switching from a typical American diet of highly processed, meat-heavy meals and snacks loaded with saturated fat, salt, and sugar to a vegetarian or vegan diet rich in fruits and vegetables won’t just help you lose weight and ward off heart disease and type II diabetes. A diet that consists mainly of fruit and veggies can improve your overall health exponentially. But why stop there? Let’s ratchet up the good-health-meter even more. Why not goraw vegan?

The raw vegan diet consists of ripe, succulent raw fruits and vegetables, nuts, seeds, and sprouted grains. As with any big life-change, adopting this diet will be a challenge. But you’re up to it! The benefits of this diet—this lifestyle—are tremendous and totally worthwhile.

Why Go Raw Vegan

Eating raw instead of cooked foods isn’t a new thing. Sylvester Graham (the man who invented the graham cracker) promoted the concept 150 years ago, arguing that cooking foods destroys essential enzymes and nutrients—the “life force” of the food.

The truth is, fruits and vegetables are chock-full of important vitamins, minerals, enzymes and other nutrients that the human body needs to live and be healthy. They provide omega-3 and omega-6 fatty acids—antioxidants that seek out and destroy cancer-causing free radicals. In addition, fruits and veggies are low in cholesterol and sodium (salt), high in fiber and phytochemicals, and have no saturated fat.

The reasoning behind eating food raw is that when foods are cooked at temperatures above 116 degrees Fahrenheit, the natural enzymes in them are destroyed. These enzymes help the body fight against many chronic diseases. They also improve digestion. Another reason given by supporters of a raw foods diet is a 1982 study by the National Academies of Science that indicated that acrylamide and heterocyclic amines (HCAs), which are formed when foods are cooked, are possible carcinogens.

Another study, this one from the Roswell Park Cancer Institute in Buffalo, NY, found that people in the study who ate the most raw cruciferous vegetables (cabbage, radishes, cauliflower, kale, bok choy, broccoli), than they ate cooked, had a reduced risk of bladder cancer. Raw vegetables have more phytochemicals, including isothiocyanates, which protect against cancer. Cooking reduces the vitamin load in foods as well.

Things to Watch Out For

Vitamin B12 is essential for health in the human body. Unfortunately, meat and dairy products are the only dietary source of this nutrient. You can get B12 in vegan foods like tempeh, but not in the quantity needed. Vitamin B12 deficiency can cause anemia and, in time, can cause nerve damage. Vegetarians and vegans (except for those who also eat eggs and dairy foods) should take a daily vitamin supplement that includes the recommended daily allowance (RDA) of vitamin B12. You should also take supplements to make up for potential shortfalls in calcium, iron, zinc, and other nutrients. Finally, be sure to thoroughly wash all your fruit and vegetables to remove any possible pathogens before you eat them.

Some Recipes to Get You Started

Eating a raw vegan diet should be easy and delicious. Here are links to a couple of excellent recipes:


For more information about good nutrition and how it relates to health, visit here.

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References:

THE POWER OF FRUIT – THE BEST FOOD FOR HUMANS

How do feel about eating as much food as you want and still stay radiant healthy? On a healthy raw food diet or a fruitarian, or vegetarian diet you can eat as much fruit as you want!

It’s true that the worst foods for your you taste the best—FALSE, this is only true to the people that are clogged up with unhealthy toxins and have not soothed and cleansed their bodies with organic fruits and vegetables!

In my experience as a raw vegan and raw food extremist, I have came to one final conclusion. Fruit is the best food for man kind, period. Fruit is the highest vibrational food in the world, fruit absorbs mucus and absorbs the shockers in your body and builds awareness in the mind, fruits are elevating.

Fruit is the food that God intended man kind to eat, (the apple of the tree in the garden of Eden). As a raw foodist I eat an abundance of fruit and vegetables but nothing even becomes to come close to the how good I feel when I eat organic, tree ripened, bursting with flavour wholesome fruits.

Fruits are energizing, detoxifying and very healthy. If you are aware of the raw foodist movement, the vegetarian movement, or the vegan movement you will also know of the fruittarian movement as well. This is a diet, more extreme than the raw food lifestyle. Fruittarians, you’ve guessed it only eat fruit.

Now I know you guys probably thinking it’s not possible but it is! I will describe in detail the advantages of this lifestyle in another blog post coming soon.

Water melons, grapes, papaya, oranges, lemons, persimmons, all these citrus fruits are detoxifying to the body – and make you feel fresh and clean internally. These foods give you body an internal shower and flush out toxic waste, mucus and bad chemicals. Try a 3 day melon diet and you will soon see what I mean by flushing. Melons are the most alkaline fruit, which is needed in the body to support a healthy lifestyle. Melons are great foods to eat in the summer, while detoxing and generally a good all round food for breakfast. If you eat a combination of fruit in the morning this is also very good. Be sure to use melon in the morning, any type will do such as honey dew, galia, water melons what ever you fancy as this helps the body to flush out toxins from the night before ready for a new day.

Grapes. Now grapes for me are one of my favourite fruits. These powerful gems are even used in water only fasting to flush even more toxins out the channels in the body. It is know that pure grape juice is used after the every 7th day of a water only fast to help collect mucus and flush it away. Grapes are very powerful in vibrational energy, mental awareness and intelligence. Do you like grapes? Try a 21 day grape juice cleanse.

In my experience with fruit, it cannot be ignored in the diet, and if it is, your body mind and spirit suffer hugely. In my opinion if fruit is not included in your diet you do not run a healthy diet. Fruit is the food that God intended for us to eat, it grows naturally. And did you know that if all humans disappeared of the face of the earth, the fruit on the trees would still grow? Wholesome, ripe fresh fruit is the way to go to lead a healthy lifestyle.
Now not all of you reading this maybe raw foodies or vegetarians, but you may like yourself some fruit? Apples, pears, bananas you know the whole show-bang. So why not try a high fruit diet just for a week to soothe and cleanse your body? And see how you feel? You can’t knock it until you’ve tried it they used to tell me. Here’s the best part, you can eat all the fruit you want! Yeah that’s right, as much as you want. As long as the fruit is ripe you can eat as much of it as you soul desire. One word of advice, if you eat fruit that is not quite ripe this can lead to weight gain and weight problems in the future, not to mention unhealthy digestion. Try it starting Monday and comment on this post to how you feel, I’d love to know how your experience went!

For me, I will never go back to cooked food. Every now and then near Christmas time I will indulge in foods such as small portions of humus or one or two steamed veggies such as broccoli. Just to make it easier for the family at Christmas times. But fruit will always be my number one favourite food. Did you know the more you detox and flush your system of bas toxins you automatically crave raw fruits? The more clean and healthy you are, or become, the more healthy foods you crave. We all love fresh orange juice right? So what’s stopping you from buying a juicer and going down to your local supermarket and buying fresh pineapple and grapes and making pineapple and grape juice for the mornings? – this is a great recipe you should try by the way, you can’t imagine how good it tastes! So get down to your local supermarkets and purchase all the fruit you can eat!

Try new things such as dragon fruit, persimmons if you haven’t already tried them! These foods in the long run are going to; add years to your life, add happiness to your lifestyle, add a healthy knowledge of the food you eat to your life and altogether create a health lifestyle.

So how can you start today – make a change right away! Empty your fridge of all the junk foods, all the cooked foods and all the condiments. Yes get rid of all that ketchup and mayonnaise. This is not needed. This is not healthy. This is not good for your body. Now once you have emptied your fridge, take a short drive to the supermarket and spoil yourself with all the luscious fruits from all over the world! Pick your favourites and then pick 5 you have never tried before or not to keen on. Now feel your fridge with all of these fruits!

The next morning select either 1 type of fruit, or a mix of 3 types of fruit and create yourself a small bowl. You could easily add small pieces of fruit to a healthy vegan muesli if this is your thing. If not make your own raw vegan cereal; slices of banana, blueberries, oranges, pear, grapes and apple slices, showered with fresh coconut water or coconut milk!

Doing this you have already stepped up in the world of health. Now it’s time for lunch. Now depending on what kind of person you are and what diet you have you might decide to have a big breakfast and a small lunch? Or the other way round. Me personally I like to have a big breakfast of fruits and a big fruit smoothie or big bowl of 1-2 types of fruits. A typical lunch for me is 5 organic apples, plus skins! Now depending on which version you like pick yourself some fruit, and include the fruit you are not to keen on and try your best to like it. Remember when trying fruits you do like try to tell yourself that “It is my body that is rejecting it because it is so healthy and my body isn’t used to healthy food yet”. Also doing some research of the benefit of the fruit you are eating adds huge confidence to your diet. Say for example, in my experience of being raw vegan I cannot still get used to plums? I no I no some of you love them but I can’t seem to get used to them, even now! So you want know how I eat them? On a day that I am feeling great, and feel the best I have felt in a long time I will go to the supermarket and buy 1 punnet of plums (or 2 depending on how courageous I feel) and come home and make a raw vegan cereal which I mentioned above (somewhere). Now I will plums to my cereal and eat them, or I will plop them into a basic 1-3 fruit item smoothie ( so I get used to the taste of them). The best thing to do if you don’t like something is to slowly include it in your diet. Everyday or 3 times a week. Before going vegan I used to hate celery, but now every single dinner time I include 3 sprigs of celery to my green smoothies. Every green smoothie I have has celery in. I still have some trouble eating it raw by itself, but I manage a lot better with drinking the juice! – celery is a magic herb which works miracles in the body.

Once you are an experienced vegetarian, vegan, raw foodist, fruitarian and have rid your body of all toxic chemicals then you will begin to crave healthy organic foods, like delicious strawberries and crispy, shiny, juicy red apples.

I cannot stress enough my passion for natural foods and fruits! Fruits are elevating and are create mood lifters! If you feel depressed, moody, stressed from the family, work or the kids, try snacking on a ripe banana, after all you can eat as many you want! If you are an addictive comfort eater – like me, learn and train yourself with strict discipline to only snack on healthy foods—these can be raisins, dried fruits are good for snacking—even dried banana chips? Dried fruits are great to life to the mood, and snack on during the day if you have a busy lifestyle!

Raw food cereal:
2 bananas—sliced  
1 large apple—grated  
1 Handful blueberries  
1 Handful of strawberries  
1 small handful of raisins  
Oats—optional  
Fresh coconut water

**Healthy green smoothie:**

2 sprigs of celery  
1 big handful of Spinach  
1 big handful of Kale  
2 large apples—green  
1 small segment of ginger  
Half a lemon—with peel  
1 banana  
2 cups of coconut water / milk
Raw food coleslaw:

2 large apples—grated
2 large carrots—grated
2 large beets—grated
Half a lemon – zest only / orange zest optional
1 tbsp of raw honey

Thanks for reading guys and I hope you like the recipes. I hope you’ve found this information helpful and has inspired you to get healthy.

All mother nature and I want, is for everyone to lead a happy, healthy lifestyle with no regrets about what they eat and most important—no consequences. Start eating more fruit today, try a fruit only diet for a week, try an apple diet for a week and see how you feel!

Please comment on this post with any questions you may have about the raw diet or about fruit in general. I’ll be happy to answer any questions you may have.

Before you go!

What fruit is most delicious?

- Peaches

- [ ] Peaches
WATER FASTING – MY EXPERIENCE – MY JOURNEY – MY TRIP – MY ADVICE

Before any of you assume that this afternoon’s blog post will be about starvation can I just say that this is not medical advice, this is a story about my personal experience with water fasting.

Fasting for me is the new light in the dark room. Fasting has changed my whole conception of health. Previously I have been on a series of 24hr fasts (weekly), and a recently completed my first 3 day fast. This time I am shooting for 5 days. I have been preparing for this for 2-3 weeks since my previous fasts. I have been eating clean, training mean and living green. I have combined all the necessary food combinations compulsory for raw vegan diet and lifestyle. For me personally I feel at best when I consume fresh green juices with salads and mono fruit meals. I have been snacking on fresh dates, raisins, and the occasional humus dip (although not raw). I have not been eating nuts recently, making my fat intake nearly zero. It makes it easier for the fast if you don’t have much fat content in your diet a few weeks before you next fast.

My first experience with fasting was horrible. From a standard teenage boy’s diet of beer, cigarettes, marijuana, meat, dairy and sweets straight into a
24hr fast was not good. Now I know you guy’s probably think that 1 day without food is nothing and that you could easily do it? But for me this was pure crazy. So I done my research and bought all the books on Amazon and eBay on fasting, cleansing and even more books on raw foods. So I thought here goes, ill try it. Well, let me tell you how hard it was the first day I done it. I remember repeatedly visiting my fridge and just staring into the abundance of fresh produce staring back me. But no matter how uncomfortable it was, I pulled it off. This 24 hour fast lead me to begin who I am today and lead me to this 5 day water fast. Some people teach themselves with practise and to withstand 40 days without food and just distilled water (the purest and cleanest form of water). Remember you want the best water you can get for a fast, I’ll just say this but bottled water is not healthy. But that’s another blog post in itself, I’ll make a note to create a post for healthy water.

Any ways I kept on practising the 24hr—2 day fasts every now and then. This ranged from nearly every 2 months as I was a beginner. The more and more I began to educate myself with the knowledge of historic healers and the worlds best thinkers I began to become obsessed with becoming healthy and getting fit. Mostly for me I was attracted to the alertness and brain power you can create while on a water fasting. The body uses up the water you feed and you become more alert and feel deep emotions, not always good mind you!

I recently have completed my first 3 day fast and I am so proud with my stand. Although guys I must admit, it felt like those 3 days would never end! Time went slow but I must say I got a lot done within them few days. On my first day of fasting and I recommend and encourage you all to do this, especially if you are new fasting is to write a list of thing’s you need to do around the house, like chores and take out the trash. Then underneath them bullet points write a second list of thing’s you would love to do this month e.g.; plan that weekend holiday, need that novel on the dusty shelf, listen to that album you’ve been meaning to listen to but never got round to do. The list goes on but make a list of all the things that you have been meaning to do. My list nearly always consists of reading novels I have collected in my room, listening to music and completing my open Uni course which I am currently studying freelance journalism.

Health benefits of fasting. Well where to begin, the historic, scientific and natural way to heal, cleanse, re-birth and rejuvenate our bodies is to fast. There is no other natural and as healthy way than to conduct a water fast on yourself. I must stress a water fast over 5 days on your own? Is a big risk and you should always be supervised by someone that can check your OK every 2-3 hours. Did you know every animal in the world, when sick or suffering pain fasts? This comes natural to them, with there animal instincts. Though in the society with now live in, this is misunderstood for starving ourselves. Most people read fashion magazines and immediately see ‘stick thin’ cat walk models and think ‘starving themselves pfft, stupid’. But if you educate yourself with the science and health benefits of fasting, you’ll discover that there is a line between fasting and starving yourself. Did you know after 2-3 days on water, hunger disappears? Once you have fasted for longer than 2 days you can find yourself entering the state of ‘euphoria’ – a natural high. This is why I always find it easier to fast while I have a list next to me at all times to keep myself busy.

Fasting disburses deadly waste matter and toxins full of mucus, bad cells and of course junk you have built up by years of abusing your body with cooked, dead animal products. Not to mention dairy products that are by the way the number 1 ‘Clogger’ of the kidneys. The kidneys never stop working and along with the liver are the most abused organ in the body. Fasting gives the body ‘rest time’ to focus on repairing itself. This add so much strength, stamina, and health to your body once your fasting is complete. A couple of days of re-feeding after the fast you can begin to feel the amazing benefits. As long as you don’t go back to old ways this should stay with you and increase your mental well being and happiness. When breaking the fast it is important to stay on a raw food plant based diet as this will be the natural thing to eat after a fast. High water, fresh fruit is the best thing to break the fast with. Do you research and you will find that fruit is the number 1 most healthiest, vibrational food on the planet. We are ourselves fruit of god. He created his us.

During the fast you will experience some dis-comfort but please do not worry. Just think to yourself ‘Push through it’. This discomfort can be a number of things, for example; Toxins moving out of the body from years of neglecting your health, boredom, and real hunger. Relating to what I mentioned above about there is a line between fasting and hunger. You will know if you are a regular faster when you are truly hungry. Most of us in our life time will NEVER experience true hunger. And I don’t mean after a 24hr fast. I’m talking about eating water melon and other citrus fresh fruits after 21 days on distilled water. Discomfort while being on a water fast is very common, but I can ensure you this only last a day or two and usually is more to do with the beginners to fasting.

Fasting is an art I would some-day like to master before I leave this planet. Fasting has shed a new light for me and how to heal my mind, body and soul, the best natural and safest way in the world. In today’s world we live in a very toxic place. Deadly chemicals everywhere; in our toothpaste, shampoo, deodorants and most important our food. You have no idea how many drugs and chemicals are in our foods. Don’t you find it a weird that junk food and fast foods are addictive? A good detox cleansing programme is the right recipe for anyone wanting to become stable and healthy!

A good vegetarian diet (If your new to this and eat meat), and good knowledge of water fasting will make you a very healthy person.

A good vegan diet will make you a healthier person, combined with water fasting and daily exercise you up-grade your health hugely.

A raw lifestyle with daily exercise mixed with sunshine, fresh air and with regular water fasting you will literally re-gain and add more years to your life. Did you know fasting is mentioned 74 times in the bible? Do you research and look up yogi’s with a raw plant based diet and methods of fasting and you will clearly see that these people are ageless, flexible and youthful. There are stories and pictures of 106 year old lifting weights and running.

OK I understand this is all knew to you and you may doubt some of the things i’m saying but I am willing to back up anything I have to say. Regular
Fasting, a clean diet and healthy exercise will add years to your life, rid you of illness and disease and re-awaken you onto the clean path of healthiest. Did you know fasting has been proved to eliminate smoking, alcohol and drug abuse? Even asthma, Cancer, arthritis and type 1 and type 2 diabetes. Please do your research and read the books before conducting a water fast on yourself.

Fasting has changed my life and I will never stop. I highly recommend you water fast, after sustaining a healthy diet and lifestyle for at least a couple of months. You really must want to become healthy to succeed at water fasting. If you just want to try how long you can go, I’ll give you after 2 days and it will break you.

Use fasting to become the best person you can be! Use fasting to health, replenish and wake yourself up. Stop smoking, start going to the gym. Stop walking to work, run to work. Drink water and not beer and coffee. You can do this!!

Remember green is clean! And as long as you eat clean and hydrate the cells in your body you will stay strong and healthy!

I hope this has been shed some light into the interesting world of fasting and I hope somewhere you have been inspired by my story. I am currently on a 5 day water fast so you could expect some more updates on my progress into the fast. I hope you enjoyed my story and if you have any new information to involve me in please comment on this blog and send me your details to chat!

Until next time guys!!!!

Remember Eat clean, train mean, stay green! Happy fasting!

Name (required)

Email (required)

Website

Comment (required)

MY RAW FOOD JOURNEY – EAT CLEAN, TRAIN MEAN, LIVE GREEN !!!!

Let me begin by saying, “welcome to my blog”, welcome to my world, my random thoughts, my writing and my poetry.

Today’s topic is RAW VEGAN FOOD, OR RAW FOODISM

Being a vegan for 6 years now, I decided to change and up-grade my diet. For some months now I have been raw vegan. Which is the more ‘Jedi ninja’ style of vegan-ism. For you who do not follow what this actually means it means that my diet is entirely plant-based apart from soaked nuts and seeds. I
do not cook any of my food. I soak the nuts and seeds to activate the enzymes and make them more digest able in the body, and so the fat doesn’t store in the body.

Raw food-ism has changed my life ... and I’m nearly one year into it. I have experienced some amazing things while on this raw journey and have learnt so much about health and more importantly my own body. I highly recommend a raw lifestyle. It has so many benefits that I will be sharing with you further into my story. But now let me tell you how this is. I first came across raw food-ism via Youtube and the internet forums. At the time I was a passionate vegan and looking for further research into my diet and health tips. What I was about to see, little did I know, was about to change my whole life. Within a couple of days of watching some Youtube videos and researching long into the night I had all the equipment I needed. I instantly knew it was for me. I purchased a vita-mix blender, emptied my whole flat of cooked food and began to detox and pour all my attention into this new diet. I was hooked to the core. I couldn’t stop talking about it to my family and friends. (By the way they think I’m crazy) but if you do your research you will actually see that I have a point and that medical research supports the raw food lifestyle and raw food-ism movement.

I began smoothie making 3 time a day and juicing on weekends. I immediately began to see the benefits and changes that took place to my body. I shed so much weight over the course of this year. And I’d like to remind you guys, it isn’t just weight I’ve lost, its waste matter that has been collecting and accumulating in my body over all the years I have been eating mucus forming, dead, animal products that destroy body tissue and give you a much less life expectancy. One such meal I fell in love with, dubbed the ‘Lemon Ginger Blast’ by the Dan the Man ‘Life-generator’ on Youtube (check him out by the way, highly inspirational) is a combination of root veggies, fruits and leafy green organic produce. Oh and before I forget, lots of distilled water (Which I boiled myself). Please do not be a fool ( like I was) and think bottled water is good for you, because research, books, and science will tell you that this is not the case. My version of the lemon ginger blast consists of: 3 sprigs of Celery, 3 apples, one small cube of ginger, half a lemon (with peel), half a bulb of organic fennel (Very good for pregnant mothers who want to produce more breast milk, and add flavour) , 1 large ripe banana, (remember the more black the banana the more ripe the fruit is). A lot of people are turn’t off by black banana, but remember if you do not like to eat it, juice it! After the banana I would add, 1 small tsp of Turmeric, which is a highly detoxifying spice which works miracles in the body. Now I add, one huge handful of spinach, kale, (or instead of kale, lettuce) and finally topped with ice.
This drink changed my life.

This drink changed my body

This drink changed my mind

This drink changed my shape

This drink changed my posture

This drink changed my whole outlook on health + life!

I have not suffered with any illness since I have transformed to raw

I have not attended any doctors, with any problems at all.

I have not even suffered a runny nose, head aches, or general tiredness.

Try it for yourself, or better actually, research this drink and watch people over a video diary shed weight, clear their body of deadly toxins and waste mucus, soothe their body and clear their mind.
Now folks obviously this is not the only smoothie I have been drinking for a year. I have read practically all the books of raw food-ism, watched all the DVDs, and purchased all the recipe books to make a mean green salad. Remember eat clean, train mean, live green.

My lifestyle has had such a good effect of every person I have met, I have began to turn people against their bad habits and become healthy, add age to their life and remove bad toxins from their bodies. I want you all to remember it is never to late. Get down to your local supermarket and spend all the money you want on all the fruit and veggies you want. The best thing about this diet is you can eat ALL the fruit and veggies you want! There is no limit. Another benefit to this lifestyle is that you do not have to calorie count!. It is said that the man needed 2,500 calories per day, and the woman needs 2,000, or something along them lines...

Anyway my point is, is that you try eating 2,500 calories of fruit and veggies on a raw food diet, it cannot be done. It’s too much for the body can handle and begins to feel uncomfortable.

Time passes and I am shedding weight, excising everyday all the while always educating myself with raw foods, experimenting with recipes and new foods id never dare try before and generally having the time of my life! Change should always be for the better!
It was only a matter of time before ‘Water fasting’ crept its way into my diet. Again, a new subject in raw food-ism I was highly contagious with. So what did I do guys? Yes your right, I purchased all the books and poured all my knowledge into this newly growing fashion.


So why fast? and what the is fasting?

Water only fasting is a technique used since the beginning of time to heal ones self, and rid the body of toxins, to regenerate tissue and to basically heal the body. Did you know EVERY single animal on the planet fasts when ill or injured? And so should we. Recent changed in our human culture betray fasting with ‘starving yourself’. If you research and educate yourself with the techniques of fasting you will see that this technique can make you become ageless in old age, live longer, and have a much more energizing and healthy long happy life. Think of fasting as squeezing the sponge and released all the dead, mucus from your body.

Over time you will see the effects of short and long fasting procedures. I am currently one my 24hr weekly water fast, to soon be recombined by a 4-5 day water fast very soon.

My friends if you combine the strict teachings of the raw food movement, (Smoothies, juices, raw salads, delicious recipes) with a good amount of exercise every day or every other day and bring in water fasting when toxins are ready to be released (every other month). You will being to regenerate your body, mind and soul but more importantly your whole life!

This program has changed my life and I am happy to say I will never be going back to my old ways (MacDonald’s, meat, dairy, sweets, and fats)

Cooked food is dead food. You want to eat live, freshly organic foods which vibrate higher in the body than any other food in the body. Fruit for instance absorb bad, dead, mucus chemicals in your body and flush the system of unhealthy liquids. Start eating a lot of fruit if you want to lose weight, flush your system, and be energetic!

I’d like to share my story with you guys because raw food-ism has really changed my life, and I want everyone to be healthy, especially as we live in this polluted, chemically infested world now. Everyone around me is in pain, suffer from stiffness, head aches and bad blood pressure. I really want to shed some light on the raw food movement.
Did you know… no animal on the planet’s natural instinct is to eat cooked food. Dogs for example will eat anything, but if they were in the wild, they would only eat raw foods (obviously because they cannot cook). If you fed a lion a cooked piece of meat, the lion would not eat it, and if he did, he would become very ill. Cooked foods leads to so many problems down the line and really isn’t worth the taste.

I wanted to share my story with you guys because I have such a passion for this stuff and I love helping people improve themselves to the best they can be.

Do you have a raw vegan story?, Do you have any questions about the diet? Comment on this post and I will be more than happy to answer any questions.

Thanks for reading guys and do your research! health is the only wealth a man really needs!
20P BRITISH COIN, SELL’S ON INTERNET AUCTION SITE EBAY FOR £7,000

So how does a 20p coin sell for a huge £7,000 — I think we would all like to know that secret!

They have been seen popping up everywhere all over the internet. Popular auction websites such as e bay and gum tree are said to be home to most of the accidentally minted coins.

The coins which are said to be the first in 300 years to ever be issued without a release date, are surprisingly still legal and have attracted a huge hungry audience around the country. These rare coins are said to fetch £50 each on auction sites. That’s a lot of money considering its face value is just 20p. That’s was a few years ago—now if one is to come into your hands and you put up for auction these coins could reach thousands. One coin listed on the auction site e Bay was first placed for £0.99p and sold for a massive £7,000 in a matter of days. Now that is a lot of money, I’d check every 20p piece you ever hand over if I was you!

These rare coins were released by The Royal Mint in Cardiff with each piece with a new picture on the tails side and where the date used to be is mixed with an older design on the heads side of the coin.

One day in his local pub ‘The Botolph’ in Peterborough enjoying a quite pint with his friends, Lloyd Hefferman, 38 stumbled across one of these rare 20p pieces in the change that the pub bar staff handed to him after buying his drinks. Hefferman was immediately receiving offers for the coin, one offer consisted of £500, but he decided he didn’t want to sell it.

A word of advice, If you are reading this and live in the UK or visit often—keep your eyes peeled for these tiny jewels, they are everywhere but you might come across one that can make you very rich!

— Joshua Rogers

A LIST OF THE TOP 10 MOST STRANGEST ITEMS TO EVER SELL ON EBAY – MUST SEE, THIS IS AMAZING!

The Top 10 strangest things ever sold on the e-bay
We all know what e bay is, and most of us have probably sold at least one item on the site – whether that be that old pair of shoes you have tucked away in the bottom of your cupboard or that bike you never found time for. The internet is home to thousands of sites to sell your everyday house old items on such as Gum tree, Ali baba and best well known E-bay.

However some people take that extra step to far and try to get away with selling the most craziest items you can ever think of. Today we take a look at the top 10 strangest items to ever to be sold on E-bay.

10—Used Water
Said to have been left in a cup Elvis Presley once drank from was sold for $455 on the social auction website. The few tablespoons came from an old plastic cup that Presley sipped while being on stage in Northern Carolina in 1977.

9—Rhino Poop
Originally the international Rhino Comity came up with the strange idea to make money by selling there pet Rhino’s poop on the net. As you can imagine this did not go down to well with the nets thousands of users world-wide. Now that is one package I wouldn’t want to open! The dung was dried and mounted in a trophy case. Buyers from all over the glove had a choice of dung from white, black.
8—Space on my forehead

‘Space on my forehead was added to e bays listing by one ‘Andrew Fischer’ from Omaha, Nebraska. He bragged on the items listing details “The winner will be able to send me a tattoo or have me go to a tattoo parlour and get a temporary ink tattoo on my forehead and this will be something they choose, a company name or a domain name, perhaps their logo?”.

This crazy idea by hit shock waves around the world. The auction reached an amazing price of $322, but the highest bidder never paid the fee.

7—My Granny

E Bay banned an English school girl from ever using the site again after they found out she had tried to sell her grandmother on the social auction site for a joke. They quickly stated that this breached there policy and regulations as this is a form of human trafficking. ‘Zoe Pemberton’ put her 61 year old grandmother up for auction and dubbed her as “annoying but cuddly”. It was later removed from e Bay without ever reaching a price.

6—Britney spears – old chewing gum

A sticky situation was all that was left when someone listed on e Bay, that they have in there per session an old chewed up bit of chewing gum that was formally owned by the pop sensation Britney Spears. Brian Johnson, 25 from London listed Mrs spears item asking for a price of $53 for “gum obtained at a 200 Wembley arena concert”. The seller later went on to mention, “I have had this item for over three years and am only listing it because of the current interest in Ms. Spear’s habit for discarding gum!”.

The website never sold the item.

5—Hollywood sign

In November 2005, probably the most famous sign in the history of the world the ‘Hollywood’ sign was sold on e Bay for a staggering $450,000. The starting bid started at $300,000 a huge amount of money for something you would think would be priceless with it’s previous history in film. The 50 ft letter’s of the Hollywood sign were to be framed and sold as jewellery by winning buyer ‘Dan Bliss’ after the 10-day auction ended. Bliss has sold pieces of the original sign in frames for prices ranging from $59.99 to $749.00 and in necklaces for $43.99. Not bad thinking that your wife could wear the original Hollywood sign in her new crystal earrings!

4—My Baby

Authorities didn’t think much of the joke when they learnt that a child had been put up for auctionon the ever so popular site e Bay. The child later was taken in to custody but was then reunited with it’s mother and father after the couple learnt there lesson and explained to police that it was all a great misunderstanding that had been taken the wrong way. The seven month old baby boys parents from Germany put him up for auction on e bay for 1 Euro. Luckily no offers were made for the child in the two hours and 30 minutes he was posted for live sale. The description for the baby read “Baby for collection only. Offering my nearly new baby for sale because it cried to much.”

3—Holy Sandwich

In 2004, a half-eaten cheese sandwich was posted live onto e bays streaming world wide auction site and was viewed by thousands of buyers. This special sandwich was deemed with the name Holy after it was said to engrave a picture of the ‘Virgin Mary’. You will shocked to know that this sandwich was nearly 10 years old. The seller Diane Duyser from Florida, says “the sandwich has never gone mouldy” since she made it 10 years ago. I will leave it up to you let your imagination run wild and imagine the smell! By the time the sandwich auction closed the sale had received over 1.7 million hits online. Goldenpalace.com bought the item for a whopping $28,000.

As we are vast approaching number 1, the more strange the items listed become, the next item is reallyfascinating...If you believe in ghosts.

2—Ghost in a jar

Way back in 2003 a mysterious old jar appeared on e bays selling page entitled ‘Ghost in a jar’. The description read to the public that they “would not be held responsible if the black thing escaped from the jar”. The peach jar that bound this “black thing” had no sales but ghost in a jar attracted a huge audience across the world. What’s actually in the jar remains a mystery. To this very day the ghost in the jar will be remembered for being one of the most unusual online auctions to ever hit the big screen. So, what actually was the winning bid for this crazy jar? Auctioned off, this item fetched $50,922. Are you scared of ghosts? Would you open the jar?
Number 1 is here and oh my haven’t we had a very strange few listings! E-bay has really seen some unusual things over the years that people are racing to send to auction. You’ll always be amazed at what people are willing to sell. I guess it’s true what they say, “One man’s trash is another man’s treasure.”

1 – My Whole Life

Yes that’s right, a man attempted to sell his entire life on the internet.

Ian Usher a Briton who had his plans to turn his life around and to turn over a new page when his dreams were crushed when the highest bidder failed to pay up on social auctioning site e bay. Ian was quick to list his home – with all of its contents, his beloved motorbike and a weeks free trial at his job to the lucky winning bidder. Too many people these sounds utterly insane right? Mr Usher, hoped the auction would help him move on after his marriage broke down, and said buyers were “crazy” not to take him up on his offer. Ian went onto say, “It’s crazy that people haven’t said, ‘I’ll have that’, because they would be getting about $450,000 worth of stuff for under $400,000.” He has got a point.

Unfortunately for Ian his life was not sold, the top six bidders in the online auction lost interest or could not afford to buy his life. Before the auction ended the top price for Ian’s life was £250,000.

I hope you have enjoyed this crazy and insane journey through e bay's history and popular most famous items to ever be submitting to world famous online shop. Next time you see someone carrying numerous packages to the post office, let your imagination run wild!

– Joshua Rogers

Posted in Uncategorized on December 13, 2013 by Joshua R. Leave a comment

4 STRANGE AND BEAUTIFUL PLACES AROUND THE WORLD.

1. **Tunnel Of Love**

Located in Kleven, Ukraine – deep in the depths of the forest lies this beautiful, almost fairy tale like tunnel. This magical pathway is a popular attraction for tourists, and couples on there wedding day—eager to get that special photograph. The tunnel itself measures only 1.8 miles long, creating a passage way for a train that delivers wood for a near by logging factory. Over many years the tunnel was formed as the tree lines grew around the shape of the ever so busy train that travelled back and forth more than 3 times a day over the course of several years. This stunning unique secret passage way gives its visitors the sense of love and romance. The mysterious natural architecture that the train has shaped and moulded really does know how to dazzle!
The chilling hill of crosses leaves a mark like none other. The hill of crosses in northern Lithuania tells the story of when the Russian Tsar fell, and in 1831 sparked an uprising which led to this tradition of leaving crosses—hundreds of thousands of crosses of every size and design are left to give a powerful statement to a religious devotion to its visitors. Just some of the crosses bear message for divine help and messages to God. 200,000 crosses, carvings and shrines are estimated to be homed here at the hill. Hiding amongst the other’s, tiny small crosses seal themselves from the rain, whilst some stand three meters tall. Even today Pilgrims arrive at all times of day and night to pray to their Lord. This historical architectural monument is amazing to look at but still sends a chill down your back!
3. **The Toledo Train station**

Feast your eyes on this brain puzzling stunning scene captured by 'Andrea Resmini'. This remarkable work of art truly deserves all the attention it alarmingly attracts from Spain every year. The Toledo metro station in Napoli, Spain—bathed in a sea of navy blue and baby blue square mosaic tiles, designed by Oscar Tusquets Blanca this masterpiece really does grab your attention, it begins to bring the beauty of outer space into the atmosphere. As you arrive in the train station, visitors cannot help but to arch their necks and to gaze forever into the stunning modern art which shapes their walls and surrounds them in a new world. The Gem, or giant hole as it were, is the centre of this piece, mystifying and dazzling Spain's visitor's. The Toledo station has really made its mark on modern art and architecture. This is a must see for all art fans!
4. China’s Rainbow Mountains

OK, so your wondering how did you never know of these amazing mountains before? China’s Zhangye Danxia Geological Park is sat in the Gansu Province, in the Northwest part of China, near Mongolia. This is stunning and out of this world to look at—It is equipped with every colour you can think of! The sand makes for a beautiful pattern than shines in the light. These huge red rocks are in fact sandstone influenced by an upward force from within the Earth, within the weather and of course erosion over the course of tens of million of years. Just to give you guys a sense of how old these rocks are, 65 million years ago, when dinosaurs were still around—well scientists believe it had to take about 20 million years after that to end up looking how they look to us today. The rainbow colours combined with the hill starts of another makes for a breathtaking picture for any passer by!

1. Tunnel of love — pics are by Panoramio serhei, Panoramio asif husnain awa.
2. Hill of crosses, Photograph by Kyle Taylor.
3. The Toledo station pictures are designed by Oscar Tusquets Blanca. “Courtesy of Bisazza/Photo by Andrea Resmini”.
4. China’s Rainbow Mountains pictures are by Xinhua/Landov/Barcroft Media.

Posted in Uncategorized on December 13, 2013 by Joshua R. Leave a comment

ALL ABOUT ME, MY WORLD, MY WRITING...MY BLOG

Hello everybody and Welcome to my Blog!

My name is Joshua

I am 23 year’s old, I live here in London, England and I’m currently studying “Professional Freelance Journalism” with The British College Of Journalism. I have been Vegan for 5 year’s now and have lately decided to move to Raw vegan. I’ve currentley been raw vegan for 3 month’s and can feel the transformation. For you who do not know what veganism is, i’d like to take a moment to explain. Veganism or ‘being Vegan’ is quite simple really. It mean’s you do not eat anything that reproduce’s or in other way, you do not eat anything that come’s from an animal, so this includes no; Meat, fish, dairy. A raw vegan is someone who only eat’s fruits, vegetables and nut’s and seeds preferably soaked for 24hours before eaten. No cooked food and alot of fruit and vegetables juices. Veganism is a hobby of mine and a great way to live and a brilliant lifestyle to lead, as you always feel healthy and have amazing ammounts of energy all the time.

A little more about me

I have 54 Tattoos, i am a huge tattoo and piercing’s fan, I currently have my ear’s stretched at 40 mm, Which has taken me 5-6 year’s to complete. I have strong interests in individuality and createing yourself. Life is about who you meet and how what you create with them, but how can you create thing’s with the people you meet through life if you haven’t yet created yourself?

I have other interest’s for organic farming, and home produce, which is influenced through my love for the vegetarian and vegan diets and lifestyles. I grow some of my own Fruits and vegetables, I have currently grown; Tomato’s, potatoes, green beans, garlic, spinach, parsely, thyme, radishes. I hope to grow all the fruit and vegetables that I eat on a regular basis and live completely out of a homegrown produce garden, also to compare money expenses and how much I would save. It’s just a little project of mine I have been conjuring up for some time now, but as you know the english weather isn’t at all guanteed to be nice. My other hobbies include activities such as cycleing, socializing with friends, i have a passion for music, health. I love practising Yoga, and Meditation with incense burning in silence you will be amazed to realise how much health and fitness affects your mental state and the way you view everyday thing’s. I’ve been to college in the town where I live to study vehicle mechanics and repairs, i passed the three year course with flying colors but have now come to realise that that was not where my main interests lie. I am currently working at a Fisherie in my town as a warehouse
operative. It's such an interesting job I get to see sea creatures from all over the globe coming in and out daily, for example I have seen Swordfish, Sharks, Huge crabs and Massive conga eel's, not to mention giant squid and oriental octopus from far away lands some from as remote parts as Africa. It’s so strange to see the animals in the flesh knowing that these creatures existed well before Human’s evolved. If you love animals like me it’s such a fun job to have. You might be wondering what is a Vegan doing working in a place like that? Well let me tell you, I am not one of these ‘extreme’ vegan’s who will not allow leather to be worn in there household, or for example will not use certain bathing material because it has animals products contained in it. I am just vegan for health reasons.

So why have I created this blog?

I have decided to start creating this blog to expand my dream’s of one day become a Freelance Journalist And a Freelance Writer. Over the next few months i will posting all kind’s of materials such as Book reviews, Travel articles, Health posts, ‘How to do’ columns, and my own personal thought’s on everyday subject’s such as recipe blog posting, fashion debates, I will also be documenting a journey on how to create radiant health and many more so be sure to check out my blog for updated posts. If by any chance you are looking for a freelance writer my email will be posted at the bottom of this page so click on it to email me any questions you may have, I am sure we can always work something out, or if you just fancy a general chat click on my email at the bottom of this page, It’s fun after all!

So now you know a little about me, and what this blog is about, I thought I would write a little to tell you guys some inside private passion’s of mine and some secrets I have lined up for this blog, so begin to look through my pages and post’s and try and figure me out. If you are interested in freelance writing or Freelance Journalism, I would be happy to share any information with you, and hey you might teach me something i’m always open to learn new thing’s about this amazing art, it’s my passion and my dream Please email me with any questions you may have. I hope you like the introduction, I’m here to inspire you, remember to look out for my future blog posts that will be posted shortly and let me know what you guy’s think.

Thank you

-- Joshua Rogers

Email // : joshrogers9@gmail.com

Posted in Uncategorized on December 12, 2013 by Joshua R. Leave a comment

HIRE ME: CALLING ALL EDITORS, FREELANCE WRITERS, BLOGGERS, FREE WORK !

HIRE ME: Free writing samples, Free work offered.

Freelance writing, journalism and poetry is my specialism, my hobbie – my art – my life.

Writing has taken me on a journey only I can control, I control my destiny with the words I write. Where the words will take me I will have to wait and see, but for now let me tell you how this is. Hire me to write your CV for the job you have always dreamt of, hire me to write them letter’s to loved ones you’ve longed to write or so long, or maybe poems for weddings you will be attending – not to mention wedding speech’s? Hire to me to write fun facts and knowledge for your website? Check out the website I am currently writing for for samples of my writing, http://www.knowledgeballs.com . Inform people on ways to create better health if they are weighed down from a certain illnesses?

Contact me to write you some samples for free? I am more than happy to write you some samples (within reason) to let you gather a clear view of the potential of my work.

I write art, health, lifestyle and travel. My main subject that my best knowledge is based around is Health writing. I write my poetry passionately and all my writing is concise and honest, written in the active voice. I can write information for leaflets or magazines? News or fact.

My contact details are as followed
MY SOCIAL NETWORKS – HOW TO CONTACT ME

**SOCIAL NETWORKING CONTACTS**

Hello my friends, I was wondering if any of you are using social networking sites recently? Of course you are. I am inclosing down below links to all my social networking sites I am joined to in case you are interested about contacting me, and seeing some more of my work, like my writing, or just want to become friend’s and chat?

**TWITTER** – [http://www.twitter.com/joshsrogers9](http://www.twitter.com/joshsrogers9)


**WORDPRESS** – [joshsrogers9.wordpress.com](http://joshsrogers9.wordpress.com)

**BLOGGER** – [http://joshfreelancwriting.blogspot.co.uk/](http://joshfreelancwriting.blogspot.co.uk/)

If you are interested in my writing and frequent post’s, you can always check out more of what I get up to on there social networking sites I have enclosed above. Add me if you’d like to hear from me and my writing.

– May I propose writing freelance for you for FREE, just as long as I get my name out there and on the websites. Have any question’s about what I can write for you? Please email me on my email address which I will leave at the bottom of this page.

Thanks for reading guys, remember you can always contact me on Blogger and the other social networking sites I have listed. Thank you again and have a great day where ever you are in the world!

//Josh Rogers

Email: joshsrogers9@gmail.com
Eat Clean, Live Lean, Train Mean. How do we maintain our performance at work? Good selective food in proper amounts. Some delicious food corrupts us, it is tempting, but it does not offer you the essential nutrients for the brain. Sometimes you need to take a break from indulgence. How do we achieve high level of work performance? Choose your food wisely. Eat Clean Train Mean. A fitness, health & style blog. eatcleantrainmean.co.uk/category/fitness. Posts. Tagged. Search. Log In to Instagram. Log in to see photos and videos from friends and discover other accounts you'll love. Smart Workout Snacks to Eat Before (and After!) You Hit the Gym - SELF. Whether you're doing cardio or lifting weights, choose fueling foods that go the distance.  www.lsl.com | The World's #1 Most Visited Video Chat Community - Free Live Sex Video Chat. Ashley Cox Health. Soccer Workouts Treadmill Workouts Cardio Soccer Tips Soccer Drills Soccer Memes Soccer Stuff Soccer Coaching Soccer Training. The clean-eating holiday meal guide is FINALLY here! This digital download guide brings you almost TWENTY of our favorite tried-and-true clean, gluten-free, grain-free holiday recipes, from appetizers to entrees, sides and desserts. PLUS: we've included a meal prep planner so you can schedule out prep time to make your holiday meals less stressful and more enjoyable, a shopping guide to help plan for how much of the main staples you'll need, AND some of our suggested links for how to save time and money.  - Paleo sweet potato casserole. - Paleo California vegetable casserole. - Paleo green bean casserole. - Nan Nan's 4th generation pumpkin pie (Paleo-style). - the coveted (and secret recipe, 'til now!) chocolate cake with ganache (gluten/dairy/soy/grain/refined-sugar-free!)