

## Claudia's Story – Raw Food Vegan

I have big dreams. Before I came to Suppers I had already found my personal health solutions in a mostly raw food, vegan diet. I kicked the sugar habit, lost 50 pounds eating as much as I pleased; my energy soared, and I shook the little aches and pains my doctor said were part of normal aging. I would have none of that. In my future are completion of a naturopathy degree and a wellness center in the middle of an organic farm. The degree is mostly done; I have a way to go on the farm.

In the meantime, I have very compelling reasons for wanting to be part of the Suppers community as a facilitator. I love spreading the word about the benefits of a vegan raw food diet. One of the things I noticed as soon as I got to Suppers is that we always start with piles of vegetables, some meat, some broth or coconut milk or other flavor base, and then we start cooking, each according to the whole foods diets we prefer. Sometimes there are three pots simmering simultaneously in order to accommodate the differing preferences. I was happy to contribute what I know about enzyme-rich raw foods, and the others were very open to listening about the health benefits.

It can take quite a long time to feel good on real food after years or even decades of using food more like drugs. That's why I need to be here, to lend support and join the camaraderie as people make courageous changes in their lives. Once they feel the effects of good food for themselves, they won't need my support any more; they'll feel the vibrancy themselves. For me, helping people until they feel the benefits themselves is a ministry. And I take my role very seriously.

It weighs heavily on me to look out on the world and see the depletion of our precious soils, the invasion of the fast food giants who confuse our children into believing fast food can be part of a healthy diet, and the assumption that we need fistfuls of medications for health. This is outrageous to me!

Life is supposed to feel good, be joyful and abundant, not governed by chemicals to get us through the day. When our perfectly made body is given the opportunity with enzyme-enriched foods to heal itself, that is what it does! One of my favorite books is "God's Way to Ultimate Health". What I learned is that if you feed yourself at a cellular level, you won't crave things that are bad for you. Give the brain what it needs to thrive, and your thoughts will be happy and pure.

I strongly feel that education is the key! The time has come for people to learn that there are alternatives to what they have been taught regarding their health (or lack of it) care. There are choices one can make which will have profound effects. My vision is to continually educate myself in order to share new truths with others, and just watch the miracles happen!

I'm 68 years young and have never been more vibrant. There is no doubt in my mind that the colorful living foods I consume support my spiritual awakening. We cannot separate the connection of mind, body, and spirit in our humanness. This is what I have come to share at Suppers.