

Fruit-Powered & ALIVE!

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If someone told me in April 2010, when I drank my first green smoothie, that I'd soon go wholly raw vegan, write a book on raw food, forge a partnership with Arnold Kauffman on media projects, launch a website dedicated to promoting a low-fat, fruit-based raw lifestyle and reverse chronic pain, I'd think that person was senseless. But all this and more happened, thanks to the magic and power of fruits and greens and an unyielding commitment to improving my health and life.

My first green smoothie was a kale-dominated disaster, but I stuck with the drink every day, and by my fifth day, I felt an extraordinary shift in energy and state of positivity. I smoked my last cigarettes on my seventh day, discovering a deep well of willpower I had never experienced. I was now hooked on something that delivered me nutrition and life instead of robbing my body of vitamins, minerals and time—and I promised myself to continue drinking green smoothies every day. I'm more than 1,000 days into my commitment to enjoying green smoothies daily.

Three months after I added an afternoon green smoothie after my breakfast green smoothie, I was ready to go vegan. My body instinctively told me it no longer wanted animal products, and my transition to veganism was effortless. I accepted a friend's challenge to go 100 percent raw for the month of January 2011 and managed to stay raw but did not truly succeed. Overwhelmed by the amount of information available on raw food eating, undercarbbed with salads and vegetable-rich meals and turned off by fatty, dehydrated fare, I struggled until Harley "Durianrider" Johnstone helped turn on a bright light in my head.

In a video he posted on 30BananasADay.com, which he operates with Freelee, his partner, Johnstone explains the importance of counting calories and recommends that transitioning raw fooders absorb Doug Graham's book, *The 80/10/10 Diet*. I soon got to counting and reading, and before long, I was consuming ever-increasing amounts of fruit.

I couldn't shake occasional episodes of brain fog, however. These feelings of being unfocused, spacey and disconnected to my life intensified and grew more frequent by the end of 2011. Throughout the year, I ate all raw except for about three vegan burritos a week—with as much hot sauce as I could handle. Some other raw fooders I knew from Arnold's Way's raw vegan café in Lansdale, Pennsylvania consumed a few cooked meals a week with little major consequence. Consuming cooked food did not work for me, though.

A story in the fourth issue of *Vibrance* I read in December 2011 reinforced that I had to drop the remaining salt, spices and caffeine—all things I consumed while eating these burritos and drinking accompanying iced teas—to feel my best. I finally did so, and a few more experiments with cooked food told me that being 100 percent raw is the optimal path. For me, being 100 percent raw in strict accordance with 80/10/10 guidelines meant no more suffering from brain fog. Being 90 percent raw, which I was throughout most of 2011, had upsides and some extreme downsides.

Coming to Life

Life quickly took off for me in 2012 once I remained committed to being wholly raw. Going back to June 2011, I had

wanted to spread the word about the benefits of a raw food diet but couldn't because I struggled with brain fog. Throughout 2012, I felt clear-minded, empowered and on a mission to help others go raw. I wrote *Alive!*, a book designed to help anyone go raw in four simple steps by explaining what to do and how to do it.

Alive! takes readers by the hand and shows them the way to go raw in a personal, inspiring fashion. This guide features tips, tool recommendations and condensed interviews with Arnold, Megan Elizabeth and Shaie Dively, all of or at one time connected to Arnold's Way.

Alive! also highlights my recovery from chronic back and neck pain and carpal and cubital tunnel syndromes by utilizing the Egoscue Method. The Egoscue Method is the only physical therapy program that focuses on posture and addresses causes, not symptoms. In the past three years, I have brought my body ever closer to picture-perfect alignment and being entirely pain free by completing daily stretches and exercises, which have corrected imbalances in my eight load-bearing joints: shoulders, hips, knees and ankles.

I also launched Fruit-Powered.com to promote a low-fat raw food lifestyle and the free e-magazine, *Fruit-Powered Digest*, and free video series, *Fruit-Powered Video*. My deeply rooted purpose is to shine a light on others who have achieved success leading raw food lifestyles. So far, I've featured Andrew Perlot of Raw-Food-Health.net and Chris Kendall of TheRawAdvantage.com along with folks I've gotten to know at Arnold's Way, my favorite place on earth outside nature. I am thrilled to tell others' stories while sharing where I am on my journey. It is a goal to craft a brightly colored tapestry of stories touting success over health challenges such as colitis and obesity and for others to find inspiration in these stories.

Last year got even sweeter when Arnold handed the keys to his first book since 2004, *The Way of Arnold*, over to me. I helped bring this raw food guidebook to fruition and struck a partnership with Arnold to carry his media, which is growing book by book, at Fruit-Powered.com.

Arnold planted the seed of raw veganism in my brain in 2002 when I was a 24-year-old daily newspaper reporter, interviewing

him for a story about his café's Lansdale opening.

Expansive New Vistas

A raw food diet has helped me see expansive windows of possibility, where I once saw walls or locked doors, and filled me with ambition. For the first time in my life, I am the real me, tuned in to who I am, where I am, where I am going and what I want in life.

A saying of Arnold Kauffman's kept me going during my raw transition in 2011 whenever I felt out of my element, and I wish to share it with those exploring raw food: "What do you want and how badly do you want it?" To go raw, one really has to want this lifestyle badly enough to change his/her mindset's station from the rest of the world's frequency. I challenge everyone to go 100 percent raw to find their true selves for the first time, to cherish the gift of life on the deepest level. This fruit-powered feeling makes me and thousands of others around the world feel blissfully alive!

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Look for **Brian Rossiter's *Alive!***, a raw food transition book designed to help anyone go raw in four steps, and media from **Arnold Kauffman!**