

Revised and Expanded

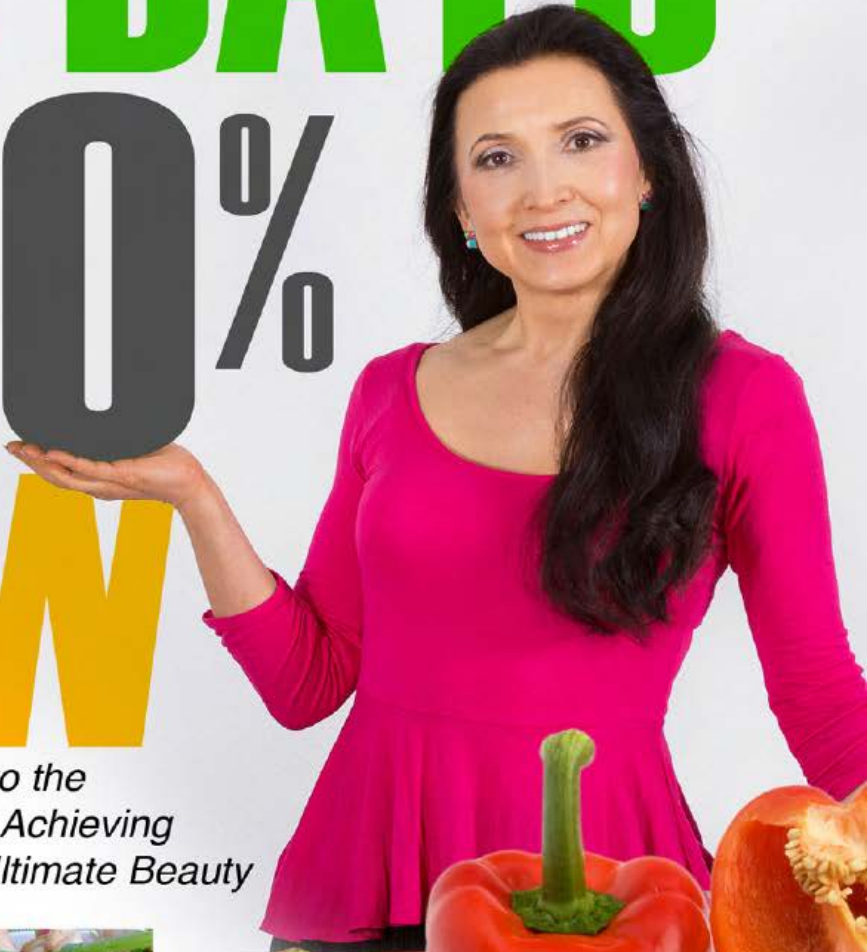


Tonya Zavasta

100 DAYS

to 100%

RAW



A Step by Step Guide to the Raw Food Lifestyle for Achieving Optimum Health and Ultimate Beauty



The following is an excerpt from:

100 DAYS TO 100% RAW

Tonya Zavasta

For the full version of this e-book, click the following link.

Introduction

I wrote *100 Days to 100% Raw* as a companion to my two raw lifestyle books: [*Your Right to be Beautiful*](#) and [*Beautiful on Raw: Uncooked Creations*](#). During my seminars and personal consultations, I discovered that I had not actually outlined a program to help jumpstart people who were interested in the raw food movement, but were daunted by the prospect of a total conversion to the raw food lifestyle.

In this guide, I've simplified everything I've learned into these 100 steps. You will find references to my books as well as to others that illustrate the points I'm making.

100 Days to 100% Raw features a dynamic, step-by-step program to teach the fundamentals of the raw food lifestyle. These self-facilitated steps will help you kick-start your health and improve your looks. It is designed for both newcomers and those seeking to improve or reenergize their progress.

My *100 Days to 100% Raw* strives to promote a healthy lifestyle change for people of all ages. The program focuses on providing resources for those just beginning to make health changes as well as those who already have a health routine and want to expand their options.

At heart, this guide is designed for the person seeking to transition away from the standard American diet. If as you read you realize that you are already practicing some of my recommendations, you may move faster because you have already completed certain steps.

While the goal of the journey is to achieve our greatest and most essential health potential, the only way to accomplish this is by letting go of what is not essential. Unlike my first two books, which focus on the reasons why the living food lifestyle is the optimum one, this e-book's aim is to assist you in embracing and succeeding in this lifestyle.

Learning an entirely new way of eating can be overwhelming. All at once, you are unlearning everything you ever knew about eating. Every person who goes raw has done most of these steps at some point. This is why this guide introduces ONE new thing at a time—never more.

These hundred days do not have to be consecutive, and it's okay to complete the transition in more than 100 days, but these are the steps that generally need to be taken to stay on the chosen path.

As with any major change, going raw isn't simple. It's unlikely you'll sail through this book and be absolutely raw in 100 days. You will start, stop, stumble and start over. I did. Everyone in the movement has. The essential thing to remember is: consistently do what you can, and keep adding to the progress you've made.

You'll encounter plateaus when you're not making major changes. But as long as you maintain what you've mastered, you will eventually succeed. It may take months, or even years, before you achieve your final goal—these suggestions will simply be your guide. Pick and choose. Work with your lifestyle and your schedule, but do work your way through the steps. Make a checkmark next to every milestone to be encouraged by your measurable progress.

Day 1

On this, your first day venturing into the raw food lifestyle, promise yourself you are going to do it. This is critical. Without that commitment, you may as well stop reading now. Over the course of changing your lifestyle, you'll get discouraged, bored, angry, and fed up. When you start feeling that way, it is important to keep going forward. There is only one way to fail, and that is by abandoning your efforts.

The key to commitment: Don't just say it—mean it. Don't just be “involved” with raw foods—be truly, lastingly, decidedly committed. If you want to know the difference, it's like an eggs and ham breakfast: The chicken was “involved,” but the pig was committed. (Note: our plan is for this kind of breakfast to be a thing of the past.)

Once you begin to see positive results, you will have the momentum to move onward. The positives will act like a wave to carry you forward, but when cleansing reactions surface, the same wave will want to take you back to the safe life you've known. You're not going to procrastinate—procrastination is your enemy.

The time has come to stop merely talking about embracing the raw food lifestyle. Start planning now. Look several days ahead in this e-book to see what will be introduced and to have the ingredients on hand.

“If you do not create your destiny, you will have your fate inflicted upon you.”

—William Irwin Thompson

You will want to invest in an inexpensive journal or note-book. This will prove immensely helpful in your journey to the raw foods lifestyle.

The UK's “Raw Food Coach” Karen Knowler, advises:

“As long as you are prepared to show up fully on paper, safe in the knowledge that it's for your eyes only and your only assignment is to be 100% honest, then you will be giving yourself one of the biggest gifts you will ever give yourself: the gift of listening to your own heart. And for some of you this may be the first time ever. Once you've got that far, that vital first step has been taken. You've opened up, if only a little, and you've started to excavate. Obviously from here there is further to go. This is just the first step towards your newfound freedom.”

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