

# 5 STEPS TO BETTER HEALTH

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## Step 4: Rip Into the Raw Foods

**TESS:** Hi, I'm Tess Masters, The Blender Girl.

**KAREN:** And I'm Karen Kipp, The Juice Goddess.

Step 4 of the 5 Steps To Better Health is: Rip Into The Raw Foods.

When you cook foods you are dehydrating them and destroying the enzymes that aid digestion. So, if you eat mostly cooked foods, you're hurting your digestion, and not absorbing as many nutrients, which makes you dehydrated, and really saps your energy.

**TESS:** You get more bang for your buck with raw fruits, veggies, nuts, and seeds, and most of us just aren't eating enough of these foods.

Raw foods contain more nutrients and enzymes than cooked foods, and the enzymes and those nutrients are vital for facilitating every single metabolic process in the body from digestion to cell repair. The more enzymes you get, the more efficiently you derive nutrients from all the foods you eat. Raw foods aid digestion, and help you get rid of more toxins to give you more energy.

**KAREN:** Ways to include raw foods:

- whole fruits and fruit salads
- raw salads
- fresh smoothies and juices
- raw cereal as opposed to toasted or processed

**TESS:** Other great ideas include:

- raw spiralized zucchini noodles or kelp noodles rather than cooked pastas
- substituting raw veggie sticks instead of chips with dips
- choosing raw kale chips or veggie chips in place of baked or fried chips
- raw sprouted crackers in place of commercial baked varieties

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**KAREN:** Some other ideas are to:

- choose gazpacho instead of cooked soups
- raw dips such as pico de gallo, guacamole, or pesto in place of processed varieties
- raw nuts and seeds instead of roasted
- adding cultured vegetables like sauerkraut and kimchi to your meals

**TESS:** Yeah, we talked about that in Step 3: Probiotics.

Another really quick, easy way is to:

- Use raw fruits and vegetables as garnishes on cooked dishes such as stir-fries, soups, and stews. Top them with raw things when you serve them is a great idea.
- When you're making your sandwiches, add lettuce, tomato, avocado, and sprouts. Sprouts is a really big one because these foods go beyond raw foods. They are living foods in the prime of development, and they transfer that living energy to our bodies. So, these foods are fantastic for growth and development, energy, and detox.
- Another big one is sea vegetables. We're all familiar with nori sheets, but there are all of these other really amazing sea vegetables, and you can just hydrate them with a little bit of water, and you can put just a little bit through salads so it's not too pungent. So, that's a pretty tasty way to get them into you. And, they are absolutely loaded with minerals.

**KAREN:** Another really fun way is to try:

- raw desserts and cookies rather than baked or cooked ones
- make your own raw nut milks instead of using the commercial varieties
- try sprouted legumes rather than boiled, steamed, or pressure-cooked
- instead of breads, buns, or wraps, use lettuce and other leaves for burgers and sandwiches

**TESS:** You can find a ton of delicious raw recipes at [theblendergirl.com](http://theblendergirl.com)

Check out Step 5, the last step in the 5 Steps To Better Health at [TheDecadentDetox.com](http://TheDecadentDetox.com), and you can find for more easy tips for how to get healthy, and stay healthy.