

Summer Raw Food Challenge

One of the best things I love about summer is all the fresh fruits and vegetables growing in the garden and the farmer's markets where you can get fresh food right from the growers.

Because of the abundance of fresh food this time of year, we are issuing a week-long raw food challenge and would like you to join us in improving your health and wellbeing. This can be done many different ways depending on where your eating choices are now. If you are new to raw food eating or need a place to start, here are some suggestions:

1. Replace one cooked meal with a meal prepared with all raw plant-based food each day.
2. Make 50% of each meal raw plant-based food.
3. Replace one meat-based dish with a bean dish or low heated grains or vegetables, nuts and seeds.
4. Include a fresh salad with your mid-day and evening meals.
5. Substitute fresh juice or a smoothie for breakfast.
6. Use herbal iced tea or sun tea in place of coffee, alcoholic drinks or sodas.
7. Jump right in and eat fresh fruits and vegetables, whole grains, nuts and seeds for the duration of the week and continue afterwards for as long as desired.

Dr Christopher taught his patients to go to the cause of disease by removing the things in their life that caused their illness. He put them on a cleansing routine and taught them about the Mucusless Diet which consists of 75% fresh raw fruits and vegetables and the other 25% is low heated whole grains, and soaked nuts and seeds. Any cooked food should be low heated under 130 degrees Fahrenheit when possible. People who follow these dietary guidelines have been able to reduce inflammation, improve cognitive function, improve digestion, and create an overall sense of wellness.

We hope you will join us in a week-long raw food challenge so you can see firsthand how these changes can improve your life.