Seven Strategies For Staying Raw
- By Storm Talifero

About the Author:
Storm Talifero has been a raw vegan for forty years at the time of this writing. Storm was born on January 7th, 1950. He has been raw since Christmas of 1972.

The Paradigm

I'm writing this book in response to a paradigm that I have seen over and over again after having put on over 40 raw food retreats and after having created raw food programs that have helped thousands of people to experience a one hundred percent raw diet for extended periods of time. The one thing that I have come to notice is that most people don't remain
one hundred percent raw for the rest of their life.

This pattern extends even to people who have, while on a raw diet, seen a reversal of their major chronic debilitating diseases or conditions that have tormented them for years.

**Devon**

![Devon's before and after photos]

**Devon released 100 lbs. in 1 year on The Garden Diet Programs!**

We don't claim that the raw diet or The Garden Diet is able to reverse disease but some of the people who have been on our programs do tell us some amazing stories about getting off medications. You can read them here: [http://tinyurl.com/gardentales](http://tinyurl.com/gardentales)

People try out the raw vegan diet for a number of reasons. Some want to lose weight, some want to address specific health issues while others are just curious. But I think that there is one thing that most people will agree upon and that is that the raw vegan diet is almost impossible to do long term.
There is something that I try to share with just about all of the people who come to our retreats or do our twenty one day Cleanse or twenty eight day Transition program. If after being one hundred percent raw for over three weeks you are having a positive experience then there is a good chance that you can do this diet long term without any adverse effects.

This is especially true for the people who have had the experience of having the raw vegan diet help them to address different chronic conditions. One of the things that I see happen over and over again is that most people can't stay one hundred percent raw forever. At this point I guess many people would say why would you even want to?

Ridiculous Statistics

I have been a raw vegan for forty years. At the age of forty I'm just now starting to realize the long term effects or benefits of being a raw vegan. I was told by a doctor that since so many people in my family have died of cancer that I have a heredity pre-disposition toward cancer. At the age of sixty two I'm cancer free. Many people in my family became obese in middle age. I at this time am not obese. Nor do I have diabetes or any type of heart condition. I take no medications and have no physical complaints. This feels perfectly normal to me although more and more my peers regard me as an oddity.
Guilt-free Raw cake and pie - no need to ever miss out on flavor!

One of the number one major crippling conditions of people in my age group (the boomer generation) is arthritis; once again as of this writing my joint health is excellent. In fact I'm on pretty safe ground in saying that I have been three to four times as healthy in the last forty two years of my life than I was in the first twenty years of my life.
My children who are growing up raw vegan have known an almost unprecedented quality of health and as of this writing if you were to go through all of our medicine cabinets you would not find any drug, either prescription or over-the-counter.

One of the saddest things about our national health quality is that the United States is ranked only the forty-second healthiest country in the world! We are currently abut four percent of the world's population but we currently take over sixty five percent of the pharmaceutical drugs in the world.

One out of three US children is obese and half the adult population is overweight. These numbers are expected to increase in the next twenty years. And with obesity comes a whole host of chronic debilitating conditions, not to mention a diminished quality of life.

At the same time we have some of the best doctors in the world who can perform miracles and keep us from dying from conditions that even fifty years ago would have meant certain death. This does not, however, generally translate into a higher quality of health or life.
The Design Factor

We find in nature that certain animals are designed to eat certain foods. I think that the same is also true of us. The only difference being that animals don't have to think about what to eat so therefore they have an optimized diet without any deviation whereas with us we are all over the place.

I truly believe that the raw vegan diet is the optimum diet that humans can eat. When we don't eat the food that was designed for us then what you get is our current state of health crises.

When we eat the raw vegan diet then we are attacking chronic diseases at their source instead of treating the symptoms with drugs and surgeries.

For whatever reasons there are some people who can't go raw. They start to lose too much weight or they develop health issues. There are ten thousand things that can and do go wrong on a raw diet so in theory you can say that the raw vegan diet is the perfect diet for humans, but the truth is that if you are trying to go raw and it does not work for you then you have no choice but to return to the diet that worked better for you, hopefully retaining as much fresh fruits and vegetables as possible in your amended diet.
But for those who try the raw vegan diet and have wonderful experiences then here are a few tricks that might help you avoid or survive a food craving crisis.

1.) Balance

Make sure that you have a well balanced raw vegan diet that contains foods from following food groups:

Fruits
Vegetables
Dark leafy greens
Nuts
Seeds
Sprouts

A certain amount of fats are necessary to help absorb minerals and also for brain function. These can be realized from the following sources:

Olive oil
Flaxseed oil
Hempseed oil

And there are also a few plants that contain omega fatty acids such as coconut, okra, purslane and durian.

Although in the beginning of going raw, certain healing raw diets can be quite helpful, these generally do not provide adequate nutrition for long-term health. If a raw diet is eliminating or demonizing whole raw food groups or macro-nutrient groups, it is likely one of these healing diets that should be used for no longer than two years, preferably less. If it is really a healing raw diet, you should see results in 6 weeks to 3 months. For older or sedentary people with serious conditions healing can take up to a year.
In The Garden Diet Programs you have everything you need for a well balanced raw vegan meal plan. You must believe in your overall menu plan and its ability to totally nourish you or it will be nearly impossible to stick to the raw vegan diet long term.

Many people fall off the raw wagon because they are following a system of raw eating in which they are not being adequately nourished. They are missing essential minerals, vitamins or macro-nutrients such as sufficient fats or proteins. This will unconsciously drive you back to a cooked food diet.

2.) Distraction

Sometimes you might need to use language to stay on the path. If you are on the verge of being overwhelmed by a craving then you might want to put it off for an hour. By this I mean saying that OK I have broken down and in an hour I'm going to go out and get my favorite meal. This is sometimes easier to handle than saying I'm never going to eat any of my favorite dish for the rest of my life. It does not matter if you just procrastinate your breakdown until a minute from now as long as you don't break down in the moment!

As you are always in the current moment, you are safe here. This is similar to the way in which one might distract a young child. And it is effective partly because most cravings pass within about five minutes. This buys you time to get involved in doing something else.
3.) Shopping Lists

Another one of my favorite tactics that I use in the field is to make the supermarket your battlefield. If you don't buy it and if you don't bring it home then you can't eat it. So, have a shopping list and be totally focused when you enter the supermarket or health food store. I like to time myself to see how fast I can get in and out.

Don't go down any of the aisles that don't contain the foods on your list. Remember the enemy is strong and resolute, he is focused and ruthless. You are fighting a battle in which there will be no prisoners taken, so therefore you should fight to win. The enemy knows you better than you know yourself for on the battlefield of the supermarket aisles you are your own worst enemy.

4.) Know Your Poisons

Tactic number four is to research all of the ingredients in your favorite processed foods and google them for side effects. In most processed foods there is a huge list of ingredients that you can't even pronounce. Also research all of the colored dyes. Research all of the different names with which they slip MSG into our commercial food products. I say this about MSG because it is one of the most toxic and addictive food additives that we can put into our bodies.

An excellent resource for learning how MSG is hidden on food labels is http://TruthInLabeling.org

Once you know exactly how the food you eat is affecting you then it
makes it easier to resist temptation.

5.) Work Out.

When we work out it helps to metabolize our foods. This in turn leads to a change in our entire body chemistry and thus we actually start to break the cycle of addiction. This is scientifically validated. Exercise increases the number of dopamine receptors in your body. These allow you to experience a sense of being rewarded.

Many people have down-regulated systems, which means not enough dopamine receptors. People whose parents have been addicted to substances, including chemical flavor enhancers (which are actual drugs) in processed foods may have down-regulated systems.

They have fewer dopamine receptors and therefore require greater amounts of substances in order to achieve the high or "reward". This causes them to be more easily addicted. The only known cure is to exercise regularly.
6.) Fake-Out

Social situations are one of the major stumbling blocks when trying to go one hundred percent raw long term. Friends, family and associates are one's biggest challenges.

My all time favorite trick is to put some of everything on my plate plus a huge helping of salad. Sometimes I even bring my own dressing in a secret little pouch that I have in my canvas bag. Then I just eat the salad and complain that my eyes were bigger than my stomach.

I then ask for a doggie bag for the rest of the meal and once outside I give it to a homeless person. This works so well I have no way of telling you how many times I have been able to have a really pleasant meal in a social situation without having to argue the whole meal about where I get my vitamin B12 from.

It is not only a dead giveaway that something is up when you sit down to the table with just a salad on your plate, it is also perceived as a form of personal attack by many people. Perhaps this is because raw vegans have a tendency to present their diet as superior and talk down to people who are eating differently than they themselves.
7.) Substitute

Find raw organic substitutes for your favorite comfort foods. This also works wonderfully well. And now there is almost an endless supply of raw vegan recipes until you need not be bored with this diet. I will often times crave oriental noodles. I can totally reproduce everything that I remember about one of my most favorite dishes from the cooked world in the raw world.

This is huge because without the alternative in a moment of weakened discipline I could have easily succumbed. I know of people who have been raw for ten years and broken down. And when they woke up that morning they had no idea that that day would be their last day for being a raw vegan.

Many people look down on calling raw pizza by a cooked food name. That's a personal choice and I have no problem with it, but whatever you call the food, you should know what to go for when you are craving
something cooked. You should at least have a favorite sweet and a favorite salty raw recipe that can replace a cooked craving for either of those most common desires.

**Toxin Tolerance and Addiction**

And on this parting note there is one thing that I have found about toxins in our foods. Any time you ingest a toxin over a prolonged period of time your body creates a tolerance to that toxin. Then when you stop ingesting that toxin the tolerance is still there. Only now instead of having the toxin to push against, the tolerance is now pushing against you in the form of a craving. It will pass in time.

Another thing to remember is that some of the most addictive toxins known to man are being engineered into our food supply, just like the nicotine levels were increased in tobacco products.

And after having been addicted to both nicotine and MSG I can truly say that MSG is way more addictive than nicotine. The proof of this is in the fact that many people are able to stop smoking but many of those same people can only go one hundred percent raw for short periods of time.

If you are interested in going 100% raw, and trying out The Garden Diet Balanced, fresh-food, Go Raw Programs, I can heartily recommend the ones on the following pages, which were developed to help people go raw with the ease of menu plans and shopping lists, and which have benefitted many people!

Yours,
Storm
28 Day Transition to Raw Program - An excellent starter program with a 100% raw menu (as all our programs are), time-saving shopping lists and a great support community.
http://28DaysRaw.com

21 Day Raw Cleanse - Held back-to-back with the 28 Day Transition Program, you can stay on both programs for as long as you like as they run continuously. A gentle cleanse that is safe to stay on long-term. Many people have had great success with the 2-Program lifetime membership special. It matters not which program you start with.
http://21DaysRaw.com
Raw Empowerment Program (REP) - This is our advanced program. For those who have been through the 21/28 Day Programs, they can sign up for this annual membership program and learn how to create their own menu plans and shopping lists to meet their unique needs.
http://RawEmpowermentProgram.com

REP Individual Specialized 1-week Menu Plans - I highly recommend these as they are a huge value and contain all of our most recent favorite recipes and improved recipes. Not only can you choose the one that best suits your needs, but they are all carefully and thoughtfully balanced, planned and tailored to help you actually achieve your goal in going raw! Ideally order all four and mix and match with your favorite recipes.
- REP Low-Fat Weight Loss Menu Plan
- REP Protein Packed Menu Plan
- REP Low-Sugar Menu Plan
- REP Balanced Raw Menu Plan
Order the individual plans here:
http://tinyurl.com/4rawplans

Vital Force Diet System - I developed this menu plan for Baby Boomers. It focuses on foods that give you more energy and it has slightly lower calories than our other programs overall. However the high nutrient-density of the food allows for eating fewer calories while still being fully and optimally nourished.
http://thegardendiet.com/?p=1126
Got questions? email Jinjee via The Daily Raw Inspiration which you can sign up for at no cost at http://TheGardenDiet.com and Jinjee will forward your questions to me.

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