

Transitions, Supplements & Traveling in a Raw Food Lifestyle

This interview is an excerpt from Kevin Gianni's Renegade Roundtable, which can be found at <http://www.RenegadeRoundtable.com>. In this excerpt, Matt Monarch shares on transitions, supplements and traveling in a raw food lifestyle.

Renegade Water Secrets with Matt Monarch, a raw vegan and author of Raw Success.

Kevin: Yeah. Let us go to the question from the woman who was on the call in the beginning she was saying that she did 100 percent raw. Life got in the way and someone told her that it would be twice as hard to get back. And now she can't get back to the raw food lifestyle that she was living before. What advice do you have for her?

Matt: Okay, I would want to ask why she can't come back. I believe that colon hydrotherapy can really help people with this aspect because it helps with the cravings, it takes it away. People go on a raw food diet and they're just inundated with waste. They just don't get what is happening. And when you do colon hydrotherapy, it just works with the raw food diet. Whenever I do a session of colon hydrotherapy, I get transported to this like place of spiritual bliss, which is absolutely crazy.

And I mean when I first went raw I'd have a runny nose, I got zits all over my face, I would be running back and forth to the bathroom. If I had to live my life that way, I wouldn't have done it. But what would happen is, I would do the colon hydrotherapy, be transported to this bliss that I was talking about, and then as time would go by, when I first started, probably after 7 to 10 to 14 days, I would get that runny nose again, I would be running back and forth to the bathroom and then I would do the colon hydrotherapy again and I was transported back. And it was just, it's amazing. It's a whole entire transformation that you go through. And it's that feeling that is the number one reason why I stay raw today. It's euphoric, it's amazing.

Kevin: Deborah asks, "Now that you are eating raw, 100 percent raw from the past 7 or 8 years, do you think that your diet is completely adequate or are there supplements that you find absolutely necessary?"

Matt: If you're drinking a variety of vegetable juices a couple times a day, you could pretty much get everything you need, except for there's certain minerals that aren't available in the vegetable kingdom. And what I like to do is in my water, I'll put a couple of drops of ocean water, ocean water from Ocean Grown's Ocean Solution and that is pretty good stuff. Also there is this new product that is absolutely the best, it is called "Quinton" q-u-i-n-t-o-n. It's the first time that I've ever talked about it. It's a mineral supplement in these glass vials. It's in this sea-water lake that's like a vortex, there's marine phytoplankton algae on it, on top of it. And it's very healing. And there's documented studies and if half of the stuff is true that they're saying, it's awesome. And whenever I take it, I can totally notice it. But I feel like it is the best mineral supplement. The only issue is you need, because of the FDA or something, to buy it you need to have a doctor prescribe it or you need to be a doctor. You can even just be a massage therapist. You just need some sort of license to send it in. And yes, it is pretty crazy.

Kevin: Wow! And what is the name of that again?

Matt: "Quinton", q-u-i-n-t-o-n. If you email me, I could send you the web link because that's the name of the company too. But they have certain products that are awesome.

Kevin: Okay, cool. I'll link to it. We'll get that out there.

Matt: Okay. And then seaweed is awesome for the minerals too, and then alfalfa is really deep-rooted into the ground, so maybe a little bit of alfalfa powder. I also like to take a B12. I know there's a lot of controversy. Some people say you make it on your own and yes that could be true. However it doesn't hurt to take. It's fifteen dollars for a month supply, if you're even taking it everyday. You don't need to take it everyday. It's very inexpensive and it's not going to hurt you so you might as well just take it.

Kevin: Is there any, specifically with B12, that you like?

Matt: I like the Hallelujah Acres B12.

Kevin: Okay.

Matt: If you read the ingredients, it says fructose. It's in such miniscule, miniscule quantities that it seriously, it's not even there. I mean, Fred's the most sensitive person on the planet, he could eat the whole entire bottle and he'd be fine. So

he's like giving it to his patients and everything like that. I personally take it.

Kevin: You travel a lot. How you manage when you are traveling? Like what's the system that you go through? I mean, you get off the plane, where do you go, what do you have in your bag already? I think that's pretty helpful.

Matt: Yeah, sure, I might have like a bag of mulberries, and maybe some hemp seeds or something and maybe an avocado. You can get an avocado practically anywhere. I've been all around the world. But what I do is I'll just go to any type of store, maybe even Whole Foods, get a lettuce, get an avocado, and maybe buy some cherry tomatoes, and I love the seaweed dulse, so I buy that. And I'll just scoop out avocado onto the lettuce leaf and then I'll put maybe some sprouts or some dulse on there. Maybe put some cut-up tomatoes at the bottom, wrap it up and eat it. And that's a pretty common meal for me on the road.

Yeah, so I just go with it and I usually only eat two meals a day and what I'll do is I'll take like, this is a really good recipe. I took a few apples and I run them and then you take these mulberries, they taste like caramel these dried mulberries are amazing. You take like four to six ounces of them and you let them soak in the apple, blended apple sauce. And it like takes up all the apple juice then it becomes really soft. And you just marinade it with cinnamon and tahini, and then this mulberry will become very soft and it tastes that amazing dish.

Kevin: With tahini?

Matt: Yeah, it's like three to four tablespoons of tahini in there. That's good for two people.

Kevin: Wow! That's pretty awesome.

Matt: One time I didn't have, I only had one apple, so I just threw a couple blueberries in there with apple cinnamon and I added the tahini and I let it sit in the refrigerator. It turned, the mulberries turn into like a bloody consistency with the tahini and everything. And seriously, it was like blueberry muffin. It was absolutely amazing.

Kevin: Really.

Matt: Yeah.

Kevin: Write that one down.

Matt: These are a natural whole food recipe.

Kevin: One person asked, "What are your top three raw foods?" They actually asked for seven, but we really don't have enough time to go in seven, but what are your top three? Like if you, kind of like dessert island type food, or if you only have these three foods what would they be?

Matt: If I had three foods, it's probably different than what I've been eating lately, but hemp seeds are always great, have all the fat, the omega-fatty acids and stuff like that. Oh, and chia seeds would be good. That goes right through you and it's high in omega-fatty acids. I would probably choose a green food too, of some sort. If I could choose vegetable juice that would be the ultimate, like a carrot-spinach juice, if I could have unlimited quantities of that, I'm set.

Kevin: I think we can allow that.

Matt: Okay, cool. Carrot-spinach, hemp seeds, there you go.

Kevin: Well let's wrap it up here. I want to ask, I want to leave it open to you right now to finish off. I want to talk to you and ask you a specific question. For someone who has just listened to this call, what do you think is the most important thing that they can do, no matter where they are, if they're just beginning or if they're advanced into this, as advanced as you are, what is the best advice for them to start taking action right now on what they've heard today?

Matt: Okay. Permanent, forward, steps. Okay, the most rewarding thing that I witness is when someone improves their diet and then they start to heal

massively. And they do it for a good amount of time. The most painful thing for me to witness is when somebody does this and then they go back to what they used to eat. And the reason why it's so painful is because when you improve your diet for a great amount of time, you evolve. All those foods that you used to eat actually become more damaging to your system now. So people get confused when they go back to their old diet because it doesn't work the same way anymore. And they get more illnesses. They might go on a raw food diet, lose all this weight, go backwards, and not even as bad as they used to eat, and because their body is so efficient now, they gain even more weight back and they weren't even eating as bad as they used to be. Or one person, they heal from a degenerative disease by going raw and then they start eating animal protein again. And then they start to, they get their degenerative disease back. And they're not even eating as bad as they used to eat. So this is why I like to tell people not to go 100 percent raw if you're not ready to make this commitment.

But the key is just to eliminate certain foods in your diet completely and make permanent steps. When you eliminate certain foods from your diet completely without any exceptions whatsoever, you become younger. You could take it slow, you could eliminate processed starches and refined sugars and that food, and you become younger probably five to six years. And then at some point, your body is going to be like, "Okay, it's time to take it to the next level." Or you might only want to do processed starches and that's it. You will become younger for three years and then you would become so clean to where you could actually take it to the next level. So, the key is just don't get ahead of yourself and don't go backwards. Make permanent, forward, steps. That's the key.

About the Author

To read the rest of this transcript as well as access The Renegade Roundtable experts just like Matt Monarch please [click here!](#) Kevin Gianni is an internationally recognized health advocate, author & film consultant. He has helped thousands of people take control of their own health naturally. For more information visit [raw food diets and holistic nutrition](#).

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