

What To Say When You Go Fresh.....

To Say To A Friend Before You See Them:

(Friends name) I recently decide it was time I start taking my health seriously. I can't handle feeling sick, tired, and in pain any longer. I want to feel healthy, look even more amazing and think clearer. The next time we meet for lunch or get together I may be eating totally different. I want you to know I intend for this to give me more energy so when we spend time together I can give our relationship more attention.

I know like you I am going to have many questions about what to do and specific health questions but for at least 90 days can I just get use to the idea before you ask me too many details? I sure would love and appreciate your support. Can I count on you to be apart of my support team during this phase of my health?

Thank you so much!

To Say To Family Before You See Them or When You First Start:

I love you (all) so much and miss having the energy or clarity or physical wellness to be the best wife, mother, husband, father, daughter, son, etc that I would really like to be. I have decided it is time for me to start supporting my body and start eating and living a healthier lifestyle.

Would you also like it if I was able to give you time, attention or had more energy to be a better person in your life?

I can image the life we can have the more healthy I start to become. (Tell them one of your dreams that includes them.) Over the next few months I will be changing the way I eat and creating other healthy habits like exercising more. I will be enjoying and adding in more fresh fruits and vegetables, and even some delicious fresh fruit smoothies. I intend for this new change to bring us closer together.

It will be completely your choice if you would like to join me or continue down the path you enjoy. I respect your decision to eat and do what brings you joy as I want to create habits that bring me joy as well.

I love to support you on your path, can I count on you to support me on mine?

If you have any questions, like I will can we find a place to write them down and as I start to consume more information I would love to find the answers and this way in the beginning I wont feel overwhelmed with too many questions.

I love and appreciate you so much!

BONUS: To Say When You Go Out To Eat:

When I go out to eat I can usually get the chef to create a delicious fresh meal without adding cheese, or any animal products and without cooking.

Here's what I do:

1. Bring my own fresh dressing or an avocado and orange for a dressing or dip.
2. I look over the menu and find all of my favorite fruits and vegetables they include in any dish.
3. I make a list (usually on a napkin) of all the fresh foods you would like the chef to make a salad or lettuce wraps with or sometimes they will make you a fruit plate.
4. Then I write at the top of the list:

Dear Chef,

I am on a special diet and can only eat fresh UNCOOKED fruits and vegetables. I would appreciate it if you could create an amazing delicious salad or lettuce wraps with the listed fresh ingredients with NO dressing or salt (this is up to you as I prefer not to consume salt outside of the natural food found within food).

Thank you so much as enjoy coming back to supportive restaurants!

(sign your name if you wish)

Take time to alter these to your liking and the best way to get support creating a new habit is to ask for it.

When I wanted to start eating a 100% fresh raw food diet I asked for the support from my family and they agreed. I told them it was hard for me to stay on the path on wanted to be on free of pain but the processed foods like bread was much to hard for me to resist. They wanted me to feel healthy and energetic so they understood my needs and agreed to what was best for our family.

They started eating only fresh foods in the house and when they were out they ate what they wanted. Eventually for quite sometime they all decided to eat fresh foods all the time.

I love communication it clears up the misunderstandings and allows love to shine through! When people know you want and possible need their support they usually want to give it to you.

Enjoy your journey.....