



Happy on Fruit

Raw Food Basics Course: Week 1

# Lifestyle Guidelines



## Lifestyle Guidelines

This section will be all about general lifestyle factors which are the foundation to my raw food lifestyle.

The conditions within our body are determined through many different factors, and food is just one of them.

Eating well is extremely important to be fuelling and nourishing ourselves correctly, and some introductory information on eating will be provided in this section. But in addition to this there will also be lots of other areas covered. Aspects of health such as sleep have huge effects on us. For example, it doesn't matter how well I'm eating, if I'm not getting enough sleep then my body will not be working as efficiently as it can do, and my health and happiness will begin to suffer.

## Sleep



Getting enough sleep is so important to health and happiness.

When we are asleep our bodies are doing any things such as repairing

tissues, processing thoughts and memories and regulating hormones which affect our appetite and growth. When we have not slept enough our appetite is increased and we tend to over eat to make up for a dip in energy and due to hormonal imbalances in us.

According to Chinese medicine between 1-3am pm is when the liver detoxifies, it's when it processes the toxins that has made their way into the blood stream that day. I have found evidence for this in my own life. I've personally noticed that don't get any body odour on a raw vegan lifestyle, except for when I have had a late night and have been awake during that time. It also explains the fuzzy head and general grotty feeling we may feel from late nights.

And so sleep is crucial to feeling the best we possibly can, and for fixing our hormonal issues and getting in-tune with our bodies true needs and appetite.

I recommend we all aim for 10 or more hours sleep a night, and even more may be necessary for healing at the beginning of our health journey, and to catch up on all the quality sleep we've missed.

I have been intensely healing my body and mind for 2 years now and I still sometimes have a 12 hour sleep.

I recommend people go to bed between 9 – 10pm and sleep for as long as their body's wish, and then waking up naturally. Of course I understand that most of us have jobs that we have to get up for, children who wake us up and social lives we wish to keep, so I understand that many will not be able to get their needed amount of quality, uninterrupted sleep all the time. But to truly grasp how crucial sleep is to health and healing, to prioritise it, and to commit yourself to getting as much as you genuinely, can is going to help you hugely on your journey, and in many cases speed up healing.

To improve sleep it is important to remember that there are lots of lifestyle habits which affect how you sleep and how easily you drift off.

Caffeine, late night screen time (such as TV's, computers and phones), late heavy meals, lack of gentle exercise and stress, are common issues which can interfere with sleep quality.

And so, for the best chance of getting a nice quality sleep, I recommend:

- Cutting out tea and coffee completely or at least avoiding it during the late afternoon/evening before bedtime.
- Having meals no later than 8pm (Or 2 hours before bed) to give the body a chance to digest before sleep.
- Having a calming down time for at least an hour before bed.

During this time I recommend no screen exposure, some yoga, meditation, self-reflection, listening to gentle music, having a warm bath.

-Getting out and having fresh air during the day with some gentle exercise such as walking also helps with sleep.

## Caffeine

I do not recommend Stimulants on this lifestyle.

As mentioned above Caffeine (found in such products as tea/coffee/energy drinks/cola) as it can interfere with sleep patterns and quality.

Caffeine speeds up the blood flow and can put extra strain on the heart. It interferes with the body's natural rhythm and signals, making it hard for us to get intune with what our bodies really need. It can cause those who drink it to become anxious, irritated and jittery. It adds extra stain to the body, giving it additional work to do to rid the body of the caffeine. On a raw food lifestyle the aim is to simplify the diet. To give easily digestible nutrient dense food so energy can go into healing and repairing the body. And so stimulants are not very compatible on this lifestyle. I believe it is in your best interest to learn how to get sustainable energy from healthy lifestyle habits such as good sleep, healthy foods, meditation, fresh air and gentle exercise, instead of short lived bursts of highs and lows from caffeine.

It can also cause headaches and dehydration and is just not something I consider to be health promoting.

I also do not recommend raw cacao as this contains theobromine which is also a stimulant in the same alkaloid family as caffeine (and also cocaine).

## Water

Staying hydrated is very important for health. Water is needed for the body to function as efficiently as possible. It is especially important when healing as this will be a time where the body is releasing stored toxins and lots of water is needed to help flush these out.

The more high water content raw food you eat, the less water you will find you need to drink. While cooked food takes water from the body, fresh juicy raw food adds water to the body and helps to keep you hydrated. This is one of the great things about fresh raw food and what helps it to be so easily digested.

Foods such as melons are very hydrating, and will require you to drink less water during the day. The denser raw foods such as dates are not hydrating and will require you to drink more water alongside, or I personally add water to them in a smoothie and have them in a smoothie to help hydrate me and to help them digest better.

And so the amount of water you'll need will vary depending on how

much raw food you are eating, and how juicy that raw food is.

I encourage each of us to learn how to listen to their own bodily cues and to become in tune with their needs. Learning the differences between the feeling of thirst and that of hunger so you can hydrate, as your body needs too.

As a standard recommendation, I suggest each of us begin with 1 litre of water upon awakening. This can take a while to work up to as many people are not used to it. So beginning with a cup of warm water and increasing it up until you are at around 1litre, drinking more if you are still thirsty of course.

And then drinking a few glasses between meals or as thirsty.

I do recommend you leave around 30 mins after drinking your water to have anything to eat so that the water has had time to leave the stomach before you have your food.

I personally don't consume tap water or bottled water as these have contain harmful chemicals and even mould and microbes which can negatively affect health. I recommend people find a way to filter their water.

I personally have an at home distiller system which distils my tap water into pure water. There is some controversy over this, as some believe that this leaches minerals from the body. However, I believe that this is the purest form of water and that we are to get our vitamins and minerals in from nutrient dense raw food. Due to it's

negative electric charge it helps to attract the toxins in the body and flush them out. And furthermore it is the type of water found in fruit!

I believe it's for each of us to do our own research and find which water we believe is the most healthy.

## Veganism



Veganism is the ethical belief that it is not ok to use or exploit animals for our own personal gain. This includes eating, wearing, and using products which have ingredients from animals or that have been tested on animals. This avoidance of animal products helps to reduce the need for animals to be raised and killed in the production of the products.

It is an ethical stance which I recommend as a lifestyle guideline as not only does it affect diet but it also has a profound effect on the mind, soul and on the world around us.

I recommend eating a vegan diet for ethical reasons but also for health. Meat, dairy and eggs, are not health foods. They contain no fibre; and create inflammation and acidosis within the body. They are extremely difficult for the body to digest and therefore take a lot

of energy away from healing as well as causing constipation and also bowel illnesses. The damage to health from meat and other animal products is an ever growing list as the health benefits of a plant based diet are becoming more acknowledged. I recommend each of us do our own research on this subject, and I personally recommend the extensive information found on [www.NutritionFacts.org](http://www.NutritionFacts.org) And so I recommend a vegan diet based around whole foods as a baseline to a healthy lifestyle.

From a standard plant based diet, I recommend people take out processed foods and processed sugars, and then oils and salts, working their way up to a whole food diet. Then from there I recommend adding in large fruit meals as well as more raw meals, to eventually push out the cooked food. This gets people up to a high raw or fully raw lifestyle, where health and healing is optimised.

In addition to the health being a huge possible benefit of adopting a vegan lifestyle, the way it affects the mind and soul is something which I have found to be a huge part of my transformation.

When we consume meat, dairy and other animal products we are eating the death and suffering of other souls. Often these animals have spent their lives and especially their last moments before they are killed, stressed and depressed. When we consume these products we are consuming these stress hormones and their sadness. It therefore is had a huge effect on our emotional health to stop

consuming this suffering.

Before I was vegan I refused to acknowledge the suffering the animals went through. I closed my heart and mind to their death and pain. Once I went vegan I allowed myself to see what my choices had caused for the animals I had eaten. It was as if I opened my heart to them and I found a new level of compassion and appreciation for living beings. (The documentary 'Earthlings' and the YouTube channel 'Bitesize Vegan' are great for more information on the ethics and reality of animal agriculture.)

And the great thing about fruit is that you are not killing, you are working more harmoniously with nature and even helping plant lives to spread their seeds. It is where I believe humans naturally fit into the ecosystem.

And so going vegan helped me to see the world with new eyes. I began to view living beings as equals. I saw animals with a new level of respect.

There are also hugely devastating environmental impacts of eating and using animals such as deforestation, increased global warming from methane, oceanic dead zones and many more. ('Cowspiracy' is a great documentary for more information on this.)

And so when I went vegan I further felt more in tune and connected to the world, with a greater respect for preserving it's beauty.

## Macro Nutrient Ratios,



I recommend a high carbohydrate, low fat, low protein lifestyle for health. I follow a macro nutrient ratio of around 80% of daily calories from carbohydrates, 10% of daily calories from fat and 10% of calories from protein though some days it may be more 90/5/5.

I don't actually track this, I just eat my calories from sweet fruits and top up my nutrients from non-sweet fruits (such as tomatoes) and in other vegetables (Such as lettuces and celery).

I stick to low fat as too much fat can slow down the body, thicken the blood and make the body less efficient. It may help people to have slightly more fat, like avocado meals when coming to raw to slow down their detox symptoms. A few avocados a week is plenty to do this, and I tend to have higher fat meals only a few times every 2 months.

I stick to low protein as too much protein can acidify the body, and an acidic body is where disease thrives.

Carbohydrates are what our bodies are designed to consume, they are our energy source.

Many people may be put off by the sugar content of fruit, but it is coming in a package that our bodies are designed to consume them

in. The sugars are our calories, and they come with fibre to slow their uptake. They also come with high amounts of vitamins and minerals which help our bodies function and also fight disease and illness. Plus they come with a whole load of phytonutrients, all of which have not even been discovered yet!

The power of these plants are incredible, for example fresh beetroot juice can help the body take up more oxygen from each breath. And all the fruits and vegetables, when eaten in high quantities work to help and heal the body to its most optimal state.

I believe it is often easier to transition to a raw food diet when you have imitated this nutrient ratio with cooked foods. And it why I suggest people eat a high carb, low protein, low fat, whole food plant based diet before coming to raw.

## Calories



As I have mentioned in previous sections, I am a huge advocate to following your own appetite. However, when starting out on your journey, the body is going to be experiencing signals which may not be a true reflection of what the body needs. When I first came to

the raw vegan lifestyle my digestion, and body in general, was not working very efficiently. I therefore, was eating over 3,000 calories of raw food everyday just to get the nutrients in. The amount of calories I have required to feel satisfied has reduced over time. I now eat is around 2,000 or even less sometimes to feel satisfied. Each person will require different amounts of calories due to reasons such as how efficiently the body is working and how physically active they are.

As a standard guideline, I recommend 2,000 calories a day but to eat until satisfied.

I have a few bodily ques which I go off to see if I am satisfied.

These can also be caused from other factors such as lack of sleep, being in healing mode etc, but once you have controlled the other factors you know these feelings are a reflection of your nutrient intake.

These bodily ques are:

- Am I sleeping well?
- Do I feel light headed at all?
- Do I have cooked food cravings?
- Do I have enough energy to do the things I want in the day?
- Do I feel emotionally stable?

## Exercise



Each person will be at different stages of health and so each person will be able to handle different levels of exercise.

For some people will benefit from a gentle 20 min walk a day, others from a 30 min to an hours run a day.

I recommend a moderate level of exercise. Simply getting the body moving with walking, cycling and yoga are great ways to start.

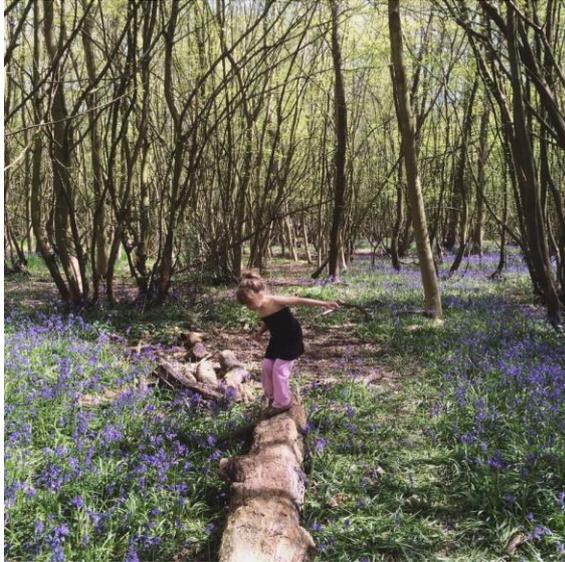
Then once a good level of fitness and health is reached, more strenuous exercises can be added at each person's leisure and enjoyment.

I personally love running, I find it beautifully peaceful, just me and my body working in harmony. I find it to be a very spiritually cleansing practice. I come out of the run feeling fresh and energised. But I believe the best form of exercise is the one which makes your soul sing. The one which you can't wait to get out there and do. The one that makes you feel alive! And so I suggest you get out there and explore the world and find one that you love.

But for the time you are healing, I like to I keep the focus more on

the diet and getting in tune with your body.. But it is important to get the body moving with some gentle exercise each day to help the body work efficiently.

## Air quality



Improving air quality around you has a very positive effect on health. This can be achieved by filling your home with plants, regularly opening windows to circulate air, and by spending lots of time in the woods near trees where oxygen levels are higher and the air is

fresher.

Taking in deep breaths and practicing deep breathing, especially in the woods, helps to clean the body of waste gasses. It creates mental space and also brings more oxygen to the body.





life of our dreams.

Inner work can help hugely with addictions and therefore is very important when coming to a raw vegan lifestyle and overcoming attachments to foods which don't help you reach your health goals.

Raw food doesn't have the same heaviness to it as cooked food does. And it doesn't suppress emotions like cooked food does. It can be difficult for many people when these feelings come up and surface.

It is common for someone who is striving to eat raw to fall back to cooked food for comfort to suppress emotions, and therefore to help prevent this, it is important we work on our minds and souls as well as our physical world.

This is the very reason I created the 'Happiness Programme' as it guides people through all the inner work that I personally used (and continue to use) that has allowed me to stay raw and overcome my deepest insecurities and fears.

It is something I recommend for everyone, and especially those who wish to follow a raw diet.



More details of my inner work programme can be found at  
[www.happyonfruit.co.uk/thehappinessprogramme](http://www.happyonfruit.co.uk/thehappinessprogramme)

## Minimalism



Minimalism is a way of living that simplifies life.

It is a way of creating space into our world, letting go of old energy that is holding us back in life, so that new can come in. Old energy comes in many forms, toxic

relationships, clutter, unhealthy food choices... . And when we begin to let go of these things it creates space so that new energy can begin to flow into our lives again.

We all know the feeling of walking into a room that is full of clutter, it is a huge energy drain. We look around the room and a mental list of jobs forms in our minds, we then may begin to feel tired, overwhelmed and irritable. But when we walk into a fresh clear room our minds are free to create in that space now as the energy flows.

Often when we try to incorporate new lifestyle habits into our lives we can't seem to make them stick. And often this is because they have not allowed room for them to come in yet.

So often before we begin a new lifestyle, having a time of letting go can be hugely beneficial to the journey.

Decluttering is a great place to start.

Once the initial physical energy is freed up it is also easier to see where else in your life your energy is tied up. It can be hard to let go at first, and this is where inner work comes in again. Inner work alongside decluttering helps you to remember that you are enough and that you are abundant. And the more you declutter, and let go, the easier it becomes.

### What to expect from taking on a raw food lifestyle



When beginning on a raw food lifestyle it is common to have a period of time where you don't feel too well (although this is not always the case, and often people will feel amazing from the start).

You may experience headaches, fatigue, withdrawals from your comfort foods, seemingly insatiable hunger and cravings. I suggest these are overcome by transitioning slowly, getting rid of animal products, processed foods, oils and going low fat before you cut out cooked foods completely. This will lessen the toxins in the body and give the body less to detoxify. This will result in you feeling less poorly when the detoxification occurs within you. Many of these discomforts can also be lessened or overcome by incorporating lots of inner work and by eating enough

calories from high calorie fruits and enough additional nutrients from vegetables.

These discomforts do leave and mood and energy levels return as your body becomes used to the raw lifestyle and the body heals.

There is also likely to be a time where you will need the toilet a lot.

This is the body flushing out and clearing out toxins from the body and adjusting to the new diet. Things do calm down after a while on the lifestyle and then they regulate themselves.

It is important to be patient with this time of healing and rest if you need to.

## How to transition.

I recommend a gradual transition to reduce detox symptoms.

I see the transition like this:

**Going Vegan** – and learning about the ethics behind it. This involves buying vegan alternatives to the food you currently eat, or simply leaving out the animal products off your meals and increasing the grains, legumes, fruit and vegetable portion of their meals.

**Removing processed foods** – Taking out packaged foods and beginning to make your foods from scratch.

This also involves learning to cook without oils (which are processed) and processed sugars. It is also around this time I suggest salt is either greatly reduced or removed.

**Going High-carb** – Reducing the legumes which are high protein and reducing the nuts and any remaining oils which are high fat. Increasing the amount of carbohydrates in the diet, focusing on starchy veggies such as potatoes.

**Including more fruit meals** – Getting used to incorporating more fruit as a meal instead of just a snack.

**Finally pushing to mostly or fully raw.**

Alongside this transition guide, it's useful to generally increase fruit and veggies as you go, getting used to raw fruit and vegetables and eating it in abundance.

### **To do this week:**

I know there is a lot of information here. I don't expect you implement it all this week. But this is for you to read and process.

If you can implement some of these suggestions in here then that is great. In particular the aspects of decluttering and early nights, are a great place to start.

But do not overwhelm yourself.

Remember the purpose of this course is not to get you raw in the next 7 weeks, it is to teach you all I wish I knew when I

went raw. To help prepare you so that you can flow into the raw food lifestyle with greater ease and at the pace which suits you.

I will be live for the first video of the course this evening (8/1/2017) at 7pm on the Happy on Fruit Facebook page to go over this Section.

I will be live again on Friday (12/1/2017) for a live Q&A to answer any questions you may have 😊

See you there!

Sending my love

*Rhiannon Griffin xx*