

Re: The Raw Diet

HP Hoodedcobra666

March 21, 2014

Iorost [wrote]:

My wife and I started the raw diet with a short juice fast, first, after a few months of slowly converting to eating anything other than fake foods like corndogs, taquitos, etc. (The things most widely available, and affordable to the American public as most of you know). The I only realized too late movies we saw on Netflix were a trap into harming yourself. The dieting suggestions they tell you about are unnatural to human beings and we found this out the hard way as we got a little less brainwashed.

First, our juice fast only lasted 11 days. We lost a lot of weight, but it was extremely painful. Soon after I was shitting blood and my wife's HAIR FELL OUT. Do you realize how horrible that is for a woman at 24 years of age? It's devastating. Far worse than what I experienced. It also affected our moods for the worse, and the whole experience was just awful.

Afterwards though we tried the raw diet. At first it was alright, but I'd feel tired all the time, and we both weren't healing very quickly after the fast. Only recently have I found out the safest way to eat is probably closer to what's in the book "Nourishing Traditions" and the salad and fruit (grown by yourself with the highest quality, non-GMO seed available). We've been somewhat doing it now, and it's made a big difference. We're both getting back to normal, but not obese like before. Still haven't found a water solution though for the fluoride. But the yoga and meditating are really helping with our depression.

What do you guys do?

Eat normally, that's what you should be doing. Your carbohydrates, your proteins, your fats and all that a Human being requires. Do not be stupid or your health will get damaged from stupidity. Raw diet and all this paleolithic crap stems from New Agers and this stem from xian saints who fast and all that shit. Which is unhealthy and unspiritual like their sexual abstinence and anti-life crap. If you want to be healthy, exercise 3 to 5 days a week, eat your full vitamin spectrum and get your carbs protein and fats daily. Do your meditations and hatha, you will be fine. No carbs, no fuel. No protein, your body cannot even do genetic repair, it cannot synthesize proteins anymore. No fats (always in moderation) and you will normally feel without so much energy as these give you power.

All these assholes who sell these crazy diets, like spirulina crap only for a whole week...Or who preach super vegan fruit only...At night shovel down their throats meats, eggs and everything, then at the morning they pretend they shine and glow without food. They simply lie. Stay sensible and use common sense

-High Priest Hooded Cobra 666

HAIL SATAN!!!!