

*This FREE raw food resource
is brought to you by:*



Karen's Return to Raw Journal

The following 40-day diary originally began its life on a blog entitled "The Diary of a Raw Foodist". When I first began it, I didn't know how long I would keep writing for or what would happen. I simply pledged to recount changes as and when they occurred in my body and my life on a daily basis. Having been "raw" for long periods of time previously, I knew that there would be magic to be had as I returned to eating raw and really wanted to capture that, both for myself and for my readers.

Hopefully by reading my diary you will gain a useful insight into what can happen, and that whatever you may be experiencing as you go more raw, it's probably perfectly normal!

Enjoy!

Karen x

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Friday, November 11, 2005

Intro & Day 1: Now I remember!

Welcome to my journal.

This diary is going to be a day-by-day account of my life as a "raw foodist" (not a term I especially love I hasten to add, but it will do for now!). Starting from the basic "what I've eaten today" through to "great things that have happened to me today", "how I'm feeling" and much more, this will be a live and unedited account of my experiences as I go 100% raw for the next chapter of my life.

To introduce myself

My name is Karen Knowler, I'm 33 years young, a mother, a business woman, an author and coach and I live near the cathedral city of Ely, in the UK. As well as being director of The Fresh Network, I'm also known as The Raw Food Coach. I am passionate about helping people add more raw food to their daily diet, or even changing to an all-raw diet, so that they can gain the energy, clarity and aliveness they desire to live a truly fulfilling, passionate and radiant life.

My history in brief

I've been following a high or all-raw diet since early 1993 when I first read Leslie Kenton's best-selling book, Raw Energy. Since then I have been through quite possibly all the highs, lows, magic and turbulence that comes from changing to a fully "alive" diet including the transitioning itself (I was previously a junk food addict who hated vegetables), relationship issues, pregnancy, breastfeeding, connecting more fully to my self/soul, dealing with "emotional detox" as well as the physical, creating a life that is truly *me*, running 2 businesses while raising a child, and of course coaching many hundreds of others through similar or the same.

To complement my work and in line with my own personal fascination around how to get the most out of life, along the way I've explored a diverse and broad range of teachings and philosophies along the lines of "live your best life", "step into the magic", "find your life's purpose", "be your best self" and all manner of self-help, personal, professional and spiritual development avenues.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



Bringing all the tools to the table I now live a life I adore and help others to do the same, whether it be through The Fresh Network, my telephone coaching, live classes and workshops, my writing or my work with the media.

Why raw food makes all the difference

Through my work with clients and other coaches I have learned that many people, although passionate, often lack the time, energy or money to create the life of their dreams. Sometimes even the passion isn't fully there. The result is a life half-lived.

Having been there myself I know how frustrating that feels, especially when another day, month or year goes by and not a lot has changed.

For me **going raw was the single most potent step** I have ever taken in my own personal development. It gave me all the energy I needed (by the spade) and also brought many other gifts to the table that I never could have imagined.

In a nutshell "going raw" brought me:

- Extra time - less messing around in the kitchen, less sleep needed
- Extra money - no more expensive meals out, no bottles of wine, no comfort food, no retail therapy, increased earning potential...
- Clarity - it became abundantly clear to me what was not working in my life
- Enthusiasm - with my newfound energy came an incredible zest for living
- Focus - my concentration became laser-like, a fog lifted
- Happiness - all of the above helped me feel happy in my own skin and to create the life that I love today
- ...Oh yes, and a body and level of health that I am very very happy with!

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Why raw?

Other "diets" simply don't deliver such a deep and profound set of benefits. Why? Because other styles or schools of eating may be many things, but they are not "live". Live food, that is, food bursting with natural, raw, enzyme-rich goodness, naturally distilled water and an abundance of oxygen quite literally *gives life to the body*. And when the body gets that "shot" of pure raw nutrition it cannot fail but to perk up and get with it!

That is why raw.

Why a journal?

After a 5 year transition period into raw food between 1993 and 1998, I went "all raw" in the summer of 1998 (aged 25) which is the way I ate for the following 5½ years. During this time I felt and looked radiant, was at my peak and all was well in the world. In January 2002 I became pregnant for the first time and ate raw food throughout the full term of my 9 month pregnancy, minus 3 weeks where my body just seemed to want stodge! At this point porridge, potatoes and the odd spicy stir-fry were the order of the day and I obliged (even though by this point it did taste slightly odd!). Apart from that for the whole 5½ years I ate all raw vegan food.

In the autumn of 2003 when my son turned one I introduced some cooked food into his diet. This was for a number of reasons, some physical, some social, some emotional, and so on, but it felt like the right thing to do at the time. This particular time in my life coincided with 3 incredibly painful personal experiences which all happened at once, and for the first time in years food really didn't seem to matter anymore. Quite simply it had gone way down on my list of priorities. Being non-attached to whether I remained raw or not, I "let my hair down" and began to eat and drink a variety of things that I hadn't eaten for years and life, for a while, felt a bit more bearable, though I could definitely feel my overall health and mindset declining inch by inch.

And so it has been that for the past 2 years I've found myself eating a high-raw diet but never making the complete shift back to 100%. I've also been vegetarian rather than vegan, and I've spent the time regrouping, reshaping my life and strengthening other just as important foundations alongside my health.

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Today I have just turned 33, my son is now 3 years old, and I live in a beautiful country cottage with my son who stays with me part-time and daddy part-time.

This year I have moved house, worked exceptionally hard on my two businesses ([The Fresh Network](#) and my own private coaching practice), re-joined the gym, have become the slimmest I've been in my entire adult life (I'm now a UK size 6-8), have made huge strides in mastering the subject of money, have organised and run the amazing Fresh Festival, hired a brilliant life coach, appeared in the media more times than I can mention AND, looking to the future, have made personal and professional plans for 2006 and got much clearer on what I want my long-term future to look like. i.e. Generally, piece by piece, I have got my life back on track and in full working order!

... And even though I went 100% raw for the first 3 months of 2005, it is only now that I feel as if I want to make a concerted effort to go there again.

How long for? I'm not sure. I'm not of the evangelical or obsessive mindset around raw food that I sometimes come across, so I'm not really that interested in the time frame or whether it's "forever" as I once was. I prefer to take each day as it comes and lead an intuitively-led life rather than a cerebrally-led one, so I don't know and I don't mind that I don't know! HOWEVER, the key difference in the way I approach raw food and eating generally is that *for me* it's not really about the food at all, but about what a certain way of eating brings me. That's what makes me stay "on track". The "what's in it for me?" factor. The fact that the benefits extend way beyond me and my world is, of course, a massive and much-loved bonus! And that's why I love doing the work that I do.

So this journal, while containing the specific nuts-and-bolts of what I eat, when, where and why, is really not about how many mung beans I sprouted or whether I washed my carrots before juicing them (although I daresay I will share some useful stuff that you'll want to know about), it's really all about How did my way of eating today serve me and the bigger picture? How did I feel? What thoughts did I think? What did I learn about myself and about life today? What magic has choosing raw brought into my body, mind and spirit today?

That's the juice, that's where it's at, and that's why!

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

For more personal musings and personal development stuff check out my [Living in the Raw blog](#).

.

With all that said, here's ground zero! This is how today, day 1 of my new raw life went:

Where I've been, what I've been doing

Today I've been working from home. It's been a day of getting my office in order, catching up on important jobs, and basically getting my mind straight. I have a LOT of work on my plate right now, but I do see light at the end of the tunnel. This evening I had a coaching call with my American coaching buddy Margit at 7pm for an hour. After we hung up I worked for a while, made a late dinner and went on to do some online shopping for some new sofas, new curtains and new cutlery!

What I ate today

Brunch: **Chocolate smoothie** (chocolate powder, agave nectar, cashew butter, spring water – all blended)

Around 2pm: A **salad** of: Rocket (arugula), tomato, avocado, olives, sun-dried tomatoes and red onion sprinkled with lemon juice

Around 3pm: A handful of **cacao nibs**

Around 4pm: **Fresh orange juice** (about 10 freshly squeezed oranges) followed about 10 minutes later by a small handful of macadamia nuts

Around 6:30pm: Large bowl of **green grapes**

Just after 9pm (later than I realised) 6 **herb flax crackers topped with pâté** made from sunflower seeds blended with tomato, sun-dried tomato, garlic, Herbamare and rocket (arugula), and topped with **fresh tomato** and **lamb's lettuce**.

Midnight: A punnet of **blackberries**

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

How I felt today

It was quite amazing but I could feel the energy starting to move through me again, which I only ever feel when I eat raw. It's lovely, even though I've been here before, to feel this sense of renewal going on, and on every level too. I feel that everything is becoming more gentle, more peaceful but more alive. It's a wonderful feeling.

Body stuff

I have 3 huge and painful spots on my chin right now! Very sore and very embarrassing! At first I thought they were stress related, now I feel quite sure that they're dairy related. I won't be sorry to say goodbye to either! I've also had a strange numbness in one of my toes since wearing high heels for 3 days straight at The Fresh Festival. I thought it would have gone by now, it's been nearly 2 weeks after all, but not so far. It will be interesting to see how the "healing" speeds up now my system is getting clean. Other than that, all seems fine, no signs of a cold or anything seasonal, although tonight when brushing my teeth they felt sensitive for the first time in a very long time. Less oranges next time, methinks!

Mind stuff

Interesting on many fronts. I went to put on some music while tidying my office and stopped short of picking up my usual easy-listening CD (David Gray, White Ladder). Instead I wanted something more subtle, more ethereal and more inspiring so I chose [Angel Love](#) by Aeolia. This is a CD I picked up many years ago when I worked in a meditation centre and it's awesome. I found just that one change in my behaviour very interesting. Through the course of the day I observed that while my energy had increased, my desire to be stimulated by noise/speed/hustle etc. had gone. I just wanted peace, which is how I was feeling inside. On a more practical front, re-organising my office and making more space is always a key sign that *inner* re-organisation is also going on, and that always feels good, inside or out.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Emotional stuff

I felt very in touch with myself today. Very peaceful, very balanced and even a little too relaxed (for me!). I'm the kind of person that lives life at 100 mph a lot of the time. Today I felt like I had slowed down internally and stepped in time to the beat of the Universe. Very profound!

Soulful stuff

No angel visitations today!! Seriously, though... Today, as per above, I felt like my internal "pulse" had slowed which meant that I felt more in touch with my soul and something bigger than just me. That alone was enough to remind me of why I do this, and I also know through past experiences that much much more than this will come.

Magic events and life's serendipitous moments

Life is always pretty magical to be honest. It is said that the more you step into your own divine "blueprint" the more frequently synchronistic events happen. The same is said of going raw. Today's events that could fall into this category included: Several enquiries into my coaching further to the Guardian article featuring me last weekend; Writing an email inviting someone to work with me who has already in theory said "yes"; Having some great (and well timed) conversations around personal relationships with some good friends; Having some loose ends turn up out of the blue ready to be tied up; Being in a position to say yes to accompanying Luke (my son) to see Father Christmas in December!

What I'm taking into tomorrow

1. The knowledge that this first day was SO easy
2. A huge amount of fresh food because I went shopping tonight!
3. These newly awakened feelings and memories of how all-raw feels.

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Key things to pass on

1. Start when it feels right. You're a flower, you have your moment to blossom - don't force it or it will hurt!
2. Tidy your kitchen, empty your cupboards, fridge and shelves of anything that won't serve you in your new eating habits - you'll feel so much better before you've even begun
3. Buy the best food you can and as much variety as you can - you want to be able to look in your fridge and go "wow!"
4. Start thinking about which recipe book you are going to start working with first and order it if you don't already own it.

3 words to describe how I'm feeling right now

Aligned, grateful, alive.

Final thought for the day

This all feels *so right*

Saturday, November 12, 2005

Day 2: It's all good

Where I've been, what I've done

Although it was a sunny day today (as good as it gets in Britain in November, anyway), I stayed inside all day and got busy around the house. I've been gadding about a lot recently, and the recent Fresh Festival was nothing *but* running around and being full-on, so I pledged

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

even before it started that I would take it easy for at least 2 weekends after the event. And I have - well, comparatively! Washing, tidying, throwing out masses of old files and papers, re-organising, filing and blogging - that's what today's consisted of. And tonight I went out to visit my boyfriend, Robin. Driving in the dark in winter is one of my least favourite pastimes!

What I ate today

Well, half-way between sleep and waking this morning I dreamt that I was eating ice-cream! When I realised I thought "oh no - I've only just gone raw and I've ruined it already!". Then I woke up and not an ice-cream cone in sight - that was a nice feeling! Amazingly I didn't feel at all hungry until 4:30pm today (must have been all that ice-cream I didn't eat)... So, as usual, I didn't eat until hunger hit and then, when it did, I devoured a **punnet of raspberries** with gusto!

6:30pm: **Kale salad** - a very large serving of green kale finely chopped, drizzled with olive oil, sprinkled lightly with Himalayan Crystal salt (then massaged to make it juicy and succulent), with 1 large avocado massaged into it and 10 Moroccan olives and 1 red bell pepper sliced into it.

Just before I went out, around 8:15pm, I had a sweet craving, so I stuffed 4 juicy **Medjool dates with soaked almonds** which were super-yummy and followed those with a quick **chocolate smoothie**.

How I felt today

I felt good. As it was a fairly uneventful today in worldly terms, what most hit me was the fact that it took me so long to get hungry and how constant my energy was the whole day. Experiencing true "clean" hunger is actually very pleasurable when you know that you can grab something at any time. By bedtime I didn't feel especially tired, always a good thing!

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



Body stuff

My spots still hurt! In fact they hurt more. First thing this morning they were really painful but by the end of the day they had calmed down a bit. I've never known anything like these spots before, they're grim! Nothing else to report, apart from a bit mucousy in my throat first thing this morning and a bit of a funny taste in my mouth. Yet more dairy trying to get out, I imagine. I doubt this is the last of it and expect a few days, if not weeks, of dairy-residue coming out one way or t'other. Nice!

Mind stuff

Today I've been aware of an increased clarity. I've been more focused. Recently I've been easily distracted. Today I could catch myself and just say "no" and finish the task in hand. That's great news as my time management skills have been crying out for attention recently. I think I've found the answer! If so, I'm chuffed.

Emotional stuff

I feel good and I feel contented. Nothing exceptional to report, it just feels nice and good :)

Soulful stuff

Ah, well. The soulful stuff is usually the subtle stuff. I feel something going on, not fully perceptible yet, but I can sense it under the layers... If I had to describe it it would be something along the lines of "an awareness of a peaceful strength growing deep inside me". Helpful?!

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Magic events and life's serendipitous moments

As I haven't moved outside my four walls for most of the day I may have limited my options, however: I received an email from [welikeitraw](#) inviting me to submit some material to them (which I'll do); I found 50p in a box of oranges!; I found the missing business card for a publishing agent who was interested in my work while sorting my paperwork (another "to do"); I found the personal phone number for a guy who owes me £50 for some coaching I never took, but won't reply to my emails; I listened to a really useful CD about creating a winning e-zine (yet another "to do"!).

What I'm taking into tomorrow

1. The feeling that "all is well"
2. The hope that my spots will disappear on waking!
3. Lots of food because I ate so little today!

Key things to pass on

The hunger thing is important: In my book, hunger rules. If you're hungry, eat. If not, then don't. Simple enough but hardly anybody eats that way. I think that's one of the main reasons why I finally reached my perfect body shape, even though not 100% raw. Given enough respect the body will guide you to harmony through its messages. Listening is one thing, respecting is another! If you can master that, you're half way there.

3 words to describe how I'm feeling right now

Positive, marveling, happy.

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Final thought for the day

"Let the journey unfold"

Sunday, November 13, 2005

Day 3: A mixed bag

Where I've been, what I've done

Today was spent shopping in Cambridge with Luke (my son) and Robin (boyfriend). It was very cold, but dry. R found an album in a charity shop for £3.50 which he later found listed in a music catalogue as being worth about £40! I, on the other hand had a rare but fairly expensive 30 minutes shopping in [Paperchase](#), where I bought some lovely new stationery (one of my passions) and spent a good while exploring [Lakeland](#), where I bought, amongst other things, a great "cracker holder" which I'm going to use for flax crackers. Unfortunately, even though one of my main aims was to find some new warm clothes for winter, I couldn't find any clothes to buy that I actually liked! Everything is black! Funny, when I was overweight that's the only colour I ever really wore; now I cannot bear it! Evening spent at home - dinner, bath, book and bed for Luke and an evening watching Lord of the Rings 2 with R.

What I ate today

I didn't get hungry until around 11am, at which point I ate a small handful of **prunes** and then Luke and I made a **chocolate smoothie**. (It's lovely to teach a child so young how to do these things :).

As time was short I didn't have time to prepare anything food-wise for the shopping trip and just *knew* I could be setting myself up for problems! And I didn't want to pack nuts or seeds as they just make me feel stuffy unless I eat them as part of a salad... So I went unarmed! However, shortly after arriving in Cambridge I came across a Sainsbury's right in the heart of the town so I bought a small fruit salad and 2 punnets of raspberries and a bottle of water for

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:



karenknowler
The Raw Food Coach™

me and "normal food" (sandwiches) for the 2 boys. So at around 2pm the **fruit salad** became my lunch. To be honest I felt a bit hard done by! I really could have done with something much more substantial, but all the pre-prepared salads had cooked beans, egg or cheese in them and were *tiny*! Even the help-yourself salad bar was mostly cooked stuff. Certainly room for improvement!

By 4pm, when the shops had shut, I was so hungry that I couldn't wait to get home! I ate both punnets of **raspberries** on the walk to the car and started thinking about what I would eat first as soon as I walked through the door! The weather being so cold didn't help...

So as soon as we got home I set to making a huge coleslaw with carrot, white cabbage and onion and made a dressing from pine nuts, olive oil, avocado, water, tomato, apple cider vinegar and lemon juice. It was a bit too busy ingredients-wise, so ended up tasted better on the slaw than off! I should have stopped before the vinegar - a case of less is more methinks! But it was still lovely. I ate a small bowl of that while preparing dinner and also ate a couple of strips of dulse (long time since I ate that) and a few soaked almonds just to keep me going.

For dinner itself, around 6:30pm, I had **2 nori rolls** (stuffed with avocado, tomato, black olives, rocket and onion), a large helping of the **coleslaw sprinkled with sesame seeds**, and **rocket (arugula) and sun-dried tomato salad**. It was yummy and did fill me up but I knew I'd want something sweet later ;)

8pm: A small handful of **prunes** and I was done!

How I felt today

A bit odd. Yesterday was a very grounding day - I got a lot sorted, did things at my own pace and I like my own company a lot. When I went to R's I felt a bit odd and at one point considered coming home again just so I could feel that same feeling of connectedness again! I resisted the urge, but it was quite shocking to feel that so strongly. Today, because I was out and about for most of the day, I felt the differences between me and other people more. I've started to have those "God they look so unwell" kind of thoughts about people. *Not proud!* But

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



these thoughts just happen. When you see people buying things like hotdogs and burgers from market stalls, it feels less and less "right". Suddenly I have an even more marked sense of the huge food polarities that exist in "my world" and the outside world. Scary!

Later, some time during the evening, I became aware of a stirring sensation in my heart. For a moment I felt tearful and sad. Not 100% sure what that's about, although I have a good clue. Not something I can share with the world just yet.

Body stuff

My spots did look and feel a lot better on waking, so I was about 70% there and glad about that. Once again a slightly odd taste on waking, but nothing else, although I think my eyes may already be starting to shine more. The only other thing to note was my particularly strong reaction to the white onion I used for the coleslaw at dinner time. While cutting it my eyes were streaming and my throat was doing something odd - like it was trying to close up. I thought I would see what my reaction was while eating it before passing judgment. It was OK while I was actually eating it as I was mixing other things in, but after eating it I almost felt nauseous, so I'll definitely be cutting way back on that.

Mind stuff

I didn't do a huge amount of thinking today, it was play day for me. Nothing stood out as being remarkable, although I was certainly as "with it" as ever. Watching the film was pretty stimulating mentally though. It got me wanting to write a novel. That counts!

Emotional stuff

Turbulent times are a' comin' I feel. I had my first "words" with R tonight (we've been together 6 weeks and so far not one cross word) and basically I just had to say how I felt about something which had been bugging me for a while, so I did! I suppose I knew something was

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

brewing inside me, but we both ended up having a laugh about it. I usually avoid conflict but I found that I couldn't keep it in a moment longer. I also got very emotional watching the film - the part where the young boys are primed ready for war. That felt so so wrong. As I mentioned before, I feel a softening and a strengthening all at once. It will be interesting to see what the next few weeks bring in this department.

Soulful stuff

I didn't stop all day, really, and was not without company for more than 30 minutes all day, so I didn't get a lot of down time or reflection time. What I will say is that the love I have for my son is growing more by the day and I think I am feeling it much more deeply at the moment. I spent 5 minutes in his bedroom tonight just kissing his angelic face while he was sleeping. Priceless.

Magic events and life's serendipitous moments

Buying some lovely stuff in Paperchase was pretty magical for me - sad but true!; Spending quality time with Luke and being out and about with him; Bumping into Meena, my long lost friend who I haven't seen for 7 years at the petrol station in Milton. I managed to speak to her before her hubby came back to the car, and programmed her numbers into my mobile phone, then pressed a button thinking they had been saved automatically (they hadn't) and they were gone forever - duh!; Watching Lord of the Rings 2 was actually quite magical. Lots of big life themes in there. One of the main thoughts I came out of it with was "why is it that only men start wars?" Fair point...?

What I'm taking into tomorrow

1. Next time I go out for the day, I'll be more prepared - I need to work on some good travel-snack recipes that are more than just trail mix or fresh fruit or big boxes of salad.
2. The feeling that I am going to be speaking my truth even more than I did today! Uh-oh.

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Key things to pass on

1. The obvious - be prepared.
2. Buy a ring binder to keep your favourite raw recipes in - I saw a lovely one in Paperchase today but it had sections for meat, fish and dairy in it.
3. Keep an eye on how onion and garlic affect you - they're not nutritional must-haves and yogis avoid them for a reason.

3 words to describe how I'm feeling right now

Thoughtful, keyed-up, strong

Final thought for the day

"We are now entering turbulence, Houston"

Monday, November 14, 2005

Day 4: Things that make you go hmmm...

Where I've been, what I've done

Monday equals back to work and therefore my desk. My day started at 6am, thanks to cute son calling "mummy's eb-boom" (that's *mummy's bedroom* to the uninitiated) about 100 times from his bed until I went in and rescued him... And so began the day. Shame I'd only had 4 hours sleep! The day was as cold as it's been so far this season. The car was frozen over and my fingers went red and almost numb as I valiantly scraped away the ice from every window and mirror as Luke looked on wearing thick coat, woolly hat and eating macadamia nuts and banana from his cosy car seat poised like a king. Oh to be a boy. Took Luke to nursery for 9am, worked the day then picked him up at 3:30pm. Then shopping for food, play-doh and other

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

equally important items, and home for dinner. By 7:30pm, having eaten my full supply of lychees (well, I got two), he was away with the fairies and I set to work, part 2.

What I ate today

9:30am: A small handful of **macadamia nuts** followed by a **smoothie** made from cashew nut butter, sesame seeds, coconut butter, apple and vanilla. It was very rich (but lovely) so I couldn't manage too much.

A little while later: **5 prunes** and a few **cacao nibs**.

12:45pm: A **winter salad** made from the un-dressed slaw mixture remaining from last night (sliced white cabbage, carrot, onion), 2 chopped tomatoes, sunflower seeds, red pepper - all dressed with a **lovely dressing** made from blended tahini, water, red bell pepper and sprinkled with Herbamare.

3:15pm: Grabbed **half an apple** (left over from this morning's smoothie) on the way out the door to pick up Luke.

5:30pm: Bowl of **fresh dates**, 1 **custard apple (cherimoya)**, those 2 **lychees** I sneaked from Luke's bowl, 2 fresh **asparagus tips** with **dip** (made from soaked almonds, fresh dates, red chili, lemon juice, tamari, cashew butter). A bit disordered in my eating, but Luke was being especially "challenging" tonight and making a full meal for myself didn't seem like an option.

9:00pm: Freshly squeezed **orange and grapefruit juice**.

How I felt today

Good considering how little sleep I'd had last night. Tonight I planned to go to bed by 11pm but somehow it ended up being 1:30am. <Yawn>

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Body stuff

The spot saga is almost history - hurrah! I'm sure you and I are both equally thrilled to hear that ;) Spots are not interesting and they're not pretty. However, they *are* healing remarkably quickly considering the size they were just a couple of days ago. I no longer feel like John Merrick. Nails feel suddenly stronger and they have even had a bit of a growth spurt I think. Excellent! And my eyes, yes, my eyes have changed already, I wasn't just imagining it yesterday. Tonight I stepped out of the bath, saw my face in the mirror and was literally taken aback to see my eyes glowing (well, you know what I mean!) and my skin (apart from you-know-what) looked radiant. Good work, Karen.

Mind stuff

Ooooh. It's not just what's in my mind but what's in other's minds that counts. That what I learned today. A great phone conversation made me feel like there *is* someone else on my wavelength after all. I'm not in fact an alien and there *is* hope!

Emotional stuff

When the emotions are high there's nothing better. Today they were still slightly turbulent and in a way I was wondering if I was going to be at their mercy, as my emotional "soundtrack" (whatever is trying to play inside me right now) doesn't feel completely me at the moment. Thankfully I was as good as gold all day until a close friend tried to argue with me (on the phone) for the umpteenth time in recent weeks. Usually I would engage and try to calm the situation down, today I just thought "I don't want to hear this" and hung up! They called back in shock, but did get the point and understood it, welcomed it even. We then spoke in a calm and mature manner until we were done. (I should make it clear that I never hang up on people as a rule, so you could say I felt a bit possessed!). I'm not sure what to make of that, I guess what best sums up my emotional behaviour of the past 2 days is that I have zero tolerance! Not sure yet if that's a good thing or not ;) Watch this space...

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Soulful stuff

Always hard to verbalise, but if I had to speak for my soul today it would say something like "I'm here waiting; just watching all the displacement and replacement going on from up here. Watching the action, fireworks and unusual bits. When it's complete I'm there."

Magic events and life's serendipitous moments

The stuff around my potential right-hand person which is kind of spooky; finding some great fruit in Waitrose; it's all flowing really.

What I'm taking into tomorrow

1. Buy a lot of nuts and make some burgers asap.
1. Make full use of the dehydrator this weekend.
2. Pick up some flax and get going with the Juliano cheese recipes.

Key things to pass on

When you're starting to feel bored with your food (as in, "not *another* salad") look both ways - to the left: Is *life* boring as well as the plate? Would the salad feel/taste/look any different if there was a little more excitement going on in your life? (If yes, change your life before you get upset about the lettuce!). To the right - what taste/texture/flavour am I looking for? Whatever it is, you can have it. There's a trillion raw food recipes out there waiting for you.

3 words to describe how I'm feeling right now

Happy, buoyant, creative

Final thought for the day

"Be careful what you wish for because you might just get it"

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Tuesday, November 15, 2005

Day 5: First sighting of the tidal wave

Where I've been, what I've done

I got about as much sleep last night as I did the night before - i.e. negligible. Partly my fault, partly Luke's, but such is life. The nursery run began at 7:45am for the 8am arrival, earlier than ideal today, but I got back in time to start work at 9, but not before I had tidied the kitchen to Ideal Home standards! A day of working - covered lots of things and managed to get the 900+ emails in my inbox down to 235, so felt very proud about that. A mid-morning Reiki session provided a contrast to my very cerebrally-orientated day. And two evening coaching sessions and 3 chats with friends made for a very long night on the phone. Did manage a hot bubble bath though :)

What I ate today

9:30am: Made a truly gorgeous **juice** from carrots, apple, ginger, parsley and orange.

10:15am: A small bowl of the **fresh dates** I found in Waitrose.

12:15am: **Water**

12:30pm: The rest of the **dates**

2:00pm: **6 flax crackers**, spread using 1 **avocado** and 1 large **tomato**.

2:15pm: A large ripe **custard apple**

4:50pm: A couple of **flax crackers** to munch on and the rest of the juice I had left from this morning. What a great surprise that was to find in my fridge just before my coaching call... I had completely forgotten about it.

7:45pm: About 10 **raspberries** (i.e. what was left in the fridge) followed by **2 small bananas** dipped in **sesame seeds** (bite by bite!). The remaining sesame seeds were poured into my mouth direct from the bowl. Very ladylike!

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

How I felt today

The tiredness thing has got the better of me today. Mental note to self: BED! However, the most action was not on the physical front, as you will see.

Body stuff

A few minor PMS symptoms but nothing earth shattering. I just get the odd twinge, nothing to write home about, just enough to flag up time of month is imminent, in case I forget!

Mind stuff

I found it very hard to focus today. Quite a contrast to the other day where I felt laser-like. I know this will pass, but do feel a bit cotton-wool-like in the head department at the moment. Frustrating!

Emotional stuff

Well, here's where the mini essay kicks in. Basically, as already alluded to, some emotional stuff already trying to get out, since Saturday night and ever since. Today I felt fine until my Reiki session, after which Jen, the practitioner, told me that overall I was in great shape except that my emotional "baggage" was blocking my ability to truly connect. This much I know, but it was interesting to hear it from a third party that I hadn't told anything to. She said all she could see during the session was green (the colour of the heart chakra) and that everything right now is about my emotions. How right was that?

After the session I felt completely fine. In fact it hadn't affected me as much as the first one a few weeks ago, where I was blissed out for an hour or so. So back to work I went.

Next thing I know, perhaps 3 or 4 hours later and completely out of the blue, I felt a huge surge of emotion. I knew I would forget exactly how it felt so I wrote this down to capture its essence:

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

"I'm feeling really odd right now. It's as if I want to burst into tears but can't. I know I'm only a few days away from my period, and although sometimes I feel a bit more emotional, this feels more like a tidal wave about to hit. Like I can see it on the horizon but have no way of judging just how far away it is or at what speed it's travelling. It's not scary; it's quite funny in its own way. After the Reiki session this morning I suppose I shouldn't be surprised, except that I didn't feel this then. Now my head is almost spinning and I don't know what to do first. Take five and just go within, or carry on tackling this huge workload before me? Problem is of course, I'm not going to get anywhere near the amount done that I would if that wave had swept through me already and gone on its merry way. The other problem is, I'm not sure what the tide is bringing with it and what it will leave in its wake..."

So there you have it!

Later on in the day I did actually shed a tear. But it was about something else. I was researching childcare options as there's a possibility that Luke's nursery may close, so I had to start thinking about what we would do if that happened. As I started investigating the other local options I became increasingly horrified that even the Montessori schools are serving hot dogs as snacks. It really got me thinking. The tear came when I read a bit about children serving food to their friends on the best china. I think it was just the image of children caring for one another at such a young and tender age that got to me. The fact that they would be serving some less-than-great stuff was a side issue and not actually what brought the emotion up. Let's just say a few cogs have started turning. I don't think it's any coincidence that this is happening. I have already "seen" in meditation that in the future I will be working with children in an alternative school environment, so who knows where this particular story is leading...

Soulful stuff

Jen's assessment really ties in with what I wrote yesterday. Basically my spirit is not that interested right now as I have too much emotion in me for it to get through. "This too shall pass..." :)

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Magic events and life's serendipitous moments

The conversation with Oliver from the Independent on Sunday. He called to clarify some details, so I updated him about my eating. He's editing the piece before it goes to design; My quote for Jade; A food photographer emailing me his portfolio out of the blue - good timing; the Reiki session; conversation with Mark from Seattle about synchronicities; lots more bits and pieces.

What I'm taking into tomorrow

1. Sleep
2. A clearer head.

Key things to pass on

1. If and when you go through emotional turbulence the first instinct is, especially the first few times it happens, to back away and eat or drink or get merry *somehow*. Learning to relax and move through it takes time, but it's the only way forward, and it *does* get easier. I am handling this because I've been through it enough times to know that, just as with physical detox, there's only good stuff out the other side. You just have to see your stuff before it leaves you, 'tis all.
2. Make more juice than you need and generally, if it's vege based it will last until the end of the day, so you can have it as a snack pre-dinner or later in the evening.

3 words to describe how I'm feeling right now

Tired, opening, optimistic

Final thought for the day

"Feel the fear and do it anyway"

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Wednesday, November 16, 2005

Day 6: Fully functional and running on raw power

Where I've been, what I've done

An excellent night's sleep, marvellous. And a busy day of coaching calls and getting very focused. Laser-like I was today. An evening coaching call, a trip to visit Pete and Luke and pick up some things, and then back to make dinner for R. and I. But not before I had whizzed up the mixture for a raw pizza base for tomorrow night at John and Kate's. Before I knew it it was 10pm. Time to put up my new pinboard and wallplanner! As you do....

What I ate today

I didn't feel hungry until 2pm, at which point I made a **superfood smoothie** using 3 small bananas, some spring water and 1 large tablespoon of Nature's Living Superfood. It was yummy and hit the spot.

3:00pm: A **salad** of lamb's lettuce topped with finely chopped red bell pepper, tomato, avocado, coriander and sprinkled with lemon juice.

5:00pm: A handful of **macadamia nuts**

5:50pm: **Custard apple**

8:30pm: **Kale and avocado salad**, made with a large helping of kale, Himalayan crystal salt, olive oil, avocado, tomato, red bell pepper, black olives. And about 4 Italian flax crackers.

How I felt today

Very good, perhaps surprisingly after yesterday's "sighting". Like I could handle anything, and I did.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Body stuff

More PMS signs, again very minor, and my spots are practically gone. Starting to feel "leaner", not slimmer, or at least I can't see any difference, but I feel different in my body somehow. Hair is even more shiny than normal and I look better without make-up than before :)

Mind stuff

From next-to-non-existent-focus yesterday to bang-bang-bang-bang today, it was great. I also feel much more ready to take things on now that a few days ago I thought would be projects for one or two month's time.

Emotional stuff

Again, couldn't be more different than yesterday. Emotionally feel tickety-boo and perfectly balanced. Great!

Soulful stuff

Quietly confident that all is in quiet perfection at the moment.

Magic events and life's serendipitous moments

All the coaching calls were spot on; being able to let go of a project that I don't have time for - felt great to just draw the line; my call with Amanda; someone mentioning my book (Feel-Good Food) on an e-group I belong to (the group is completely unrelated to raw foods) - they had just picked it up and said how much they were enjoying it; reading to Luke; R. bringing me 2 great things for my office that I really wanted!

What I'm taking into tomorrow

1) Focus. 2) Determination. 3) Raw Pizza!

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:



karenknowler
The Raw Food Coach™

Key things to pass on

1. Get your dehydrator or sprouter or juicer out and get experimenting.
2. Revel in the diversity!

3 words to describe how I'm feeling right now

Bright, focused, optimistic

Final thought for the day

"Clarity is a gift - use it"

Thursday, November 17, 2005

Day 7: Ooh look at you!

Where I've been, what I've done

Woke early, despite late night, felt good, and got up and on before 8am. A great day of getting through work, getting more organised and being fully together and ready to go by the time I had to pick Luke up at 3:30pm. Playing with Luke, a big Tesco shop, making the raw pizza and off for dinner with R. and Luke to John and Kate's. Back home and eventually - after R. rescued my car from overheating with a much needed water top-up - so to bed...

What I ate today

8:30am: **Freshly squeezed orange juice** made from about 5 oranges

10:30am: A **sweet/savoury shake** made from almond butter, bananas, dark agave nectar and water. Very nice it was too!

4:00pm: 1 **banana**, some **dried apple rings** and some **truly raw cashews**.

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

8:00pm: **Raw pizza** made by me served with **two raw salads** made by Kate. Hard to remember exactly what Kate created the salads with but they were both lovely and not a leaf in sight! I remember cardamon and pomegranate seeds being two of the most unusual ingredients. **Still water.**

12 midnight: A few **green grapes.**

How I felt today

As good as yesterday, if not better. Life seems busy but more manageable.

Body stuff

I must have lost weight as my size 6 skirt was looser around my hips than before. (I still cannot believe that I am in a size 6 - I was size 14 aged 14). NB: For US readers a UK size 14 = US size 10, and UK size 6 = US size 2). I noticed it in the mirror this morning as well, hence the title... "Oooh look at you!". (Don't mind if I do!) Other than that, a niggling mouth ulcer seems to have now got a hold, so no more citrus for me for a few days. Spots, what spots?! Dare I say it, but I think I am glowing!

Mind stuff

The overwhelm I felt a few days ago has gone, although I haven't made much real progress on the "to do" list I do at least feel differently about it. Today my thoughts turned to thinking about who had made my coat (?!), while standing in the queue at Tesco's! Thinking more about how unfair trading is across the continents and wondering what I can do about that. I've been thinking about my shopping habits a lot recently. Owning a business myself I realise how important it is for people to be conscious around where they spend money. Unfortunately, most of us aren't. As always we go for the quickest and easiest options, but I do fear for the good old

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



fashioned British independents. It's almost as if we live in Tesco World on the outside and Amazon World on the inside. Mental note to self: start researching the most ethical shops for everything I can.

Emotional stuff

Not a hint of waterworks or oddness, has this tidal wave lost its momentum or is it going to hit me when I least expect it? I don't mind actually, I'm all for surprises :)

Soulful stuff

Thanks to R. I have a new (huge) pinboard on my office wall, which is better than great as I was actually wishing for one but didn't want to spend so much money, so I'd let go of the idea. I've just decided that it's going to be my "Treasure Map" - that is the place where I pin up all the things I want in my life, such as people, places, material objects, feelings, goals etc. I've been meaning to do this for about a year! It's time.

Magic events and life's serendipitous moments

John talking about eating with reverence; R. being with me when my car was overheating; a text from a friend; a surge in interest in my coaching - not even from blog readers!; my fab [bureau](#) stationery showing up; everyone loving my pizza - even the two 20-something year old boys!; John lighting a firework especially for Luke; 2 new press items for me in the pipeline - including commenting on Madonna's diet for The Daily Mail.

What I'm taking into tomorrow

1. A desire to get even better at raw cheffing.
2. Excitement at my Raw Food for Beginners Weekend happening next weekend.
3. A slimmer body :)

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Key things to pass on

1. Make my raw pizza! Everyone seems to love it. (Find the recipe [here](#)).
2. Don't be shy - you never know who will respect your eating habits... often the people you might not think.
3. If you're going to buy a sprouter, don't buy the Freshlife (Kate did and I had to tell her they're not that great...). The [EasyGreen](#) is much much better.

3 words to describe how I'm feeling right now

Calm, poised, ready

Final thought for the day

"Thank you"

Friday, November 18, 2005

Day 8: A torrent of yippees

Where I've been, what I've done

A lay in of sorts and then Luke to nursery for 9am. Back to the office for a day of almost non-stop phone calls, paperwork and actually, not a lot else besides a lot of that. Oh yes, a hot bubble bath some time around 9:30pm. It's my wind down time of the day. All good. I was super efficient today. Completely on a roll.

What I ate today

10:00am: I had the desire for [maca](#) (isn't it supposed to be the other way around?! i.e. maca

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

gives you desire...) so I made a **smoothie** using maca, bananas, dark agave, almond butter, water and blackberries. It was lovely, but I always find maca a bit full-on so it took me 2 hours to drink it! I had to handle it in sips!

2:00pm: I didn't have time for a lot so I made a quick snack-of-a-lunch consisting of about **8 herb garden flax crackers**, spread with **1 avocado**, sliced **tomatoes** and **red onion**.

2:45pm: 2 small ripe **bananas**

5:00pm: Small bunch of **green grapes**. **Fizzy mineral water** to drink.

10:00pm: Seeing as I had been on the phone all day the earliest I could eat was 10pm, but I didn't mind as the day had been so eventful and fun food wasn't so important. I ate half a large **papaya**, followed shortly after by about **6 prunes**, **1 Medjool date** and a few **cashews**.

How I felt today

By the time I had finished my last phone call around 9/9:30pm I felt as if I would lift off with pure energy. Just goes to remind me of the power of association. It wasn't about being on the phone so much as about who I was speaking to and what it was about. Above and beyond that I cannot divulge 😊. By bedtime (late again), I just felt great and really looking forward to tomorrow.

Body stuff

The ulcer is going - I laid off the citrus today. Period-type twinges (sorry chaps!), although I haven't yet started. Face looks slimmer and top half of my body looks more toned. The tingling in the top of my toe seems to be ebbing away. It's still a mystery to me! ...Still glowing :)

Mind stuff

My mind is so clear it's scary. Sharper than a tack right now, and ready for anything. Just as

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

well as I've committed to something for a year that will push me out of my comfort zone continually. I'm more ready now than I've ever been. And I don't think any of this is a coincidence.

Emotional stuff

Feeling very chirpy and just generally excellent in the emotional department. I have a great deal of love for people right now ☺.

Soulful stuff

Not so much a case of my soul sitting and waiting now, I feel that contact has been made and I am starting to charge ahead. I even felt the urge to meditate tonight. If it hadn't been so late and I hadn't had so much more still to do I daresay I might even have made it. I know this will (and has) to change. My overriding sense is that I have to empty my head and in-tray a bit more before I can fully commit to meditation. I may or may not be right, but I'm doing so much at the moment I'm going to give it a few more days. If it doesn't happen naturally then I'll have to exert some self discipline! It's not as if I don't want to do it...

Magic events and life's serendipitous moments

A whole ton of them today, it was bordering on spooky. Actually it *was* spooky. But I was ready for it. Read more about it [here](#).

What I'm taking into tomorrow

1. A head and heart ready for action.
2. A new bin! My [Brabantia](#) arrived today - absolutely gorgeous - as kitchen bins go...
3. The desire to make more raw pizza and lots of other lovely dehydrated yummys.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Key things to pass on

1. If life seems to have gone stale then don't stop, perhaps the Universe is amassing the goodies like it did for me today.
2. A new kitchen bin is a very good idea if you feel like spoiling yourself and making your kitchen look ultra-slick.
3. Weekends are great for making bulk items in the dehydrator. That's one of my aims this weekend.

3 words to describe how I'm feeling right now

Psyched, powerful, ready

Final thought for the day

"YES!"

Saturday, November 19, 2005

Day 9: Life is good

Where I've been, what I've done

Although a very late night, I woke before 9am, surprising, as whatever diet I may be eating, I always enjoy a good 8 hours, given half the chance (a rare thing these days). Instead I took just under 7 which is interesting in the light of this. Perhaps it was because I ate so lightly last night. Worked 9-5 (yes, on a Saturday!) and then collected Luke from daddy's house. Back to base for dinner and homey things.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

What I ate today

9:00am: **Sparkling water**

11:50am: **Chocolate smoothie** (chocolate powder, dark agave, Medjool dates, almond butter, water)

12:15pm: **Sparkling water**

2:30pm: **Sparkling water**

2:55pm: **"Cheese wraps"** - little gem lettuce leaves filled with "cheese" (macadamia nuts, cashews, lemon, garlic), topped with onion, olives and some tomato sauce left from the raw pizza I made on Thursday.

4:45pm: **Sparkling water**

8:00pm: **A very large salad** consisting of watercress, rocket, spinach, baby tomatoes, cucumber, cauliflower florets, sprouted sunflower seeds. Dressed with a dressing made from miso, olive oil, orange juice, tomato and dates. Very yummy and very filling - I couldn't finish it.

10:00pm: **Pineapple, apple and orange juice**. Then the same blended with a **banana** to compare the taste. They tied :)

10:30pm: **2 date sweeties** - Medjool dates stuffed with Brazil nuts.

How I felt today

Really good, in fact I had the urge to dance at one point, so I did! I made the most of the burst of energy and put on some loud funky music and cleaned my office cupboard out, as well as a lot of other stuff. I now consistently have the energy to go at a pace from first thing in the day to the very last. NB: The very last is now averaging at 12:30am, whereas before it was more like 11pm. This is very noticeable.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



Body stuff

The ulcer has more-or-less gone and R. noticed I had lost weight. I am fortunate to be built in such a way that I will never look skinny - not a look I aspire to anyway - although being slimmer (read: less toxic) can only be a good thing. That said, I'm not necessarily aiming to lose weight. I just want to lose what's otherwise known as "false body" - i.e. the bits of me that don't need to be there! I suppose this is really only a bit on my tum and a bit on my hips now. Eyes are still more striking than before and no new spots appearing, which I'm very pleased to report!

Mind stuff

Still razor-sharp. I cracked through so much work today it was like running on "clean fuel" in my head and not one foggy moment. If every day were like that (and they can be, I just got much more organised in the past 2 days) then, well, watch out world ;)

Emotional stuff

Really good. I have one fairly substantial worry in my world at the moment but even that is not getting me down. If I didn't feel so consistently optimistic about life and was a different kind of person then I think I might be depressed, but I'm really anything but. Instead I'm taking every action I can to turn the worry around. I like that about me!

Soulful stuff

I re-began writing in my gratitude journal today and that's always a spiritual experience. You get to be grateful for anything, large or small - it's very comforting, thought-provoking and inspiring. I used to struggle to list 10 things per day, now I have trouble stopping at 30. I feel very connected and clear on what I'm doing and where I'm going. That's great.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



Magic events and life's serendipitous moments

The new business coach I'm about to start working with for a year is into raw food - pure chance; Another journalist has contacted me to be coached on raw; I already have one excellent VA application, just hours after posting my request; everything seems magical at the moment!

What I'm taking into tomorrow

1. The desire to create a new life and work routine that is slick and fun and gets results.
2. The energy to have a great day, whatever happens.
3. A very tidy office!

Key things to pass on

1. If you have a lot of greens left in your fridge and you don't think you'll chomp through your way them in time - juice them. Green juice is one of the best things you can take into your body.
2. Dressings can make all the difference, a miso dressing is a lovely change.
3. A smoothie is the perfect breakfast, snack or quick meal and you can add superfoods to them in ways that you can't through normal "on-a-plate" meals.

3 words to describe how I'm feeling right now

Together, calm, charged

Final thought for the day

"It's all good"

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

Sunday, November 20, 2005

Day 10: Energy heaven

Where I've been, what I've done

A day off, but not one for sitting still, we were off in the car to visit friends and family in Essex. En route, we (Luke, R. and I) stopped at Tesco in Newmarket and bumped into my mum - quite a surprise! She hadn't met R. yet - but she has now! I also had a thought to check the Independent on Sunday to see if my interview had gone in a week early ... it had! It's been very busy on the media front recently and tomorrow I'm due to feature in the Daily Mail and Tuesday in City a.m. The rest of the day was spent driving, eating lunch out in a lovely organic farm shop/cafe in Great Bardfield with Jade and Teddy (11 months), shopping for some really lovely new foodie things, chatting, and running after Luke. Back at the ranch, via grandparents for an hour, time to make dinner, relax a little and then a few assignments online and off.

What I ate today

11:45am: **2 satumas**

2:00pm: **Cafe salad** (mixed leaves, onion, avocado, mustard dressing, tomato). It was nice, but not enough of it! **Water, young coconut water.**

4:00pm: **Peppermint tea**

7:00pm: **Salad** made from watercress, alfalfa sprouts, sprouted sunflower seeds, a lovely organic green Battavia lettuce I picked up today, capers in oil, baby vine tomatoes. All dressed with a lovely new organic dressing I bought. **Young coconut water** to drink.

8:00pm: About **20 raspberries** followed by some **raisins.**

9:00pm: **More raisins!**

10:40pm: **Cauliflower florets** dipped in **artichoke pate** - yummy! A new find I picked up in the organic farm shop - raw artichokes blended in oil. Another **young coconut water.**

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

How I felt today

Great. I thought eating out might be a hassle, but it was fine. I'm not embarrassed about eating this way now as the results are too good. Besides, the food tastes so much better, so it's a no brainer.

Body stuff

I think I am looking really well. Something has happened to my face, but I'm not sure what?! Perhaps more defined, not sure, but I prefer it, whatever it is! My body is slimmer, it looks more toned around the hips and thighs, in fact, dare I say it, a bit more off the tum (or is it just Luke-fat?) and I could give a model a serious run for her money! (Never thought I'd see the day I could say that...). My hair is in brilliant condition, it's so silky and thick... And tonight when I took my make-up off, I had to admit, I have the skin of a young 20-something. *Enough trumpet blowing already!*

Mind stuff

I haven't had the opportunity to put my mind to the test today, although tonight I had to do an online "strengths test" for something I'm doing with a coach. I had to react to what seemed like hundreds of questions in under 20 seconds per question and I was there in 5. I am now sure that the way ahead for me, to do all I want and need to do, is simply to get more organised and take less on. Because once I have the focus, the how and when are already taken care of because I *just do it*.

Emotional stuff

I can feel myself opening up more at the moment. I am much more able to be fully me than ever before and am no longer concerned by what people think of me. This concern used to rule my life, so that's refreshing and incredibly freeing. I am getting more pleasure out of spending time with people now and am enjoying the genuine love I am feeling for the people I am

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

choosing to spend my time with. There is no-one in my life right now that I don't want to spend time with, and that, of course, can only be a good thing.

Soulful stuff

Still continuing with the Gratitude Journal, it really is something I highly recommend. I also now light a candle every night for an hour before I go to bed, for symbolic and kind-of-ritualistic reasons. I also just happen to love candles! I find myself asking for help more right now and not being afraid to do so. Someone gave me a great phrase just the other week when I said that I needed assistance but didn't know who to ask. She said, "Delegate UP!" (as in "up to heaven") so I am doing!

Magic events and life's serendipitous moments

Spending time with Jade and Teddy; The great foods I found at the farm shop; Being in the Independent; The results of the strengths test which confirmed a lot and taught me some too; Some magical people in my life right now; Bumping into mum.

What I'm taking into tomorrow

1. Some great new foods.
2. The will to get a whole lot done this week and scare myself by how much.
3. The hope that the Daily Mail piece is quoted in context!
4. A whole pile of green foods that I'm going to have to juice.

Key things to pass on

1. There are always going to be new foods to explore. Today I found some things in

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

packets and jars that were raw but that I'd either never seen before or hadn't seen for years. Enjoy!

2. For eating raw not to be a hassle for you when out and about or in social situations, first you need to be 100% happy with yourself and your reasons for eating this way, second you need to not worry about what other people think or say. People will have their opinions, but you don't need to take them on. At the end of the day we're all living in our own private universe. Let yours be the one you want it to be.
3. Whatever you read about me in the papers is usually misquoted or badly edited! Today's Inde was very sharply edited so didn't sound like me at all. Thank goodness it ended on a good note!

3 words to describe how I'm feeling right now

Strong, vibrant, glowing

Final thought for the day

"Variety is the spice of life"

Monday, November 21, 2005

Day 11: The tidal wave hits

Where I've been, what I've done

Back to work and I've started keeping a time log of what exactly I do in a day. It helps me stay focused and also see what takes the most time and exactly where it's going. Not unlike a spending journal. Either side of my working day was the nursery run, then a trip into town to bank some cheques and shop for a 2006 diary and wall planner. I also picked up a copy of the Daily Mail to see if the piece went to press. It did and apparently I am food coach to Natalie

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Umbruglia and Woody Harrelson...! Well, if it's in print it must be true, right? An evening of catching up on various housey-things and goal setting for new coach, as well as work. Still on catch up there. I think I will be until the end of the year to be honest!

What I ate today

9:20am: 1 satsuma

12:15pm: **Salad** (1 Battavia lettuce, "everyday dressing", 1 avocado, alfalfa sprouts, sprouted sunflower seeds, cauliflower florets covered in artichoke pate). Very yummy and kept me going for ages.

3:00pm: **Handful of raisins**

7:00pm: **Green juice** made from chard, alfalfa sprouts, parsley, carrot, cucumber, spring greens. Really really good and I felt soooo clean and fresh after drinking it. Awesome. I have to bring green drinks in daily now that I've started them again.

9:00pm: **Salad** - a base of 1 whole green Battavia lettuce, dressed with 2 oranges and half an avocado blended and poured over the lettuce, then a handful of raspberries added on top and 1 chopped banana. Absolutely gorgeous! Another small banana to follow and a small bowl of raisins.

How I felt today

To be honest I started off feeling extremely emotional. More emotional than I can remember feeling since forever. And it wasn't in my head, so there wasn't anything I could do about it. It was almost all-consuming. It was all I could do to just keep myself together and get on with work! All I could do was just witness it, try not to get too caught up in it and hope it would pass. More later.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Body stuff

Very happy with the way I am looking right now. The changes in just 11 days have been staggering now that I can compare a bit further down the line. I thank I have lost a few years facially, and my body is also looking really young. Once I start exercising again and get more into shape through movement, I really shall be looking as I've always wanted to. It's incredible, after a youth of thinking I would be podgy forever, to be looking and feeling the way I could only then dream of. Other things I've noticed, which I've noticed in the past when I've eaten this way, is that my mouth feels a lot fresher, no need to reach for gum, and I forget whether I've brushed my teeth or not in the morning! I'm committing to doing a daily walk, even though the weather is not at all great right now. I have the most fantastic walk near me with a huge lake just round the corner, so I am going to get out there and do it, even though I may freeze my bits off.

Mind stuff

Very happy to report that the laser-like tendencies are still with me. I have come to a decision about something in my life that is of major significance and I just know that my new diet has helped me get to this place as quickly as I have. I am also really clear now on who I am, what I want and where I am going. A few weeks ago this was all a bit of a haze.

Emotional stuff

Well, the tidal wave hit! As I said a few days ago, I could see it coming but didn't know how long it would take to reach me. And then it all went very quiet, and I thought I had just imagined the whole thing. Until I woke up this morning... When Luke accidentally hit me in the eye I ended up crying - which I would never normally do (although it did hurt!!). I don't know if it was purely time-of-the-month related (maybe I am clearing more stuff this time due to the diet change?) or a combination of that and other stuff going on with me right now. Either way, as I said above, it was all-consuming. It wasn't until about 3pm, after I had made my big decision, that it subsided considerably, then with an hour or two it was gone (and my period

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

had arrived). So I guess it was 50/50 really. It will be interesting to see if anything like this happens any other time during the next month.

Soulful stuff

The Gratitude Journal is now re-instated on daily basis, as is pulling a Goddess Card. Today I pulled "Lakshmi" (Abundance). Yesterday I pulled Laughter, and last week, at very interesting and relevant times I pulled Responsibility and Order. All very nicely tying in with what's going on for me right now. I feel like I should be reporting that now my tidal wave has been and gone that I am feeling more connected than before. I'm not really, I think there's more to come.

Magic events and life's serendipitous moments

Being in the Daily Mail; My coaching session with Scott; The call from Neil; The BBC call; The Georgie call; Finding everything I wanted out shopping; many other bits and bobs.

What I'm taking into tomorrow

1. That great salad recipe I made for dinner tonight. Yu-meeee!
2. A shopping list for my Raw Food for Beginners class on Saturday - there'll be masses of food!
3. The pledge to drink a green juice every day and go for a walk every day. Goodness.

Key things to pass on

1. If you can find one key health habit, like the daily green juice, or sprouting something new each day, then do all you can to make it happen. It takes 21 days for something to become a habit (apparently), so you need to stick at it, but just think how much healthier you'll look and feel if you do!

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

2. Sprouts can make the biggest difference to your energy levels and health. Even if it's just a handful of cress or a tub of alfalfa, it's all great stuff and you WILL notice the difference. If you can work up from there you'll wonder why you didn't sooner.
3. Empty your cupboards of things that you only eat sometimes, or want to get rid of. Tonight I emptied a cupboard which housed coffee, tea and sugar (not for me I hasten to add). I felt it didn't deserve that spot in my house, so it's now relegated to the utility room cupboard where I don't have to look at it (they're for visitors) and my new herbs and spices have taken their place.

3 words to describe how I'm feeling right now

Calm, clean, sorted

Final thought for the day

"I LOVE being raw"

Tuesday, November 22, 2005

Day 12: Clean and fresh

Where I've been, what I've done

A very mixed day and, in the end, all good. Coaching, meetings and a chat with a journalist who is keen to come on my Raw Food for Beginners course in March, which, if she books, means my course is already half full. Today I was introduced to a range of completely gorgeous and truly [healthy make-up](#) - something I have been looking for for years. In fact I am so impressed and it "feels" so right in every way, that I am signing up to become a distributor, and normally I am not an MLM fan, but for this I'll make an exception. More after the weekend, when I actually have time to follow through! Ladies - you'll want to know about it... the

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

products are fantastic in every way; even the packaging is gorgeous! Aside from getting passionate about make-up, just a very productive day moving through massive projects, of which I have too many right now, but I am SO looking forward to teaching my class this weekend. An evening of playing with Luke, bath and bed, and mummy went on work into the night and somehow managed to get into a phone conversation that went on until 3am! Hmmm! Being raw does have its advantages... or does it?!

What I ate today

8:30am: 1 **satsuma**

2:00pm: A quick lunch of a **chocolate smoothie** if my memory serves me correctly - I'm writing this more than 24 hours after the event and I really can't remember! Was just too busy to make notes.

6:00pm: **Peppermint tea**

7:00pm: **Salad** made from grated carrot, alfalfa sprouts, tomato, avocado, sunflower seeds, capers, dressed with tahini and water dressing.

I'm sure there was more, but it's gone.

How I felt today

The tidal wave appears to have gone, perhaps just for now, perhaps forever. A few people commented to me offline about it, genuinely concerned, and asked what it was all about... the truth is I really cannot put a tag on it, intuitively it just felt like some kind of release. "The release with no name"! As I said yesterday, I just let it do what it had to do, (which was primarily engulf me from the neck down - that's what it felt like). It was all going on around my heart, something like a soft sadness of sorts, really hard to put into words, but I knew it would pass eventually. I guess it just evaporated into the ether! I have a feeling it was about the past, rather than the present, and I needed to let go of it, so it came up and out! Just like a

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

physical detox symptom, only a bit more odd :) Today was trying in many ways as there's a lot going on, and I have been tested (in a good way I think), but I asked for help, delegated "up" and took some action, and life began to flow again. Synchronicities continue to abound, so I am a happy bunny once more.

Body stuff

Once more, very happy with the way things are progressing although while the old spots have gone some new ones have appeared on my right cheek! Pffff... However, my eyes are still really scaring me in how they seem to be almost piercing right now - despite the endless late nights they seem to look really with it - a miracle! Last week I commented on how my top half seems to be looking more toned, now I can say that it's working its way down my body. Everything seems to have lifted. OhmyGod I am turning into a teenager :)

Mind stuff

I do have brain overload right now but I am happy. Going raw again has given me more than peace of mind, it's given me an inner strength and a level of self-reliance that is priceless. I just feel fit for whatever life may throw at me ... I should rephrase that: I feel fit for handling the stuff that I have created, that I'd prefer to re-create anew ;) And I am doing. If anyone was watching me and the way I am pushing and challenging myself right now, they would think that I was Anthony Robbins' apprentice!

Emotional stuff

Feeling high now. Connecting with the right people makes all the difference - and people really matter to me as I love people. A 3+ hour phone call with someone who is fast becoming a simply brilliant friend has a lot to do with it, as does having a son who is an angel incarnate, an ex-fiance who has a big heart and continues to help me grow, and a boyfriend who, although ill with 'flu and barely able to speak, still loves me and supports me, even though he is still

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

getting used to my slightly "cosmic" ways. In fact I am quite amazed at how much he takes it all in his stride.

Soulful stuff

I prayed today. I needed some help and the only place to go was up. It worked, life flowed again - very very quickly - and all felt very well. I think some angels took pity on me and gave me a celestial hug. I think I'll hang out with them more often ;)

Magic events and life's serendipitous moments

Being in City A.M; My coaching session with Joanna; My meeting with Dawn; The potential book review in a national magazine when RFFB comes out; My 3 hour call; My heavenly help.

What I'm taking into tomorrow

1. The thrill of knowing I can wear make-up that literally feeds my skin and smells amazing!
2. The reminder that prayers *do* get answered - when you are sincere, humble, take action and show you are serious
3. Joy ☺

Key things to pass on

1. A lot of my discussions right now are about how food, although obviously important, is really not that important at all. Sorry - don't want to lose you here! It's just that what keeps coming up is, when you get the food right, it becomes much less important, because you're ready to live life fully and the food is just fuel - clean brilliant live fuel -

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

and all is running efficiently so no need to keep checking the engine and getting pre-occupied about it. This of course is the way it should be. Getting to that point is the challenge. Personally I feel I'm there, not because I'm a smart-butt, but because my raw food journey started 13 years ago and I'm just picking up some threads that were already very well sewn. I'm supremely confident in what I do and the way I do it because I know I'm not working to any hard-and-fast rules but what feels good and right - *for me*. If and when it doesn't feel right, I'll change tack. Until then, raw - and raw *Karen's way* - it is.

2. Another theme that keeps coming up in interviews and conversation is: "What are you *allowed* to eat?" Personally I avoid all this "allowed" talk. It's very disempowering. Who's in control? You can eat *whatever you wish!* As I said in my Independent on Sunday interview: "I help people find their level. Raw food is not a religion". If you give yourself freedom, just like a bird, you'll come home eventually and you won't want to leave, just because it feels like home, and all is well in the world. The question is, what do you *want* to eat?

3 words to describe how I'm feeling right now

Grateful, focused, blessed

Final thought for the day

"Must get to bed it's 3am!"

Wednesday, November 23, 2005

Day 13: Oooh, oooh, too good to be true

Where I've been, what I've done

Despite the 3am bedtime I woke at 8am and was good on it. Luke and I drove to nursery and

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

while he munched on a satsuma in the back, I marvelled at the route we travel - country lanes and lots of train tracks, which Luke adores. Although I don't mention these moments a lot, they mean the world to me, and in the not-too-distant future I want a whole lot more of them. Motherhood is a gift and I want to make the most of it, not always easy when there's bills to pay and missions to fulfil. Every woman has these issues to face, especially when technically single, and there just doesn't seem to be any perfect way... I'm doing my best to pull all the pieces together, literally as I write.

Today I worked like a demon. Now emotionally back to base I am red hot, firing on all cylinders and did begin to wonder today if my apparently tame skirt and jumper would be much better replaced by a Lynda Carter outfit ☺. I kept a full diary of my working day today. I got through so much I made myself dizzy just looking at it. A gazillion calls came my way as well, and today was like a repeat of last Friday - one amazing synchronicity after another. I just kept being blown away by it all. It was like following my own script, everything I have been hoping for or thinking about recently came tumbling out of the phone, email or sky for me. I'm just going to have to blog about it again! An evening of hot bath, tidying kitchen, phone calls, web surfing and catching up on blogs. I also treated myself to an e-course from the [Fiona Harrold](#) site. I saw it there a few days ago and it just wouldn't leave my mind. Always a sign that you "just gotta have it." As I finally managed to get a refund from someone who has owed me \$100 since May (yes, indeed - not impressed) AND because I have worked so jolly hard recently, I went to the site, VISA in hand, and now I'm the proud owner of an e-course that I'm going to absolutely love working with. Will tell more once I've started it...

What I ate today

9:30am: **Chocolate smoothie**. Perhaps I have a magnesium thing going on right now, but choc smoothies seem to be a theme for me and it's not about any big love of chocolate (which I've never really had) but an intuitive draw. Not that I'm complaining, I love them and they really do make me feel great. The chocolate powder is very different to the cacao nibs, I've found, not just in taste but in effect - the nibs seem much more stimulating. The choc powder just feels

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

gooooood. This morning I made it with almond butter, dates, dark agave and water. Always a variation of a theme.

2:10pm: **Kale and avocado salad** - I had a ton of kale to use up and ate almost a whole packet. I made the classic kale salad by wilting the kale with a little Himalayan Crystal salt and olive oil, then added in an avocado, some tomato and sun-dried tomatoes. I sat down and ate it at my dining room table admiring the beautiful white lillies that are in full bloom in their vase right now. I ate with chopsticks, something I love. Keeps the pace good for eating right, and just makes a lovely change. Right after my salad I knew exactly what I wanted: **orange juice!** So I grabbed about 7 juicy oranges and juiced them by hand. How delicious was that... perfect.

4:40pm: **Big chunk of pineapple.** I fancied some juicy fruit but not more oranges, so the chunk of pineapple - the only juicy fruit remaining in my house at the moment and left in the fridge from the weekend - was fair game and so I ate it ;)

8:00pm: Rest of the **kale and avocado salad** from lunch but with **black olives** added.

9:00pm: Some stuffed **Medjool dates (Brazil nut centres)**, about **4 or 5 prunes**. Shortly followed by another **chocolate smoothie** - it's all I wanted.

How I felt today

Superhuman. That said, I know that with my current lack of sleep, if I push it much more I will get stopped in my tracks sooner or later. It's really important that I take extremely good care of myself between now and the weekend as I'll be giving 110% from Friday night through to Sunday night when my weekend guests leave. I'm good with that, I do know my limits.

Body stuff

Sorry boys, girl stuff again, but I can't just pretend it's not happening! My period has practically been and gone in just 3 days with no pain at all and it's all good. Without wishing to give "too much information", let's just say that a period on cooked food is typically a very different experience to one on raw. Girls, I'll take the questions by email if you wish!

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Mind stuff

You know that saying - "Be careful what you wish for because you might just get it..."? Well, I'm living this saying right now. It's time to get very clear on what I do want because, with all that I am learning about myself and the way these things work, I know that there's a lot else I want to wish for, so I'd better get clear on what EXACTLY that is. Perhaps it's no coincidence then that my coach has asked me to write down all my 1 year, 3 year and 5 year goals for many different areas of my life. It's certainly challenging me to think big and be brave and supremely honest. I've reached that point now where all my little goals have been achieved and now it's time for the big league. Daunting? No, exciting and a little scary, but overall very compelling! Fancy doing it yourself?

Emotional stuff

As far as I can tell the ocean is calm again once more. Who can tell though? This past week has been a real eye opener in that respect. But life on the outside suggests that a calm period is here and shall remain, at least for the foreseeable... whatever that is?!

Soulful stuff

I've been avoiding meditation. I kind of nearly get there and then I don't. I tell myself I have too much to do. Which I do, but priorities are a little mixed up in my head, I guess. Then, when I 'confront' myself, I say "I'm scared". What of exactly? Feeling too good, too alive, too in tune - silly I know, but I am still adjusting to this new flow that is literally blowing me away. Considering just over a week ago I had my big epiphany about wanting to be 100% raw again, I'm letting myself off the hook for as long as it takes. I suspect that now I've fully acknowledged all of this I shall be meditating like the Buddha within a week ;)

Magic events and life's serendipitous moments

Being invited to be interviewed for a magazine feature on New Year Resolutions - nothing to do

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

with raw food, I hasten to add. I have another personal project about to start in January around money that I'm taking very seriously as it's long overdue. The people running the programme are doing a PR campaign to promote their work and a magazine has picked up on it, so I'm the token "money person" for the feature. Am I suddenly living in journalism city or something?! It's all getting far too spooky around here for me; A call from *The F Word* about a potential raw food feature on Gordon Ramsay's new series on Channel 4 - now, *wouldn't that be something?*; Getting my \$100 refund - finally; Some really good business connections; Finding some truly beautiful art on the internet - more later; A lot of things that wouldn't make a lot of sense if I tried to write them all down!

What I'm taking into tomorrow

1. The desire to spend much more time with Luke.
2. Awe.
3. The increasing understanding that life *really is* what you make it. Now what are we going to do with that?

Key things to pass on

1. Do the 1, 3 and 5 year goal exercise - it will blow your mind!
2. Be open to the possibility that you are living in a dream and, if I may be so bold as to quote the Beatles, "nothing is real". That's how it feels for me right now, but maybe that's sleep deprivation talking. I'll get back to you on that...
3. I'm running out of food! Hands up all those who don't like having few options open to them when the fridge door opens? Yes, I thought so - let's go shopping!

3 words to describe how I'm feeling right now

Stunned, thankful, just beginning...

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

Final thought for the day

"Am I dreaming?"

Thursday, November 24, 2005

Day 14: Nice and calm

Where I've been, what I've done

OK, so two 3am bedtimes in a row I do not recommend. In fact, to be more precise, a 3am followed by a 3:45am, I do not recommend. However, although tired by 8pm today, the tiredness was not with me during the day which I think is actually quite something. Today was much more calm than yesterday, I think that's because subconsciously I asked for it. I knew I needed time to get things in order for my teaching weekend, so my phone hardly rung (though when it did it was more bookings for the other classes I'm teaching), and I spent more time investing in me and being methodical and focused. I left the office at 3pm and went to the bank before I picked up Luke from nursery, and then was on a call from 4pm til nearly 5pm. Back home via Tesco (time to stock up), and time with Luke before his bed. As for me, a wonderful hot bath around 7:45pm left me feeling very drowsy, and I fell asleep briefly while reading a book in bed! As I had a call to make at 8:30pm I revived myself by getting busy and now, at just before 10pm, I'm tired but far from dead!

What I ate today

11:55am: **Juvo** followed by **sparkling water with lemon juice**. Juvo is a raw food meal/drink in a sachet that I was sent recently to trial with a view to retailing it. On looking at the ingredients it doesn't appear to be 100% raw, however, I thought, seeing as it has been sitting on my counter for a couple of weeks, that I should at least try it. It's simply a powder that you pour into 8oz of water, shake well and drink. Unfortunately, even though I could tell it was doing me good I just didn't like the taste, so I only had a couple of mouthfuls.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

1:15pm: A very quick lunch of **flax crackers**, **artichoke pate** and **tomatoes**, followed by 4 **Medjool dates**.

2:45pm: One small **banana** as I left the house and a **satsuma** shared with Luke in the car.

6:40pm: By this time I was absolutely ravenous and didn't know what to eat first! I used a whole bag of **lamb's lettuce**, cut up a huge **vine-ripened tomato** into chunks, added the chunks from one **avocado**, added a large handful of **black olives**, and sprinkled with a new salt/herb **seasoning** I have and devoured. Finished with a **fresh orange juice** made from about 6 oranges, and about half an hour later had some **pecan nuts** and 1 **Medjool date**. Mmm mmm.

How I felt today

Really good. I woke to my alarm at 8:30am, so less than 5 hours sleep, but managed to write in my Gratitude Journal, read 1 module of my new e-course, have a shower and hairwash and get ready for the day ahead in about 40 minutes. My energy was consistent all day long, though was frustrated by lack of food in the house! Have just been too busy to shop.

Body stuff

Nothing major to report that I can think of. Overall though, I feel sure that I have just perked up physically and de-aged a fair amount in just 2 weeks. That's good enough for me!

Mind stuff

Every day I am getting clearer and clearer on what it is that I want for my life - both short term and even for the rest of it. As I have to finish my 1, 3 and 5 year goals homework by Monday, I think it's safe to say that by the end of next week there should be some interesting things to report! Clarity always brings results in my experience. Today the theme of the day, intellectually speaking, was money. In fact money is going to be more than a fleeting theme for me as, as mentioned before, I've committed to another year-long programme, this one

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:



karenknowler
The Raw Food Coach™

specifically about money. I'll be writing a whole chunk about it on my blog, but in the meantime if you feel even a little intrigued [go here](#).

Emotional stuff

Emotionally great actually. On so little sleep I might expect to be a bit, um, 'ratty', but I'm not. In fact emotionally I would say I'm better today than any other for a while because I have started taking care of myself again. Primarily because last night I felt like I had overstepped the mark with the exceptionally late night habit that I seem to have acquired. I've been so busy working crazy hours these past few weeks that I've stopped doing the gym/swim thing, and the taking time over getting dressed thing, and all those things that make us feel good about ourselves and our day. So here's where I tell you that the title of the e-course I bought last night from the Fiona Harrold site is called [Be Gorgeous!](#) It's actually REALLY good. The courses are a bit pricey, I think, especially as they have VAT added on for us Brits, but they are in fact well worth the money. The [Feminine Finance](#) one is brilliant too.

Soulful stuff

Ummm.... (or should that be "ooohhhhhmmmm"?) I feel an angel on my shoulder.

Magic events and life's serendipitous moments

Going on instinct to buy that e-course - just one chapter in and I love it; My first payment for my March course arriving; The call with Judith from [The Money Gym](#); My first call with Sherry; 2 bookings for January course; An interview with *Take it Easy* magazine about New Years Resolutions - I was talking about the Money Gym and even the journalist started getting excited! The piece will be out on Jan 8th - the mag comes with the Sunday People newspaper; I now have the contact details for the celebrity I'm coaching next Friday - we just have to agree on a time and place and I'm off!

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:



What I'm taking into tomorrow

1. A kitchen full of food.
2. A huge list of things to prep for my class this weekend (can't wait to have a stash of raw granola in the house again!).
3. Excitement about the weekend ahead.

Key things to pass on

1. The price of raw organic food is an issue for most of us, especially those of us in the UK. I'm not sure that the price will go down on these foods so it makes sense for us to look for ways that we can increase our income, or at least manage it better, so that we can afford to eat the way we want. For me The Money Gym is about all these smaller life details as well as the larger, long-term financial future ones. My advice to you is not to give up on raw food if money is an issue, but to use the internet and even pick my brains, to find ways that you can earn *extra* money so that you have a win-win, rather than frustration. Where there's a will there's a way.
2. There's nothing like some new cutlery in the house to make you smile! Well, maybe a bit OTT, but I'm looking forward to laying out all my new stuff for my 'students' this weekend.
3. Sprouted wheat - a hugely underestimated food in my opinion. Too many nuts make you feel heavy and dull, too many seeds and it all feels wrong, too much fat and you feel greasy and lame, but the sprouted grains seem to give us that missing something that provides calories, carbs and protein, but none of the fat of the heaviness. Play with it!

3 words to describe how I'm feeling right now

Calm, centred, gorgeous ☺ hahahahaha

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Final thought for the day

"Everything is happening exactly as it should"

Thursday, December 01, 2005

Days 15-21: Go, go, go!

Where I've been, what I've done

It's been a week since I last wrote my food diary - not through lack of wanting to but purely because life has not stopped. The day after my last entry I was busy getting prepared for my first [Raw Food for Beginners Weekend](#), and of course the next 2 days were the actual weekend, and for the 4 days since then I have been busy getting other important work completed which left zero time for this.

So... this entry will be unusual, as it won't be full and complete, because I simply don't remember what I ate for the last 7 days! But I will do my best with what I can recall.

What I ate this past week

Friday 25th - I went food shopping for my class in a BIG way so went from having a food deficit to food overwhelm! I'm not sure what I ate exactly, but I remember a lot of tasting going on late at night when I was making things ready for dehydrating...

Saturday 26th - Day 1 of the class and the first thing I had was a **juice** (carrot, apple, orange, ginger) along with the rest of the group. This was followed a couple of hours later by a **chocolate smoothie**. When it came to lunch time which was flax crackers, almond hummous, olives and kale and avocado salad, I wasn't hungry, so just didn't eat. I did however enjoy the dinner of **melon slices and raspberries** followed by **2 nut loaves with salad** and **chocolate ice-cream and banana** for dessert.

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:



karenknowler
The Raw Food Coach™

Saturday 27th - Day 2 of the class began with **granola and almond milk** topped with **blueberries** which was delicious and very filling. Later that morning we tried **assorted nut milks**, flavoured and plain, and had a huge lunch of **perfect pizza** (my special recipe!) with **salad, flax crackers** and extra '**cheese**' which left everyone feeling very satiated and in awe of what can be achieved. Come dinner time I don't think I ate a lot - if anything - as I was still so full from lunch. Oh yes.. I remember now... later on that night I had some of the incredibly thick and creamy **chocolate ice-cream** I made earlier that evening while the group were finishing some written work. Take my word for it, it would rival anything you can find in a shop and beat it hands down on health terms!

Monday 28th - Back to work and I think I grazed on things left from the weekend. I had made some extra **flax crackers** using carrot instead of red pepper, which came out very well, and I'd also made some "**candied pecans**" by swirling some whole pecan nuts around in date paste (just Medjool dates blended with water to create a paste) and dehydrating over night. Now they were scrummy.

Tuesday 29th - It was the day of mailing our monthly members mailing, the Green Heart Monthly, so I actually sat down and ate properly today as I always make lunch for Valerie who helps me. We sat down to a real banquet - **salad, dressings, flax crackers, olives, almond hummous, avocado** and possibly something else I'm forgetting. This was lovely on its own, but I brought out the **chocolate ice-cream** for dessert which I ate after having a good sized helping of **fresh pineapple**. Dinner time - not entirely sure! Think I had a **large papaya** around 1am - hmm!

Wednesday 30th - Yesterday... I *think* I had a **mango** first thing and snacked on **flax crackers** and **fresh orange juice** throughout the day. I had a lot of work to get through and also had to catch a train into London just before 5pm, so I didn't spend a lot of time eating. However, as you will read on my blog, (should be writing that entry on Friday 2nd), I ended up eating in real style later that day as I went to [Vita Organic](http://www.vitaorganic.com) in Soho, which was just lovely. There I shared 4 dishes with my friend Russell, namely "**lasagna**" (made from courgette, raw vegan pesto and seaweed - my favourite of all the dishes I tried last night), "**pizza**" (buckwheat base with all

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

sorts of delicious toppings), "falafel with hummous" (was good but not entirely sure what the ingredients were!) and coconut coleslaw. I also managed to drink 2x "Pink Lady" drinks which were just gorgeous.

Thursday 1st - Today! A bit easier to remember, but I need to get into the groove of writing it all down again, as that is the only way I can report back accurately. I wasn't hungry for breakfast but had lunch quite early which was a nori roll containing avocado, tomato, sunflower greens, almond hummous and olives - very nice! - with a fresh orange juice chaser. My appetite seems to have decreased a lot in the past few days actually, because I didn't eat anything else until I got home around 5:30pm which was when Luke and I made a big glass of juice from oranges, apples, carrot and ginger and I had some flax crackers with the remainder of the almond hummous and a few baby plum tomatoes. That was it! Later I had some more orange juice which was great. I just seem to want more liquid than anything at the moment. All fine... all good for the food bill!

Body stuff

I've definitely shifted. Eating heavier foods at the weekend didn't work for me. I found it too much and my body simply wasn't happy! I even got a bit of acid indigestion from eating complicated combinations and of course, I do already know what works for me - simple, clean, easy. However, it's always good to be reminded! Other than that, I see my body shape is still changing, mainly around my hips, and my skin has taken on a really nice healthy colour and dare-I-say glow, to it.

Mind stuff

The constant theme of my thoughts at the moment is about time and goals. Quite simply I seem to be struggling to manage to get everything done that I want to, and it frustrates me beyond belief. The problem isn't about time so much as what I try to accomplish in a day. Basically I try to do in a day what most people would be proud to accomplish in a week. Typical

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

[type 3](#), I'm afraid. It's a blessing and a curse, however most of the time I love it! So at the moment my goal is to have all my outstanding work completed by Dec 30th, which is no mean feat as there's masses to be done, so my first port of call this weekend is to re-organise my office *and* my schedule to make this possible AND easy - and still find time to actually recharge and enjoy life!

Emotional stuff

Emotionally I have been very constant this past week. I've become more honest with myself recently, which is largely heart-ruled, so I basically am just listening to my heart more. I have been able to interpret feelings more accurately and re-orientate my life around my heart as much as my head. It's an interesting time in relationships of all types right now, I almost forgot about this stuff and how it works. Basically as you shed layers of yourself as you detoxify, you also shed people along the way. Not the most enjoyable aspect of the journey, often, but inevitable nonetheless. There is a bit of this happening for me right now. Some friendships are getting stronger and others are waning.

Soulful stuff

I think for me this past week has seemed more consistently in the flow than since I can remember. That for me has been a 'spiritual' experience because I have felt connected and in the right place at the right time. Life has even felt magical, as if I have written the script and everything is just falling neatly into place. My manifestation abilities continue to scare and amaze me :)

Magic events and life's serendipitous moments

The weekend course was great; A few exciting business propositions have come my way; walking past Chris Evans in China Town last night!; Bumping into Fresh members at both places I went to last night... this is just a very small handful of what's been going on.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

What I'm taking into tomorrow

1. The 'write everything down' approach to menu recording.
2. I still have a lot of dehydrated food from the weekend, so: flax crackers, granola, garlic sunnies, pizza base.
3. Masses of oranges!

Key things to pass on

Eat out raw wherever and whenever you can. It tastes great, feels like a real treat and you're investing in the future.

Sooner or later you will reach a point where complicated food combinations make you feel less than vibrant. Take this as a good sign and KISS - keep it simple, sugar.

Your skin absorbs about 60% of what you put on it so you need to be asking yourself if you would eat all of those toiletries and make-up items that you wear. If you're interested in finding out more about a brilliant new range I've recently found out about (and mentioned a few entries back), [click here](#).

3 words to describe how I'm feeling right now

Clear, ready, fit

Final thought for the day

"Life is what you make it"

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:



karenknowler
The Raw Food Coach™

Friday, December 02, 2005

Day 22: A smoothie kind of day

Where I've been, what I've done

A day in the office after a nursery run. For once no meetings, no coaching calls - my coaching session with the celeb has been moved from today to Monday, so a good opportunity to collect myself and get a lot done before the weekend. Which I did!

What I ate today

11:55am - My first sign of hunger and after 'tuning in' I decided I wanted a bowl of chopped **apple and banana**, covered in **date sauce** and sprinkled with **sesame seeds**! It was lovely but I couldn't eat it all in the end.

3:30pm - Decided I wanted something heavier, hunger was calling, so I went downstairs to see what I fancied. I remembered a **pizza base** I'd made at the weekend from sprouted wheat and various other ingredients, and so broke off some pieces of that and decided to make a 'cheese' spread. Then I realised I had no macadamia nuts, so inspiration took over and I ended up creating a **gorgeous spread** using cashew nuts, almond butter, tomatoes and olives put through a food processor. That alone was great, but I decided to try adding some fresh parley and onion, which was still great but I should have stopped at the parsley!

5:30pm - A bit more of the above - **pizza crackers and spread**. Pete (Luke's dad) tried it and loved it too!

6:30pm - An '**ice cream drink**' - I blended 4 frozen bananas with some water, some vanilla essence and some agave nectar and drunk an ice-cream for dinner. Yum!

9:30pm - Sooo thirsty, so made a large glass of **fresh orange juice**.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Body stuff

My skin seems to be the most remarkably different part of me today. I just look healthy. Not that I didn't before, but now I really do have the skin tone that looks good. Inside myself I feel much cleaner but I am kind of getting the feeling that in the not-too-distant future I'll be wanting to do a cleanse of some kind to kick out stuff more quickly. It's like I can feel things freeing up for elimination at a deeper level, but light eating/fasting or something along those lines will be the best course of action for getting it out. Hmmmm. That's a new thought... let's see if it actually pans out that way.

Mind stuff

Today I was exceptionally calm because I was largely working without interruption AND I had cleaned up my office considerably first thing before I got started. Once clear and organised I got into my groove, got an important piece of work finished and felt very together. If I had had roses in the house, I think I may even have stopped to smell them today!

Emotional stuff

Still very balanced and I love that fact. My life, as I think you may have got by now, is too full. So if I was emotionally unstable right now it could potentially be the most challenging chapter of my life so far. But it's not, and it's good, and even though my to-do list is as long as a toilet roll, it's OK ☺.

Soulful stuff

I want to spend more time reflecting deeply on things but it just doesn't seem to be enough of a priority for me. I am locked in cerebral overdrive, constantly challenging myself to rise to the challenge. However, sensing that the Christmas break is just around the corner, I know that underneath it all I am biding my time knowing that I will have about 4 or 5 days to myself over New Year to do what I want. Pete and I are dividing care of Luke over the break so that we all

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



get the best of both worlds. Luke will spend the Christmas period with me and the New Year period with Pete and his family in Devon. It's all good and I can't wait for both ☺. During my New Year break I'll be working on my book, but more than that, really getting clear on what 2006 is going to be about for me, on every level, especially the quieter, more gentle one.

Magic events and life's serendipitous moments

Another long overdue refund turning up out of the blue with no prompting (well, not for a month anyway!); My first Christmas card arrived - from my aunt in the USA; A great book arrived from amazon.com; An offer of help from Kate for the Open Day next Saturday; Finding a really cool [half-price e-book](#) on the web; Making headway on the new make-up thing I'm excited about...

What I'm taking into tomorrow

1. A shopping list for raspberries - I'm really craving them!
2. A packed lunch for our trip to see Father Christmas.
3. The desire to make time (somehow) this weekend to be still and rest for at least 30 minutes while awake ☺.

Key things to pass on

1. Orange juice is great at this time of year. Perhaps it's the vitamin C I'm after. Luke has a cold and so far, despite really putting myself through my paces, I haven't had a sniffle.
2. The weekend is coming - get your dehydrator out and GO FOR IT!
3. Get your diary and ask yourself: When am I going to make a date with someone and go out for a raw meal to remember?

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

3 words to describe how I'm feeling right now

Strong, supple, lithe

Final thought for the day

"Make space, big things coming"

Monday, December 05, 2005

Day 25: Every cloud

Where I've been, what I've done

I was due to go to London today to coach my celeb, H., but owing to last night's little accident (I fell through the floor of a fairground ride and nearly broke my leg!) I actually wasn't in a position to go anywhere much, so I had to postpone. Thankfully all is not lost - I will be seeing her on Jan 11th instead and it will go into the April publication rather than the March. Phew! So a day of sitting at my desk through necessity rather than choice, however by 3:15pm (when it came to the time I had to leave to pick Luke up from nursery) I found that I was no longer hobbling and could in fact drive without pain. As it is I seem to be healing remarkably quickly, but more about that shortly... Evening time: A night of playing with Luke, watching trains at Ely train station (Luke is just a tad obsessed by trains right now), reading in bed and catching up on the phone and blogging...

What I ate today

10:40am - I had a solitary but extremely ripe **custard apple** (cherimoya) sitting in my fruit bowl, so I had to do the decent thing and eat it... Very nice.

12:10pm - The legacy of the **large green olives** lives on and I ate about 8 or so of them as a snack. And at some point or other ate my final piece of **sprouted wheat cracker**.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

3:15pm - Some more **dates off the branch** left over from yesterday - had to grab something as I headed out the door to the car.

3:30pm - A **SuperGreens bar** - I confess, I "borrowed" it from Luke's nursery bag - I was sooo hungry! Well, hasn't he got to have the healthiest lunchbox in East Cambridgeshire?!

6:30pm - Some more **olives** and a couple of handfuls of '**garlic sunnies**' (a Chad Sarno recipe which is basically pre-soaked sunflower seeds tossed in garlic and onion powder and then dehydrated - very yummy for snacking on)

7:00pm: A large bowl of **rocket** (arugula), 1 chopped **avocado** and chopped **cucumber** dressed with a **miso/ agave/ orange juice dressing**. Very scrumptious it was too!

11:15pm: 1 medium **mango** and a small bowl of **green grapes**.

Body stuff

Skin still seems to be looking good, but have another ulcer in my mouth. Too much OJ or simply a detox symptom? Possibly both. I shall keep an eye on it... (Metaphorically speaking!). As for my healing wounds, I have more bruises which have come up since last night, and one on my right forearm is especially sensational, however, considering that last night my shin was in absolute agony, even I am in awe at how little pain I feel tonight. Even when I apply pressure it's nothing like it was last night, and no swelling left whatsoever. Body is still toning up by itself although now other bits of me look less good than they did before! I guess it is all to do with comparison... I have 'upped the stakes' - now I need to finish the job.

Mind stuff

My thoughts are still revolving around how to get fully organised. I have set a personal/professional goal to have all of my work cleared by 30 December. The clock is ticking, however I did get a lot done today and I know I can do it. I think we are all guilty of being easily distracted, especially when it comes to doing things we'd rather not. However, I don't

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

want to do this anymore, so I guess I am adopting the hardcore approach once more! All that aside, today has been very eventful in a number of ways, but I'll post those under the Soulful stuff section...

Emotional stuff

Had a wobbly hour today where I felt something going on but it didn't amount to much! I think by and large I was just very in the flow today and life was magical again.

Soulful stuff

Well, today obviously had an odd start as really I should have been on the 7:55am to Kings Cross, but apparently life had other plans. So instead I had a day of just really cool stuff and even managed to meditate for 10 minutes. I do believe I am starting to listen to my inner voice a bit more and am actually doing something with that. So off I went and sat in silence for 10 minutes, clearing my mind for 5 of them and asking for something in particular (which shall remain a secret!) for the remainder. Just one second before I opened my eyes my phone rang and low and behold, someone at the end of the line offering to give me what I had just been asking for. (Feel free to make any spooky sounding noises that seem appropriate at this point!!)

Magic events and life's serendipitous moments

The rescheduling of H's coaching being OK; My leg healing so well; My [Centerpointe](#) CD showing up; An old friend ringing up out of the blue; A long chat this evening with another good friend; An email conversation that is even spookier than the meditation story (above); Hooking up with someone that may be helping me with some work.

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



What I'm taking into tomorrow

1. The magic of meditation.
2. Some amazing organic curly kale brought from the local farm shop - a huge bag of it for just £1.00!
3. A thirst for life.

Key things to pass on

1. Check out YOUR local farm shop - you know it makes sense on so many levels. If you don't know where to start for UK readers go to www.yell.com and type in 'organic farm shop' for your area and see what comes up or see www.whyorganic.org.
2. If you've never had a play with miso as part of a dressing then do... it really transforms a 'humble' bowl of leaves. (I use the dark barley one from [The Fresh Network](#))
3. If you've never tried meditating, why not? It can be whatever you want it to be and doesn't necessarily equate to the lotus position or ohhhming for England! For my part, raw foods, yoga and meditation have been the 3 most transformational tools on all levels for me.

3 words to describe how I'm feeling right now

Bruised, battered, brave

Final thought for the day

"Bring it on!"

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Wednesday, December 14, 2005

Day 34: Yes, I'm still alive!

Yes, I know, a gap of 9 days and far too long to write in here. Unfortunately I just can't fit it in at the moment. Christmas is approaching and I have sooo much work to do before I finish on 23rd Dec, that I have been working silly hours and haven't even written down what I've been eating.

What I will tell you is that this is day 34, so over 1 month on raw, and I'm at that point where looking at, thinking about, or even smelling cooked food seems distinctly odd. It's amazing, even to me, that things can happen so quickly, even though I've been 'here' before.

My news is that I've lost some weight, though have no idea how much, and although I did succumb to getting a cold just after the Open Day on Saturday, it was pretty much a 3-day thing (1 day coming, 1 intense, and 1 going) - my system just bounced it right out again, even though those around me who had had it were with it for about a week.

My hair is also super-shiny, so much so that it almost looks abnormal! (well....)

Life has become increasingly synchronistic to the point where now manifestation is almost instantaneous. Basically as soon as I get clear on something that I want or need it happens or appears. Very cool!

As far as food goes, my diet has been very varied - the arrival of [Russell](#) at my home to prepare for our Fresh Network open day last Saturday meant that I got to try a truly raw 'sandwich' for the first time, as well as a 'cashew dijonnaise' and some raw mince pies which everyone at the open day adored. I personally whipped up a Christmas Punch, which was lovely - very warming and comforting, and I showed everyone how to make the wonderful kale and avocado salad that I eat so often.

Life events continue to whip me into shape. The theme of the moment is relationships. More than that I cannot say, but suffice to say that 'it's time'. (Take that as you will!)

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

As far as my food diary goes, it's my intention to restart it from Christmas Eve. I think that will make life a little more interesting. I mean, "what exactly do you eat on Christmas Day and through the holiday season as a raw fooder?", you may well be asking.

Well, my best one to date was a durian with a young coconut 'chaser', which was perfection itself. In fact I may well treat myself to one from [Orkos](#) this year, assuming the cost is not prohibitive and they can get it here on time... I think there's still time... I shall run and take a look now and see what else they have waiting for me...

I'll be back in a week, if not before, and look forward to catching up with you again soon :)

In the meantime, I daresay I will be paying a visit to my main blog and posting the [mince pie recipe](#) on there - they really *are* amazing! (Thanks Russell). Oh yes, and my punch, which I think you'll love too...

Monday, December 19, 2005

Day 39: A fresh start

Where I've been, what I've done

It's been a while, but I'm here so let's jump right back in... Today has been a day of activity - dropping Luke at nursery, a trip into town to the bank, picking up some new products from [The Fresh Network](#) office, back to my home office and then out to pick Luke up at 3:30pm. From there a trip to see our new 'landlady' - you can be the first to know: The Fresh Network is moving offices over the Christmas break - no mean feat as we have to completely revamp the office first before even moving the old one into it, but hey, you wouldn't expect less, right?! Very exciting to say the least. There'll be more about this on my main blog shortly. All followed by an evening being run ragged by a 3 year old boy named Luke (my son) who is now at the stage where everything is "whaaat?" and "why?". Why indeed....

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

What I ate today

1:00pm - A glass of **goji juice**. My goodness, that stuff is sooo good. Even though it's super-expensive, to me it's very worth it. My body just seems to lap it up. Yum.

2:10pm - A punnet of **raspberries**.

2:50pm - A small handful of **macadamias** and a **chocolate smoothie**. NB: The chocolate smoothie has been commented on as being a bit of a theme in my diet. Let me just say that due to a very untimely chocolate shortage I haven't had one for a week and boy did I miss it! This one was made from raw choc powder, water, Medjool dates and cashew butter. As yummy as I remember it!

3:15pm: A few **macadamias** as I headed out the door.

4:30pm: Some **organic dried mulberries**.

5:45pm: **Kale and avocado salad** - the usual recipe but this time I sprinkled on/mixed in some curry powder. A very light dusting but it worked very well.

7:00pm: **Chocolate ice-cream** - freshly made this evening from the same chocolate smoothie recipe used earlier, except the dates were replaced by dark agave. Deliciously decadent. I made it with Luke - great fun, apart from losing a large dose of choc powder to the floor mid-recipe!

Body stuff

I guess I have some catching up to do. Well, my body is still recovering from my [recent fall](#), but the bruises are fading and the memory has too, so onwards and upwards! Where shall we start? Let's do a top-to-toe... Hair - so shiny it gleams! Eyes - could be better, if only sleep were an option <yawn>. Skin - I've been through a spotty phase (pah!) - assume it's initial detox - but have come out the other side. Looking much better now. Nails - strong and looking good - they seem to be growing faster than before. Body - As much as I dislike talking about the 'c' word, a sizable amount of cellulite has gone - yippee! When I was raw before it was hardly there, but after my 2 years "off the wagon" back it came with a vengeance. Bleugh. Now

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*



it is dropping away and I am smiling more by the day ☺. And finally, my period started today. Quite frankly I'm shocked. Not because I thought I was pregnant (!), but because I really didn't know when exactly it was coming as I am no longer a 28-day-cycle girl as I once was. Last time (see very early entries) lots of twinges going on for a few days before. This time, niche - not until it had actually started. THAT to me is evidence that body is very happy with what I'm doing right now. All good.

Mind stuff

I've been through the 'let's get organised' phase, and while it's still an ongoing project, it's not where most of my thought/time is now going. No, it's moved on now to business matters and shaping The Fresh Network and my own Karen Knowler business for 2006. I've been working so hard this year learning about marketing and what makes a company great that that's one of the main reasons why we're moving "all of a sudden". Quite honestly I got the urge (I'll write more about it in my main blog in a day or so) on Wednesday last week and within a few hours I'd found the perfect office - two minutes drive from my house past that wonderful house and lake that I love so much. So my mind is all about the future right now... it's soo exciting, sometimes I struggle to go to bed - I just want to keep plotting and scheming! I have never been so committed and focused on bringing the raw food 'message' to the world as I am right now. Everything is falling into place so perfectly it's awe inspiring.

Emotional stuff

I've felt a bit emotional for the past couple of days, but see now that was period related. Other than that, just seem to have developed a very clear energy in heart and mind recently - they're very happily working together and manifesting left, right and centre! I had to come away from this journal to give myself the time I needed to clear other work. I'm still doing this, but the time feels right to return, so emotionally I'm happy and balanced (apart from the trials of parenting a very Duracell-like 3 year old!) and all feels well in the world.

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:



Soulful stuff

In my busy-busy mode meditation and other good stuff has slipped ... I know, I know ... I miss it and I know it's time. My latest thought about New Year in fact has been to spend it on my own - the actual evening and day that is - just to be silent and with myself. I've spent all year giving, working, creating, mothering, supporting and rarely do I get the chance to just take a big step back, pause and reflect on what's going on with *me* and what my soul is trying to say. So, it's time. Unconventional, and yes I could be out partying the night away (and may still do) - but hey, Ms Spirit has put in the order and I'd like to deliver.

Magic events and life's serendipitous moments

Not sure where to start but the new office has to top it all; Gained a new client from a feature in current issue of [Tatler magazine](#) where I'm likened to Trinny & Susannah. Good stuff!; Receiving the right info / ebook etc, just when I need it; Finding a web designer that I think will be the one for me for the new Karen Knowler site going up next year. Awaiting logo designs right now...

What I'm taking into tomorrow

1. Lots of new [Nature's First Law](#) goodies which turned up this morning.
2. A raw mince pie Pete gave to me yesterday which will live to see another day.
3. The desire to keep blogging more and more. I love you guys!

Key things to pass on

1. If you haven't seen my mention of it on my other blog, check out [Store Wars](#). Methinks you'll enjoy it.

Fast-tracking you to boundless energy, radiant health and total body bliss



This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

2. [Orkos](#) - the French raw-foodist-run company have a special on durian right now - you may be too late for Xmas, but you could see your new year in in true raw style. Toast 2006 in with a young coconut too!
3. Check out the new [Vita Organic](#) in Soho - great place, great location, great (raw) food.

3 words to describe how I'm feeling right now

Sure, strong, focused

Final thought for the day

"Amen"

Tuesday, December 20, 2005

Day 40: Smooth and Steady

Where I've been, what I've done

A great day, very productive, and life seems to be falling into place very nicely indeed. I visited our soon-to-be new office tonight to make a list of all that needs to be done and tomorrow the work begins - how exciting!

What I ate today

9:30am - A handful of **dried mulberries**.

1:00pm - A large helping of (raw) **chocolate ice-cream**.

5:00pm - More **mulberries**.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*



karenknowler
The Raw Food Coach™

6:15pm - A **large salad** (lamb's lettuce, tomato, orange pepper, red onion, watercress, all dressed with honey and dill dressing) and served with a **walnut/carrot/red pepper/cumin/lemon juice pate**.

10:00pm - A large bowl of **green grapes**.

Body stuff

I'm proud of my body. Sometimes I put it through so much and yet sometimes so little (exercise!). 2006 begs a different approach. No doubt about it. The most significant change I've noticed in the past week is the 'flattening' out of my hips. Even when I've been slim they've always had that wodge (you know ladies - the one bit that wobbles even when the rest of you doesn't), but now it's breaking down. I can feel the fatty globules under the skin disintegrating, ready for being flushed out. Awesome.

Mind stuff

Sharp as a razor and no messin' at the moment. The clock is ticking, Christmas is coming. So much to do!

Emotional stuff

Emotions good today, all fine and dandy.

Soulful stuff

I'm currently working with a designer to create a logo that best sums up my work and what I'm about. My dilemma is, do I keep it fresh and 'normal' looking or hint at the slightly more magical side of raw food and all that it brings, a la KK blog? That's the question. And, though I never normally ask for comments on this blog, I am today! What do you think? 'Normal' and

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

approachable (i.e. suitable for all), or something a bit more 'deep'? [Update: As you may have noticed now that the site's up (and from the header above), I ended up going with something a little more magical]

Magic events and life's serendipitous moments

Everything about the office is falling into place: The electrician is based next door and he'll fix the heating; BT have offered us a great moving deal with advanced features for less money; Robin is starting work on the unit tomorrow; The curtain-lady on the same park will no doubt sort out our blinds... Money and gifts through the post; A potential VA who wants to help me work on a book and tells me so about 10 minutes before my business coach suggests I work on a book with someone!; Feeling very in the flow all round...

What I'm taking into tomorrow

1. A semi-empty fridge that needs restocking. Thank goodness my Orkos delivery is arriving.
2. The desire to have Unit 7 be the best-looking and most efficiently functioning office in East Anglia.
3. A burning passion to get everything sorted ready for the New Year.

Key things to pass on

1. In Tesco right now: good watercress in bunches, huge avocados that ripen in 2-3 days, juicy 'sun-ripened' (hmmm...) mangoes, unshelled nuts.
2. I posted Russell's mince pie recipe and my Xmas Punch recipe on my [main blog](#) yesterday - check them out!
3. Now's the time to figure out what *you're* going to differently at Christmas this year...

Fast-tracking you to boundless energy, radiant health and total body bliss

This **FREE** raw food resource
is brought to you by:




karenknowler
The Raw Food Coach™

3 words to describe how I'm feeling right now

Solid, excited, sure

Final thought for the day

"Thank you"

Post journal notes from Karen

30 July 2006

My journal ended here on Day 40 as I had so much work to do that I could no longer spend the 30-60 minutes per day writing in my journal and uploading it to the web.

But since then life has continued to change immeasurably and yes, to a large degree I put that down to eating a 100% raw diet.

All that said, I have also continued to learn the importance of keeping my mind on the high things and being true to my heart, even if it doesn't always look or feel pretty... this I continually live by and the results are better than good!

As for the food side of things, since then I've eaten 100% raw with a handful of days in the summer of 2006 where I really wanted to eat stuffed vine leaves – so I did! They tasted lovely at the time but I definitely felt the difference after eating them – cooked food has a very dull energy to it, which you can only identify when you've cleaned out and have got used to eating raw. Little "dalliances" like this remind me why I choose raw physically (I feel better) and by genuinely noticing the difference energetically after I've eaten it, it reminds me of all the scientific information I've read and all the kirlian photos I've seen depicting how cooked food's energy is so much less powerful than raw and live food – *it really is*.

Fast-tracking you to boundless energy, radiant health and total body bliss



*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

Other interesting changes... Robin and I split up not long after the journal ended which was pretty traumatic; relationships continue to be my "learning arena" in life. It becomes increasingly apparent how choosing to share your life with someone on a similar wavelength is so important as the shifts we go through can be significant and sometimes we can feel as if we're moving away from others, even if we don't want to. I also have become quite mind-blowingly psychic at times, "seeing" and "hearing" things out of the blue that turn out to be accurate even though they apparently defied logic! I find this really exciting and encouraging and it has really benefited both myself in my own life and my clients in their coaching as I have often found myself adding things into the conversation purely through "sixth sense" guidance alone and it's always turned out to be hugely beneficial to them.

My coaching work has evolved considerably in other ways too. Some amazing clients and amazing results have passed through my practice this year and my Raw Food for Beginners courses have been hugely popular in terms of bookings and hugely transformational in terms of outcome for the participants, many of whom have become dear friends (that bit I love!). I have rediscovered that my true passions and talents in life are writing, teaching and coaching and to this end I have re-organised my life in such a way that I get to do this every day rather than periodically. There'll be more changes in this department to come.

Synchronicities have continued to abound and lots more media coverage too. Having now branded myself as "The Raw Food Coach", I feel more than worthy of the title as I walk my talk and embody all that I wish for – not just for myself but for every person who ever learns from or works with me. And even though it may not always look or feel "perfect", I really am in love with life and genuinely "get" how it works which inspires a tremendous amount of courage to do what I want with it and simultaneously brings a tremendous amount of peace.

Oh yes, and I'm delighted to say that my body looks the best it's ever done. Fast approaching 34 and still get told I look ten years younger!

Fast-tracking you to boundless energy, radiant health and total body bliss

*This FREE raw food resource
is brought to you by:*




karenknowler
The Raw Food Coach™

As I'm continually marveling about how my raw life shapes up (and other people's) you can stay up to date with my world through visiting my Living in the Raw blog at www.karenknowlerblog.com, or even better, sign up to my weekly eZine Successfully Raw which has masses of useful information, hints, tips, recipes etc. every week. For more information about that, [click here](#).

Other than that, naturally I hope this journal has inspired you and educated you too! I always welcome feedback or comments on anything I put out. And while I can't always guarantee a personal reply (I'd love to, but it's physically impossible!), I can guarantee that I will read what you wrote.

Wishing you a wonderful raw life and I hope our paths cross one fine day ☺

Karen

Fast-tracking you to boundless energy, radiant health and total body bliss

