

7 x 7



**Ways to Improve Your Health, Your Life  
and the Planet**

**[www.growingraw.com](http://www.growingraw.com)**

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## Health Warning and Disclaimer

**This e-book is not a substitute for professional medical advice.**

The information presented in 7 x 7 is not intended to replace the advice of a medical doctor or other health care professionals with whom you consult.

People suffering from acute or chronic illnesses, young people under the age of 18 or pregnant women are always advised to check dietary changes with their medical practitioner first. If your medical advisor has placed you on a special diet, please check with them before making any changes.

Note that increasing your intake of some foods can change your body's reaction to medication. If you are currently receiving medical treatment please check with your medical practitioner before altering your diet.

## Foreward

# A Big Thank YOU from Growing Raw

This free e-book is a thank you to the Growing Raw community for visiting, reading and contributing to [www.growingraw.com](http://www.growingraw.com). Your encouragement and feedback has inspired me to continue my late nights building Growing Raw! I'm very happy that my home-grown healthy eating guide is helping so many people...



It's also time to get the word out that Growing Raw is here to support people in their efforts to build healthy eating habits, grow healthy food and aim for raw food health. So please feel free circulate this e-book amongst your friends or offer it COMPLETELY for free on your website.

I hope that 7 x 7 inspires you, gives you fresh ideas and lifts your spirit on your journey to greater health.

Wishing You Abundant Health,

*Trina*

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## Section One

# Your Health: Diet Fundamentals

### Why Make Healthy Food Choices?

Most of us spend a lot of time and money to look and feel our best. We go to the gym, we buy new clothes, and we get massages and haircuts. Yet after all of this effort, many of us still choose to fill our bodies with low quality food! Making **healthier food choices** is probably one of the most fundamental and powerful things that you can do to look and feel your best. You have heard the saying “you are what you eat”. If you eat a diet filled with fresh, vibrant **fruits and vegetables**, you will feel cleansed and energised. If you fill your body with heavy fats and artificial colours and sweeteners, you are creating a toxic environment. You only get one body in this lifetime – why not treat it right?



### Creating Healthy Eating Habits

You will be surprised that switching to **healthy eating patterns** is easier than you think. Once you give your body the good food that it needs and deserves, it will actually **start craving these foods** as opposed to junk food. Start small by throwing **some extra veggies** into dishes where you may not notice them so much, such as in a marinara sauce or salsa. Add fresh fruit to your **morning** cereal. Try brown rice instead of white. If you are a heavy meat eater, try **not eating meat** for just one or two days of the week and see how you feel. The important thing is to just start somewhere!

### A Balanced Approach

Be gentle on yourself. Being too uptight and rigid about food is just as unhealthy for your mind as junk food is for your body. Just try to make the most intelligent choices that you can and remember to **enjoy the process** of creating a healthier you. Also be aware that eating healthy does not mean that you can never indulge. Just think fresh fruit sorbet as opposed to a pint

of Butter Pecan ice cream. Bake your own french fries as opposed to eating fried ones soaking in oil and salt.

## **The Idea of ‘Dieting’ vs Healthy Eating**

Dieting is usually about taking certain things out of your diet, and you often **feel deprived**. The main focus in a diet is usually to **lose weight**. Healthy eating involves being conscientious about what you are putting into your body. The focus of healthy eating is much more holistic. You will lose unwanted pounds, certainly, but you will also have more energy and less medical problems by committing to healthier eating. Your mind may clear and you may feel more balanced in general. Healthier eating should never leave you feeling deprived. On the contrary, you will feel empowered and thankful for the whole world of delicious whole foods there are out there for you to enjoy!

## **Organic Food**

Would you spray **pesticides** on your hand and then lick your hand? Or put some drops in a cup of water and then drink it? Of course not! So why would you ingest food that has been sprayed with these toxic chemicals? **Organic food** often has higher vitamin and mineral content than chemically sprayed foods because the soil that nourishes them is healthier. Plus, by choosing to eat organically, you know that you are keeping harmful pesticides not only out of your body, but out of Earth’s soil and waterways.

## **Vegetarianism**

Being a vegetarian doesn’t just mean that you don’t eat meat – it means that your diet should be filled with all sorts of yummy grains, legumes, veggies, fruits and seeds. Whether you **go vegetarian** for health reasons or for animal rights reasons, you can feel good knowing that you have taken a giant step forward toward adding more fibre and antioxidants into your diet whilst lowering your cholesterol. As long as you are careful to **get enough protein**, which is easy to do with a little creativity, your body’s needs can easily be taken care of without meat. Try it and notice how much lighter and clearer your body can feel!

## **Raw Food Diet**

Eating food raw is the best way to get your body as many of its vitamins, minerals, and enzymes as possible. Cooking a food destroys many nutrients. A [raw food diet](#) is incredibly cleansing and can give you a great amount of energy. The next time you go to cook some of your favorite produce, try it raw instead!

## Section Two

# Your Health: Detox Your Body

### Is Detox Necessary?

A **detox** every once in a while really helps to keep your body functioning optimally. Even if you have eaten an absolutely perfect diet for your whole life - and how many of us can realistically say that - your body still accumulates many toxins. There are toxins in the air you breathe and your skin absorbs toxins from the products that you use. Given a **healthy diet** and **plenty of clean water**, your body can deal with **getting rid of toxins naturally**. However, it's an enormous challenge given the astronomically high rate at which toxins accumulate in today's world. Think of a detox as a supportive and nurturing spring clean for your body.



### Detoxing Naturally with Healthy Food

By consuming healthy food, your body will naturally and effortlessly begin to detox. You will be consuming a lot of fibre which will help to keep your **digestive system** clean. Your liver and kidneys will not be overburdened with trying to deal with junk food, unhealthy fats, or chemicals such as pesticides or artificial colors or flavors. This frees up your organs to do their cleansing jobs more efficiently. Once you have **eaten healthy** for a while, you will find that your body will not crave or even tolerate so much junk food anymore. As your body lets go of toxins it naturally comes more into balance.

## **Water**

Fresh water is one of the most important staples in a healthy diet. **Water** flushes us out, down to our cellular level. Your body is made up of mostly water so you should make sure that the water you are consuming is the purest possible. Either buy purified water, or better yet, skip the plastic bottles and invest in the best water filtration system you can afford. Make sure that you are drinking at least 8-10 glasses of clean water a day to keep your body clean and hydrated!

## **Detox Organs**

The kidneys are the main filtration organ for liquids, and your **liver** is responsible for filtering out many of the solid toxins that you consume. By taking extra effort to take care of these two organs, you can make sure that they are doing their detox job optimally.

## **Caring for Detox Organs**

The first thing that you can do to take care of your detox organs is to **limit the amount of toxins** that you send their way for them to have to deal with. Make sure that the air you are breathing is as clean as possible. Drink a lot of pure water, stay away from chemicals and **excessive alcohol**, and consider doing a **short detox** to give these organs a chance to catch up. Taking care of your detox organs is one of the best ways to keep your body feeling vital, clear, and energised.

## **Short Detoxes**

A short detox can take many different forms. You could do a cleansing juice fast, eat just **raw foods** for a few days, **flush your colon** or even abstain from all food for a day or two. Think of the workload that you have put on your body since the day you were born. It works around the clock **digesting** food and sorting out toxins. By easing up your body's workload, your organs can get caught up, take a breather, and use their energy to regenerate and strengthen as opposed to constantly sorting through toxins.

## **Detox Attitude**

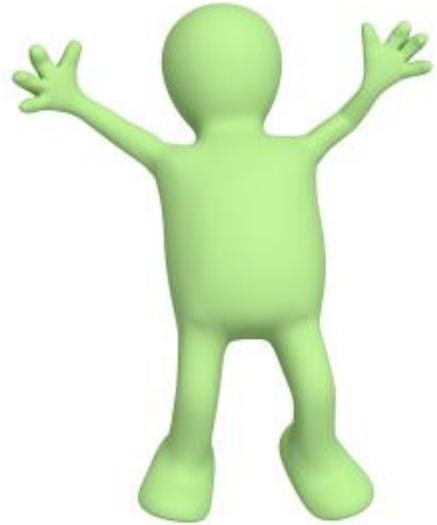
On any detox you may find you feel groggy, grumpy, or have headaches, especially in the beginning. This is often the result of toxins coming to the surface and getting sorted out. [Symptoms of detoxification](#) usually subside quickly, being replaced by a feeling of lightness and clarity that you may not have felt in years. When times get rough, recognize the huge favour that you are doing to yourself. Let yourself feel good knowing that these symptoms mean you are letting go of accumulated toxins. You more than likely will shed some unwanted weight, enjoy clearer, glowing skin, and experience increased enjoyment and sensibility of food after a detox. You'll also have more energy. That should be enough to make you stick with it!

## Section Three

# Your Health: Eat More Raw Fruits and Vegetables

### Health Recommendations

Many of us do not get anywhere near as many fruits and veggies as we should. Some people consume most of their produce from a can; veggies soaking in a lot of sodium water and fruits soaking in corn syrup. Half a cup of vegetables or fruit is roughly equivalent to a single serving. You should try to get at least 7-10 servings of fresh produce a day, which may sound like a lot. By throwing many fruits into a [green smoothie](#), or making a [salad](#) of a handful of different veggies, you can get your daily quota in no time.



### Why Eat More Raw Food

[Raw food](#) is a powerful way to cleanse your body. It will also give your body access to the maximum amount of vitamins, minerals, and enzymes in any given food. Committing to eating a diet that consists of raw food will naturally steer you away from many processed and empty foods. Your diet will be filled with many fruits, veggies, nuts, seeds and other whole foods that are great for you.

### Set Your Raw Target Level

Deciding to eat more raw food to benefit your health does not mean that you necessarily need to commit to going 100% raw overnight. [In the beginning](#), maybe try one day a week where you only eat raw food, and give your body time to get used to the changes. Little by little, work your way up to maybe 50% raw foods. If you feel great and want to try to commit further, great. Set a [raw target level](#) for yourself, but remember to listen to your body. What looks good on paper may not be the eating plan that works best for your

particular constitutional type. Stay flexible and alert. If your body wants more or less raw food, it will tell you.



## **Supply Yourself with Fresh Produce**

The best way to make sure that you are getting enough fruits and veggies is to make sure that you have them in the house, in plain sight! Take a trip to your local farmers market to stock up on [organic produce](#), join a community garden, or [plant some fruits and veggies](#) at your house to make sure that you will have a constant supply of healthy produce at your fingertips.

## **Vegetable Salads**

A great way to make sure you consume a lot of veggies is to make a [delicious salad](#). Make it appealing to your stomach and your eyes by using a lot of colors. Think dark leafy greens, tossed with ripe red tomatoes, creamy avocado, crisp carrots, and sliced yellow peppers. Make a [simple dressing](#) of high-quality oil, some fresh garlic, a splash of lemon and any herbs that are in season to finish things off. You may re-think salads as an appetizer, and may begin craving a large, gorgeous salad for a meal.

## **Green Smoothies**

Adding [greens to a smoothie](#) is one of the easiest and most palatable ways to get their benefits. Add a shot of wheatgrass or some spirulina powder to any smoothie for a boost of cleansing chlorophyll, loads of antioxidants and lots of vitamins and minerals in addition to easily absorbed protein. Don't forget green leafy veggies, as kale, parsley, silverbeet or spinach can be juiced or blended into a smoothie for some extra punch.

## **Raw Snacks**

There are a seemingly endless variety of [raw snacks](#) available for you to enjoy. Fruit is an easy snack to grab in a hurry. Get out of your comfort zone a little. If you are used to buying bananas and apples, grab some mango, or a tangerine, or kiwi the next time you are at the store. Dried fruits are great to keep in the car or your bag. Almonds and walnuts are a good option, as is granola. For quenching thirst, coconut water is considered to be Nature's Gatorade, and is a delicious treat by itself. By having raw snacks easily available, you will be less likely to go hungry and binge later on a less healthy option.

## Section 4

# Your Life: Detox Your Life

### Take a Fresh Look

Sometimes we get into such a routine, that we do things simply because it seems like we have always done them that way. Take some time to be unbiased, and look with fresh eyes at some of your choices about the way you live. Maybe for one day write down how you actually spend your time, and about what types of people you are with and what type of food you are consuming. It may surprise you where you are actually spending your energy.



### Slow Down

“Adopt the pace of Nature: her secret is patience.” – Ralph Waldo Emerson. Nothing in Nature rushes, yet everything gets accomplished exactly how it should, in its own time. If you slow down, you will probably get more done, and get it done well, than if you rush through everything. Take small steps towards this. For example, when you are eating, sit down and eat. Nothing else. Turn the TV off, put the computer away, sit at a table, and give your full attention to the food and the company you may have. Stay in the moment. The future will come soon enough.

## **Set Your Priorities**

So many of us give a lot of attention and energy to things that don't really matter at the end of the day, so much so that we don't have much energy left over for the things that do matter. Be honest with yourself about what is important to you. Set your goals for the day, the week, or even your life, and keep laser beam focus on activities that get you closer to your goals. As for the rest, practice detachment or delegation, and direct every ounce of saved energy towards getting you to where you really want to be.

## **Clear Out Physical Clutter**

There is something magical about clearing out clutter. It automatically, tangibly seems like energy can roam more freely. Keep your surroundings orderly and beautiful. Feel good about taking unwanted clothes to a shelter or used toys to an orphanage. Have a garage sale, and with the proceeds treat yourself to a massage or a weekend away. It is a win-win situation!

## **Clear Out Mental Clutter and Baggage**

Learn to let go. Are you holding on to old fights, resentment, pain, or frustration? What purpose is that really serving? It is only hurting you. Do you feel like you constantly have a thousand things in your head that you need to remember? Write them down so that you can let go with trust that you will remember the things you need to when the time comes. Clear out the old baggage and make room for newer, more positive thoughts!

## **Avoid Toxic People**

Who we choose to be around can have such a powerful impact on our attitude. There are people in the world that seem to fill others up with energy and enthusiasm, and then there are others that seem to do nothing but drain anyone that comes into contact with them. Be choosy about who you let into your personal space. Enjoy the positive people, and try to maintain distance from the toxic people as much as possible. If you do come into contact with toxic sorts, use it as an opportunity to practice patience, unconditional love and detachment.

## **Value What You Have**

If you ever feel like you don't have enough material possessions, take a day to volunteer with those who do not have a house or food for their children to put things into perspective for you. Spend time helping out at a hospital or nursing home to appreciate the health that you have. Most of us in any given moment have all of the essentials to be truly and deeply happy. Two people can have the same identical situation, and one can see abundance and opportunity and one will only see scarcity. Which person do you want to be?

## Section 5

# Your Life: Move Forward and Focus

### Goal Setting

Anything is possible, but you need to be clear in which direction you want to be heading. If you spread your energy in a thousand different directions, you will not have much momentum sending you in the few directions that you probably really want to go in. Set clear goals. Write them down. Ask your family or friends to hold you accountable for moving towards them. Setting an intention is the first step to get you closer to your goals.



### Being Realistic

It is okay to have huge, lofty goals, but make sure that you see not just the grand vision, but each individual step on the way. Make sure that you are clear about what it is going to take to get you to your goal. Realise that no one is perfect, and that everyone takes a detour from time to time. If this happens, forgive yourself, forget it, and keep moving forward!

### Take Small Steps

People that climb Everest would probably give up if they only thought about the torturous weeks that still lay ahead of them. However, by focusing on just the next few steps they find themselves standing on top of the world before they know it. Take whatever small step you can towards your goal. With continuous, consistent small efforts you will reach your own big goals.

## **Staying Motivated**

Find role models that will constantly infuse you with energy and hope. Remember your reasons for wanting to accomplish the goals you do. Make a picture board, so that you can visually see what it is that you want to create in your life. And don't forget to recognise how far you have come! Reward yourself for small accomplishments.

## **Get Support and Guidance**

No one should have to reach a challenging goal feeling alone. Be willing to learn from others who have walked the same path before you. Go online to find people with common goals, or to support groups. You may feel vulnerable opening yourself up to friends and family, but really, having as many people cheering you on along your way will only strengthen you.

## **Be Brave**

Realise that the entire process of achieving what you want in life is just that. A process. There will be ups and downs, and you will learn from all of what happens along the way. You can do whatever it is that you want to, as long as you hold your head up high and keep moving forward no matter what!

## **Start Today**

Why wait until tomorrow or next week to start going after what it is that you want? The sooner you start, the quicker you will be enjoying the rewards! There is no better time than right NOW to begin. Not next week, not this afternoon, but this very moment is the moment to get on track to lead the life of your dreams. Why not?

## Section 6

# Your Life: Get into Nature

### Recharge Your Spirit

You may take care of your body, you know the importance of both exercising and relaxing your mind, but what do you do for the health of your spirit? Find out what makes you feel alive, and do that more of that! Getting out into Nature is a great way to feel alive, calm, connected, and in awe, and will almost certainly recharge your spirit.



### Breathe It In and Use Your Senses

When you go into Nature, do yourself a favour and really BE in Nature. Shut off your mobile phone, leave your worries and chores behind you. They will be there for you when you return. Use all of your senses to really appreciate all that Nature has to offer. Take time to smell the flowers, lie down and feel the support of the Earth beneath you, listen to the birds and learn which berries and plants you can eat. Try to notice details that are easily overlooked, like the gorgeous design of a spider web or the graceful movement of the clouds.

### Observe Nature

If we look closely, Nature holds many lessons for us. Nature can teach us stillness, patience, tenacity, and acceptance of change – but only if we are aware and present enough to notice Nature!

## **Admire and Nurture Life**

Consider for a moment that the same energy that courses through you, the same air that you breathe, is also what supports the life of every animal and every plant. Take care of everything in Nature. You have more in common than you may realise!

## **Exercise Outdoors**

Why get in a car and drive to the gym, only to walk on a treadmill? Why not start at your house, and walk outdoors? You will get exercise and fresh air! Nature is the best gym that you could hope for. Swim in lakes and rivers, hike through woods, climb rocks, do yoga on thick grass, climb sand dunes and trees.

## **Grow Plants**

“The greatest gift of the garden is the restoration of the five senses.” - Hanna Rion. There is something very therapeutic about being in constant contact with Nature by [growing your own plants](#). Whether you have a lot of space or little, a green thumb or not, make sure that you have at least a few plants in your life to take care of.

## **Go Camping**

The next time you are considering a vacation, skip the hotel and [pitch a tent](#) in a gorgeous location. You will realize that profound happiness can be something as simple as watching the stars while sitting by a cozy fire.

## Section 7

# The Planet: Take Action

### Learn

It is your responsibility to continuously educate yourself as an adult, and with all of the resources available to us, there is no reason anyone should claim ignorance. By knowing exactly WHY you do a certain action, you will be more likely to follow through. For example, shutting the water off while you brush your teeth may not seem like a big deal. But once you find out how much water that will save on a yearly basis, or if you learn what it is like for people to live in a place with a water shortage, you will probably be much more willing to make small changes and stick with them.



### Inform Others

Explain to people why you do what you do, do not just expect them to understand. When you bring a cloth bag to the supermarket, explain that you are doing your small part to keep plastic bags out of the environment. Remember though that no one likes a bossy know-it-all. The best way to change others is by setting a strong example.

### Re-use

Reuse old glass jars for canning jam or sauces. Save your old plastic and paper bags, and bring them into a small, local business that would love to not have to buy new ones. If something breaks, consider getting it repaired instead of replacing it.

## **Conserve Water**

Even by shortening your shower by a minute or two, you will save considerable water over time. Turn the tap off when you brush your teeth. Invest in a low flush toilet and a water saver showerhead.

## **Purchase Without Packaging**

When possible, purchase goods that come with little or no packaging. Reuse old bottles and buy your soaps and other liquids in bulk. Bring in your old egg cartons and buy eggs straight from a farmer. When gift giving, consider donating to a charity in the name of your special person, or offering a homemade gift such a CD of your favorite songs, or some flowers from your garden.

## **Grow Your Own**

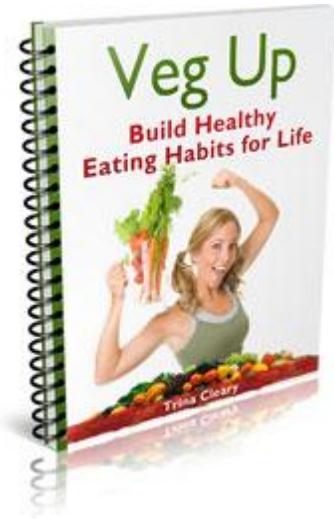
Even the most reluctant person would be surprised at how easy it is to [grow some herbs](#) and [veggies](#). You can even grow some on a windowsill or out on a back patio if you [do not have space](#). Also, consider forming a community garden, and you will have a bigger garden with more varieties, a lot of help, and will make friends and community along the way.

## **Don't Give Up**

Never give up! You can impact the world by just a few small, consistent efforts. There is an old Japanese saying: "Fall down seven times. Get up eight."

Please visit Growing Raw at [www.growingraw.com](http://www.growingraw.com) for more information and inspiration. Subscribe to [More Growing Raw](#), a free monthly e-zine with updates and tips for healthy eating, gardening and living.

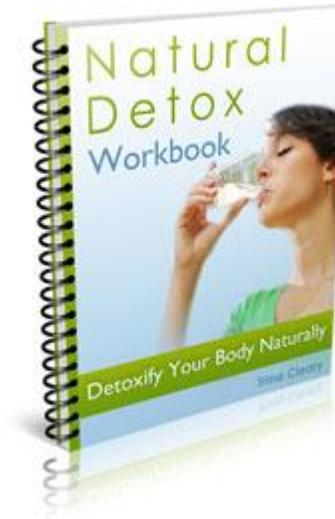
## Further Reading



Whether your goal is to boost your health, lose weight naturally or increase your energy levels... **build healthy eating habits** with Veg Up.

Imagine no longer beating yourself up about the healthy food choices you feel you should be making, because you'll actually be making them. Every day.

- Build healthy eating habits into your daily routine, step by step.
- Learn how to really make sure you eat 5 veg a day.
- Check off daily tasks and recipes so you can clearly see your progress.
- Stay motivated and stick to your healthy eating goals.



Don't spend a fortune on detox pills that don't work.

The best detoxification product available is your body! Learn how to **detoxify your body naturally** with the Detox Workbook.

The Detox Workbook guides you through each all natural detox diet with instructions, recipes, checklists and reflections.

You get:

- all natural detox tips to help you succeed
- goal-setting pages
- 2 x 1 day detox plans
- a 2 day detox plan
- a 3 day detox plan
- a list of the best detoxifying foods and herbs
- bonus salad dressing recipes
- bonus raw recipes and resources lists

