

The FRESH Network : Fruitarian & Raw Energy Support & Help : for intuitive raw food eating / Susie Miller.

Contributors

Miller, Susie.
FRESH Network.

Publication/Creation

Whitestone, Exeter : FRESH Network, [1992?]

Persistent URL

<https://wellcomecollection.org/works/daa7snscs>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



THE FRESH NETWORK

FRUITARIAN & RAW ENERGY
SUPPORT & HELP

FOR INTUITIVE
RAW FOOD EATING

*A non-profit making network to bring
together those who have an interest
in a 100% or high proportion raw
food diet.*

*A network to exchange information,
ideas and personal experiences so
that individuals can change their diet
and life-style with help and support
from others, to suit their own
personal set of ever changing needs
and circumstances.*

The FRESH Network

**Harmony Cottage, Cutteridge Farm,
Whitestone, Exeter EX4 2HE**



RAW FOOD DEFINITIONS

There are many different raw food diets.

For example, a Fruitarian way of life involves eating either a 100%, or a high proportion, raw (unfired) fruit diet.

The term 'Fruit' can cover various categories of food, from the obvious juicy fruits such as apples, grapes, bananas, etc., and the concentrated seeds and nuts, to sun dried fruits such as raisins. Many people also eat vegetable fruits such as tomatoes, peppers, cucumber, etc. Also there are raw vegetables and sprouted grains, beans and seeds.

It is from the whole wealth of raw, unprocessed foods, that the term 'Raw Energy' originates.

All people follow different ideas and food combinations, and of course these change with time as the individual changes and grows. For example, at present I consume only 100% raw juicy fruits, and vegetable fruits. Personally, I firmly believe that it is vital for me to listen to my body's needs and to follow my innermost intuition when it comes to deciding what to eat.

There are of course many very important beliefs and facts for changing the foods you eat. Many of the scientific facts and studies into the benefits of such a diet, (many carried out by universities and conventional doctors), are not well documented in the standard media. There are many incorrect nutritional myths surrounding raw foods.

Each person holds their own personal, individual set of reasons for choosing a raw food diet. These can range from:

Religious / Spiritual reasons

Vital Health issues

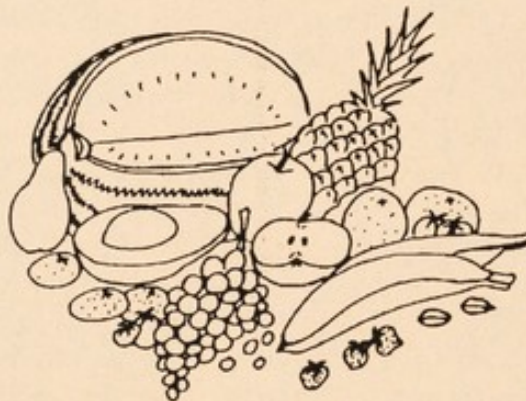
Environmental reasons

Human Anatomy and Digestion facts

Pure Ethical reasons.....

Or maybe an individual just hates cooking!

I can only sincerely suggest that you learn to consume the foods that suit you as an individual best. Every individual is unique. Also it is best to do any changes very gradually, allowing your body to re-adapt. However education is vital, and I feel that it is of primary importance to learn from others experiences so to further our understanding of ourselves.



This is where The F.R.E.S.H. Network can help!

The Network does not endorse or recommend only one rigid way of eating. It exists to bring together those who have an interest in a 100% or high percentage raw food diet. A Network to exchange information, ideas and personal experiences so that individuals can change their diet and life-style with help and support from others, to suit their own personal set of ever changing needs and circumstances.

The Network is a non-profit making service and publishes a large quarterly newsletter as well as separate information articles. These cover topics such as: Nutrition, health issues, prevention and cure of disease, the role of religious and spiritual beliefs, environmental implications of food production and a host of other, often deeply researched information on different people's reasons and experiences for changing the foods they eat. It also has a local contact list for those looking to correspond and perhaps meet with others with similar interests. The Network also runs a book service, recommending appropriate titles, as well as being able to supply some of the hard to find ones.

If you are unhappy about what you are currently eating - look at all the facts and reasons other people have found for changing. The Fruitarian and Raw Energy diets are truly wonderful steps to take. The FRESH Network is here for help and support. To help you on your path and for you to help others on theirs, as we have often trodden similar avenues, even though in other ways we are all so unique.

All the best,

Susie

Susie Miller

N.B. Send a s.a.e. if you would like details of the information articles, book service, and courses, (if not included with this leaflet).



SUBSCRIPTION FORM

Date:.....

Name:.....

Address:.....

.....

Tel No.:.....

Subscription Rates

£12 per year (£10.50 concessions) for UK

Rest of Europe: please add £3.00 a year

Outside Europe: please add £7.50 a year

I enclose cheque/postal order for £.....

(Made payable to The FRESH Network)

Overseas payments in pounds sterling, to a UK bank.

Any further donations gratefully received as the Network is funded completely by subscription and personal donation

Would you like your name & address published in the newsletter for penpal contacts or for other subscribers in your area to contact you? yes or no

It is clearly stated that these names & addresses must not be exploited for the promotion of private purposes, such as the mailing of business advertising etc.

Where did you originally hear about the network?.....

What diet do you follow at present?.....

(ie Vegetarian, Vegan, Fruitarian, etc)

How long have you followed this?

Are you happy for me to reproduce in the newsletter part/s of your letters?

This statement generally covers all past and future letters, but of course can be altered at any time.

Any other comments or books and leaflets ordered:

.....

.....

.....

The FRESH Network, Harmony Cottage,
Cutteridge Farm, Whitestone, Exeter,
Devon EX4 2HE

WHY FRUIT FOR HEALTH?

A personal view by Susie Miller founder of the FRESH Network.

I personally feel that health is WHOLISTIC. Not just the physical body and what we eat, but also our emotions, and our mental and spiritual aspects. I feel that all these and more, play their interconnected roles to make up our complete state of health.

Our physical bodies consist of trillions of living cells. It therefore makes sense to me, that they need LIVING food. We are the only animals who cook and process our foods.

Looking to our bodies, we do not have the teeth of a carnivore. We do not have their very strong stomach acids, nor their claws to catch our prey. Nor do we have the teeth and 4 stomachs of the herbivore. We undeniably have the physical characteristics of the primate family, who are chiefly, in their natural environment, frugivores, eating raw fruits and leaves. Our bodies don't lie, we are beautifully designed to be frugivores!

If you were a carnivore, you would have such instincts, and much prefer the smell of the abattoir, to those of the fruit shop. Only by processing, cooking and treating our raw foods, have we altered our taste buds and instincts to wanting such inappropriate foods. By slowly reverting back to raw natural foods, I have found that my body takes care of itself, allowing my natural instincts to return, to give me the perfectly balanced diet for my needs.

I have found that by intuitively eating 100% raw foods, my health is glowing and vibrant. I now have so much energy and feel so ALIVE! I feel that I want to shout about it, and help others realise this possibility within their own lives.