

LIVING YOUNG!

Slenderness, Vitality, and Longevity...



RAINBOW SELECTIONS

FRESH, WHOLE & NUTRITIOUS

GARDEN FRESH GOODNESSES!

Center eating around a rainbow of *vegetable choices*, and center *rainbow-colored choices* around *solid and leafy-green vegetables...*

FRESH, RAW, AND LIVING - VOLUME 4

Everyone knows intuitively that eating fresh, raw, and living fruits and vegetables is good for you. But just how good is it and how much of our food should be fresh, raw, and living? Some argue that all of it should be raw; others suggest that certain deficiencies are created over time while eating raw that lead to a compromise of health. This divisive topic is not yet fully pursued by peer-reviewed science; thus, the debate in these matters, while it is important and holds great promise, continues to be primarily anecdotal in nature.



Rather than suggest to you just how much of your diet should be fresh, raw,

and living foods, allow me to share some known benefits of substantially increasing your intake of living foods. As you improve your practice of doing so, listen to your own body and respect what it is telling you. As you come to respond appropriately to vitality improvements within you, you become self-correcting in your diet and do not need a guru to tell you what to do. However, because of common imbalances that exist in the eating habits of raw foodists, be warned that certain vital nutritional... [\(see more...\)](#)



DANIEL'S CHALLENGE APPROVED!

Menu Ideas!

Yogurt Salad



1 cup raw yogurt ([see recipe](#))
 1 each: orange, apple & banana, diced
 8 oz Romaine lettuce, chopped
Instructions: Mix fruit & yogurt and top bed of Romaine lettuce and Enjoy!

Cabbage Delight

Salad Ingredients:

- 1 small head cabbage, chopped
- 1 medium carrot, grated
- 1 cup chopped cauliflower
- 1 handful of golden raisins

Dressing Ingredients:

- 1 cup freshly juiced apple juice
- 1/2 lemon, juiced
- 1/2 to 1 inch fresh ginger, juiced
- 1/2 cup cashews

Instructions: Combine salad ingredients into bowl. Blend dressing ingredients and toss into salad. Enjoy!

Garden Veggie Soup

- 1 each: tomato, zucchini, red bell pepper
- 2 celery ribs
- 4 oz spinach or other leafy green
- 1 oz fresh basil
- 1 cup+ water to desired consistency
- 2 Tbsp lemon juice
- 1/2 tsp sea salt and 2 Tbsp white miso
- 1 tsp crushed garlic
- 1 green onion (scallion)
- 1 pinch of cayenne pepper
- 1/2 avocado

Instructions: blend all but avocado until smooth, then add avocado to mixture and blend for about 15 seconds more. [\(see recipe video\)](#)