

Chapter 5

Activity 1: Raw Food Diet

Case Studies

Jane's family has a history of chronic disease related illness. Her father was diagnosed with type 2 diabetes and her mother was overweight. Jane's diet is typical of people who live in the South: fried foods, and lots of starch and carbohydrates. While on vacation, she wanders into Raw Juice and tries a Green Apple Chia. She's surprised by how good it tastes. Jane wants to learn more about a raw food diet and wants to know what the benefits of introducing more raw foods into her diet might be. What do you tell her?

Robert comes into Raw Juice and asks, "What is juicing?"

How do you answer him?