

RAW ENERGY...

The Amazing Power of Raw Food



I had a guest on my radio show yesterday, Joanne Newell, who is a raw food enthusiast. Whilst I have known that eating raw food is a good thing to do, I never realised the incredible power that eating raw food can have on your health, energy and your life. We talked for an hour about the amazing benefits of eating raw foods like; fruits, vegetables, nuts, seeds and whole grains and she gave us her top seven reasons why everyone should consider changing some of their eating habits to include raw food.

One of the things Joanne discussed was that going raw can be a bit of a challenge because of today's society and the focus on fast, convenience and processed foods. So she suggested that for most people the best approach is to slowly implement some raw foods into their eating so they can start to experience the benefits. They can then decide whether they want to take it to the next level.

One of the problems with changing to raw food is the perception that it will be bland, tasteless and boring. I can tell you from my own mouth watering experience that this is certainly not the case. Joanne bought in these yummy chocolate and orange bliss balls that were absolutely delicious and made from 100% raw & natural ingredients. Okay so why would you consider including more raw food in your plan?

Why eat Raw food?

Joanne's Top Seven Reasons to Eat more Raw Food:

1. **To feel phenomenal** – feel good, have wellbeing, feel calm and level, have energy at the end of the day and not have to rely on caffeine or other stimulants
2. **To lose fat** – more motivated, more energy to exercise, increased metabolism and reduced cravings all contribute to your ability to lose fat. There has been story after a story of people that have turned to raw and lost incredible amounts of fat - Go to www.rawform.com to find out how Angela Stokes lost over 70kgs on a raw food plan.
3. **To have glowing skin, shiny glossy hair and clear eyes** – I think we would all like to have this benefit. Imagine how much money you would save on skincare and cosmetics!



Angela Stokes not only lost over 70kgs on a raw food diet, but just look at her skin, hair and eyes!

4. **To prevent and possibly even cure degenerative diseases** – would it be worth making the change now while you have your health to make sure you never have to go through the pain, suffering and expense of disease. Look at www.rawfor30days.com
5. **To help protect the environment** – less pesticides and pollutants and less packaging materials that will be dumped into the earth.
6. **To eat living food with high energy** – this may sound a bit weird, but the earth is actually vibrating with energy. When you consume living raw food you take in that energy, raising your own vibration which means you will attract better things into your life in all areas! Why not give a try and see for yourself?
7. **It is a whole person journey** – many people experience incredible personal growth through this process

Is it worth it?

Since talking to Joanne yesterday I have made a decision to eat more raw food. Not everything, but just increase my consumption of healthy, living, yummy raw food. My health and life is worth it and can I suggest that so is yours. It is not that big a deal.

There are two things you may consider to do in your journey, as you investigate whether this is a path for you and your family;

The first is to listen to yesterdays show at;
www.andrewjobling.com.au/downloads/091114_130001.MP3

The second is to book for a workshop being run by Joanne and myself on Saturday November 28 in Richmond called '**A Fresh Taste For Life**' and learn all about raw food and even see how great it tastes. Go to;
http://www.andrewjobling.com.au/attachments/File/a_fresh_taste_for_life.pdf

Don't wait act now and enjoy an abundance of RAW ENERGY!

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www.andrewjobling.com.au*