



by Steve Charter – at [www.eatmoreraw.org](http://www.eatmoreraw.org)

## A 6 MONTH TO 1 YEAR OUTLINE TRANSITION & TRANSFORMATION PLAN

- **Stage 1:** Alkalise and rehydrate i.e. eat plenty of fresh greens and alkalizing foods, remove and reduce acidifying foods, use alkalizing supplements (such as Marine Minerals supplements, green leaf powders via funkyraw.com, Detox Trading, E3Live, Nature's First Food, etc), drink more water and fresh juice. Get to 50% raw.
- **Stage 2:** Detoxify and cleanse the digestive and assimilation systems and the body as a whole e.g. Arise and Shine or Ejuva herbal cleanses; Sura Retreats cleansing retreats; short fasts; liver/gall bladder and kidney cleanses; parasite cleanse.
- **Stage 3:** significant juicing.
- **Stage 4:** rebuild and regenerate with greens and nutrient-dense foods; superfoods and supplements; and high quality fats.
- **Stage 5:** stabilize diet with top quality nutrition for body and brain.
- **Stage 6:** continue with a programme of short annual cleanses.

### Routes and costs:

- The costly route: book yourself on retreats, workshops, seminars and supervised cleanses.
- The cheaper route: self-managed, read books to inform yourself first, use home-sprouting, grow much more of your own foods, drink more water and use wild greens juices (e.g. nettles), meet up and support/be supported by others on a similar path (e.g. via Funky Raw mag / events), etc.
- Mid-cost route: a mixture of the above options.

### Vision and Practical First Steps:

- Develop a vision or accept the possibility of yourself as a vibrantly healthy person or with significantly improved health; see yourself living a highly sustainable lifestyle.
- First Practical Steps: define your holistic path to health, involving a continuing cycle of learning and taking action and learning and taking action e.g.:
  - Your Juice Month;
  - Your Greens Month;
- Your Action-Learning Group: get together with 2-5 other people on a similar path, comparing and contrasting your experiences, learning from and with each other, and having fun along the way – each time you meet share with each other a) what's going well, b) what's challenging, c) your vision for the next month (three months or year), and d) your practical next steps.



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## USE THESE TOOLS TO HELP YOU

Use the following tools to help you on your path:

- ☐ **Remove Limiting Factors:** what's limiting your progress or enjoyment, and how can it be removed or reduced?
- ☐ **Adding Creative Factors:** what new factors, activities or elements will support or accelerate your progress? What actions will unleash positive change in your life?
- ☐ **PMI: 'Plus Minus and Interesting'** – what's positive, what's negative and what's interesting about the journey, new experiences or lifestyle change?
- ☐ **Zones, Sectors and Slope:** what 'zones' of your life are you spending most time and energy on? From which sectors of the outside world do relevant information and other resources come to you? What makes you feel like you are sailing downhill? And what's an uphill struggle?
- ☐ **Attitude principles:** work with attitude principles to help your transition – e.g. a) working with the nature of yourself, and with the nature of your body's innate intelligence; b) turning a key problem or challenge into a solution, by understanding the deeper nature of the problem; c) make small changes to create big effects in your life; d) everything gardens, e) yield is unlimited, f) harvest only sunshine.
- ☐ **Questions to answer every week:** these are widely used in permaculture action-learning, setting aside an hour or so to ponder them and write them down:

- What's Going Well? .....  
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- What's Challenging? .....  
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- What have I particularly liked? .....  
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- What will I do differently? .....  
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- What's my Vision or my possibility for the next month/week? .....  
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- What are my Practical Next Steps toward my Vision for the coming week?  
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