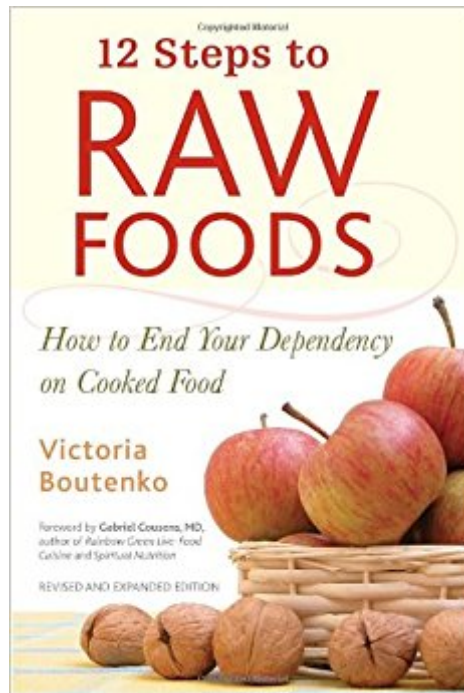


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12 Steps To Raw Foods: How To End Your Dependency On Cooked Food



Synopsis

Why do we overeat time and time again? Why do we make poor diet choices while we want to be healthy? What makes losing weight so difficult? These and many other vital questions are addressed in *12 Steps to Raw Foods* in an open and sincere dialogue. Based on the latest scientific research, Victoria Boutenko explains the numerous benefits of choosing a diet of fresh rather than cooked foods. This book contains self-tests and questionnaires that help the reader to determine if they have hidden eating patterns that undermine their health. Using examples from life, the author explores the most common reasons for people to make unhealthy eating choices. Rather than simply praising the benefits of raw foods, this book offers helpful tips and coping techniques to form and maintain new, healthy patterns. Learn how to make a raw food restaurant card that makes dining with co-workers easy and enjoyable. Discover three magic sentences that enable you to refuse your mother-in-law's apple pie without offending her. Find out how to sustain your chosen diet while traveling. These are only a few of the many scenarios that Boutenko outlines. Written in a convenient 12-step format, this book guides the reader through the most significant physical, psychological, and spiritual phases of the transition from cooked to raw foods. Embracing the raw food lifestyle is more than simply turning off the stove. Such a radical change in the way we eat affects all aspects of life. Boutenko touches on the human relationship with nature, the value of supporting others, and the importance of living in harmony with people who don't share the same point of view on eating. Already a classic, this enhanced second edition is aimed at anyone interested in improving their health through diet.

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Customer Reviews

“The first edition of this book (published in 2000) was excellent. The second edition is masterfully outstanding.”
• From the foreword by Gabriel Cousens, MD
“Sensational! The why and how of a raw-foods lifestyle in a nutshell. A must-read for those who want more vitality, happiness, and success in their lives.”
• Victor M. Vieira, DC, fellow of the International Academy of Clinical Acupuncture
“A marvelous book full of useful information for people seeking a better understanding of the relationship between nutritional factors and optimal health. Victoria Boutenko asks probing questions and searches every avenue that can lead to new answers. Her conclusions are remarkable, often surprising, and always illuminating.”
• Melvyn L. Iscove, MD
“Imagine what would happen in a society wherein people would take responsibility for their own health and wellness. Victoria Boutenko’s book provides the basis for this healthier shift in our thinking and daily lifestyle.”
• Jeannette Vos, EdD, co-author of *The Learning Revolution* and *The New Learning Revolution*
“For those new to Boutenko, this is a great introduction to her ideas, methods and life experiences, the latter of which includes the inspiring account of how she healed her families illnesses through healthful eating and exercise.”
• Spiritualitea.com
“Victoria Boutenko’s revised and expanded 12 Steps to Raw Foods is magnificent! If you have ever attempted to incorporate raw/living foods into your diet to any degree, and hit the wall of resistance, you absolutely must read this book! Victoria’s 12-Step outline, which is very loosely derived from her personal research into AA and OA, has helped countless people rise above the struggle of changing behavior, and into an empowered state of raw consciousness.”
• Reader Views

Victoria Boutenko lives in Ashland, Oregon. She is the author of *Green For Life*, *Raw Family*, *12 Steps to Raw Foods*, and several raw recipe books. She teaches classes on raw food all over the world, and is an adjunct professor at Southern Oregon University. As a result of her teachings, many raw food communities have formed in numerous countries. She continues traveling worldwide sharing her gourmet raw cuisine and her inspiring story of change, faith, and determination. Boutenko’s *Green For Life* was nominated as a finalist in health and medicine for the Independent Publisher’s Award (IPPY) in 2006. She has published a monthly newsletter since 2003 on her website www.rawfamily.com. Boutenko contributes regularly to a number of periodic publications including *Get Fresh*, *Just Eat an Apple, Alive*, *Natuurstemmingen*, *Neva*, *Die Wurzel*, *Natureleza Cruda*, and many others. She is a leader in the

raw food movement and her works are recognized as having a profound impact on the development of raw food communities across the globe. Boutenko's work is referenced in numerous books on the subject, and her books have been translated into nine languages. She has been a keynote speaker at a number of international expositions in Germany, England, Brazil, Canada, Belgium, Iceland, Holland, Jamaica, Spain, France, and the United States.

Victoria delivers this book in an easy to read format which tells her story and why--it is a personal story which I needed to read because I already had the scientific information and wanted to be inspired. I love personal take on health journeys because it helps me to identify with a process on a personal level instead of simply cerebrally. Sometimes the human element can make the difference. Victoria combined some science along with personal stories of how she and her family turned serious health issues around and how it affected their lives.

My step sister inspired me to try a juice fast a month ago (which this book doesn't talk about, but it's kinda related), and I was startled with how great I felt afterwards. I felt so good, I thought I'd check out 'the raw thing' and ordered a sample for my Kindle. I chose this book because I thought the subtitle was somewhat ridiculous, which mean I wanted to say 'hrrrph' and dismiss it as crackpot fadism. I was so compelled after reading the first chapter that I had to continue. The first half of the book is really insightful and informative - about why 'live' foods matter, and how many of the ways we cook foods are very harmful (like grilling, my fav). Later she starts talking 12 steps, which may be necessary for obsessive eater types, but doesn't fit me - plus, I want to keep my future open to enjoy what I want dining out. I found her style of writing and the overall book very engaging and worthwhile. I plan to make some serious changes in my diet after reading this. Many of the things she talks about in here are small changes for me: eg. buy raw almonds instead of roasted. Inspired by her green smoothie chapter (where you make a smoothie with greens & fruit), I bought a Vitamix blender and have noticed how much better I feel, just making this change in the morning. I've read a bunch of other books after this on nutrition, etc, but credit her making the case so well that I really had to open my mind. Suspicious? try the first chapter!

I've tried every type of diet known to man, and I have finally found the answer with green smoothies. I've had all kinds of health problems, but now I see that what my body really needs is more greens. Victoria Boutenko is so thorough in her research and her approach. Her advise about dealing with the other people in your life and outside temptation is also so helpful. Also be sure to read "Green

for Life". Whether you can make a drastic change in your diet or just add smoothies to your usual eating, you're going to see a difference in your health and well-being. I am able to add even more greens than she suggests in her recipes. I pack my VitaMix full of kale, collards and spinach and zip them with two cups of water. Then I add two apples and two pears. It's so delicious, I drink it all day long, and I'm never hungry for "bad stuff". If I miss a day of smoothies I really feel it. Now I'm trying to find a blender I can use on my trips to Europe. Any suggestions?

for a friend and he liked it

This is a very good book for those attempting to go raw in a cooked foods world. The author charts her own exhilarating adaptation to the raw fooder lifestyle. She frankly, poignantly, and sometimes amusingly presents the reader with various possible pitfalls of making such a drastic lifestyle change, and gives tips on how to avoid them. By repeatedly referring to anecdotes about her experiences as a messenger of raw foodism, Boutenko makes the lifestyle seem natural and enjoyable, but also (and importantly) feasible. By exhaustively referencing medical and other research [there are pages and pages of citations at the back of the book], Boutenko makes the lifestyle seem sensible and optimally health-giving, that is, a desirable thing to want. She argues that, based on her experiences promoting raw foods, the greatest barrier to going raw is physiochemical cravings for cooked food. She presents the process of ridding oneself of cooked food cravings and of switching to raw foods in the form of a practical 12-step process. The author implores the reader to trust themselves with their bodies and health, which makes the transition seem like something one can manage through a modest exertion of will. Boutenko's writing is precise and her tone is lighthearted and earnest without ever being goofy or preachy. I would recommend this book to anyone considering going raw without knowing the consequences to one's appetite and lifestyle, and to anyone concerned with learning more about "taking control" of their health. Over all, a very informative and encouraging book.

I am 31, and recently diagnosed with breast cancer. I loved meat and dairy food and I loved drinking. It was difficult for me to hear that I had this 'disease.' I came to understand that not only my lifestyle was killing me, but I had to cleanse my body and mind and change my entire lifestyle. In a nutshell, this book was one of the books that validated that diet is in fact important, not just a vegetarian diet, but a raw diet. We were not born with a pot and stove in our hand, and heat does in fact kill the necessary enzymes that our body needs to fight infections and other maladies. I would

highly recommend this book and other books that the author has. Check out her website
rawfamily.com

This book wasn't what I expected, I thought it was a step by step for going raw, but it is more of a freedom from addiction book. It uses the 12 steps like in AA to help you overcome an "addiction" to cooked food. Some of the recipes are really great though.

Love her information, been putting into practice her smoothie ingredients and I've lost some weight plus I feel great. I been telling everyone about it.

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