



Going Raw

July 2012 Twitter Chat transcript

Wednesday, July 25 @ 6pm PST/9pm PST

In our [July+August issue](#), VegNews explored the benefits of a high-raw vegan diet in "Is Raw Always Right?". Learn why some vegetables are better eaten raw or cooked, and just how healthy flame-free eating really is. Join VN editors and raw-food experts to chat about this fascinating topic.

Special Guests: Gena Hamshaw ([@choosingraw](#)), Chad Sarno ([@chadsarno](#)), and Elaina Love ([@ElainaLove](#))

OFFICIAL TRANSCRIPT

(beginning of chat starts at the end)



[FabuNOLA](#) Looks like I got here at end. I do see the last question & will give my FabuNOLA Blog for resources: [#vegnewschat](http://t.co/iZ9MUipW) -7:11 PM Jul 25th, 2012



[Julie2884](#) Loved the [#VegNewsChat](#) tonight about eating [#rawfood](#). Gave me some inspiration to up my raw intake! [#vegan](#) -7:07 PM Jul 25th, 2012



[ISF EmilyH](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: [#VegNewsChat](http://t.co/FeoGOrAs) -7:07 PM Jul 25th, 2012



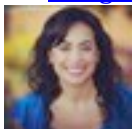
[OpinionessWorld](#) Love this quote! MT [@chadsarno](#): Keep shining, and changing the world, one bite at a time! [#vegnewschat](#) [#vegan](#) -7:05 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) [@vegnews](#) [@choosingraw](#) keep shining, and changing the world, one bite at a time! thx for the chat [#vegnewschat](#) -7:04 PM Jul 25th, 2012



[VegNews](#) We'll have a transcript of tonight's chat up on <http://t.co/CmjOXYeL> by noon tomorrow. Thanks again to all! [#VegNewsChat](#) -7:04 PM Jul 25th, 2012



[ChristysChomp](#) [#VegNewsChat](#) Very interesting chat. Thx! -7:04 PM Jul 25th, 2012



[ElainaLove](#) Thank you and good night! Rawk on! You are beautiful! [#vegnewschat](#) -7:03 PM Jul 25th, 2012



[dream_thyme](#) RT [@choosingraw](#): Final A: Gone Raw website, cookbooks from [@sarma](#) and [@aniphyo](#) , and my blog! Raw food for busy people. [#vegnewschat](#) -7:03 PM Jul 25th, 2012



[chadsarno](#) RT [@VegNews](#): thank you thank you. so much fun! [#vegnewschat](#) -7:03 PM Jul 25th, 2012





[TCiddaCisuma](#) Ditto!! RT [@dream_thyme](#): [@VegNews](#) thank you so much, i learned a ton! [#VegNewsChat](#) -7:02 PM Jul 25th, 2012



[ChristysChomp](#) [@ElainaLove](#) Here in Tucson, Sunflower & [@sproutsfm](#) have a great organic selection, too! [#VegNewsChat](#) -7:02 PM Jul 25th, 2012



[rawelementsinc](#) RT [@chadsarno](#): [@ElainaLove](#) a15: luv mustard in dressings.. a white balsamic, dijon, apricot paste, garlic, herbs.. delish [#vegnewschat](#) -7:02 PM Jul 25th, 2012



[choosingraw](#) Final A: Gone Raw website, cookbooks from [@sarma](#) and [@aniphyo](#) , and my blog! Raw food for busy people. [#vegnewschat](#) -7:02 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) final a: <http://t.co/AJRb8Ytz>, also FB: wickedhealthyfood, and whole foods market: health starts here.. [#plantstrong](#) [#vegnewschat](#) -7:02 PM Jul 25th, 2012



[Nibbles](#) [@VegNew](#) [@choosingraw](#) [@chadsamo](#) [@ElainaLove](#) Thanks so much for the [#vegnewschat](#) ... Great info & wonderfully fun... -7:02 PM Jul 25th, 2012



[ElainaLove](#) Final A: Mountain Rose <http://t.co/gaiB6wtr>, <http://t.co/pLFdtas0> for recipes and products, Healthforce Nutritionals, E3live [#vegnewschat](#) -7:02 PM Jul 25th, 2012



[VegNews](#) A huge thanks to everyone for participating tonight, especially our experts [@choosingraw](#) [@elainalove](#) + [@chadsarno](#)!! [#VegNewsChat](#) -7:01 PM Jul 25th, 2012



[chadsarno](#) [@choosingraw](#) [@vegnews](#) shhh.. keep your eye out, it will be available Oct 30th [#cskitchen](#).. so proud to share it w [@kriscarr](#) [#vegnewschat](#) -7:01 PM Jul 25th, 2012



[dream_thyme](#) [@VegNews](#) thank you so much, i learned a ton! [#VegNewsChat](#) -7:01 PM Jul 25th, 2012



[OpinionessWorld](#) TJ's is my [#vegan](#) salvation!! RT [@ElainaLove](#): Trader joes is a great source for inexpensive organic veggies and frozen berries [#vegnewschat](#) -7:00 PM Jul 25th, 2012



[ElainaLove](#) [@chadsarno](#) Yes Love the Hail Merries. But they are sweet so not too much :) [#vegnewschat](#) -7:00 PM Jul 25th, 2012



[VegNews](#) Final Q: If people want to learn more, what are your go-to resources? [#VegNewsChat](#) -7:00 PM Jul 25th, 2012



[ElainaLove](#) Trader joes is a great source for inexpensive organic veggies and frozen berries [#vegnewschat](#) -7:00 PM Jul 25th, 2012



[choosingraw](#) [@chadsarno](#) [@kris_carr](#) So excited for the book! This will be an invaluable resource for smart [#rawfood](#) eating! [#vegnewschat](#) -6:59 PM Jul 25th, 2012



[VegNews](#) Yay! RT [@chadsarno](#) [@kriscarr](#) and i have a book coming out, crazy sexy kitchen, high raw cookbook, w sum comfort. out in fall.. [#VegNewsChat](#) -6:59 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a18, tons on the market.. hail marys are divine.. such a treat [#vegnewschat](#) -6:59 PM Jul 25th, 2012



[VegNews](#) Thanks! RT [@theveganlisa](#) [@VegNews](#) loving the [#VegNewsChat](#) tonight [#VegNewsChat](#) -6:59 PM Jul 25th, 2012



[choosingraw](#) A18: I mostly steer clear, unless reviewing for my blog. Too pricey, and I have a dehydrator. But they're a fun treat. [#vegnewschat](#) -6:59 PM Jul 25th, 2012

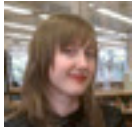




[ElainaLove](#) A18: I buy flax crackers packaged and sometimes chocolates. I love Alive and Radiant Kale Chips!!!
[#vegnewschat](#) -6:58 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) [@kriscarr](#) and i have a book coming out, crazy sexy kitchen [#cskitchen](#), high raw cookbook, w sum comfort. out in fall.. [#vegnewschat](#) -6:58 PM Jul 25th, 2012



[pumpedlibrarian](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: <http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:58 PM Jul 25th, 2012

[theveganlisa](#) [@VegNews](#) loving the [#VegNewsChat](#) tonight -6:57 PM Jul 25th, 2012



[OpinionessWorld](#) RT [@chadsarno](#): [@ElainaLove](#) a15: luv mustard in dressings.. a white balsamic, dijon, apricot paste, garlic, herbs.. delish [#vegnewschat](#) -6:57 PM Jul 25th, 2012



[ElainaLove](#) Thanks for joining everyone! Let's do this again soon! [#vegnewschat](#) -6:57 PM Jul 25th, 2012



[VegNews](#) Q18: Packaged raw food is so readily available now in stores. Do you have favorite products or do you steer clear? [#VegNewsChat](#) -6:57 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) totally agree. high fat, high salt, high sugar is gourmet raw, which again is a treat for me, n moderation [#vegnewschat](#) -6:57 PM Jul 25th, 2012



[OpinionessWorld](#) [@VegNews](#) My favorite raw salad dressing is extra virgin olive oil and lemon juice. Wait, is olive oil raw?? [#VegNewsChat](#) -6:57 PM Jul 25th, 2012



[ElainaLove](#) Eating all raw is great, eating 50% raw is great. Find your own truth and your own path. We can guide but be your own expert! [#vegnewschat](#) -6:57 PM Jul 25th, 2012



[VegNews](#) So true! MT [@choosingraw](#) A17: Challenges are travel, family occasions, work. And it can make veganism look overly hard. [#VegNewsChat](#) -6:56 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a17, i am a total foodie, so constantly looking for innovation w new food concepts, being all raw was tough for that [#vegnewschat](#) -6:56 PM Jul 25th, 2012



[VegNews](#) Heads up we only have five minutes left in tonight's chat! Time's flying! [#VegNewsChat](#) -6:55 PM Jul 25th, 2012



[ElainaLove](#) A17: Challenges to eating all raw are just that most overdo the nuts and oils and cacao and dates. Too much raw sugar and fat [#vegnewschat](#) -6:55 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) a15: luv mustard in dressings.. a white balsamic, dijon, apricot paste, garlic, herbs.. delish [#vegnewschat](#) -6:54 PM Jul 25th, 2012



[choosinraw](#) A17: I think it really does! challenges are travel, family occasions, work. And it can make veganism look overly hard. [#vegnewschat](#) -6:54 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a17. biggest challenge for me was being grounded being all raw, tons of energy but also not so grounded my exprc [#vegnewschat](#) -6:54 PM Jul 25th, 2012



[ElainaLove](#) [@QueerVeganFood](#) also some people don't do well combining fruits and nuts (date balls or raw fruit pies) [#vegnewschat](#) -6:53 PM Jul 25th, 2012



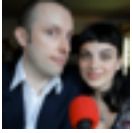
[choosinraw](#) A16: Cleanse is short term, goals often superficial. High raw lifestyle is a longterm commitment to benefits that grow w time [#vegnewschat](#) -6:53 PM Jul 25th, 2012



[HealthyVoyager](#) [@runningbun](#) [@ElainaLove](#) xoxo [#vegnewschat](#) -6:53 PM Jul 25th, 2012



[ElainaLove](#) [@QueerVeganFood](#) I think everyones body is diff. Some people don't do well with too many nuts or grains. Others are fine [#vegnewschat](#) -6:53 PM Jul 25th, 2012



[veganoption](#) [#VegNewsChat](#) A12 [@ElainaLove](#) I'm not clear what digestive enzymes are in plants that work at stomach pH. Ian. -6:53 PM Jul 25th, 2012



[chadsarno](#) [@ChristysChomp](#) i stopped eating many processed fats re: oils a few yrs ago and my TC dropped a ton. sold on greens n beans [#vegnewschat](#) -6:52 PM Jul 25th, 2012



[ElainaLove](#) A15: I make a red bell pepper dress: RBP, hemp seeds or flax oil, garlic, lemon, dulse, ginger, mustard and water. great staple [#vegnewschat](#) -6:52 PM Jul 25th, 2012



[VegNews](#) Q17: What are the biggest challenges to eating all-raw? Does eating high-raw solve them? [#VegNewsChat](#)



[runningbun](#) [@chadsarno](#) thank you! I have been using coconut oil but want to try other options! [#vegnewschat](#) - 6:52 PM Jul 25th, 2012



[choosingraw](#) [@ElainaLove](#) [@veganoption](#) I think the issue is that even if we wanted to, raw might not achieve that end. Or supplements... [#vegnewschat](#) -6:52 PM Jul 25th, 2012



[QueerVeganFood](#) [@elainalove](#) (hi!) do you suggest food combining to people getting into vegan/raw food? [#vegnewschat](#) -6:51 PM Jul 25th, 2012



[VegNews](#) Q16: Cleanses are really popular these days. How do you differentiate a raw cleanse from a high-raw lifestyle for newbies? [#VegNewsChat](#) -6:51 PM Jul 25th, 2012



[GlassDharma](#) RT [@choosingraw](#): [@ElainaLove](#) Good tip! Irish moss and chia are great thickeners [#rawfood](#) [#vegnewschat](#) -6:51 PM Jul 25th, 2012



[ChristysChomp](#) [@chadsarno](#) [@vegnews](#) Blood cholesterol levels influenced by saturated fat,among other things. Check type &amt of fat ur eating. [#VegNewsChat](#) -6:51 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) A15.. miso, flax oil, oj [#vegnewschat](#) -6:51 PM Jul 25th, 2012



[ElainaLove](#) [@veganoption](#) people have depleted their enzymes accord to Edward Howell wrote Enzyme nutrition. We need to replenish with raw [#vegnewschat](#) -6:50 PM Jul 25th, 2012



[choosingraw](#) A15: Outstanding miso sesame dressing! <http://t.co/uN9aV1hH> [#vegnewschat](#) -6:50 PM Jul 25th, 2012



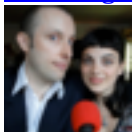
[chadsarno](#) [@runningbun](#) i do a lot of cooking w/o oil <http://t.co/WgKislbN> [#vegnewschat](#) -6:50 PM Jul 25th, 2012



[runningbun](#) [@choosingraw](#) raw sushi rolls are my favorite! [#vegnewschat](#) -6:50 PM Jul 25th, 2012



[choosingraw](#) [@veganoption](#) Yup. [#vegnewschat](#) -6:50 PM Jul 25th, 2012



[veganoption](#) [@VegNews](#) [#vegnewschat](#) A12 Our digestive enzymes, on the other hand, evolved to cut up food molecules within stomach acid. -6:49 PM Jul 25th, 2012



[QueerVeganFood](#) [@Inb4daPop](#) I think you meant that question for the [#vegnewschat](#)! I personally am not an expert ;) -6:49 PM Jul 25th, 2012



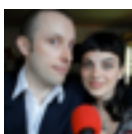
[VegNews](#) Q15: How about a favorite raw salad dressing (either yours or packaged), since salads are such a staple of the diet? [#VegNewsChat](#) -6:49 PM Jul 25th, 2012



[ElainaLove](#) [@Corrina_R](#) Irish moss is a seaweed. It acts like a gelatin and is clear. I use it in my raw Love Pies (aka cheezecakes) [#vegnewschat](#) -6:49 PM Jul 25th, 2012



[choosingraw](#) [@Corrina_R](#) [@elainalove](#) it's a seaweed that contains natural carrageenan, which thickens [#vegnewschat](#) -6:49 PM Jul 25th, 2012



[veganoption](#) [@VegNews](#) [#vegnewschat](#) A12 So denaturing plant enzymes by cooking them shouldn't logically matter. We only need them for spares. Ian. -6:49 PM Jul 25th, 2012



[ElainaLove](#) [@HealthyVoyager](#) yes. Store your veggies scraps in the freezer. Once a week cook up a nice broth. Great as a base for soups [#vegnewschat](#) -6:48 PM Jul 25th, 2012

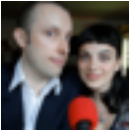


[runningbun](#) RT [@HealthyVoyager](#): [@ElainaLove](#) vegetable broth is also good to give flavor when cooking without oil! [#vegnewschat](#) -6:48 PM Jul 25th, 2012





[Corrina R @ElainaLove](#) what is Irish moss? [#VegNewsChat](#) -6:48 PM Jul 25th, 2012



[veganoption @VegNews #vegnewschat](#) A12 Expect that plant enzymes not the ones we need for digestion (proteases, &c) and evolved for plant pH anyway. Ian. -6:48 PM Jul 25th, 2012



[chadsarno @choosingraw @elainalove](#) - i have been working with these much more than coconut oil to thicken as well [#vegnewschat](#) -6:48 PM Jul 25th, 2012



[choosingraw](#) A14: All raw = raw sushi rolls, zucchini pasta tie. High raw=kale salad w cooked legumes, quinoa salad w raw veg [#vegnewschat](#) -6:47 PM Jul 25th, 2012



[HealthyVoyager @chadsarno](#) yum, i meant ;) [#vegnewschat](#) -6:47 PM Jul 25th, 2012



[HealthyVoyager @chadsarno](#) tum! [#vegnewschat](#) -6:47 PM Jul 25th, 2012



[HealthyVoyager @ElainaLove](#) vegetable broth is also good to give flavor when cooking without oil! [#vegnewschat](#) -6:47 PM Jul 25th, 2012



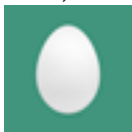
[ElainaLove](#) A14: all time fave raw dish: Green juice by far! It's alkalizing and makes me feel the pure joy! Cooked: Quinoa or beans [#vegnewschat](#) -6:47 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a14 definitely kale avocado salad.. staple for many yrs. kale, avo, bell pep, lemon, salt [#vegnewschat](#) -6:47 PM Jul 25th, 2012



[choosingraw](#) [@ElainaLove](#) Good tip! Irish moss and chia are great thickeners [#rawfood](#) [#vegnewschat](#) -6:46 PM Jul 25th, 2012



[AndersKoves1](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: <http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:46 PM Jul 25th, 2012



[ElainaLove](#) I don't cook usually. But if I do, I use water not oil to sautee or steam [#vegnewschat](#) -6:46 PM Jul 25th, 2012



[HealthyVoyager](#) [@VegNews](#) my raw pesto zucchini pasta primavera! [#VegNewsChat](#) -6:46 PM Jul 25th, 2012





[VegNews](#) Q14: What is your all-time favorite all-raw dish and your favorite high-raw dish? [#VegNewsChat](#) -6:46 PM Jul 25th, 2012



[chadsarno @VegNews](#) a13: for culinary purposes, i have worked around it, and will use it only rarely now. my style of cooking has shifted [#vegnewschat](#) -6:46 PM Jul 25th, 2012



[choosingraw](#) A13: Jury is out: most of the evidence conflicts. I use in cooking, but prefer flax, hemp, sacha inchi, avocado oil in raw food [#vegnewschat](#) -6:45 PM Jul 25th, 2012



[ElainaLove](#) A13: I don't eat much coconut oil anymore. I use Irish moss to thicken and whole coconut or chia seeds. Chia is my new love! [#vegnewschat](#) -6:45 PM Jul 25th, 2012



[chadsarno @VegNews](#) a13. i checked my blood from eating high fat, high raw diet, and had high cholesterol, so i have cut out most oils [#vegnewschat](#) -6:45 PM Jul 25th, 2012



[ChristysChomp #VegNewsChat](#) Jumping in on this chat. Fascinating topic. Enzymes aren't alive so how can they be destroyed? -6:44 PM Jul 25th, 2012



[VegNews](#) Q13: Coconut oil is an interesting subject, as it's so popular. [@chadsarno](#), what do you use instead? Ladies, any thoughts? [#VegNewsChat](#) -6:44 PM Jul 25th, 20



[chadsarno](#) [@krneuman](#) mostly raw.. 80/20 [#vegnewschat](#) -6:43 PM Jul 25th, 2012



[ElainaLove](#) A12 pt 2: I use Quantum Nutrition Digest enzymes as well as their Hydrochloric acid fpr best digestion. apple cider vinegar too [#vegnewschat](#) -6:43 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a12.. agreed, cookig does destroy enzymes, if i will eat many cooked meals, i also take some enzymes on occassion [#vegnewschat](#) -6:43 PM Jul 25th, 2012



[Inb4daPop](#) [@runningbun](#) [@choosingraw](#) [@elainalove](#) [@chadsarno](#) [@vegnews](#) Coconut oil increases cholesterol in both human and animal studies. [#vegnewschat](#) -6:43 PM Jul 25th, 2012



[choosingraw](#) A12: There is some evidence that they can withstand stomach enviro, but only to limited degree. [#vegnewschat](#) -6:43 PM Jul 25th, 2012



[BarefootEssence](#) RT [@Corinne Bowen](#): Loving the [#VegNewsChat](#) tonight w/ [@chadsarno](#) [@ElainaLove](#) + [@choosingraw](#). Great veg-info (raw food focus)! [#vegnewschat](#) -6:42 PM Jul 25th, 2012





[VegNews](#) That's a great resource! MT [@ElainaLove](#) sunflower seeds are high in 6s. You can look up the ratios on <http://t.co/MR6w30hN> [#VegNewsChat](#) -6:42 PM Jul 25th, 2012



[choosingraw](#) A12: Don't personally subscribe to idea that they can survive digestion and save the body exhaustion. But that's just my view. [#vegnewschat](#) -6:42 PM Jul 25th, 2012



[krneuman](#) [#VegNewsChat](#) what is high-raw? -6:42 PM Jul 25th, 2012



[chadsarno](#) [@runningbun](#) coconut oil.. i try to stay away from it personally. i try to keep unprocessed fats as much as possible [#vegnewschat](#) -6:42 PM Jul 25th, 2012



[ElainaLove](#) A12: I believe cooking does destroy enzymes. I think if you are eating a high raw diet and supplement with enzymes is ideal. [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[choosingraw](#) A12: IMO, it's not so much whether cooking destroys, but whether it's important to preserve them. [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[Corinne Bowen](#) Loving the convo at [#VegNewsChat](#) tonight w/ [@chadsarno](#) [@ElainaLove](#) + [@choosingraw](#). Great veg-info (raw food focus)! -6:41 PM Jul 25th, 2012



[ChristysChomp](#) Yes. RT [@chadsarno](#): [@BarefootEssence](#) when ur eating unprocessed, whole plant foods, few supplements are needed... [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) <http://t.co/Lc9IIBLD> amazing selection of quality products, with more to be released soon [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[ElainaLove](#) sunflower seeds are super high in 6s. Best to eat super small quantities. You can look up the ratios on <http://t.co/s65gMCKm> [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[runningbun](#) [@choosingraw](#) [@elainalove](#) [@chadsarno](#) [@vegnews](#) What about coconut oil? [#vegnewschat](#) -6:41 PM Jul 25th, 2012



[VegNews](#) Q12: Ok, let's talk enzymes. Does cooking food always ruin them? Just how important is it to eat enzyme-rich foods? [#VegNewsChat](#) -6:40 PM Jul 25th, 2012



[Nick Kelly](#) RT [@choosingraw](#): A:10 Too many omega 6 & not enough 3 can cause inflammation, among other issues [@elainalove](#) is an expert here! [#vegnewschat](#) -6:40 PM Jul 25th, 2012



[ChristysChomp](#) Really? Didn't know. RT [@ElainaLove](#): [@chadsarno](#) did you know that red beans and pintos are higher in omega 3s than 6s? [#vegnewschat](#) -6:40 PM Jul 25th, 2012



[ElainaLove](#) A11: I think a raw low nut diet is poss, but it's more difficult. I use the steamed greens and quinoa to not eat so many nuts [#vegnewschat](#) -6:40 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) E3live [#vegnewschat](#) -6:39 PM Jul 25th, 2012



[choosingraw](#) A11: There's no standard requirement, but aiming closer to a 50/50 ratio is good. And yes! Focus on avos, veg, fruit, legumes [#vegnewschat](#) -6:39 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) yes, 1-1.. i try to avoid most oils, and very small amount of nuts, mostly seeds, tons of greens [#vegnewschat](#) -6:39 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): [@ElainaLove](#) they improve my mood and flexibility [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): a10: Yes, in plant foods both can be good. But sometimes Omega 6s can be inflammatory. we get too many 6s [#vegnewschat](#) -6:38 PM Jul 25th, 2012





[BarefootEssence](#) [@chadsarno](#) what form of algae do you take? Pill or powder? [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[ElainaLove](#) I think we should have more of a 1-1 ratio of 3s to 6s. check out <http://t.co/s65gMCKm> [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[BarefootEssence](#) [@choosingraw](#) tks. I do a daily probiotic, D and B12. How much D and B12 do you take? Do you take a veg 'fish oil'? [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[VegNews](#) Q11: What amount of omega3s and 6s should we eat on a daily basis? Is an all-raw diet that doesn't overload on nuts possible? [#VegNewsChat](#) -6:38 PM Jul 25th, 2012



[choosingraw](#) A:10 Too many omega 6 and not enough 3 can cause inflammation, among other issues. [@elainalove](#) is an expert here! [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[ElainaLove](#) a10: Yes, in plant foods both can be good. But sometimes Omega 6s can be inflammatory. we get too many 6s [#vegnewschat](#) -6:38 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): That is my experience too, that most people go raw or vegan to be healthier or look better or both [#vegnewschat](#) -6:37 PM Jul 25th, 2012





[choosingraw](#) A10: Both omega 3 & 6 are essential; issue is that the modern diet (processed, animal heavy) has a bad balance of too many 6:3 [#vegnewschat](#) -6:37 PM Jul 25th, 2012



[chadsarno @VegNews](#) i take algae, b12, and eat all plants.. that works well for me [#vegnewschat](#) -6:37 PM Jul 25th, 2012



[OpinionessWorld @ElainaLove](#) Perfect...thank you! [#vegnewschat](#) -6:37 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): a3: Then after about 5 years, I introduced a bit of cooked food back in. That was a bumpy road [#vegnewschat](#) -6:37 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): a3: I got sick from eating cooked foods (not such healthy ones) so I found a balance of about 80/20 raw/cooked [#vegnewschat](#) -6:37 PM Jul 25th, 2012



[ElainaLove @ElainaLove](#) they improve my mood and flexibility [#vegnewschat](#) -6:36 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): other foods would be sprouted and cooked beans, steamed veggies, cooked quinoa
[#vegnewschat](#) -6:36 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a10: elaina, can you speak to this one? [#vegnewschat](#) -6:36 PM Jul 25th, 2012



[VegNews](#) Great question! RT [@BarefootEssence](#) do you supplement your diet with anything? If so, what?
[#VegNewsChat](#) -6:36 PM Jul 25th, 2012



[choosingraw](#) [@BarefootEssence](#) Supplements: Vegan multi (including B-spectrum), Vegan vit. D., probiotics when traveling or stressed. [#vegnewschat](#) -6:36 PM Jul 25th, 2012



[ElainaLove](#) [@BarefootEssence](#) yes I supplement with B-complex, b12, MSM and probiotics all from Quantum Nutrition [#vegnewschat](#) -6:35 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) i think when ur eating unprocessed, whole plant foods, few supplements are needed, personally i dont take many [#vegnewschat](#) -6:35 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): a8: I teach people who don't even know about raw. I teach a plant based high raw but don't call it that. [#vegnewschat](#) -6:35 PM Jul 25th, 2012





[VegNews](#) Q10: What's the difference between omega3s (found in greens, beans, etc) and omeag6s (mostly found in nuts)? [#VegNewsChat](#) -6:35 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): A9 Pt2: Omega 3s are in greens too. Blended greens, algae, spirulina, great brain food mood balancing [#vegnewschat](#) -6:35 PM Jul 25th, 2012



[ElainaLove](#) [@chadsarno](#) did you know that red beans and pintos are higher in omega 3s than 6s? [#vegnewschat](#) -6:35 PM Jul 25th, 2012



[QueerVeganFood](#) RT [@ElainaLove](#): A9 Pt2: Omega 3s are in greens too. Blended greens, algae, spirulina, great brain food mood balancing [#vegnewschat](#) -6:35 PM Jul 25th, 2012



[BarefootEssence](#) do you supplement your diet with anything? If so, what? [#vegnewschat](#) -6:34 PM Jul 25th, 2012



[chadsarno](#) [@choosingraw](#) so true [@wholefoodsmarket](#), we focus on whole foods, healthy fats, nutrient dense, plant strong [#vegnewschat](#) -6:34 PM Jul 25th, 2012



[ElainaLove @OpinionessWorld](#) cumin, onion powder, himalayan or real salt, miso [#vegnewschat](#) -6:34 PM Jul 25th, 2012



[choosingraw @ElainaLove](#) The [@sachavida](#) company is amazing! I use the oil on salads and in green smoothies. [#vegnewschat](#) -6:34 PM Jul 25th, 2012



[chadsarno @ElainaLove](#) a9: agreed, greens, seeds, beans [#vegnewschat](#) -6:33 PM Jul 25th, 2012



[OpinionessWorld](#) RT [@ElainaLove](#): A9 Pt2: Omega 3s are in greens too. Blended greens, algae, spirulina, great brain food mood balancing [#vegnewschat](#) -6:33 PM Jul 25th, 2012



[ElainaLove @choosingraw](#) Yes I just discovered sacha inchi. I use the oil and the powder in my dressings and smoothies [#vegnewschat](#) -6:33 PM Jul 25th, 2012



[chadsarno @ElainaLove](#) a9: i try to avoid a lot of oil, not so many nuts these days.. mostly seeds, walnuts.. def not as much as i used to [#vegnewschat](#) -6:33 PM Jul 25th, 2012



[ElainaLove](#) A9 Pt2: Omega 3s are in greens too. Blended greens, algae, spirulina, great brain food mood balancing [#vegnewschat](#) -6:32 PM Jul 25th, 2012





[choosingraw](#) A9, Pt. 2 If you're eating a whole foods, plant based diet, Omega-6 from nuts and seeds are fine in moderation. [#vegnewschat](#) -6:32 PM Jul 25th, 2012



[ElizabethEats @VegNews](#) A9 Make sure to get [#plantbased](#) sources of omega-3 My faves: chia, ground flax, hemp and saviseed (by [@vegatteam](#)) [#vegnewschat](#) -6:32 PM Jul 25th, 2012



[choosingraw](#) A9, Pt 1: I think getting omega-3 (from chia, flax, sacha inchi) is crucial! [#vegnewschat](#) -6:32 PM Jul 25th, 2012



[QueerVeganFood](#) Following the [#vegnewschat](#). Fascinating! -6:31 PM Jul 25th, 2012



[chadsarno @BarefootEssence](#) i will be right behind ya :) [#vegnewschat](#) -6:31 PM Jul 25th, 2012



[ElainaLove](#) a9: Pt 1 Omega 3s are extremely important. I eat a lot of chia seeds, flax and hemp oil and use walnuts when I eat nuts. [#vegnewschat](#) -6:31 PM Jul 25th, 2012



[OpinionessWorld @ElainaLove](#) That's a great tip...thanks!! What spices do you recommend? [#vegnewschat](#) -6:31 PM Jul 25th, 2012



[BarefootEssence](#) [@hipchique](#) I am taking this list to the liquor store tomorrow! [#vegnewschat](#) -6:31 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) agreed, me too, getting people to eat veggies is hard enough [#vegnewschat](#) -6:30 PM Jul 25th, 2012



[VegNews](#) Q9, PT2: Could each of you discuss the importance of omegas in your diet? How much is too much of certain types? [#VegNewsChat](#) -6:30 PM Jul 25th, 2012



[BarefootEssence](#) [@chadsarno](#) my 4-yr old won't drink anything green- I hide it in conspicuous cups. Training my 11-month. Her fave food is kale! [#vegnewschat](#) -6:30 PM Jul 25th, 2012



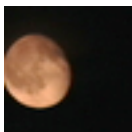
[ElainaLove](#) [@OpinionessWorld](#) try blending greens with low glycemic fruits like berries or an avocado and some spices. Fill the blender [#vegnewschat](#) -6:30 PM Jul 25th, 2012



[chadsarno](#) [@thegardendiet](#) hi there! agreed, some it works fully, others find their balance.. [#vegnewschat](#) -6:29 PM Jul 25th, 2012



[VegNews](#) Q9, PT1: Raw & Beyond, a book co-written by [@chadsarno](#) + [@elainalove](#)) explores high-raw eating, focuses on omegas. [#VegNewsChat](#) -6:29 PM Jul 25th, 2012



[hipchique](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: <http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:29 PM Jul 25th, 2012



[choosingraw](#) [@thegardendiet](#) Thanks for the perspective! [#vegnewschat](#) -6:29 PM Jul 25th, 2012



[ElainaLove](#) a8: I teach people who don't even know about raw. I teach a plant based high raw but don't call it that. [#vegnewschat](#) -6:29 PM Jul 25th, 2012



[OpinionessWorld](#) I definitely don't eat enough raw food, besides romaine and arugula salads and snacking on raw strawberries & tomatoes. [#vegnewschat](#) -6:28 PM Jul 25th, 2012



[TCiddaCisuma](#) Indubitably! RT [@chadsarno](#): ...just pay attention to your body, eat tons of greens, minimal fats, and unprocessed [#vegnewschat](#) -6:28 PM Jul 25th, 2012



[thegardendiet](#) As a food addict on the wagon 100% raw works best for me. But I agree one diet does not fit all people. [#vegnewschat](#) -6:28 PM Jul 25th, 2012



[ElainaLove](#) A8: yes. The people I am meeting now are not raw foodies. They just want to learn to eat healthy. High raw is over 50% [#vegnewschat](#) -6:28 PM Jul 25th, 2012



[BarefootEssence](#) [@ElainaLove](#) love it! I refer to it as 'barefoot eating'..unfussy, uncomplicated [#vegnewschat](#) -6:28 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) when they are blended.. my little girl was drinking green smoothies at a very young age [#vegnewschat](#) -6:27 PM Jul 25th, 2012



[choosingraw](#) A8: Seems that way. 80/10/10 community is an exception. People may also just feel more comfortable talking about cooked choices [#vegnewschat](#) -6:27 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) A8: i have been very removed from the raw community since i moved to the EU n joined WFM, from my limited view yes tho [#vegnewschat](#) -6:27 PM Jul 25th, 2012



[ElainaLove](#) [@dream_thyme](#) This is true for me. I do find that meditation and exercise play a big part in that too. And avoiding stress [#vegnewschat](#) -6:27 PM Jul 25th, 2012



[BarefootEssence](#) [@chadsarno](#) tks chad. So the kids were ok w/ raw greens like kale, chard, spinach, romaine? [#vegnewschat](#) -6:26 PM Jul 25th, 2012



[ElainaLove](#) we are all here just doing our best. Sometimes I just want to not think about perfection and I do what I can to eat well [#vegnewschat](#) -6:26 PM Jul 25th, 2012



[chadsarno @VegNews](#) i think that the comfort raw diet is very unhealthy personally, high sugar, high fat etc. gourmet raw is a rare treat [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[dream_thyme](#) RT [@choosingraw](#): A4: A lot of folks find that they sleep more soundly, and that they have brighter skin. [#rawfoodbenefits](#) [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[VegNews](#) Q8: Does it seem like the majority of the raw community is moving from being all-raw to high-raw? [#VegNewsChat](#) -6:25 PM Jul 25th, 2012



[ElizabethEats @ElainaLove](#) Yes Balance and non-dogmatism are key to a healthy relationship with food-no matter what lifestyle you choose! [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[choosingraw @ElainaLove](#) "Balance and non-dogmatism" -- beautiful motto, Elaina! [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[BarefootEssence @ElainaLove](#) tks! -100% raw doesn't work for me, I aim for 60-80% on most days. I'm a northerner, so easier to do in summer. [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[chadsarno @BarefootEssence](#) def agree. just pay attention to your body, eat tons of greens, minimal fats, and unprocessed [#vegnewschat](#) -6:25 PM Jul 25th, 2012



[ElainaLove @BarefootEssence](#) I agree with that. Balance and non-dogmatism [#vegnewschat](#) -6:24 PM Jul 25th, 2012



[choosinraw @BarefootEssence](#) It's funny: I come from a very obsessive food history. About raw foods, I'm very un-obsessive. I'm lucky. [#vegnewschat](#) -6:24 PM Jul 25th, 2012



[VegNews](#) Love this approach! MT [@ElainaLove](#) I agree w/ [@chadsarno](#). I am not a purist. Sometimes I go out to eat and am less strict. [#VegNewsChat](#) -6:24 PM Jul 25th, 2012



[ElainaLove @OpinionessWorld](#) MY top 5 foods: greens, avocados, cucumbers, celery, quinoa, chia (thats 6) [#vegnewschat](#) -6:24 PM Jul 25th, 2012



[lindsaymetter](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: <http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:24 PM Jul 25th, 2012



[chadsarno @choosinraw](#) couldnt agree more. At the end of the day we are human, and need to enjoy a meal w fam/friends thats not raw [#vegnewschat](#) -6:24 PM Jul 25th, 2012



[ElizabethEats](#) RT [@jchenwriter](#): Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosinraw](#) [@chadsarno](#) [@ElainaLove](#) NOW [#vegnewschat](#) -6:23 PM Jul 25th, 2012



[BarefootEssence](#) [@choosingraw](#) I love the idea of being flexible. Being complicated about it just adds to stress. Love unfussy eating! [#vegnewschat](#) -6:23 PM Jul 25th, 2012



[choosingraw](#) A7: Cooked: grains, legumes, root vegetables, broccoli, eggplant. Raw: most other veggies!
[#vegnewschat](#) -6:23 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) A7: i experiment w my body, grains for me are a must cooked, and sprouted is rough on the guts, also starchy veg cookd [#vegnewschat](#) -6:23 PM Jul 25th, 2012



[OpinionessWorld](#) RT [@jchenwriter](#): Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosingraw](#) [@chadsarno](#) [@ElainaLove](#) at 6pm PT at [#vegnewschat](#). -6:23 PM Jul 25th, 2012



[ElainaLove](#) [@BarefootEssence](#) I can't say for sure that 100% raw vegan is an ideal diet for everyone. Start and pay attention [#vegnewschat](#) -6:23 PM Jul 25th, 2012



[choosingraw](#) A6: Love Chad's approach! My raw "percentage" is pretty variable--60-90% depending on mood, time, where I am, etc. [#vegnewschat](#) -6:22 PM Jul 25th, 2012



[runningbun](#) RT [@VegNews](#): Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines: <http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:22 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) i didnt give much raw veg to my kiddo, except fruits, greens blended, etc.. avo, tomato etc, cukes, etc [#vegnewschat](#) -6:22 PM Jul 25th, 2012



[OpinionessWorld](#) RT [@VegNews](#): Q7: What are the top five foods that you prefer to eat cooked v. raw? [#VegNewsChat](#) -6:22 PM Jul 25th, 2012



[VegNews](#) Q7: What are the top five foods that you prefer to eat cooked v. raw? [#VegNewsChat](#) -6:22 PM Jul 25th, 2012



[ElainaLove](#) I agree with Chad. I am not a purist. I know what works for me and I do that. Sometimes I go out to eat and am less strict. [#vegnewschat](#) -6:21 PM Jul 25th, 2012



[BarefootEssence](#) Raw 4 kids - I've been steaming greens (kale, broccoli, chard) for my 11-month old. necessary? when can they have raw veg? [#vegnewschat](#) -6:21 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) awesome. great resource! thnx [#vegnewschat](#) -6:21 PM Jul 25th, 2012





[dream_thyme](#) RT [@VegNews](#): Interesting that everyone came to raw food looking to heal a health condition!
[#VegNewsChat](#) -6:20 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) dont get me wrong, i love food, and if i find a good vegan restaurant, i will indulge, but eat very simple at home [#vegnewschat](#) -6:20 PM Jul 25th, 2012



[VegNews](#) Interesting, we didn't know that most wines are raw! Here's our guide to [#vegan](#) wines:
<http://t.co/FeoGOrAs> [#VegNewsChat](#) -6:20 PM Jul 25th, 2012



[ElainaLove](#) A6: start the day with green juice, green smoothie, green salad for lunch and dinner would be some cooked but still mostly raw [#vegnewschat](#) -6:20 PM Jul 25th, 2012



[choosinraw](#) [@chadsarno](#) [@barefootessence](#) Thanks for mentioning that, Chad. Very true. [#vegnewschat](#) -6:20 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a6: green smoothie or fruits in am, huge salad lunch n dinner, more grain, starchy veg, beans
[#vegnewschat](#) -6:19 PM Jul 25th, 2012



[VegNews](#) Q6: [@chadsarno](#) + [@elainalove](#), you both mention 80% raw to 20% cooked. What does that look like for a day's worth of food? [#VegNewsChat](#) -6:18 PM Jul 25th, 2012



[ElainaLove](#) other foods would be sprouted and cooked beans, steamed veggies, cooked quinoa [#vegnewschat](#) -6:17 PM Jul 25th, 2012



[chadsarno](#) [@BarefootEssence](#) most wine is raw, but many are not vegan [#vegnewschat](#) -6:17 PM Jul 25th, 2012



[choosingraw](#) [@BarefootEssence](#) Not sure. [@sarma](#) is a good person to ask about that! [#vegnewschat](#) -6:17 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) a5 also, was not until about 3 yrs ago when i started w whole foods market, that i realized the health of beans/grains [#vegnewschat](#) -6:17 PM Jul 25th, 2012



[HumaneAdvocate](#) RT [@choosingraw](#): A4: A lot of folks find that they sleep more soundly, and that they have brighter skin. [#rawfoodbenefits](#) [#vegnewschat](#) -6:17 PM Jul 25th, 2012



[ElainaLove](#) a5: I feel like there is a cleansing diet which is all raw, vegan, and there is a building diet which might include other foods [#vegnewschat](#) -6:16 PM Jul 25th, 2012





[BarefootEssence](#) not the most nutritious beverage, but I have read conflicting information - is wine really [#raw](#)?
[#vegnewschat](#) -6:16 PM Jul 25th, 2012



[chadsarno @VegNews](#) a5: for me, it was lightly introduced, then i opened some restaurants that offered cooked items on menus, 80/20 [#vegnewschat](#) -6:16 PM Jul 25th, 2012



[choosingraw](#) A5: Re: "high raw," it was my choice from the start. Always thought cooked grains, legumes, and root veggies were healthful. [#vegnewschat](#) -6:16 PM Jul 25th, 2012



[chadsarno @VegNews](#) a3: i started introducing cooked, with lightly steamed veg, quinoa etc, i felt slightly more grounded.. [#vegnewschat](#) -6:15 PM Jul 25th, 2012



[ElainaLove](#) a4: Other benefits of eating raw foods included clearer thoughts, more joy, more synchronicities, and not getting sick [#vegnewschat](#) -6:15 PM Jul 25th, 2012



[VegNews](#) Q5: Since you all now eat high-raw diets, how did that decision come about for each of you?
[#VegNewsChat](#) -6:14 PM Jul 25th, 2012



[choosingraw @chadsarno](#) good point! I was far more tuned into my body, too. [#rawfood](#) [#vegnewschat](#) -6:13 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) it was about 5 years into it as well for myself, simple foods first, steamed etc..
[#vegnewschat](#) -6:13 PM Jul 25th, 2012



[ElainaLove](#) a3: I got sick from eating cooked foods (not such healthy ones) so I found a balance of about 80/20 raw/cooked [#vegnewschat](#) -6:13 PM Jul 25th, 2012



[choosingraw](#) A4: A lot of folks find that they sleep more soundly, and that they have brighter skin.
[#rawfoodbenefits](#) [#vegnewschat](#) -6:13 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) A4: benefits were endless, less sleep, lots of energy, digestion was perfect, very tuned into my body for the 1st time [#vegnewschat](#) -6:12 PM Jul 25th, 2012



[ElainaLove](#) a3: Then after about 5 years, I introduced a bit of cooked food back in. That was a bumpy road
[#vegnewschat](#) -6:12 PM Jul 25th, 2012



[VegNews](#) Q4: A couple of you mentioned increased energy—what other benefits typically come along with a raw diet? [#VegNewsChat](#) -6:11 PM Jul 25th, 2012



[chadsarno](#) [@choosingraw](#) right there with ya, i do think that for someone like me, its all or nothing to find a balance [#vegnewschat](#) -6:11 PM Jul 25th, 2012



[ElainaLove](#) A3: I did go all raw right away. Jumped in with both feet for about 5 years. Sugar free too (no fruit or dates or anything like [#vegnewschat](#) -6:10 PM Jul 25th, 2012v



[chadsarno](#) [@ElainaLove](#) totally agree.. health seems to be the main push to jump into the lifestyle [#vegnewschat](#) -6:10 PM Jul 25th, 2012



[choosingraw](#) A3. That said, I loved raw foods so much that I definitely had a very high raw "honeymoon phase"! [#vegnewschat](#) -6:09 PM Jul 25th, 2012



[choosingraw](#) A3. I was never 100%. Didn't think it was necessary, and I was at the end of an ED relapse, thus cautious. [#vegnewschat](#) -6:09 PM Jul 25th, 2012



[ElainaLove](#) That is my experience too, that most people go raw or vegan to be healthier or look better or both [#vegnewschat](#) -6:09 PM Jul 25th, 2012



[chadsarno @VegNews](#) a3: once i dove into raw, i didnt look back for a few years [#vegnewschat](#) -6:09 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosingraw](#) [@chadsarno](#) [@ElainaLove](#) at 6pm PT at [#vegnewschat](#) tonight [#vegnewschat](#) -6:08 PM Jul 25th, 2012



[chadsarno @VegNews](#) a2: i had such amazing levels of energy within a few weeks of going all raw [#vegnewschat](#) -6:08 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): Thank you, I'm happy to be here [#vegnewschat](#) -6:08 PM Jul 25th, 2012



[choosingraw @craftybegonia](#) Yes. I think most raw stories begin with a health challenge of some sort...or at least many do. [#vegnewschat](#) -6:07 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): Hi Chad! [#vegnewschat](#) -6:07 PM Jul 25th, 2012



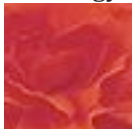
[VegNews](#) Q3: Did you go all-raw right away? For how long did you eat 100-percent raw, if you did? [#VegNewsChat](#) -6:07 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): A1: I found a book called Cleanse and Purify Thyself and was hooked! [#vegnewschat](#) - 6:07 PM Jul 25th, 2012



[ElainaLove](#) a2: yes! I found that after just one month I felt like a totally different person. I was happier and had tons of energy [#vegnewschat](#) -6:06 PM Jul 25th, 2012



[craftybegonia](#) RT [@VegNews](#): Interesting that everyone came to raw food looking to heal a health condition! [#VegNewsChat](#) -6:06 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) Q2.. yes for sure. I started as non dairy, then went vegan, and dove into raw foods.. [#vegnewschat](#) -6:06 PM Jul 25th, 2012



[choosingraw](#) A2. Yes, my health improved fast. Not in the dramatic way you sometimes hear about, but sustained energy & better digestion. [#vegnewschat](#) -6:06 PM Jul 25th, 2012



[VegNews](#) Interesting that everyone came to raw food looking to heal a health condition! [#VegNewsChat](#) -6:06 PM Jul 25th, 2012





[VegNews](#) Q2: Once you discovered raw foods, did you experience immediate health benefits? [#VegNewsChat](#) -6:05 PM Jul 25th, 2012



[ElainaLove](#) A1: Cleanse and Purify is about cleansing your colon and eating raw foods. I did a 1 month cleanse and healed my body [#vegnewschat](#) -6:05 PM Jul 25th, 2012



[choosingraw](#) Q1. How I got interested in raw: I was suffering from IBS and low energy. Veganism had helped, but wanted to feel even better. [#vegnewschat](#) -6:04 PM Jul 25th, 2012



[ElainaLove](#) A1: I found a book called Cleanse and Purify Thyself and was hooked! [#vegnewschat](#) -6:03 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) for me, it was through asthma.. i stopped eating dairy, and the journey began [#vegnewschat](#) -6:03 PM Jul 25th, 2012



[choosingraw](#) Thanks [@vegnews](#) ! so excited for this chat...and to connect with idols [@chadsarno](#) and [@elainalove](#) [#vegnewschat](#) -6:03 PM Jul 25th, 2012



[ElainaLove](#) Hi Chad! [#vegnewschat](#) -6:02 PM Jul 25th, 2012





[VegNews](#) Q1: For our experts, how did each of get interested in raw foods? [#VegNewsChat](#) -6:02 PM Jul 25th, 2012



[chadsarno](#) [@ElainaLove](#) hi elaina! [#vegnewschat](#) -6:02 PM Jul 25th, 2012



[ElainaLove](#) Thank you, I'm happy to be here [#vegnewschat](#) -6:01 PM Jul 25th, 2012



[chadsarno](#) [@VegNews](#) thnx so much for the invite.. [#vegnewschat](#) -6:01 PM Jul 25th, 2012



[VegNews](#) Welcome [@choosingraw](#), VN columnist, blogger extraordinaire, nutritionist, and author of our story "Is Raw Always Right?" [#VegNewsChat](#) -6:01 PM Jul 25th, 2012



[VegNews](#) Welcome [@elainalove](#), co-author of Raw & Beyond, owner of Pure Joy Planet <http://t.co/HQ0JKBom>, and raw food expert! [#VegNewsChat](#) -6:00 PM Jul 25th, 2012



[x0me880x](#) RT [@VegNews](#): We're excited to tonight's chat all about raw food, beginning in one minute! [#VegNewsChat](#) -6:00 PM Jul 25th, 2012



[VegNews](#) Welcome [@chadsarno](#), chef, co-author of Raw & Beyond, and senior culinary educator of [@WholeFoods'](#) Health Starts Here program! [#VegNewsChat](#) -6:00 PM Jul 25th, 2012



[VegNews](#) We're excited to tonight's chat all about raw food, beginning in one minute! [#VegNewsChat](#) -5:59 PM Jul 25th, 2012



[ElainaLove](#) Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosingraw](#) [@chadsarno](#) [@ElainaLove](#) at 6pm PT at [#vegnewschat](#) tonight [#vegnewschat](#) -5:54 PM Jul 25th, 2012



[chadsarno](#) RT [@jchenwriter](#): Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosingraw](#) [@chadsarno](#) [@ElainaLove](#) at 6pm PT at [#vegnewschat](#). -3:29 PM Jul 25th, 2012



[jchenwriter](#) Curious about a [#vegan](#) raw food diet? Chat with [@VegNews](#) [@choosingraw](#) [@chadsarno](#) [@ElainaLove](#) at 6pm PT at [#vegnewschat](#). -2:16 PM Jul 25th, 2012



[chadsarno](#) join us 4 [#rawfood](#) chat this eve w [@vegnews](#) [@elainalove](#) & [@choosingraw](#) [#vegnewschat](#) 6-7PT.. want to silence tweets?- <http://t.co/ptFpTddw> -1:06 PM Jul 25th, 2012



[wizardQi](#) RT [@ElainaLove](#): Elaina Love here. See you tomorrow night at 6pm [#vegnewschat](#) -7:59 PM Jul 24th, 2012



[wizardQi](#) RT [@ElainaLove](#): Join me for a [#vegnewschat](#) TweetChat at: <http://t.co/TgtqrrD1> [#vegnewschat](#) -7:59 PM Jul 24th, 2012



[ElainaLove](#) Join me for a [#vegnewschat](#) TweetChat at: <http://t.co/TgtqrrD1> [#vegnewschat](#) -4:36 PM Jul 24th, 2012



[ElainaLove](#) Elaina Love here. See you tomorrow night at 6pm [#vegnewschat](#) -4:36 PM Jul 24th, 2012



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