

BECOMING RAW

The Essential Guide to Raw Vegan Diets



BRENDA DAVIS, RD and VESANTO MELINA, MS, RD
with Rynn Berry

BECOMING RAW

The Essential Guide to
RAW VEGAN DIETS



Other books by Brenda Davis and Vesanto Melina:

The New Becoming Vegetarian

Becoming Vegetarian

Becoming Vegan

The Raw Food Revolution Diet (WITH CHERIE SORIA)

Other books by Brenda Davis:

Defeating Diabetes (WITH TOM BARNARD, MD)

Dairy-Free and Delicious (WITH BRYANNA CLARK GROGAN AND JO STEPANIAK)

Other books by Vesanto Melina:

Food Allergy Survival Guide (WITH JO STEPANIAK AND DINA ARONSON)

Raising Vegetarian Children (WITH JO STEPANIAK)

Healthy Eating for Life: To Prevent and Treat Cancer (WITH PHYSICIANS' COMMITTEE FOR RESPONSIBLE MEDICINE)

Other books by Rynn Berry:

The New Vegetarians

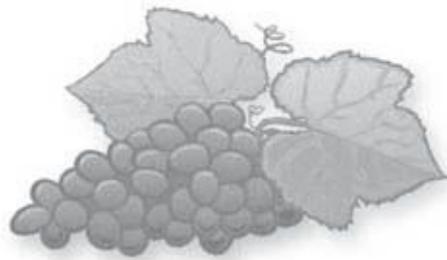
Famous Vegetarians

Food for the Gods: Vegetarianism and the World's Religions

The Vegan Guide to New York City

BECOMING RAW

The Essential Guide to
RAW VEGAN DIETS



BRENDA DAVIS, RD, and VESANTO MELINA, MS, RD
with Rynn Berry

Book Publishing Company
Summertown, Tennessee

Library of Congress Cataloging-in-Publication Data

Davis, Brenda.

Becoming raw : The essential guide to raw vegan diets

Brenda Davis, Vesanto Melina; with historical information by Rynn Berry.

p. cm.

Includes bibliographical references and index.

ISBN 978-1-57067-238-5 (alk. paper)

1. Raw food diet. I. Melina, Vesanto, 1942- II. Berry, Rynn. III. Title.

RM237.5.D38 2009

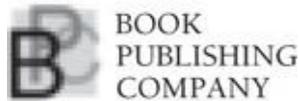
613.2'65--dc22

2009036367

Cover design: Warren Jefferson, John Wincek

Cover art: Jennifer Blume

Interior design: John Wincek



Book Publishing Co. is a member of Green Press Initiative. We chose to print this title on paper with postconsumer recycled content, processed without chlorine, which saved the following natural resources:



140 trees

5,952 pounds of solid waste

51,040 gallons of wastewater

11,283 pounds of greenhouse gases

98 million BTU of total energy

For more information, visit www.greenpressinitiative.org.

Paper calculations from Environmental Defense Paper Calculator, www.edf.org/papercalculator.

© 2010 Brenda Davis, Vesanto Melina, Rynn Berry

All rights reserved. No portion of this book may be reproduced by any means whatsoever, except for brief quotations in reviews, without written permission from the publisher.

Printed in Canada

Book Publishing Company

P.O. Box 99
Summertown, TN 38483
888-260-8458
www.bookpubco.com

ISBN: 978-1-57067-238-5

17 16 15 14 13 12 11 10 3 4 5 6 7 8 9

CONTENTS

Acknowledgments

- 1** Becoming Raw for Life
- 2** A History of the Raw-Food Movement in the United States, BY RYNN BERRY
- 3** The Raw Report: Scientific Evidence to Date
- 4** Why Raw Rocks!
- 5** Energy and Power
- 6** Carbohydrates in the Raw
- 7** Fat: Friends and Foes
- 8** Vitamins: Inviting Vitality
- 9** Acid-Base Balance, Bones, and Minerals
- 10** The Great Enzyme Controversy
- 11** Food Safety: Raw Case Files
- 12** Nutrition Guidelines and Menus
- 13** Recipes

Glossary

References

Resources

Index

About the Authors



To Brenda's husband, Paul Davis,
for decades of patience, wisdom, support, inspiration, and endless love.

To Vesanto's partner, Cam Doré,
for extraordinary companionship, laughter, joy, and unconditional love.



ACKNOWLEDGMENTS

We are grateful for our dear and insightful editors Cynthia Holzapfel and Jo Stepaniak, our wonderful publisher Bob Holzapfel, and Anna Pope, Warren Jefferson, and all the other staff at Book Publishing Company who provide assistance and support whenever we need it. Thank you also to Jennifer Blume for the beautiful cover artwork and the expertise of John Wincek in designing a layout that is both user-friendly and appealing.

We appreciate all those who assisted us with research: dietetics students Angie Dueck and Stacie Andriashyk, Thomas Billings, Claudia Lalita Salas, Patricia Ganswind, the staff at the Ann Wigmore Institute, and Dave Steele.

Sincere gratitude to all those who kindly responded to our queries and requests for information: Dr. Ute Alexy, University of Cologne, Germany; Dr. Paul Appleby, University of Oxford, United Kingdom; Mr. Gilles Arbour, Mont-Saint-Hilaire, Quebec, Canada; Dr. Luciana Baroni, Mestre-Venice, Italy; Dr. Susan Barr, University of British Columbia, Canada; Dr. Steve Blake, author, Maui, Hawaii, United States; Dr. Rick and Karin Dina, Living Light Culinary Art Institute, California, United States; Dr. Michael Donaldson, Hallelujah Acres Foundation, United States; Dr. Scott Doughman, President and Chief Scientist, Source-Omega, North Carolina, United States; Dr. Joel Fuhrman, physician, New Jersey, United States; Dr. Michael Gardner, University of Bradford, United Kingdom; Dr. G. Sarwar Gilani, Health Canada, Ottawa, Canada; Angie McIntosh, Penticton, Canada; Dr. D. Joe Millward, University of Surrey, United Kingdom; Dr. B. Dave Oomah, Agriculture and Agri-Food Canada, Summerland, Canada; Dr. Peter Pellett, University of Massachusetts, United States; Dr. Lawrence Prochaska, Wright State University, Dayton, United States; Dr. Anna-Liisa Rauma Kosonen, University of Kuopio, Finland; Dr. Stephen Rothman, University of California, San Francisco, United States; Dr. Ann-Sofie Sandberg, Chalmers University of Technology, Sweden; Cherie Soria and Dan Laderman, Living Light Culinary Art Institute, California, United States; Dr. Stephen Walsh, Vegan Society, United Kingdom; and Dr. Sascha Rohn, Technical University of Berlin, Germany.

Sincere thanks for outstanding organic foods from Nyjal Brownson of Lady-Bug Organics, and David Nelson and Lisa McIntosh of Urban Harvest; Robert Gaffney and the excellent Omega Nutrition Products; and Margie Roswell, who funded nutritional analysis of the Green Giant Juice and other raw foods.

Love and gratitude to our families and friends: Cam Doré and Paul Davis for continual computer help, recipe tasting, moral support, and patience. Our beloved, nature-loving children, Chris and Kavyo, Leena and Cory, who are among our greatest teachers. Our precious, giving friends—Margie Colclough, Lauren Gaglardi, and Sooze Waldock.

Many thanks to the following chefs and recipe innovators who inspired us and generously allowed us to use or adapt their recipes for this book:

- **Rynn Berry:** Three-Melon Salad ([page 291](#));
- **Jenny Cornbleet:** Mango Pie ([page 300](#));
- **Joseph Forest:** Avocado Dip or Spread ([page 269](#));
- **Chef Patricia Ganswind:** Celeriac Linguine with Bolognese Sauce and Hemp Parmesan ([page 280](#)), Pesto and Sundried Tomato Pizza with Veggies ([page 284](#));
- **Francis Janes:** Caesar's Better Salad ([page 279](#));
- **Guylaine Lacerte:** Thai Spring Rolls with Spicy Pecan Sauce ([page 292](#)), V-8 Vegetable Soup ([page 274](#));
- **Valerie McIntyre:** Pesto the Best-oh! ([page 285](#));
- **Radha Restaurant** staff (Vancouver): Kale Salad with Orange-Ginger Dressing ([page 287](#));
- **Cathy Carlson Rink, ND:** Elegant Greens with Strawberries, Almonds, and Orange-Poppy Seed Dressing ([page 283](#));
- **Matt Samuelson:** Coconut Crust ([page 300](#));
- **Chef Cherie Soria:** Green Giant Juice ([page 259](#)), Garden Blend Soup ([page 273](#));
- **Jo Stepaniak:** Creamy Zucchini Soup ([page 272](#));
- **Ann Wigmore:** Crunchy Sprouts and Veggies ([page 282](#)).

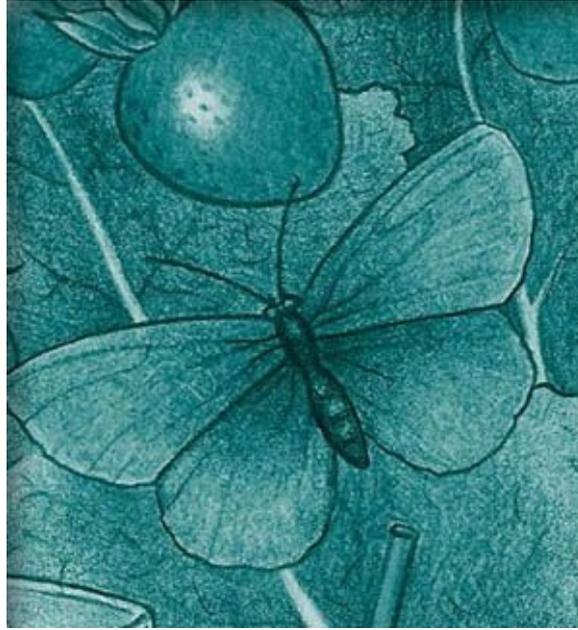
We greatly appreciate those who tested and assisted with recipes or menus: Maureen Butler, Tricia Carpenter, Margie Colclough, Josée Fontaine, Lauren Gaglardi, Alice Hooper, Lynn Isted, Echota Keller, Michael Koo, Guylaine Lacerte, and Andrea Welling.

We are also indebted to the registered dietitians who kindly reviewed our manuscript and offered their raw-food expertise: Bob Leroy, Linda Ruff, and Anne Marie Tibbetts.



CHAPTER 1

Becoming Raw for Life



There is a significant alignment between diet modifications guided by better nutrition and those guided by geophysical prudence; what is good for one's health is often also geophysically and environmentally beneficial and desirable.

GIDON ESHEL AND PAMELA MARTIN¹

Becoming raw is not a new idea. In fact, it may well be the oldest way of eating known to humankind. Although cooking food is now common practice around the world, raw-food practitioners have endured throughout history. Today, raw diets are the latest rage: raw recipe books abound, raw restaurants are thriving, raw-food potlucks and support groups are flourishing, and the Internet is abuzz with raw-food websites, blogs, chat rooms, and newsletters. As the saying goes, everything old is new again, and nowadays, raw is hot.

While raw diets may be as old as man, there are doubts about their nutritional viability:

- Can we possibly get enough protein if we eat mainly fruit?
- Won't we end up with osteoporosis if we eliminate dairy products?
- Can we really meet our needs for every single nutrient eating only raw food?
- Don't we require certain fats from fish?
- Where will our vitamin B₁₂ come from?

- How will we get enough iron without meat?
- Doesn't cooking help to improve food safety and get rid of the substances in plants that prevent nutrient absorption?

In this book we examine all of these important nutrition issues and many more. We also explore conflicts and controversies that separate raw-food and conventional communities, such as:

- Do the enzymes in raw foods really contribute to human digestion, health, and longevity?
- Are cooked foods poisonous?
- Do raw vegan diets cure cancer and other chronic diseases?
- Does cooking destroy nutrients?
- Are most raw diets too high in fat?
- Are sprouted legumes indigestible?
- Are some sprouts toxic?

We've contacted experts who are often quoted but rarely questioned, and we've searched through journals and ancient manuscripts. Our quest has been for answers that stand up to scientific scrutiny and provide a clear, safe path for all those who wish to pursue a raw or high-raw vegan diet.

Why Raw?

To most people, becoming raw seems like a pretty half-baked idea. How many people would want to give up their stove, barbecue, microwave, and toaster in favor of a dehydrator, juicer, and high-powered blender? How could anyone survive eating just salads? More importantly, why would anyone want to? Becoming raw is unlikely to inspire a celebration within one's social circle; it's more likely to be a source of frustration for friends and family. How are you ever going to be able to enjoy a meal together again? What are they supposed to serve you when you come over?

Despite the less-than-enthusiastic response that commonly comes from others, becoming raw is a choice that is generally embraced with such gusto by practitioners that it is adhered to for years, and often for life. What kind of payoff would inspire such a challenging lifestyle choice? For many individuals, it is the promise of radiant health. For others, the attraction is the ethical and philosophical principles on which the raw vegan diet is based. Some are drawn to its simplicity and ecological rewards. For most, there is a moment of epiphany when something clicks and becoming raw (or simply eating more raw food) is the choice that makes sense. Let's briefly explore the reasons that support such a choice.

HEALTH REASONS

The most popular reason for adopting a raw vegan diet is the belief that it can greatly enhance our physical well-being. Let's consider the three categories of health benefits that win people over to the raw way of eating:

1. General health and well-being

Raw vegan diets are often reported to improve energy and vitality and provide an elevated sense of well-being. With this choice, we eliminate the dietary components that can cause the most damage to our health: harmful fats, chemical contaminants, refined sugars and starches, and excessive animal protein. In their place are whole, raw plant foods, which are packed with vitamins, protective phytochemicals, fiber, and enzymes. Whereas cooking can destroy or damage vital nutrients and phytochemicals in foods, these compounds are preserved and even liberated with common raw-food preparation techniques such as puréeing and juicing.

2. Disease prevention and reversal

Many people increase their intake of raw food because they've been diagnosed with rheumatoid arthritis, fibromyalgia, heart disease, type 2 diabetes, or certain cancers. These conditions inspire a shift away from the standard Western diet, which typically emphasizes meat, dairy products, eggs, and cooked foods containing refined carbohydrates and fats. Along with all the damage from saturated fats and cholesterol, diets centered around animal products and grains can produce a mild metabolic acidosis, or slightly acidic state, which places a burden on the body. (See [chapter 9](#).)

Raw vegetables and fruits, and the antioxidants and other phytochemicals they provide, can reduce our risk of certain diseases or slow their progression. (For specific details, see [chapter 3](#).) Furthermore, a diet that is somewhat low in calories (as most raw vegan diets are) and is nutritionally adequate might also help to slow the aging process!

3. Weight loss and maintenance

Potato chips, donuts, cakes, pies, burgers, and shakes do not qualify as raw foods. In fact, almost all of the foods responsible for our obesity epidemic are automatically eliminated on a raw diet. A well-designed raw vegan diet can be viewed as the ultimate weight-loss regimen. Most raw plant foods are low in calories and high in fiber, making them the perfect choice for those who want to shed a few or many pounds. A visit to a raw-food restaurant will quickly confirm that raw-food adherents tend to be slim. (For more on this topic, also read *The Raw Food Revolution Diet* by C. Soria, B. Davis, and V. Melina, Book Publishing Company, 2008.)

ENVIRONMENTAL REASONS

Although benefits to the environment once were seen as a bonus rather than a primary motivating factor for following a raw vegan diet, environmental reasons have begun to

take center stage. The United Nations Food and Agriculture Organization (FAO) report “Livestock’s Long Shadow” sent shock waves around the world when it declared that “livestock are responsible for 18 percent of greenhouse gas emissions, a bigger share than that of transport.”² Our personal contributions to greenhouse gases are significantly reduced when we derive our protein from plants rather than from animal sources.³ The damage doesn’t end with greenhouse gases. According to the FAO report, “The livestock sector may well be the leading player in the reduction of biodiversity, since it is the major driver of deforestation, as well as one of the leading drivers of land degradation, pollution, climate change, overfishing, sedimentation of coastal areas, and facilitation of invasion by alien species.”

The environmental effects of vegetarian and nonvegetarian diets have been compared in various parts of the world in terms of their use of natural resources and fertilizers. A California study found that a nonvegetarian diet requires almost three times as much water, two and a half times more energy, and thirteen times more fertilizer than a vegetarian diet. The researchers concluded, “From an environmental perspective, what a person chooses to eat makes a difference.”¹⁻⁴

Cooking and processing food also come at great environmental expense. Enormous amounts of natural resources are used to produce power for the industries that bring us these products and to package processed foods. Raw food requires little packaging and no cooking. Compared to the amount of trash produced from a typical diet of cooked and processed foods, the waste from a raw vegan diet is a small fraction—and the majority of it can go straight into the compost bin!

Most raw-food practitioners support organic agriculture, thereby voting with their food dollars against the use of pesticides, herbicides, and chemical fertilizers that would otherwise be dumped into our ecosystem.

PHILOSOPHICAL AND ETHICAL REASONS

Some people are attracted to a raw vegan diet because it is consistent with their deepest philosophical and ethical principles. They recognize the plight of animals in the factory-farming system and are unwilling to fund animal agriculture by purchasing its products. They refuse to support food corporations whose billion-dollar budgets come from refined foods that have been stripped of nutrients. Instead, they want to support organic and sustainable agriculture and the growing of plant foods. Such a choice can strengthen our connection with the natural world and reawaken our spiritual connection to all living beings.

What Is a Raw Vegan Diet?

A raw diet (also called an uncooked diet) is an eating pattern that consists primarily of uncooked, unprocessed foods. Some raw-food advocates suggest that in order for a diet to qualify as “raw,” at least 75 percent (by weight) of the diet must be raw food. However, there is no formal consensus on this point, and definitions by raw-food leaders differ according to their unique perceptions of the ideal diet. Foods generally

qualify as being raw if they have not been exposed to temperatures in excess of 118 degrees F (48 degrees C), although some raw-food leaders suggest lower maximum temperatures. Freezing food is considered acceptable. Although raw diets are most commonly vegan, raw vegetarian diets (those that include raw dairy products and/or raw eggs) and raw omnivorous diets (those that include raw fish, raw meat, raw eggs, and/or raw dairy products) are not uncommon. For the purpose of this book, we use the term “raw diet” to refer strictly to raw vegan diets.

People who adhere to a raw diet are often referred to as raw-food practitioners, raw foodists, or raw-food adherents. Other commonly used terms are raw-food enthusiasts and raw-food advocates, although these designations may also refer to those who are in the process of shifting toward or are very interested in a raw diet.

The most popular foods enjoyed by raw-food vegans are fresh organic fruits, vegetables, nuts, seeds, sprouts (seeds, legumes, or grains), and sea vegetables. A number of raw foodists include dehydrated foods such as crackers, cereals, sprouted raw breads, and desserts in their diets. Foods are sometimes marinated or warmed in a food dehydrator to create textures and flavors that resemble cooked foods. Food preparation can be simple or gourmet.

Among the fastest growing of all raw-food groups are those who eat a high-raw diet, or a diet that is 50–74 percent raw by weight. These individuals recognize the importance of increasing their intake of raw fruits and vegetables for optimal health. Some are aspiring raw-food practitioners and others are content to eat a high-raw diet that includes a modest amount of cooked foods. If you would rather not take the huge leap to a raw diet of 75 percent or more raw food, you can still enjoy many of the benefits of a raw diet by replacing processed foods, animal products, and some cooked foods with raw, organic plant foods.

There are numerous variations on raw diets, some requiring dietary restrictions or rules that extend beyond the parameters mentioned above. Three of the most well-recognized examples of more restrictive raw vegan diets are fruitarian diets, living-food diets, and natural hygiene diets.

Fruitarian and high-fruit diets. A fruitarian diet is one that is at least 75 percent or more fruit by weight. High-fruit diets are less restrictive, comprising 50–74 percent fruit by weight. Both of these diets include nonsweet fruits that are normally considered vegetables, such as avocados, cucumbers, olives, peppers, squash, and tomatoes. A number of fruitarians also include nuts and seeds in the “fruit” category. The remainder of the diet consists of raw foods that can be gathered without killing the plant. This can include carefully trimmed greens as well as coconut, nuts, and seeds. Some fruitarians believe that it is best to eat just one type of fruit at a time (known as a mono diet) and to wait at least forty-five minutes until another type of food is eaten. Organically grown or biologically cultivated fruits are preferred. Fruitarians may choose this diet based on spiritual and ethical concerns, as they don’t wish to end the lives of the plants from which they eat.

Fruitarian and high-fruit diets providing larger amounts of greens, seeds, and nuts can meet nutritional requirements if they include reliable sources of vitamins B₁₂ and D and are well planned. (See menus 3 and 4 in [chapter 12](#)).

Living-food diets. The terms “raw vegan diet” and “living-food diet” are sometimes used interchangeably, although there is a subtle distinction. While both living foods and raw foods are uncooked and contain enzymes, the enzyme content of living foods is much higher. This is because living-food diets emphasize the soaking and sprouting of raw foods. These processes result in an increase in the activity of enzymes, which are generally dormant in raw foods. The enzymes serve to release storage of carbohydrates, fats, and protein. While unheated nuts and seeds are raw foods, when we soak or sprout the nuts or seeds, they become living foods.

A living-food diet is centered on newly harvested greens, sprouts of all kinds, fresh fruits and vegetables, soaked nuts and seeds, live vegetable krauts, fermented nut and seed cheeses, cultured foods containing acidophilus and other probiotics (friendly bacteria), and some sea vegetables. The consumption of wheatgrass juice, green drinks, and green soups is encouraged, and baby greens, such as sunflower sprouts and pea shoots, are enjoyed in abundance. Foods dehydrated at low temperatures are eaten on occasion. Stimulating and salty foods are limited. A few foods, such as miso and unpasteurized tamari, that are not raw but are alive with friendly bacteria are included in a living-food diet.

Natural hygiene diets. Natural hygiene is a set of principles designed to help a person achieve and maintain optimal health by using fresh clean air, pure water, moderate sunshine, regular exercise, adequate rest, fasting when necessary, and a diet that is consistent with what ancient primitive peoples thrived on. Of all of these factors, diet is considered the most important. The International Natural Hygiene Society (INHS) does not endorse a single diet as being optimal; rather, it promotes a variety of diets that are consistent with what ancient peoples may have eaten. This includes the Paleolithic low-carbohydrate diet, the instinctive-omnivorous diet (eating as guided by the senses), the lacto-ovo vegetarian diet, and a modified Herbert Shelton diet (a mainly vegan diet, described in more detail on [page 12](#)). All of these diets are predominately raw, most use the rules of food combining (see [page 242](#)), and all include a fasting component. The INHS does not recommend vegan or fruitarian diets to the public because “too many hygienists and others have died or become severely damaged using these diets for a long time.” While many followers of natural hygiene follow the teachings of Weston A. Price, those on a more vegan natural hygiene diet follow Shelton’s teachings, even though Shelton was lacto-vegetarian. The lack of knowledge regarding nutrients such as vitamin B₁₂ may explain the early failure of vegan natural hygiene diets. It may also help to explain why proponents were not themselves rigid adherents.

Vegan natural hygiene proponents base their diets on organically grown fresh fruits, vegetables, nuts, and seeds eaten in their raw, natural state. Foods are generally consumed in their simplest form, with very little, if any, preparation, and only in permitted combinations. Dark leafy greens are included in abundance; refined fats (oils) are discouraged; and whole-food fats like avocados, nuts, and seeds are eaten sparingly. Many natural hygienists say no to fermented foods; sprouts; stimulating foods (like chiles, garlic, and onions); condiments (including pungent herbs, salt, and spices); sea vegetables; super-green foods like blue-green algae, spirulina, and

wheatgrass; and nutrition supplements.

Are Cooked Foods Harmful?

A common belief among raw-food adherents is that cooked food is dead food. It is sometimes said that cooking destroys nutrients and leaves the food essentially toxic. Based on this rationale, it is thought that the more raw food in the diet, the better, with the ultimate goal being 100 percent raw. In our view, science does not support these assertions. While it is entirely possible to meet nutritional requirements on a diet that is 100 percent raw, plus a vitamin B₁₂ supplement, this need not be considered the best choice for everyone. For some individuals, including cooked foods as a percentage of the diet (for example, 5 or 50 percent of the diet by weight) can have advantages:

- Some methods of cooking are safe and even beneficial in terms of reducing antinutrients and enhancing the availability of nutrients from certain foods. This is especially true for legumes, which provide a rich source of protein, iron, and zinc.
- Whereas this book is designed for adults, at some stages of the life cycle (for example, during childhood), the inclusion of some nutritious cooked foods that are higher in calories can be very beneficial. This can also apply to adults with especially high-calorie needs or when a high-protein diet with a low- or moderate-fat content is needed.
- During cold winter months, cooked foods, such as soups or stews, can be comforting and warming.
- Being rigid in our elimination of cooked foods can be socially isolating.
- In our efforts to move others toward a more compassionate way of eating, adding cooked items to the list of foods to avoid can make such a shift seem daunting. By allowing a greater variety of foods in the vegan diet, the transition becomes more achievable.

Although most of us would be well advised to increase our intake of raw food, the optimal percentage of our diet that should be raw is not clear, and some of the relevant factors extend beyond personal health. While some individuals will thrive on a 100 percent raw diet, others will find they fare better on a diet with some cooked food. No single dietary prescription is ideal for everyone. It is important that your diet be tailored to meet your unique needs.

The Road to Raw

This book provides a reliable, well-researched guide for those who are moving toward a raw vegan diet (containing 75–100 percent raw food by weight) or a high-raw diet (containing 50–74 percent raw food by weight) and those who want to increase the amount of raw food they are eating. We expect that this book will appeal to people who would like to improve the quality of their diets in an effort to improve their

health, though we do not give medical advice. As with our other books (such as *New Becoming Vegetarian*, *Becoming Vegan*, and *The Raw Food Revolution Diet*), we trust that health professionals—registered dietitians, medical doctors, naturopathic physicians, nurses, and other health professionals—will use this as a scientifically sound guide to raw nutrition for their clients and patients. To this end, the material is referenced throughout. We are grateful to be able to offer this book to those in the raw-food community, including leaders who inspire others toward healthful eating. You can use it with confidence, knowing that it provides science-based answers to the tough questions about raw vegan diets, offers sound nutrition guidelines that are based on current research, shows you how to construct a raw or mainly raw diet that meets recommended intakes, and includes simple, delicious, and highly nutritious recipes.

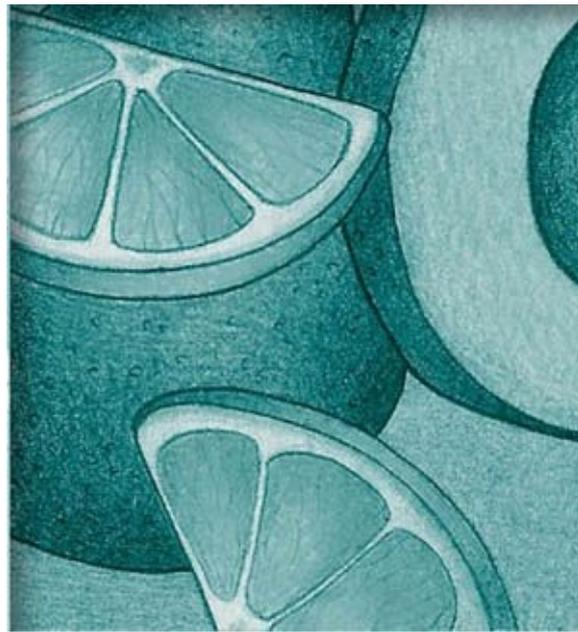
Our goal in writing *Becoming Raw* was to assist you in the task of designing a raw or mainly raw vegan diet that is not only nutritionally safe and adequate but also optimal. It is our hope that this book will provide the information that you need to construct a diet that will nourish your body and soul. May you move forward with confidence and conviction in your journey toward a gentler, kinder, and healthier world.



CHAPTER 2

A History of the Raw-Food Movement in the United States

BY RYNN BERRY



Modern raw diets, and even some of the more popular raw recipes, derive from the efforts of health pioneers in Europe and the United States whose work spans almost two hundred years. These early raw foodists run the gamut from religious leaders to showmen, horticulturists, and health professionals. Their motives for adopting and propagating a raw diet were many and various. Some were high-minded health reformers who wanted to protect themselves and others from the spread of infectious diseases and the ill effects of the industrial revolution. Others were utopians who sought to recreate paradise on Earth by reviving humanity's original diet. Still others sought the elixir of longevity, if not immortality, in a raw diet. Not all of them maintained strict raw diets, but many did, and each in his own way propelled the concept of a raw-food lifestyle into the twenty-first century.

The Early Raw-Food Movement

SYLVESTER GRAHAM

The raw-food movement in the United States started in the 1830s with Presbyterian temperance minister and vegetarian food reformer Sylvester Graham (1794–1851).