



# **GET** *80/10/10 Raw Food* **STARTED** **GUIDE**



By Louise Koch



# CONTENT

MY PERSONAL STORY	4
INTRODUCTION TO RAW FOOD	6
HOW DO I DO IT?	8
WHAT CAN I EAT?	10
WHAT IS 80/10/10?	14
RECIPES	16
GREEN SMOOTHIES	22
ONE WEEK MEAL PLAN	26
AVOID DEFICIENCIES	28
THE HEALTHY LIFESTYLE	30
CHALLENGES	32
RAW FOOD AND SOCIALISING	34
MORE TIPS	36
GET PERSONAL COACHING	38

# MY PERSONAL STORY

## IN SHORT

My name is Louise Koch. I'm Danish and from 2008 - 2010 I was really ill. I suffered from severe adrenal fatigue, gout, liver problems, severe damage to my cells and DNA, very low hormone production, infertility, years of anxiety attacks, candida, eczema, insomnia and a long list of other ailments. For years I tried all the conventional treatments and medications and even a lot of alternative things but nothing worked. I was in bed most of the time and completely desperate to find something that would help me get my life back.

After a lot of research online I came across a raw food diet called 80/10/10 and having nothing to lose I gave it a try. Within a month I had my first positive change because I suddenly got a big boost of energy. It lasted about 2 weeks before I went into serious detox, but after that I just slowly got better and better.

I started the diet back in July 2009 and today after more than five years eating the way I describe in this guide I am completely cured. I feel happier, healthier and more energetic than I did when I was a teenager and I did it all without the help of doctors or medication. Instead I changed my diet, my lifestyle and the way I was thinking and in this Get Started Guide I

will share what I did with you. I simply feel that it is my duty to share what I found and inspire people to get healthy naturally. Just bear in mind that it may be neither easy nor quick but the results you can get this way can be really worth the wait. It is all about rebuilding your body cell by cell with the vitamins and minerals you get from raw fruits and vegetables, the healthiest foods in the food pyramid.

## WHO AM I?

I am not a doctor nor a dietician but just an ordinary person like most other people. As a young girl I travelled the world working as a tour guide and later I studied media and television at universities in England and the States. For about 14 years I worked as a journalist in the television industry in Denmark and also as a freelance graphic designer. Later I became a certified lifestyle and business coach and today I help people get well naturally, the same way I did myself. My specialities are mental training, raw food, healthy living and anxiety.

Besides being a coach and mentor I'm also a published author, a motivational speaker and the organiser of the longest running 80/10/10 festival in Europe.



# INTRODUCTION TO RAW FOOD

## WHAT IS RAW FOOD?

It is striking that humans are the only species on earth that heat their food. Every other creature eats it raw the way it is.

In principle raw food is very simple. It means that you do not heat or refine your food but instead you eat it raw, in the state that it is found in nature. Therefore, raw fooders live exclusively on fruit, vegetables, leafy greens, seeds and nuts. Theoretically, you could eat raw meat, raw eggs or raw fish, but it's just not quite as appealing and not optimal for a body that needs to heal. Therefore it is a vegan diet.

In a raw food kitchen you do not use pots, pans, ovens, stoves or other appliances normally used for cooking. Instead you eat in the same way as we did before we invented the fire, or a bit similar to how chimpanzees in the wild eat today. The idea is that if you cannot eat something in its raw state, you shouldn't eat it. That is why for instance you do not eat things like rice or grain.

There are several 'schools' of raw food, and the most widely known is the one called 'Gourmet raw food'. In gourmet raw food you try to simulate regular dishes and you can heat your food up to 42 degrees Celsius. Gourmet raw food contains a lot of fat and is in my opinion not the optimal diet for healing. The 'school' that I found to be the most efficient when it comes to rebuilding your body is the much more simple and easy school, called '80/10/10'. I'll come back to this later.

In order to improve your health you may also need to look at other aspects of your life besides the diet. The goal is to live a health supporting lifestyle, and this has to do with simple things like sleep, clean water, fresh air, sunshine, positive relationships and regular exercise.



## HOW DOES IT WORK?

The body is repairing itself constantly (especially at night) and we see it every time we break an arm, get a cold or get a cut. The break or the wound heals up and it is not the doctor nor the medication that is doing it. It is the body itself and it is this natural healing power that this method is tapping into.

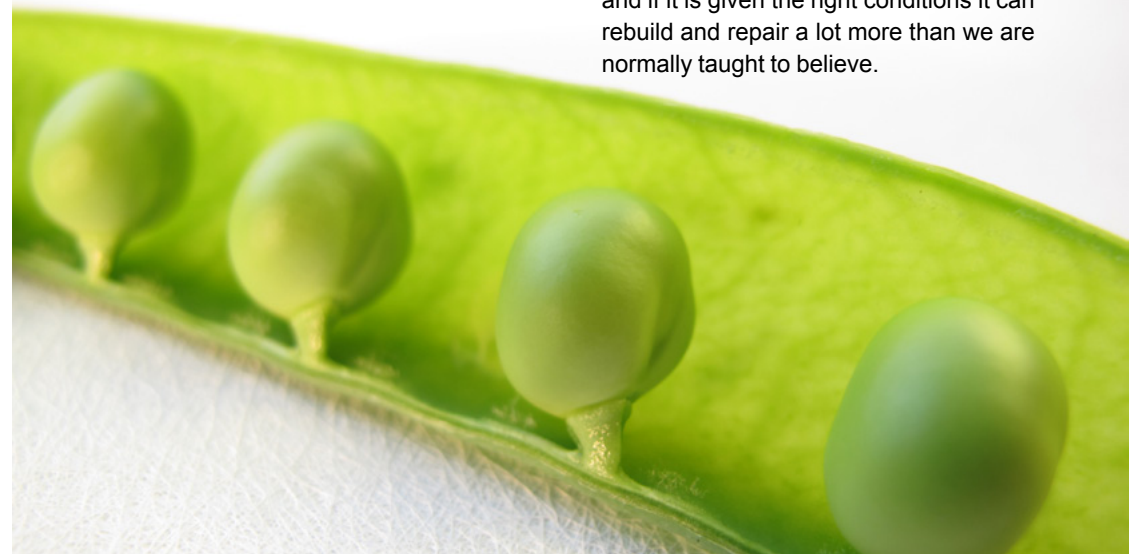
The body uses a lot of energy for things like digesting, detoxing and repairing. Raw fruits and vegetables are very easy

for the body to digest and this leaves more energy for healing.

When you eat natural and pure (preferably organic) produce, you also save the body from a lot of harmful things like additives, pesticides, colouring, caffeine, refined sugar, alcohol, unhealthy fats, etc. This will lighten the detoxification load and again allow more energy for healing.

Another very important reason why raw food seems to improve people's health is because of the amount of nutrients in the raw food. To heat food by frying, boiling, baking, etc. is something we primarily do because it makes the food taste better and because we can thereby eat things we would not otherwise be able to eat. But heating the food does not make it healthier. Instead, the amount of vitamins and minerals are diminished in most cases and many other nutrients are lost in the process.

To improve one's diet will therefore naturally give the body more energy and strength to rebuild itself. The body is a self-sustaining and self-repairing mechanism and if it is given the right conditions it can rebuild and repair a lot more than we are normally taught to believe.



## WHAT DO I NEED?

It is pretty easy to get started with this new diet and all you need is:

1. A good kitchen knife for fruits and vegetables and a chopping board.
2. A good blender. Blenders like the Philips HR2094 Aluminium or the Wilfa 1200 will do the job, but if you have a lot of money to spend then a Blendtec or a Vitamix is ideal.
3. You can also invest in a good juicer or a food processor, but it is not a necessity.

## HOW TO SHOP?

There are raw food vendors everywhere you go, both in the green departments of the grocery stores, at the local markets and on many street corners. The easiest way to get started with shopping is to go to the green department of your local store or supermarket and just pick all the fruits and vegetables you desire. Whether it is strawberries, melons, tomatoes, bananas, salad or something entirely different is up to you. Just let your desire choose.

You can also use the time saving but slightly more expensive Internet solution and get everything delivered right to your doorstep. Just find an online supermarket or organic store that delivers in your area.

It takes time to find the best produce and the best shops in the beginning, so you may have to look around a bit. Go for bargains and bulks if you can and buy more of the cheap stuff like bananas if your budget is a bit tight. Once you have found a routine and established some new habits it is fairly easy to eat and shop this way.

# HOW DO I DO IT?

## STORAGE AND RIPENING

It is really important that your fruit is totally ripe before you eat it so spend some time to familiarise yourself with the characteristics of ripe fruit e.g. bananas should have little brown spots and mangoes should be soft like an avocado when you squeeze them gently. Most fruits and vegetables can easily be stored for several days or even weeks at room temperature. Fruit ripen faster the warmer the temperature, and if you can't eat everything at once just put some of it in the refrigerator. It's okay to freeze things and thaw them again later but fresh is always preferred.

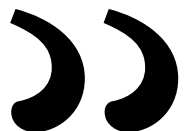


## TRANSITIONING INTO THE DIET

If you are relatively healthy you can transition into raw food from one day to another, but if you are ill you may want to take it easy because the detox reactions can be tough. If you want to let your body get used to the new diet slowly you could spend anything from two weeks to two months transitioning into the new diet.

One way to do it is to eat only fruits and vegetables until 12 pm. and from then on eat as you would normally do. Another way is to make one raw meal a day and then slowly increase the amounts of raw meals each day over a period of time. You can also choose to eat fruit and vegetables at the beginning of each meal and then eat what you would normally do after that. Over a period of time you can then slowly increase the amounts of fruits and vegetables in each meal until your are completely raw. Just choose whatever suits you best. If you want really good health results you will have to eat 95-100% raw foods but you can also do this diet partially and still get some very positive benefits.

Important: If you have problems with candida or your blood sugar, do not eat large amounts of fruit right away. Instead remove all fats including oils, nuts, meat and dairy from your diet for about 10-14 days or more while you transition. In this period you should eat vegetables and fruits with low sugar content and after a while you can slowly increase the amounts of fruit with high sugar content while still keeping the fat intake very low.



# WHAT CAN I EAT?



## RAW, FRESH, RIPE, WHOLE & ORGANIC

Besides being raw it is important that the produce is also fresh, whole, ripe and preferably organic too. The less pesticides you consume, the less you will need to detox and that will help your body tremendously. By whole I mean that it has not been refined, processed or

altered in any way but instead contains all the original nutrients. And of course it should be as fresh as possible. Here are some lists of what I myself and others on the 80/10/10 diet usually eat and don't eat.

# yes

- Apples
- Apricots
- Avocado
- Bananas
- Bell peppers
- Berries - all sorts
- Breadfruit
- Cape gooseberry
- Carambole
- Celery
- Cempedak
- Cherimoya
- Coconuts - young
- Cucumber
- Dates
- Dragon fruit
- Durian
- Figs
- Fruit juice - fresh
- Grapefruit
- Grapes
- Herbs - fresh
- Jackfruit
- Kale
- Khaki / sharon
- Kiwi
- Lemon

- Lettuce/ leafy greens
- Lime
- Mandarin/ tangerine
- Mangos
- Mangostan
- Melons - all sorts
- Nectarine
- Nuts - fresh
- Oranges
- Papaya
- Passion fruit
- Peaches
- Pears
- Peas
- Pineapple
- Plums
- Pomegranate
- Pomelo
- Rambutan
- Seeds
- Spring onions
- Sprouts - fresh
- Sweet corn
- Tomatoes
- Zucchini

# sometimes

- Asparagus
- Beetroot
- Broccoli
- Cabbage
- Carob
- Carrots
- Cauliflower
- Corn
- Dried fruit
- Garlic
- Ginger
- Herbal tea
- Leek
- Mushrooms
- Nori seaweed
- Olives
- Onions
- Radish
- Raisins
- Roots
- Spices - dried
- Sundried tomatoes



# no thanks

- Alcohol/ liquor
- Beans
- Black pepper
- Bread
- Butter
- Cacao/ cocoa
- Cake
- Canned food
- Cereals / grains
- Cheese
- Chilli / jalapeno
- Chocolate
- Coffee
- Dairy
- Eggs
- Fish
- Honey
- Juice - carton
- Junk food
- Lentils
- Marmalade
- Meat
- Oil
- Pasta
- Potatoes
- Potato chips
- Rice
- Rice milk
- Salt
- Soft drinks
- Soya
- Sweets
- Syrup
- Tea with caffeine
- Tobacco
- Tofu
- Vinegar
- Yogurt



# WHAT IS 80/10/10?

## ABOUT THE DIET

The raw version of the 80/10/10 diet was invented by Douglas Graham and it means that you eat a minimum of 80% carbohydrates, a maximum of 10% fat and a maximum of 10% protein of your total daily calorie intake.

The 80% carbohydrates primarily come from fruit, which is why you eat a lot of fruit on this diet. There is protein and amino acids in all kinds of fresh raw vegan things, even melons and cucumbers, so the proteins come from both fruit, leafy greens, vegetables and a small amount of nuts and seeds. The same goes for fatty acids like omega 3 and 6 and you will get them naturally when you eat this way. Just remember to keep the fat intake low or else you may get tired and get blood sugar or candida problems on this diet. I personally only eat a small handful of nuts or an avocado a week when it comes to overt fats. That way I get the best results.

## HOW MUCH AND HOW OFTEN?

One of the most important things to remember is to make sure you get enough calories. The calories mainly come from carbohydrates and therefore you need to eat a lot of fruit. If you eat primarily vegetables you will lose energy and probably some weight too. How many calories you need each day depends on your height, weight and activity level but in the figure below you can find some general guidelines.

To ensure that you get enough calories, vitamins, minerals, etc. you should use an online nutrient counter for at least a week. A good website for this is [www.cronometer.com](http://www.cronometer.com) because it has a low fat raw vegan option (30 bananas a day/ LFRV). You can also get blood tests done regularly if you are worried about deficiencies.

A very sedentary small woman:	app. 1.800 - 2.000 calories
A normally active woman:	app. 2.000 - 2.500 calories
A very active / sporty woman:	app. 2.500 - 3.000 calories or more
A very sedentary man:	app. 2.000 - 2.500 calories
A normally active man:	app. 2.500 - 3.000 calories
A very active / sporty man:	app. 3.000 - 4.000 calories or more

Fruits such as berries, apples and pears are quite low in carbohydrates so you should make sure to have a lot of exotic fruit too. If you get enough carbohydrates from fruit every day you will most likely experience increased energy, a clearer mind and less desire for unhealthy things like soft drinks, cakes and sweets.

## WHAT ABOUT MY WEIGHT?

It is normal to experience changes in your weight when you first start on this diet but in time, when you have learned to consume the right amount according to your height and bodyweight, the diet should balance your weight perfectly. If you are overweight before you start you will most likely lose weight and if you are underweight you will most likely begin to gain weight. Some find it difficult to

consume enough calories in the beginning because their stomach is not used to the large amounts of fruit but this will change after a while too. If you continue to experience weight problems despite a perfectly balanced calorie intake there may be other reasons behind it like e.g. thyroid problems.

## THE ECONOMY

It can be expensive to live 100% on organic fruits and vegetables and if you struggle financially then non-organic will work too. (At [www.fruitylou.com](http://www.fruitylou.com) you can find a list of non-organic produce and their pesticide content).

Look at your new diet as a lifelong investment in your health and enjoy the money you will save on medications, doctors, tests, specialists, supplements, alcohol etc. both now and in the future.





# RECIPES

## TRUE 'FAST FOOD'

This way of eating is the ultimate fast food because the amount of dish washing and food preparation is minimum. Most of the time you eat fruits and vegetables just the way they are and in abundance. Actually this is what I recommend if you want to get well quickly. The simpler you eat the more you will ease the burden of digestion.

It is therefore perfectly fine to eat a meal of only bananas, only mangos, only oranges, only strawberries etc. As long as you eat a great variety of things during

the course of a week, a month and a year. Eating this way is called mono meals and this is a great way to lighten the digestive load and speed up the repair process.

It is of course also important to get vegetables and a lot of leafy greens every day in order to get enough minerals. So do remember to eat green salads and/ or green smoothies once or twice a day to get the important minerals too.

If you find it too boring to eat monomeals and you want some recipes to get started here are a some easy recipes with very few ingredients:



# Smoothies

2-3 oranges  
1-2 cups of strawberries  
2 persimmons/ sharon  
1-3 glasses of water

Blend well in a blender

1-2 sweet ripe mangoes  
1 cup of raspberries  
2-4 peaches  
1-3 glasses of water

Blend well in a blender

1/3 of a pineapple  
1 cup of strawberries  
4-6 bananas  
1-3 glasses of water

Blend well in a blender

1/2 honeydew melon  
1 cup of strawberries  
10 fresh mint leaves  
1-3 glasses of water

Blend well in a blender

4-6 bananas  
2 cups of blueberries  
1-3 glasses of water

Blend well in a blender

# salads

10 cherry tomatoes - diced  
1 red bell pepper - finely chopped  
1/2 zucchini - finely chopped  
1 handful of rocket greens  
10-15 pine nuts

**Dressing:** 2 ripe persimmons  
blended with water

12-18 cherry tomatoes - diced  
2 mangoes - diced  
10 fresh basil leaves - chopped  
Spinach - chopped

5-8 plum tomatoes - sliced  
15 dates - diced  
2 scallions - sliced  
or 1/2 a leek - finely chopped  
Fresh cilantro - chopped

**Dressing:** 3-5 dates blended with 2  
mandarins and some water

2-3 sweet oranges - chopped  
6-10 dates - diced  
1 cup of peas  
1/2 cucumber - diced  
2 handful of lettuce

**Dressing:** 4-6 dates blended  
with a tiny bit of water



2 handful of ground elder/ goutweed  
1/2 honeydew melon - diced  
6-8 plum tomatoes - diced  
1/2 cucumber - diced  
1 handful of fresh lemon balm/ lemon  
melissa - chopped

1 handful of baby spinach  
1 handful of field salad  
1 mango - diced  
1/2 cucumber - diced  
6-8 cherry tomatoes - halved

**Dressing:** 1 blended mango

1-2 handful Lollo Bionda - chopped  
1 cup of strawberries - chopped  
1 cup of blueberries  
1/2 avocado - diced

**Dressing:** 1 cup of strawberries blended  
with 4-6 dates and some water



# cold soups

5-6 medium size sweet tomatoes  
1/2 red bell pepper  
1-2 sundried tomatoes  
1-2 mangoes  
10 fresh leaves of basil

Blend with some water

6-10 mandarins  
1 stalk of celery  
5-7 dates  
1/2 yellow bell pepper

Blend with some water

1 mango  
5-6 plum tomatoes  
2 scallions  
2 sundried tomatoes  
a little bit of fresh parsley

Blend with some water

6 tomatoes  
1/2 red bell pepper  
1 avocado  
1 tablespoon of pine nuts  
Fresh basil - chopped  
1/2 cup of fresh corn  
5-7 leaves of romaine lettuce  
5-7 strings of celery

Chop everything into small pieces and place on the lettuce. Roll them up and close them with a string of celery

# wraps

6 bananas  
6 leaves of Lollo Bionda  
6 strings of celery  
Fresh parsley

Place each banana on a leaf of lettuce and season it with parsley. Roll the leaf around the banana and tie it together with a string of celery.

# fruit salads

1/4 of a pineapple  
1 cup of blueberries  
2 mandarins  
1-2 bananas  
1 cup of grapes

Cut everything into small pieces and mix together in a bowl

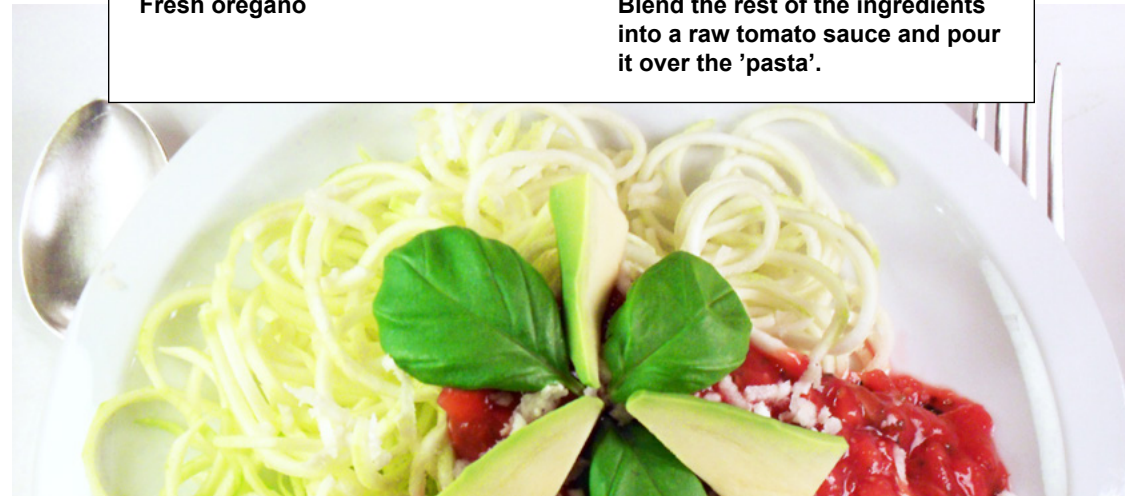
1 mango  
1 cup of strawberries  
2 persimmons  
1 apple

Cut everything into small pieces and mix together in a bowl

# spaghetti

1/2-1 zucchini (courgette)  
10-14 small sweet tomatoes  
4-6 dates  
1/2 red bell pepper  
1 scallion  
Fresh oregano

Peel the zucchini and throw the peel away. Use a spiralizer or a potato peeler to make long slices from the zucchini so that it resembles noodles or fettuccine pasta. Blend the rest of the ingredients into a raw tomato sauce and pour it over the 'pasta'.



# GREEN SMOOTHIES

## WHAT IS IT?

A green smoothie is a fruit smoothie blended with large amounts of leafy greens (all kinds of lettuce/ green leaves, fresh herbs and edible weeds).

It can often be both boring and difficult to get through a green salad and most people find it hard to consume salad in large amounts. By blending leafy greens with fruit, you get much larger amounts of greens than you would otherwise get and it tastes lovely and sweet.

Green smoothies are extremely important for your health because your body loves the minerals in the green leaves. When you blend leafy greens you crush the cells of the leaves and the nutrients become more available than when you chew.

If you eat a lot of blended greens regularly you should be able to feel a big difference in your body. Some of the most common things people experience is less cravings, less sensitive teeth, cleaner and younger looking skin, stronger hair and nails, better mood, less PMS, less hormonal problems and an improved digestion.



## VARIOUS TYPES OF LEAFY GREENS

You can use any kind of leafy green that you like but my favourites are baby spinach, romaine lettuce, stinging nettles (do not burn if you blend carefully), kale, rocket greens, Lollo Bionda, ground elder, iceberg lettuce, celery and field salad. I also use a lot of fresh herbs such as basil, oregano, mint, lemon balm, parsley, dill, fennel, rosemary, chives, dill, etc.

Start out with a handful of salad in your first smoothie and then slowly increase the amount of greens over the next couple of weeks. Too many blended greens in the beginning may cause a lot of detox but if you increase the amount gradually it will not be as bad. Later a green smoothie can be e.g. 1 1/2 litre with 100-300 grams of leafy greens or more.

Make sure to get a minimum of 200 - 500 grams of greens every day either in salads or smoothies and make sure to alter regularly between the different types. If you get too much of one type it may start to taste bad.

## THE GOOD GREEN SMOOTHIE

A good green smoothie is blended perfectly so there are no lumps in it. Do not mix oils/ fats/ nuts/ milk/ syrup or vegetables in a green smoothie - it contains only fruit, leafy greens and water. Nothing else. And the last tip is to not mix green and red colours because it gives it an unattractive brown colour.

# BEGINNER RECIPES

Green smoothies are blended in a blender at high speed and you should add water accordingly to your own taste. You will quickly find your own favourites and if you do not have the things I suggest, try to replace them with something similar.

The smoothies below are for beginners and contain low amounts of leafy greens. In time you should increase the amounts and also the amounts of fruit from e.g. 4-6 bananas to 8-10 bananas in each smoothie.

1/3 of a pineapple  
2 bananas  
1 apple  
1 handful of baby spinach  
water

4-6 bananas  
1 handful of rocket green  
the juice of 1/2 a lemon  
water

4-6 bananas  
1 handful of ground elder  
some fresh lemon balm  
water

1 cup of strawberries  
3-5 bananas  
1 handful of stinging nettles  
some water

3-4 pears  
5 pitted dates  
1 handful of parsley  
water

1/2 honeydew melon  
1 handful of field salad  
some fresh mint leaves  
some water

1/3 of a pineapple  
1 mango  
1 handful of kale  
some fresh parsley  
water



# ONE WEEK MEAL PLAN

## WHAT TO EAT IN A WEEK

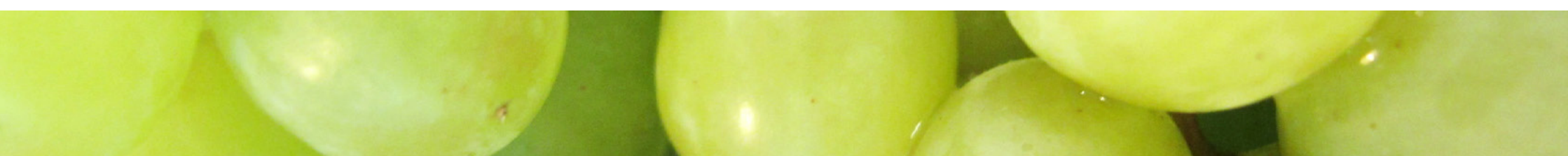
It is quite difficult to make a meal plan that will fit everyone because I don't know which country you live in, what is in season there or how many calories you need. So the meal plan on this page is only a suggestion based on what beginners could eat in Northern Europe. If there is something you either do not like or cannot get hold of feel free to replace it with something else.

Because I don't know how many calories you need you will have to adjust the amounts yourself too, e.g. some people can eat four mangos while others need six or eight to meet their calorie target for a meal. I suggest you type everything you eat into [www.cronometer.com](http://www.cronometer.com) the first week in order to get a rough idea of how much you need. In the beginning you will most likely have to eat 4 times a day and make a lot of smoothies to get enough calories but later you should be able to cut it down to 3 meals a day and fewer smoothies.

## FOOD COMBINING

It is quite normal to get an upset stomach in the beginning but if you suffer from digestive issues in general you should look into what is called food combining. This meal plan and my recipes do not take food combining into consideration, but you can find more information if you search online.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Smoothie: mangos, strawberries, peaches, water	Water melon	Papayas	Honeydew melons	Mangos	Green smoothie: strawberries, bananas, bok choi, water	Grapes or kiwis
PRE-LUNCH	Galia melons	Green smoothie: bananas, baby spinach, fresh basil, water	Green smoothie: bananas, blueberries, baby spinach, fresh basil, water	Datorade: Blend pitted dates, cinnamon and water at a high speed	Green smoothie: bananas, rocket green, lemon, water	Peaches or nectarines	Green smoothie: mangos, iceberg lettuce, parsley, water
LUNCH	Green smoothie: pineapple, bananas, kale, parsley, water	Green smoothie: honeydew, melon, soft lettuce, fresh mint	Tomato/ mango salad: tomatoes, zucchini, fresh oregano, diced mangos	Green smoothie: pears, fresh mint, romaine lettuce, dates, water	Salad: tomatoes, mangos, cilantro, rocket green, dates	Green smoothie: bananas, romaine lettuce, fresh lemon melissa, water	Plums or mangos
EVENING	1. Cold soup: mangos, tomatoes, spring onion, sun dried tomato, parsley, water 2. Papayas filled with berries	1. Tangerines 2. Large salad: tomatoes, baby spinach, soft lettuce, cucumber, mango, fresh lemon melissa, pine seeds, lime juice	1. Fruit salad: Oranges, tangerines, grape fruit, raspberries, dates or raisins 2. Persimmons (also called kaki or sharon)	1. Mangos 2. Wraps: tomatoes, red bell pepper, 1/2 an avocado, 10 pine seeds, fresh basil, celery, corn, lemon melissa. Chop and place the mix on iceberg lettuce leaves.	1. Green smoothie: pineapple, bananas, apple, soft lettuce 2. 1/2 an avocado with lime or lemon or a small handful of nuts.	1. Cold soup: mango, tomatoes, sundried tomato, dates, fresh basil, spring onion, red bell pepper, water 2. Fruit salad of fresh berries	1. Wraps: Wrap iceberg lettuce around bananas and sprinkle with fresh parsley 2. Banana ice cream: blend frozen slices of bananas with cinnamon or vanilla (use food processor).



# AVOID DEFICIENCIES

## PROTEINS

As I mentioned earlier, there are proteins and amino acids in almost everything. This means that as long as you eat enough calories you should not have reason to worry, especially if you get a lot of leafy greens in green smoothies every day. Peas, seeds and nuts are also good sources of protein.

Do you need protein from meat to build muscle? Not if you look at the gorillas and the chimpanzees, which primarily live on fruits and vegetables. There are also countless examples of people on this diet who easily build big muscles and train as top athletes.

## OMEGAS

You can find both omega 3 and 6 in various fruits and vegetables but they contain smaller quantities than for example fish. I personally believe that it is the ratio between omega 3 and 6 and not the quantity of them that is important for the body. A western diet is very high in omega 6 and therefore people add high amounts of omega 3. When you eat fruits and vegetables the ratio of omega 3 to 6 is naturally much better and there shouldn't be a need to supplement. If you eat a vari-

ety of fruits, leafy greens and vegetables every day including some seeds, nuts, avocado, coconut or durian every now and then you should get the omegas you need. Personally I find that the less overt fat I get, the better I feel. If I get too much I get tired, unclear and bloated.

## CALCIUM

Leafy greens and especially dark green leaves contain calcium and so do seeds and nuts. In comparison both spinach, kale, parsley, celery leaves, dandelion leaves, nuts and flaxseed have more calcium than semi-skimmed and whole milk per 100 grams (according to [www.foodcomp.dk](http://www.foodcomp.dk) 2014). If you eat a lot of vegetables, leafy greens and occasionally some seeds and nuts you will easily be able to meet your need for calcium.

## IRON

As a raw vegan you will primarily get iron from seeds, nuts, leafy greens and vegetables. Vitamin C makes iron easier for the body to absorb and because you get a lot of vitamin C from fruit there shouldn't be a reason to supplement. Just remember to eat a lot of leafy greens and vegetables besides the fruit.

## VITAMIN D

Vitamin D is an important vitamin that you may want to supplement with too. Normally we get our vitamin D from either the sun or things like fish and eggs but even people who eat these things can get vitamin D deficiencies. Therefore, if you don't get sun for several months each winter I recommend you take a supplement of preferably vitamin D3 and not D2.

## SUPPLEMENTS

If you look at the food pyramid the area with fruits, greens and vegetables is the one that contains the most different vitamins and minerals. They are complete nutritional bundles with both water, vitamins, minerals, antioxidants, enzymes, coenzymes, fibre, proteins, carbohydrates and fat, all packed in small packages perfectly made for us. No pill can do it better than nature so there should be no need to take other supplements besides B12 and possibly vitamin D.



# THE HEALTHY LIFESTYLE



## THE LAWS OF NATURE

The lifestyle I have lived since 2009 is a lifestyle whereby you live as naturally and healthily as possible. It is a lifestyle following the rules of nature in harmony with the body. It has to do with common areas like sleep, water, exercise, relaxation, air, mental attitude and sunshine and all of these areas are equally as important as the diet, if you want to achieve optimum health.

## SLEEP

Close to the equator where the human species originated, it is dark on average 12 hours a day. The body's hormonal clock is set to sleep when it is dark and it is in your sleep that you recharge and regenerate the most. Therefore go to bed before 10 pm (the hours before midnight are the best) and sleep as long as possible. 8-10 hours every night is a minimum and preferably more. It is important to sleep in a dark room and when you wake up refreshed and energised without an alarm clock, you have had enough sleep.

## RELAXATION AND RECREATION

Avoid every kind of stress even if you have to make radical changes in your life. Your health is the most important thing you have and without it you cannot be there for others or yourself. Create relaxed and recreational surroundings and choose to rest, play, enjoy and be creative. Spent time with people who make you happy and avoid those who drain you. Love, physical contact, security and care is essential for your body.

## EXERCISE

We were designed to move and exercise enables the circulation of waste products in the lymph and blood. You should exercise at least 3-4 times a week if your energy and health allows it. A good long walk every day can also do wonders. If you are very sick and tired you should of course listen to your body and wait until you feel better. If you are very tired then sleep as much as you can instead.

## FRESH AIR

The body uses energy to detoxify all sorts of contamination in both our surroundings, our food, our water and the air we breathe. So try to avoid pollution as much as possible. Get fresh air by being outside and open the windows as often as you can. If you leave a window open at night it will also improve your sleep significantly.

## WATER

It is important to drink enough water especially when the body is in detox and repair mode. You will know you have drunk enough when your urine is clear or very pale yellow (morning urine will always have more colour). If possible you should also filter your water and avoid unhealthy plastic bottles.

## SUNSHINE

Sunshine is more important than you might think and 15-30 minutes of direct sunlight each day is a must. This can be difficult to practice in cold countries during the winter so go on sunny holidays if you can. If not take vitamin D supplements or use a 'day light lamp'.

## POSITIVE THINKING

A positive outlook on life and positive thinking in general can do wonders for your health. Get rid of old negative beliefs and choose to focus more on the good things in your life. Do daily visualisations of the end result you want.



# CHALLENGES

## THE DETOX PROCESS

When you change your diet and lifestyle you may experience some unwanted detox symptoms in the beginning. They come because your body is cleaning up and is getting used to the new diet.

These symptoms will vary from person to person and can be anything from headaches, fatigue, minor infections, upset stomach, rashes, excess mucus, colds, flus, hair loss, overwhelming emotions, dental problems, to old issues that flare up again for a while before they disappear.

Don't worry if you experience some of these. It is a normal part of the repair process and you don't need to do anything about it. Of course you should make sure that it is not caused by things like a lack of calories, dehydration, B12 deficiency or vitamin D deficiency and always consult your doctor if you are worried, but most things will just be normal detox symptoms.

The length and intensity of the detox period will vary according to your general state of health and how well you stick to the diet. Some people only experience a few days of detox while others may have months. Some don't experience any at all and the best prevention is to transition gradually into the diet.

How long it takes to get well also varies from person to person but just remember that this method is not a quick fix. Imagine that you have spent maybe 20 years tearing your body down and now you start to rebuild it slowly cell by cell. This takes time and can take anything from weeks or months, to perhaps even years. The good thing is that a lot more can be repaired than you may think and patience and consistency is the key. In time your energy, your mood and your skin may also improve and it can really be worth the wait.

## DENTAL CARE

A fruit based diet can be rough on your teeth and if you used to get a lot of cavities on your old diet you may also get it on this diet. Therefore rinse your mouth in water after each fruit meal and brush your teeth carefully at least once a day but not the first hours after your meal. Remember to floss carefully and avoid toothpaste with flour and other chemicals. You may want to try tooth soap which doesn't contain glycerine and a Waterpik which is a great way to avoid cavities between your teeth.



## CRAVINGS

Sometimes you may crave your old food and this is quite normal. Especially things like cheese, chocolate, white bread, potato chips, fried food, rice, pasta, salt and strong spices can be very addictive. Here is some good advice on how to deal with cravings:

1. Eat a lot of salad and vegetables so you get lots of minerals. Daily green smoothies are a great way to get a lot of greens.
2. Make sure to get enough calories from fruit and try and have a full stomach before you go shopping or out for dinner.
3. Prepare a route through the supermarket so that you don't come across the tempting shelves.
4. Make a list of reasons why you eat this way and describe your end goals. Keep it in your wallet or your handbag and read it whenever you are tempted.
5. Always have some fruit with you and if you can't help eating something else then at least eat some fruit before that something. Often the desire disappears after the fruit.

## ENOUGH CALORIES

Fruits and vegetables contain a lot more water than the cooked food you previously ate and therefore your new meal portions will look considerably larger. This means that you volume wise will have to eat a lot more than you are used to and in order to do so you will have to extend and adjust your stomach. The trick is to eat a bit more than you can in each fruit/vegetable meal in the beginning and you may also need to eat 4-5 times a day until your body has adjusted. If you lose weight (and don't need to) you are getting too few calories and if you gain weight you are getting too many. Blending and juicing may be a good way to get enough calories in the beginning.



## FAMILY AND FRIENDS

Your new way of living and eating can be difficult for your friends and family to accept. Tell them that it is an experiment you are doing for a little while in order to improve your health and that you need their help and support.

You can also tell them that you want to give it a chance because you heard that other people had a lot of success with it. Give them the address for my website [www.fruitylou.com](http://www.fruitylou.com) and let them watch some of the success videos to understand what you mean. You can also reassure them that you cannot be harmed by eating fruits and vegetables for a few months and that those two things contain the highest amounts of vitamins and minerals and even proteins.

In time when you feel better it will be easier for them to accept and understand your choice and you can continue to eat this way if you like it.

## SOCIAL SITUATIONS

It can be a challenge to eat out with other people e.g. at work, in school or at social dinners so here are some suggestions. For work and school the easiest thing is to bring your own food. For social dinners you can also bring your own or make a smoothie that you can drink every now and then. Another option is to ask the host for the menu beforehand or ask if you can bring a large salad. He or she may even offer to make one for you and then just make sure to eat a lot of fruit before you go there. A final option is to make an exception that evening and eat the cooked vegan and low fat part of what ever is being served. This could be things like potatoes, boiled vegetables and rice etc.

People tend to get a bad conscience when they eat next to someone who has a super healthy diet and this can cause some quite annoying comments. The best response is to tell them that what they are eating looks really delicious and that you are only doing this diet because of your health or fitness goals.

You may also want to practise some replies to some of the classic questions about e.g. proteins, calcium, iron and fruit sugar because you will most likely get them.

In general I recommend that you don't talk too much about your diet unless people ask. Most people are put off by missionaries who they think want to change them, and it is much more productive to just be a thriving, healthy and happy example. In time people will naturally get curious about what you are doing and ask you. That is the right time to tell them more about it.

## RESTAURANTS

It should be possible to find something on the menu in most restaurants that you can eat, e.g. a salad, a fruit dessert, a smoothie or maybe some freshly squeezed orange juice.

If there is absolute nothing for you then explain to the waiter that you are on a special diet and can only eat raw fruits, vegetables and salad. Most places are

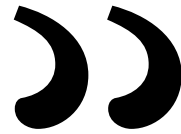
happy to make something special for you but just remember to say without dressings, oils, vinegar, spices etc. Let them know that simple and plain is fine.

Another option is to scout the menu for raw or vegan side dishes and then have a meal made out of them. Asian restaurants or even steak houses with a large salad buffet can sometimes have amazing options when it comes to fruits, vegetables and salads so they can be a good choice.

# RAW FOOD AND SOCIALISING



# MORE TIPS



## CHEMICALS

If you really want to help your body you should also remove all chemicals in your surroundings too. Use organic and healthy body care products (deodorant, creams, shampoo, make up, toothpaste, washing detergent etc.) and use as little as you possibly can. Also avoid things that may contain hormone-disrupting compounds like soft plastic, e.g. cling film. Another problematic food is soy as it can affect your hormones.

## STIMULI

Your body would also appreciate if you got rid of all stimulants like alcohol, caffeine (black tea and coffee), tobacco and even sodas and energy drinks with refined sugar and caffeine in them. It is also highly recommended that you exclude things that you are most likely addicted to like white bread, cheese, salt and chocolate. In the beginning you may experience withdrawal symptoms and cravings but doing this is incredible important if you want to get well in the long run.

## YOUR ATTITUDE

It can be hard to change your diet because the old diet is so addictive, comforting and well known. But if you are not feeling well a change of diet can be a small price to pay compared to what it can give you health wise.

Don't think of the diet as if you are losing something in your life, but instead look at it as if you are adding something new and good into your life. In a relatively short time your taste buds will change and you will start to appreciate the new foods and maybe even crave them. Also waking up fresh and happy in the morning makes it worthwhile in the long run.

The good thing about this way of improving your health is that you don't need to know what is wrong in your body. Your body already knows and it will most likely start the repair wherever it is needed the most and work its way down according to urgency. Your job is to remove toxic elements from your food and surroundings, add a healthy diet and lifestyle and do whatever you can to be calm and positive and not to stress and worry. There is nothing your body wants more than to keep you clean and healthy and it will do everything it can if you will allow it.



## DISCLAIMER

*Finally I want to remind you that I'm not a doctor or a dietician but just an ordinary person who has cured herself. My knowledge comes from my own experience and that of others I have met and the healing process will vary from person to person.*

*Therefore I have to write this disclaimer that this e-book is not intended to diagnose, treat, cure or prevent any disease and that I hold no legal responsibility if you choose to follow my suggestions. If you suffer from any disease that requires medical treatment you should always consult your doctor and in general seek medical assistance if you find it necessary.*

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# GET PERSONAL COACHING

## A FINAL WORD

My own results have been extraordinary and I hope that you too will find your path to the great health benefits that I have benefited from. If you choose to give this diet and lifestyle a try you should know within a month or two if it is something you would like to continue or not. Personally I believe that the body possesses the best healing power there is and that no doctor, pill or supplement can do it better.

## COACHING

If you would like to get more in depth help and information I'm happy to help you get started. I'm a certified life and business coach and I offer personal coaching and support online via Skype.

In my coaching I will be able to help you with strategies for transitioning, shopping, food preparation, cravings and socialising, but it can also be mental training or questions related to your specific

health situation. If you would like to book a consultation please send me an e-mail at [louise@fruitylou.com](mailto:louise@fruitylou.com) or read more about it on my webpage: [www.fruitylou.com/coaching](http://www.fruitylou.com/coaching)

Fruity greetings  
Louise Koch

## LINKS

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Fresh Food Festival (in Denmark):  
[www.freshfoodfestival.com](http://www.freshfoodfestival.com)



My books are available in Danish from [www.saxo.com](http://www.saxo.com) but will also be available in English in the future.

