

Raw Food

**Naturally Eat a Life
Enhancing Diet**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are naturally eating and enjoying only raw food.

Tips for Success

Keep a daily journal and record any objective evidence that you are eating more of your daily calories from raw food. Write down any evidence of increased health, as well as any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I only eat healthy food

I only drink healthy liquid

I enjoy eating raw foods

I naturally eat raw foods

I easily eat only raw foods

I release the need for processed food

I put processed food in my past

I only eat unprocessed food

I enjoy eating only unprocessed food

I only drink healthy liquids

I put soda consumption in the past

I only drink soda in the past

I enjoy drinking water

I enjoy drinking fresh juice

I enjoy drinking fresh fruit

I enjoy drinking fresh vegetables

I love drinking water

I enjoy drinking water

I crave delicious water

I crave raw foods

I only crave raw foods

I only crave healthy liquids

I only crave unprocessed foods

I only crave unprocessed liquids

my raw food diet supports me

my raw food diet keeps me healthy

my raw food diet keeps me happy

I love my raw food diet

I love my body

I support my body

I appreciate my body

I love my health

I appreciate my health

I support my health

You only eat healthy food

You only drink healthy liquid

You enjoy eating raw foods

You naturally eat raw foods

You easily eat only raw foods

You release the need for processed food

You put processed food in your past

You only eat unprocessed food

You enjoy eating only unprocessed food

You only drink healthy liquids

You put soda consumption in the past

You only drink soda in the past

You enjoy drinking water

You enjoy drinking fresh juice

You enjoy drinking fresh fruit

You enjoy drinking fresh vegetables

You love drinking water

You enjoy drinking water

You crave delicious water

You crave raw foods

You only crave raw foods

You only crave healthy liquids

You only crave unprocessed foods

You only crave unprocessed liquids

your raw food diet supports you

your raw food diet keeps you healthy

your raw food diet keeps you happy

You love your raw food diet

You love your body

You support your body

You appreciate your body

You love your health

You appreciate your health

You support your health