

RAW FOOD CONTROVERSIES

How to Avoid Common Mistakes That May Sabotage Your Health

A Personal Journey

by Frederic Patenaude



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Raw Food Controversies: How to Avoid Common Mistakes That May Sabotage Your Health



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“The Biggest Raw Meals Controversies Finally Exposed and Debunked.... Learn how to Boost Energy, Strengthen Digestion and steer clear of Dangerous Deficiencies” Frederic Patenaude decided to become a raw-foodist in 1996, but after just two years on the dietary plan, his health was falling apart. He believed he was on the very best diet plan in the world, but a mystical ailment struck him and left him crippled in bed for a month. Since that dreadful knowledge, Frederic kept searching for the ideal diet plan. After 14 years, he's ready to reveal it all and expose some of the most well-held secrets of the raw-food motion that other raw-meals leaders don't want you to learn. • Superfoods exposed! * And more! Bringing common sense, technology and sanity to the natural food movement, Raw Meals Controversies answers important queries that have been prevented for too long. What you should know raw cacao, honey, green juice, green powder, coconut oil, agave nectar, acai, spirulina, maca, goji berries, seaweed, and even more! In it, you will discover: • What exactly are the very best three foods you should NEVER eat raw (and why) • The 6 toxic supplements you must never take (and which ones are of help) • The 100% raw diet vs. the mostly raw diet • What raw-foodists should know about DHA and additional essential fatty acids: can you have them on a natural vegan diet? Raw Meals Controversies demolishes common raw-food myths and establishes useful recommendations for healthy eating. It will be of interest to anyone desperate to improve their health, particularly vegans and raw foodists. In this publication, the writer describes his tumultuous years of trial and error with the raw food diet plan, and the multiple health issues caused by eating natural the wrong manner, while offering useful lessons he's discovered along the way.



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Love the Book right now - it's a life saver (hated it initially) Right now I think about this the very most valuable raw food book I've ever read.. Doesn't he understand that nature created raw food and all natural food is good! Cooked food is poison.. When I first read this publication I thought, "This writer is an idiot!. Then, I realized that this guy has been living a natural food lifestyle for 20 years. Mostly youthful people prone toward peer-following would enjoy this personal journey. Based on the author, the ideal raw food diet is saturated in fruit sugars and greens, and lower in fat (even natural excess fat). Yes, I am right now a believer in this system. Based on the author's recommended style of eating I have been in a position to start running again because I have enough calories now. I am obtaining stronger and I have more energy because I have enough calories from the proper source - fruit sugar (not really raw fat). Four Stars Very interesting book but simply by the end I think Frederick confuses people and misleads them to harmful behaviour. Most of the reserve is about the author own encounters and I recognized myself with a lot of same situations in the raw diet. Before reading this book I had not been getting enough calories in my diet, and I was eating too much raw fat. He says that Shelton's diet plan is too high in fats, especially nuts. Also, I dropped 35 pounds (that was welcomed, but I didn't like not having energy). "Vegans generally don't eat enough food to find the calories and nutrients they need. I really do consume some vegan cooked foods at dinner as defined in the publication.I was expecting to see more fact-based information--not just his personal experiences. I was expecting to see . First, you can find out about the author's existence.surely not really a must. Then, finally towards the next half of the book you get some real meaty details (hahahah - meaty). Its conclusions usually do not satisfy me, but four superstars for asking the right questions. To me, existence is either all great or all bad, which was my mistake. For people who have started a raw diet or for those who are going to start!. I put the publication down for a couple days because I didn't trust anything the writer wrote - I even wished a refund." I am six months in to the raw food life style, and in the beginning I strike it with spiritual enthusiasm, and religious ignorance (unknowing if you ask me). I've only been doing it for 6 months. It's a great book! My outlook was real black-and-white dogma. Diary style with some "meat" here and there I see all the reviews are in the Kindle edition but, like most reviews here, I purchased the actual publication.Peace.P.His starting place is Herbert M. I simply read my very own review and I find in the starting sentence that I said this is "the very most effective raw food reserve I've ever read.. Maintain writing. I really do that. I will have energy, and I have already been running strong for the very first time in four months. I've been studying raw food for a relatively short time and was lucky to read the 80/10/10 Diet plan by Dr. Douglas Graham 1st, which makes all others seem like a culmination of what he expressed in very much fewer terms. I also was fortunate to work personally with raw meals grasp Dr. Aris Latham for a whole week who told me explicitly that the nuts, fats, spices, and starches aren't everyday meals; they are "party meals" (I highly recommend looking into his youtube channel).In order I go through books like Natural Food Controversies I feel extremely fortunate to have found out most of the pitfalls instantly. But book knowledge and first-hands knowledge are not the same, therefore I'm grateful to those who've eliminated before me and so are ready to relate their encounter.With that said, I find Frederic's reserve to end up being somewhat verbose and gossipy with a lot of inaccurate usage of phrases and vernacular, and incredibly poor usage of punctuation. This publication opened me up to the theory that I need to be a little more useful in my approach to raw foods.Although some of it is intriguing or interesting, much of the text is diary-style meandering. When he will get to something linked to his wellness pitfalls he often fails to apprise us of the results for many pages or not at all. He appears to have no shame in detailing the many times he took

benefit of people and their hospitality, often making factors to critique or discredit them. He makes the declare that he coined the word "raw vegan", causing me to question who coined the word "winter." He asks how pure the term "vegetarian" should be viewed, citing that a person who eats animal flesh every occasionally should still qualify. I disagree. He presents a case against most fat, including the natural fats in avocados and nuts.. A readable book, well sourced. Discusses many problems I have been fighting and puzzling over for a long time. All that may be taken off the book reducing the size of book to fifty percent.S. Shelton's Organic Hygiene philosophy and diet plan. He faults Shelton on volume, but not often on quality. That i can simply do what feels best to me and my body, and that I can and you will be still healthy.. So, I'm prepared to get my energy back again." And from where are the requisite calories to arrive? From fruits, he advises, not really from fat. I didn't have energy, and I halted working out.Ultimately, Frederic continues to toe the type of experimentation rather than dedicating himself to his craft yet continues to write mainly because an authority for fun and profit. But are there enough calorie consumption in fruits? One would have to consume a lot of fruit to equivalent the calorie consumption in nuts and avocados. for eg. He concludes that the 100% raw vegan diet can be an ideal that will not work in practice.His contention that the natural sugars in fruits trigger tooth decay is disturbing..This book provides much food for thought. Dr. Weston Cost found North African date eaters who had gorgeous tooth. Why should our natural food cause dental complications? I am a black-and-white thinker, and I disagreed with the author's conclusions in the second half of the publication. I needed this book showing me the light. so-so If you are just you start with vegan or natural diet, or just want for more information about it, yes it could be useful to a certain level.... I didn't like this at first (I really like it now). Great book and service Excellent An Autobiography : only 30% relevant content.. Rather eat zero fat raw vegan diet. quite simply, get majority of calories from fat from carbs (fruits) rather then fats (coconut, avacados, nuts, seeds). Fruits shall provide vitamins aswell and vegetables shall offer minerals. Also he recommend a mid way diet ie eat cooked meals at night in which you take in brown rice, steamed vegs, coffee beans etc. Also consider Vitamin B12 and Supplement D as these are only found in Milk or Animal items which you should avoid as we don't wish protein from animals. He recommends 80-10-10 diet indirectly . He also says that water fast for 30 days helped him gain mental clearness because of which he could perform three times more function in 12 months after fasting compared to before fasting .He also said that people should awaken when sleep routine gets over .. Because of this , there is usually alarm device that may detect that and wake you up.He debunks liver flushing and discusses fasting, detox, food craving, supplements, Vitamin B12, dental issues, and many other topics essential to raw eaters and wellness seekers. you might put alarm of 7:30 am but the alarm may buzz at 7:45 am if your sleep cycle ends at 7:45 am. Way too many stories. Not the ultimate word, but worth taking into consideration. There was useless sound on his story of his affairs, his biography, his close friends..Please i want to quickly mention that I hated this book initially.. Basically, it made me ignorant. Too many stories.. It's about getting more than enough calories for me personally now. It's a great book! For people who have began a raw . The raw vegan diet is often a semi-starvation diet plan, he statements.. And, he has a very practical outlook with stability and reason. I acquired approached the raw food diet just like a religious beliefs where my dogma held me closed-off to brand-new ideas. I really recommend. I would like to be stronger and also have energy. walked the walk I actually found this publication incredibly informative. Set up information is true, I have no idea. But, I'd like to think therefore.. I was having such extreme stress at trying to end up being this absolutist amongst peers, and his terms were very

encouraging, making me feel okay that I won't need to try and put myself in a box to fit some type of label.. because it certainly seems that Frederic knows a thing or two, mainly because he has invested much of his life specialized in different diet programs, experimenting, researching, reading, doing his homework, being in contact and even friends with other raw foodist that have also created books, etc. Can be read for healthy raw fun instead of watching useless movies The author is saying that don't eat high fat raw vegan diet plan.. and Frederic shares his own personal experiences and understanding in great fine detail... The author does mention a lot of, for me, very unnecessary details, plus its more of a diary-kind of reading, with all experiences thrown in that are not constantly vegan related. I couldn't put this publication down. I was completely immersed in his story and details.. Where Shelton believed that disease originates from eating an excessive amount of, this writer suggests it can come from eating too little, from deficiencies, especially deficiencies in calories." Hahah! Important Issues One man's quest for the ideal diet, by learning from your errors.. I am now thinking about reading his various other books.. Are we not a frugivorous species? Frederic, in the event that you happen to end up being reading this, Thank you! that's what I mean about black-and-white...



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