

The following is an excerpt from:

THE RAW FOOD PHENOMENON:

My 20-Year Journey

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Introduction

Here's an interesting comment I received from a reader:

100% raw is great in theory, but if I tried implementing it in real life, I'd have to give up a big part of my social life. All mainstream people do is stuff their faces with unhealthy food and alcohol. If you go against that, they consider you crazy. You'll be alienated...

This very email was instrumental in my deciding to write this book. You'd be surprised how many emails I get each week similar to this one.

Let me ask you a few questions...

Would you like to look much younger than your peers?

Want to evade the flu and colds during winter epidemics when others around you fall victim?

In exercise class, how'd you like to be the one who *doesn't* experience muscle cramps or soreness while everyone else is complaining?

Would you like to be the one who's *not* having menopausal hot flashes while other women around you are fanning themselves and whining for air conditioning?

And how about that waist of yours—would you like it to be small while others complain about the middle age spread?

Just imagine...You come to fitness class and other women call you "missy," not realizing it's they, not you, who are younger in years. After an hour of class, everyone is red-faced, sweaty, in need of rest. You, however, are ready to bounce on

to another class, your energy level through the roof.

When people only half your age are talking about upper and lower blepharoplasty, Botox injections, tummy tucks, laser treatments, face lifts, and the like, you have nothing to add to their conversation. The years have been kind to you. Chronological age has not ravaged you, has brought no distortion to your face and body.

A summer's day on the beach with friends... everyone slathering on sunscreen except you. Apparently, not enough. Next day, their skin is red and inflamed. You, however, have a nice, gentle tan. They'll smile and say they're jealous. They'll say that they "hate you" for your trim, fit body, as they constantly wrestle with weight.

You don't get sick. You've got nothing to contribute to conversations about whatever bug is "going around." You're silent when people talk about retiring, slowing down, about ailments and doctor visits. Your plans include none of these.

You won't be trading recipes, either, for the most part. You'll be tired of saying you're "much too full already" to try that "cheesecake to die for." You try not to be around when it's served, not being ready to die just yet.

You've learned—likely the hard way—that it's best not to preach. Best not to talk "lifestyle." When it comes to the subject of food, and a whole range of issues having to do with health and illness, you're accustomed to feeling cut off from most popular topics. An outsider. You've learned: It's often safest to be quiet.

You don't want to feel alienated at all? Think what most people do... They enjoy their gourmet food and fine wine. Then just years later, they joke about how it all goes straight to the thighs. Or hardens the arteries. Or how this or that dish ought to come with a defibrillator. And when it all comes true, they stop joking. They begin bemoaning the ills of old age.

Sadly, that *is* the norm. It is the price of total acceptance. The degree you drift

from this norm will be the degree of alienation you'll experience.

Do you really want total acceptance? Do you want to be just like everybody else? Or are you looking for genuine health? A fulfilled life? Real youthfulness?

Make up your mind.

Either way, you'll pay a price. The trade-off is real. Raw foods *will* make you different. Raw foods will make you *look* different. Raw foods will make you *feel* different. Some will be attracted to you, to your lifestyle. Many, like my correspondent quoted above, will think the price is too high and will stay away.

Decide here and now whether you want to carry on reading this book.

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