

10 SURE SHOT
WAYS TO DRASTICALLY
IMPROVE YOUR HEALTH
CHRIS KENDALL

R H N, 100% RAW & TRANSITIONAL
LIFESTYLE COACH
www.the-raw-advantage.com



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Published by: Chris Kendall
411 Candle Place,
Saskatoon, Saskatchewan
S7K5A8
www.the-raw-advantage.com

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Registered Holistic Nutritionist offering raw food lifestyle coaching and transitional lifestyle coaching. Learn how to increase your wellness in all aspects, from easy weight management, increased athletic performance, enviable well being, superior resistance to colds and disease (I have not been sick in over 10 years) with increased spiritual, mental, and emotional poise. We live in a time where disease of the body and mind is rampant, misinformation is widespread without conscience, and the almighty dollar is above all. I can show you how to regain your God given natural state of pristine health, youthful vitality, and the security of lifelong wellness through improved diet and lifestyle. Live free and happy without reliance on costly and dangerous pills, drugs, vitamins, “superfoods” or surgery.

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Consume More Fresh, Ripe, Raw, Organic Fruits & Vegetables Every Day

Everyone seems to know this, but lots of people have a hard time getting the goods into their bodies. It's no secret that fruits and vegetables (specifically all fruits and tender young greens / celery and fruit veggies – tomato, cucumber, zucchini ect.) are the best of health foods, but not everyone knows that they are the absolute best food for us hands down.

Fruits and veggies contain absolutely everything we need in the proper ratios for perfect health; no other foods naturally match our specific nutrient and hydration needs. The fact is raw fruits and vegetables are unbeatable in the highest quality and the most easily digestible macro-nutrients (proteins, carbohydrates, fats, water) micro-nutrients (vitamins and minerals) as well as being the best sources of electrolytes, phytonutrients, enzymes, and antioxidants. Fruits contain the highest vitamin content of any food, are second in minerals, and veggies rank first in minerals, while second in vitamins. It's common sense, eat more of these nutritionally satisfying optimal foods everyday and experience leaps and bounds in your health goals. Often I have heard "fruit doesn't agree with

me", or "it gives me the runs!" With neither is the fruit to blame, but rather poor eating practices and digestive disfunction. Commonly fruits are seen as a snack or dessert, this relationship with fruit has given them with some a bad rap.

Fruits digest very easily and quickly, because of this when eaten with or after other foods (except similar fruits, and tender leafy greens and celery) they ferment causing bloating, toxins, and a host of digestive problems (more on this and food combining in my upcoming book).

Antacids, digestive aids, and surgery are big business, is it any wonder why the medical establishment doesn't give much credence to good digestion through nutrition and proper food combining? The vast majority of people have a compromised digestive system that starts from infancy and only gets worse as it compounds over time with an array of bad habits that commonly increase.

Fruit should always be eaten on an empty stomach, in fact the easiest way to get more raw food in is to simply eat fruit for breakfast and start

other meals with as much fruit and/or salad (hold the oily/vinegar dressings, try making your own by blending any acid fruit with celery, tomato and/or any herb for flavor and variety). Once comfortable with that you can start having a raw lunch and eventually a full raw day, try one a week, or more. Of course you can go at your own pace increasing the amounts of fresh ripe raw foods in your diet, the simple truth is, the closer you get to filling all your caloric needs the better.

I myself and many others I know simply decided one day to go 100% raw for a week to a month, this in my opinion is the most positive life changing decision anyone can make. For most people starting with a large fruit breakfast (wait till hunger, if you ate late at night or had a complex meal this could take a while) is a huge step and will reward you with noticeable health benefits.

It's almost impossible to over eat fruit, simply eat as much as you desire and then have one more piece, eventually you will become proficient at eating full meals of fruit that will leave you satisfied for hours.

Reduce Your Fat Intake To 10-15% Maximum On Average During The Week / Month

Fat, fat, fat, what a bad rap fat gets. On average North Americans get 35 - 45% of their calories from fat, and most often from cooked, fried, bottled, hydrogenated, rancid sources. Cooked fats are carcinogenic, this isn't good to put it lightly. The average "high protein" raw foodist get 45 - 65% of their calories from fats, actually being "high fat".

Regardless of what kind of fat, eating it in excess results in many predictable and undeniable health problems. From fatigue, poor complexion, candida, blood sugar problems, decreased immune function, poor circulation, and compromised digestion which paves the way to type 2 diabetes and virtually all of today's degenerative disease's.

If you really want to become a healthier, happier person, decrease the fatty foods (especially all cooked, bottled, fried, junk food sources). Increase fruits, veggies and in small amounts avocado's, nuts and seeds.

Percentages??!! How do I determine this? There are free programs on the internet such as www.fitday.com and

www.nutridiary.com that offer complete calorie and nutrient breakdowns. It's simple, you put in your foods for the day and presto all the information you could ask for. I use fitday myself just for easy average calorie and nutrient information, neither program is 100% right on, and over time your body becomes the best indicator. It's interesting to note that when you eat exclusively fruits and vegetables without any "overt fats" (avocado, nuts, seeds, fatty fruit, or *meat and *dairy which I don't recommend), your rough fat intake is 3-8 %, more than adequate, containing all the essential fatty acids in proper ratios necessary for optimal health.

Adding a few fatty meals a week at dinner is the easiest way to enjoy raw fats and still stay under the recommended 10 - 15% max. Some examples may be adding a small avocado to a salad dressing, or in chunks, and the same for a small handful of nuts and seeds. Any acidic fruit blended with any raw fat is a great dressing, try adding bell peppers, celery and/or herbs for great flavour. Raw soups and smoothies are also an excellent way

to increase your percentage of greens, and enjoy some raw fats too. A simple raw soup could be an orange, a few tomatoes, some red pepper and a big hand-full of spinach. Blend most and leave some in chunks, this really is great and tasty after a nice 1st course of acid or sub acid fruits.

You may feel adventurous and try some fatty fruits such as the "Durian" the almighty "King of Fruits". If you travel to or live in a tropical or sub tropical location you may also want to find and try any of the other tropical fatty fruits, they can be a real treat. Raw unaltered fats are hands down much better than any cooked, bottled, processed, "natural" fat sources. All raw food in its whole ripe raw form contains all the cofactors needed for proper digestion and assimilation and should constitute the majority if not entirety of the diet for optimal health.

Make Sure You Eat Enough To Meet Your Caloric Needs

One common issue when starting to consume more raw foods is not getting enough calories, or rather not eating enough fruit. Fruit and veggies offer much more viable nutrients per calorie than cooked foods, but less calories. This means you have to eat a larger volume of raw food than you would cooked. For most people this isn't a problem, as fruits and veggies can be juicy, sweet, sour, crunchy, creamy, salty or savoury, very satisfying and quick and easy to prepare. It's interesting to note that every cell in our bodies run off simple sugars (fructose and/or glucose, found in fruits), anything we eat must be converted into these, often with much wasted energy while developing toxic residues, unless of course you simply eat fruit and greens.

The most common problem arises when you under consume fruit calories in the day, and invariably crave other foods later in that day. This most often leads to over eating of fats or cooked carbohydrates. Realistically a few pieces of fruit here and there isn't really going to hold you over, the average piece of fruit contains 40-60 calories, with the average banana around 100. Veggies

are even lower with a large head of romaine at 100 and a medium tomato at 35. Once again fitday or nutridairy or any similar program can be helpful in making sure you are getting enough in while you learn to gage the volumes needed for each fruit and meal. A basic caloric estimate can come from your ideal body weight, for example if your ideal lean fit body weight is 150 lb, then approximately 1500 calories should be the minimum you would eat. For most cases unless you lay down all day (which isn't health promoting unless on a fast, or recovering from illness or injury) adding 500 to 1000+ extra calories for exercise and other activity should be your aim. On average most women require around 2000 calories, and most men 2500 - 3000, of course depending on size, activity level, and other factors.

An average low fat raw foodist with time and practice has no problem consuming half or more of his/her daily caloric needs in one big sweet meal. I for instance commonly consume 12 - 18 bananas (or the equivalent in any sweet fruit) for a large lunch, and honestly it has become one of my favourite meals. Most often I eat 2 - 3 large meals a

day depending on activity and the specific fruits I have, typically my last meal is followed with a large salad. Commonly when people begin to increase the percentage of raw foods in their diet they enjoy 3 - 5 fruit meals a day until they learn to eat higher volumes. Any fruit meal can be followed or accompanied by fresh young tender greens and or celery.

Our poor taste buds and bodies are ravaged by a range of chemicals, stimulants, salts, vinegar's, harsh spices, and various other factors that deaden our ability to enjoy the subtler flavours of raw fruits and veggies. The great thing is within days to weeks of dropping the factors above our taste buds' sensitivity is heightened, bringing a whole new level of enjoyment into raw foods. Give this a simple trial, and enjoy the multitude of positive changes in all aspects of your life.

Learn About Food Combining

In today's society little to no attention is given to the hap-hazard ways we mix and ingest together many different things (I hesitate to call them all foods). I myself used to be called the "garberator" and boast I could eat anything, all to my own detriment. A vast array of indigestion pills, antacids, and even surgery's are all bent at curbing digestive discomfort.

This is huge business, one that produces millions of dollars annually while only subduing symptoms and ignoring the underlying truths and real damage to our health. This all starts early on in childhood when foods we were never meant to eat, and combinations that at best pollute us while yielding very little real nutrition are the norm. Is there any wonder diarrhoea and constant burp-ups, or puking result? With time the body's natural reactions are diminished, later when overloaded, heartburn becomes common. Eventually other discomforts arise which are more advanced warning signs that we are in trouble and brewing much more serious conditions. With innate wisdom the digestive system builds a layer of mucous to help protect itself from the toxins produced from the resulting

fermentation and putrefaction (rotting) inside our bodies. Unfortunately this also means reduced ability to absorb nutrients from our food and indeed plays a huge factor in our general poor health, and in turn common disease's today.

Food combining is really simple digestive chemistry, one that can be proven and has been countless times with personal testimony and simple trial.

Simply employing these guidelines themselves can have a vast impact on your health, greatly reducing your toxic load and improving digestive ability. I shall dedicate a whole chapter in my upcoming book (The Raw Advantage) to food combining, but for now offer the most important straight forward rules, or rather tools.

1. Enjoy fruit alone on an empty stomach, or at the beginning of a meal. You may combine a few similar fruits (sweet with sweet or sub-acid, acid with acid or with sub-acid, but not acid with sweet)
2. Melons are best consumed alone, with other melons, and for most ok with acid or sub-acid fruits.

3. Enjoy raw fats with greens and non starchy vegetables along with acid fruits and tomatoes, not with proteins, starch, and especially not with sweet fruits.

4. If you eat cooked starchy foods enjoy with greens and vegetables, not with sweets, proteins, vinegar's, or acidic fruits.

5. Any concentrated protein optimally should be eaten with an abundance of raw non starchy vegetables and/or acid fruits, not with starches, or sweet fruits.

6. Lettuce and celery combine with everything.

Simpler meals are much better, and with practice much more enjoyable, eliminating any discomfort and toxicity. Perfect digestion and assimilation are only part of the results increased energy, mental clarity, immune function and general health ain't a little perk. The mono meal is ideal and practised by every animal in nature, one food at a time when hungry till full ensures superior digestion every time and couldn't be simpler.

Get A Good Nights Sleep, Make It A Priority

We are busier than ever today, running here and there, multi-tasking non stop and most of us chronically under-sleep. It's normal today to take a vast array of health destroying stimulants to keep us going, coffee, cigarettes, pills, and wasted money on energy bars and drinks all in reality create a bigger and bigger energy deficit. Sleeping disorders often result, compounding the problem and increasing stress, which by the way has as much impact on health as any other single factor, even diet. We develop habits of staying up too late, eating right before bed, and waking feeling drugged. Many people claim they couldn't get through their day without their morning cup of Joe, all the while worsening the problem and acidifying their bodies.

Sleep is crucial to good health, on average this means 8 – 12+ hours a night depending on your specific needs. People who strength train or serious athletes need more as the vast majority of regeneration and repair occurs during sleep. During times of diminished vitality, emotional distress, or any great physical, mental, or spiritual stress we would do well to get as much sleep as we desire.

How much sleep should you aim for? Simply as much as you feel the need for, it's that easy. Try going to bed earlier and earlier until you wake up feeling alert and ready to jump out of bed. It's best to wake without an alarm if you can, and if you wake feeling tired go back to sleep. Often when we start to give ourselves a real rest we find we are much more tired and worn out than we thought.

Most of us simply put priority on other things instead of our need for adequate sleep. The attitude that there isn't enough time to do everything often prevails, and because of this our sleep and eating habits often get left in the dust. One must realize that through better sleeping and eating habits you are left with more clarity, energy, optimism, and in turn productivity. Once you start putting priority to your body's actual needs, there's more than a few, you will be rewarded in dividends. Be easy with yourself and enjoy getting more sleep for a number of days, weeks, and months until it's habit and that cup of Joe or energy drink no longer has any need.

Get Some Exercise Everyday

With technological advances, busy lifestyles, and poor food choices, we as a nation are less active than ever. Obesity, disease, and lethargy are seen at younger and younger ages all the time. Cancer and heart disease used to be an older persons disease, this isn't the case nowadays. With all these "advances" you would think we would be seeing the opposite, but the truth is, there is NO substitution for exercise and a healthy diet. We are designed to move, to play, and exert ourselves physically and mentally. There just isn't any way around it, if you truly want to be healthy you should really find some exercise program or activity that you like, that is the surest way of sticking to it.

If you dislike weights don't use them, go for a walk, enjoy biking, rock climbing, skateboarding, whatever as long as you enjoy what you're doing and it challenges you. That's the secret, challenge yourself physically and mentally as often as you can and you will really see vast improvements in all aspects of wellness and fitness. Vigorous exercise releases growth and happiness hormones keeping you happy, healthy, and younger looking and feeling. Work yourself to a sweat,

go for that little bit more till you feel the workout. If you connect results with activities, and enjoy seeing progress you may really start to enjoy strength training, martial arts, yoga, tai chi or any other number of activities.

Often when people picture exercise they think of doing a million sit-ups and push-ups, or going to the gym all day being really bored, it really doesn't have to be so. Sure those are great exercises but if you don't enjoy them, or aren't motivated to do them you probably won't, so what use are they to you? The best and most amazing thing is when you start making your health and fitness a priority you actually start wanting to exercise, to feel the youthful joy of moving your body freely without pain. Sure it may take some time to creep up on you depending on your starting point, but before you know it, you will see your activities and exercise as the best part of the day. Exercise really lifts your spirits up, gives a sense of accomplishment, improves digestion, assimilation, and all bodily processes. If you are already fit, jump in try new things and enjoy old ones you used to love. If you're just starting an exercise regime, take it slow, by just starting

with 15 minutes a day and increasing from there you will see your over all fitness and endurance improve vastly. Play, yes enjoy yourself, don't take exercise so seriously, we increase wellness with youthful optimism. Put on your favourite music and dance around! Variety and enthusiasm is paramount in well rounded fitness, doing only one kind of any activity promotes unbalanced training and makes you more prone to injury. Enjoy as many activities over the long term as you can, switch it up every once in a while it keeps it challenging and interesting.

It's important to note that the best training often is done on an empty stomach, and the best recovery food after a good workout is... you guessed it, fresh juicy raw fruit. You can actually cut your recovery time in half just by enjoying fruit within 2 hours of your workout as uptake of sugar is optimal during this window. Most people find it optimal to enjoy their most vigorous exercise before their largest fruit meal of the day.

Have A Healthy Outlook & Love With Abandon

Have you ever noticed how some people just seem to get away with everything that is “bad” for us but seem to be happy and healthy all the time? Some say genetics, others luck, in truth it’s most probably a combination of a positive mental state, genetics, and other lifestyle factors. That said, never underestimate the power of a healthy outlook and positive attitude, it’s that which will keep you going and striving for excellence rather than laying in the wayside.

It’s true that when you smile the whole world smiles at you, and same for the reverse, the frown or the pout. If you truly believe it’s you against the world, you’re probably not going to have an easy go here. Sure we all have hard times, and in some peoples minds it’s not even healthy to be happy all the time (too bad for them), but an overall positive attitude brings you nothing less than huge benefits.

The chronic worrier usually has many other chronic problems, it’s no coincidence. Every cell in your body responds to your mood and/or energy, if your mood is light and positive you only increase your potential to be so. We really take for granted the power of

our thoughts and words, they can most definitely be uplifting or poisonous to ourselves and others. The grumpy guss who always declares doom and gloom really projects his surroundings around him, as does the happy hippie float with ease. Some people will dismiss this all as nonsense, and a hrumpf, it’s too bad because it’s most easily proven with a simple change of perspective. This energy and attitude has a huge impact on relationships as well. We all know people who naturally make us feel good, and others who can seemingly suck our energy.

Much stems from our own insecurities and fear of rejection, this can be projected upon others just as love and ease can. The person who has overcome these personal barriers perhaps by letting go of fear with a loving heart is able to help others to feel uplifted simply with their presence or with a shining smile filled with joy.

We can learn so much from a baby’s smile and laugh, from children’s care free attitude, easy loving, and optimism. Share this mentality, let your joy, enthusiasm, and love spill

forth. Revel in this amazingly diverse world we live in and share your love with others as much as you can. It may not be easy all the time, but give all you are and you will too receive when in need. Unselfishly loving others and helping those in need creates much harmony in our hearts, it makes it hard not to smile and gives purpose.

Leave judgements to others, and don’t let others judgements effect you, it truly is your choice and what a powerful choice it is. It’s the valleys that give the mountains such heights, just as our lows can put into focus the blessings of our highs. Just as all is clear on a mountaintop, so can it be in our mind when we learn to know this is true.

Get Some Sun

It's no wonder why cultures of the past worshipped the sun, it is truly the giver of life as we know it. We truly need to take sun for not only optimal health but health in general. Seasonal Affective Disorder, or SAD is a very real condition caused by a lack of getting sunlight on the skin and in the eyes during long winter months in many locations. Our natural source of vitamin D comes from the sun, on average getting 15 minutes of sun on our bare skin per day, while avoiding midday, is adequate. An easy trick is if you have no, or very little shadow you probably shouldn't be in the sun too long with exposed skin, especially if your quick to burn. Vitamin D is critical to the proper formation of the skeletal structure and to healthy immune system function. One of its main purposes is to maintain blood levels of calcium in the correct, normal range and to help the body to absorb more calcium from food as needed.

Most people believe sunscreen is good for them, this couldn't be farther from the truth. The vast majority of sunscreens have a multitude of chemicals in them that you really don't want blocking your pores, in fact your more likely to get cancer this way.

These creams contain some of the most powerful free radical generators known, which are activated by ultraviolet light. As if that isn't enough, the chemical compounds in sunscreens have been found to accumulate in body fats and in breast milk, partially because they mimic the effects of estrogen. This can induce undesirable hormonal changes including serious problems in sexual development, adult sexual function, and may further increase cancer risks. These are but a titbit of the many health dangers associated with sunscreen.

The best and most natural way to take sun is simple, work up to it, and by doing so avoid burning. Wear loose fully covering clothing if you have enough sun, and stay incomparably healthy and hydrated by eating a high raw or 100% raw diet. Just by eating a high raw or especially 100% raw diet you will find your skin is more soft and youthful, takes sun much better, while retaining it longer. We are meant to take sun without creams and chemicals being baked in, don't let the marketing of sunscreen scare you into their dangerous cancer promoting products.

Research the dangers of sunscreen yourself, they don't only apply to humans. Chemicals in sunscreens have been shown to bleach and destroy coral reefs with even the most minute amounts present. Coral reefs play a huge factor in our ecosystem to put it lightly, in honesty as they disappear the whole food chain changes with wide spread devastating ramifications. This is of huge concern, and should be taken seriously, I highly encourage everyone to research it and educate themselves.

The simple truth is you and the environment are much safer without these creams. Use common sense with the sun and cover up if you need to, tan in intervals without burning, and eat a predominately raw diet. If you follow these guidelines you have nothing to worry about, and much to gain from healthful sun exposure.

Eat More Organic

Organic food is becoming more and more available and popular, for this there is good reason. Many people believe that there isn't much of a difference and will shun organics because of a slightly higher price. This is unfortunate because it's a fact that quality organic produce not only is much better for us, but for the environment and the future of our food supply. Most food simply tastes better when organically grown, compare celery, bananas, apples, well virtually everything.

While not all organic produce is created equally, the average is still much better than the average conventionally grown produce. Vitamin and mineral content is on average much higher while decreasing the amount of dangerous chemicals we and our environment are exposed to.

I find it sadly laughable that we have been duped into calling a highly health and environmentally destroying practice of spraying a vast array of poisons on our food supply "conventional". This practice has just over a half a decade of application compared to thousands of years of following nature with sustainable organic

farming. Did you know chemical fertilizers and pesticides popped up after the end of the 2nd world war, and that some of the very companies that produced chemicals for killing cleverly found a way to use their excess's and waste products? Chemicals banned in north America have been sold cheaply to other countries, at times applied and shipped right back in. The FDA has recently been granted the ability to use radiation (irradiation) on all produce without labelling, this is marketed as a means to help us from contamination. Money and vested interests are the real motivators here most definitely not our health as they would have us believe.

Organic farming promotes high quality food by using natural fertilizers and compost that support healthy soil life, unlike top soil depleting, vitamin, and mineral reducing "conventional" practices. It has been cited that we can reduce our chemical exposure by 1/3 by eating more organic and choosing the least contaminated conventional produce. All of this said, I don't recommend shunning conventional to the point of fanaticism, limiting still by far superior food choices compared to cooked or

processed options. I myself eat about half and half (organic /conventional) due to mostly freshness, variety, availability, and in truth budget. Of course if you can afford it and have access to a good variety of organically grown produce, eat as much, to exclusively organic if you can.

The most important food to eat organic is all greens and thin skinned fruits such as berries, peaches, and apples. These foods are commonly sprayed with more pesticides and even with thorough washing contains residues. Any fruit you eat with the skin, or can't peel should be on the top of your list for buying organic. My first guideline when shopping is what looks, smells, and tastes (most grocers will allow, if you ask) the highest quality and the freshest, after that source and price. The freshest and best produce comes from local and organic growers, enjoy farmers markets, ask questions and enjoy the most vital foods you can. Grow a garden if you can, greens, veggies, herbs and fruit trees that will grow in your environment will provide the freshest and least expensive sources of high quality food you can find.

Identify & Understand Poor Habits & Create New Better Habits

Everyone has some bad habits, whether they manifest daily, weekly or less frequent nobody is perfect all the time. A few examples can be food choices, destructive behaviour, limiting thought patterns, or ways in dealing with emotional, physical, or social stresses to name a few. Habits are learned and gain strength with repeated application, the good news is the same is true for changing habits, with desire good habits can replace bad ones with relative ease.

The first step to overcoming a bad habit is to admit to yourself whatever you want to change is a bad habit, from there you need actually want to change this behaviour. Desire is the key, if a part of you doesn't want to change, you need to identify it, and find out why you have resistance. Sometimes a simple habit goes way back to deeper problems, ones that require real digging and thorough introspection. Often we use food and other destructive substances (alcohol, drugs, cigarettes, high fat or sugar junk foods) to numb and bury feelings of discontent and apathy, suppressing and hiding emotions from ourselves and others. Just as it takes time to find yourself in such a position, it takes time to reorganize your habits and

rebuild your health, self worth, and ability to take control. Real change comes from a shifting of your perspectives and priorities, sure many habits are made with a level of innocence, but most continue with knowledge of their destructive nature. What was it that seduced you into this habit in the first place? Be brutally honest with yourself. Does this habit still serve you? Do you feel good about it? Is it something you would want to pass on to your friends, family, and kids, present or future? What we say and do effects everyone we know strengthening their own beliefs and habits, what do you want to strengthen and support? Once you have identified a bad habit and have the desire to change, you can create a game plan.

Simply writing out all your thoughts, positive and negative effects about a habit, leaving nothing out, from mental, physical, financial, environmental, family, stress, social, spiritual, and any other aspects you can think of can have a profound effect. Identify reasons you have for making a change, make a simplified list of the ones that hold the most impact on you and carry them with you in your wallet or purse. Create accountability and support, by telling loved ones you want to make a

change, and ask for their support, whatever that may be. It's a good idea to imagine yourself free of the habit or behaviour, revelling in the feeling of being a happier, more free you. The more you believe in yourself, and desire freedom from the habit, the closer you are to being so.

Most importantly be easy with yourself, change takes time. Developing a self loving, forgiving attitude with yourself is the surest way to make the process as easy as possible.

While some may make changes overnight, others take time, respect your personal truths and remember it's more about direction than speed. Rejoice in each and every victory day to day, and know that with time, patience, and effort even the most insidious of bad habit loses power and will be overcome.

There are many resources for overcoming nearly any habit on the internet, join a support board, or read any relevant information on your specific issue. There are many people out there who have gone through or are going through the same things, learn from others experiences and make your dreams come true.

Closing Words

I truly hope you've found some real positives and gained some benefit from this little book, remember desire truly is the key. It all comes down to your vision of yourself, and who you really want to be and what kind of world you want to leave behind. Our choices are much bigger than ourselves, we really do shape the world we live in. It's of great consequence the changes we ourselves make at this crucial time in history, we are literally destroying ourselves and the planet at an alarming rate. Any real change begins with the self, even climbing the highest mountain starts with one small step. Never underestimate the vast power of your thoughts, actions, and words, you alone may move mountains. By living day to day, consistently striving to make positive changes, and focusing on living in such a way that supports your best self, you will get there.

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I am extremely thankful for your interest and support and wish you the best of health and happiness.

enjoy!

peacelovenseasonalfruit Chris Kendall

Published by: Chris Kendall
411 Candle Place,
Saskatoon, Saskatchewan
Canada
S7K5A8

www.the-raw-advantage.com

P.S. - I'd love to hear from you, any questions, comments, or feedback of any kind is always much appreciated. I will always do my best to answer any and all questions either directly back to you or by going over it in my newsletter.

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P.P.S. - I am available to offer my services as a lifestyle coach to anyone who would like extra support or insight, for further information please visit the shop, or contact me section.

P.P.P.S. – Watch out for my upcoming book “THE-RAW-ADVANTAGE As a Cleanse, Transitional / Improved, or 100% Raw Vegan Lifestyle” coming soon!!!

