



Hello, beautiful being. My name is Jeannette, also known as Ms.FitVegan - and today, I want to talk to you about something near and dear to my heart. I want to talk about the **top 20** mistakes I made as a raw vegan.

And the reason why it's so crucial for me to communicate this with you is because I made a *lot* of mistakes. I didn't know any raw vegans, and there was no Instagram when I went raw vegan in 2011. I just wish I knew what I know now. I didn't know anyone, I didn't have any mentors, and I was just experimenting - and now I know much, much better.

I want to save you all of the issues that I've had - and all the trial and error that I've had to go through in the experimenting - from eating the wrong things and doing the wrong things.

So let's get right into it.



My #1 mistake as a raw vegan for the last 10 years was juice cleansing.

So in the first, I would say, six years of my raw vegan life, I went on a lot of juice cleanses. I used to work at a juice place. I would always be juice cleansing; I even went on a 35-day juice cleanse, and this is one of the biggest mistakes of my life... honestly, of my nutritional life. Because even though juice is much healthier than soda, of course, right, and sports drinks and caffeine and alcohol, right? But unfortunately, juices do not contain fiber, and we need whole foods to be a whole, healthy human.

I will never go on a juice cleanse again. I have many videos about this. I lost a lot of weight, but then I gained it all back just by eating healthy - raw vegan - eating fruit and vegetables. I believe going on a juice fast definitely destroyed my metabolism, and I'm still repairing it from then. I'm still rebuilding my body, and I

genuinely believe that juice cleanses are not healthy especially long-term ones. We need to stay consistent. We don't need to do anything that is not sustainable.



#2 - Overeating dried fruit.

So I ordered dates from a company that had the most delicious dates on Earth. I used to order them by the box, and I would get multiple boxes at a time. My downfall was that I was making a lot of money for the first ten years of being a raw vegan, and so I spent a lot of money on things that I didn't need that were not healthy, such as high quality, delicious dates.

Now there's nothing wrong with a few dates, right? But I was eating dates every day as if they were a meal replacement.

So I would eat anywhere from 20 to 50 dates in a day. I used to make something called Date-orade and that had about 20 dates in it. And if you know anything about dates, they are super high in calories, and that's not even the biggest problem.

Dates, when you eat them, they stick to your teeth. And the sugar on your teeth, the dried, gooey, sticky sugar, sits on your teeth and eats away at your enamel. I highly recommend that you do not eat dried fruit if you're on a raw vegan diet. Do not eat dried mangoes, dried bananas, dried Persimmons, dried Jackfruit, dried watermelon, dried raisins, or Goji berries, I put these things in smoothies - or have them occasionally - maybe once a week. Maybe. Not every day and certainly not as meals.

I was living in New York City for the first nine years of being raw vegan, and that was the main reason why I was eating a lot of dried fruit. I couldn't get fresh ripe, high-quality, delicious fruit. And so I replaced a lot of meals with dried fruit. I was also a professional - very, very busy, working a lot of hours, and I used dates and dried mangoes as meals. And you know, they're super sweet, they're really good, it's like candy. I love candy; who doesn't love candy?

I destroyed my enamel, and I'm still rebuilding. Thankfully I discovered it just in the nick of time. But I want to help you not to have to go through what I have gone through and what I'm still going through with my dental care.

So please stay away from dried fruit, and if you're going to eat it, put it in your smoothies or dressings, but do not eat dried fruit consistently. It's dehydrating, destroys your teeth, and it's not whole food. A whole food has all of these components. Dried fruit has no water content, and that's what we really want and need - water.

#3 - Believing that if it was raw, that meant it was healthy.

Okay, so "raw" and "healthy" are in quotations in the sentence. I believed that if it was labeled *raw*, whether that was a chocolate bar or a pizza or a drink or a snack or kale chips or whatever it was, I thought if it was if it was called *raw* - if there was you know what the word *raw* on the label, I thought that meant *healthy*.

Raw cashews, raw chocolate, whatever... raw Snickers bars... so this stuff is *not* healthy. The FDA doesn't regulate the word *healthy* and many other words. But specifically, raw is not regulated by the FDA, and there are many things that are considered raw that are incredibly unhealthy.

Cacao is not a health food. In fact, it's a neurotoxin that contains caffeine. Caffeine is one of the strongest, most dangerous drugs that we give our kids.

And we need to understand that the word *raw* means nothing.

Now I strive to be a healthy vegan.

I eat an abundance of fresh, ripe, juicy, delicious fruit and veggies. Back in the day, when I first started, I just ate anything that was raw. So all the pizzas, the wraps, the cheesecakes, raw ice cream, raw cacao, raw cashew butter, all that stuff - not healthy. I was not a healthy raw vegan.

#4 - Getting into intermittent fasting.

So I've always wanted to lose weight, have abs, and get the body of my dreams, and what I did was started intermittent fasting. I also had a friend who was doing it I knew a lot of people in the movement that were doing one meal a day or even 4 hours a day in a 6-hour window.

I started doing this and what happened was, that I was so focused on eating at only a certain time, that I wasn't listening to my body - and eventually, I just became so hungry that I started bingeing and eating so much. It was all raw, but I was eating dates, banana nice cream, dehydrated foods, snacks, and kale chips - and not the fruit and the healthy food - that is part of a healthy vegan lifestyle.

Intermittent fasting causes you to not listen to your own body or your intuition. You know, sometimes I worked late at night, and I didn't eat and I couldn't sleep because I was hungry. Sometimes, I just really prioritized having a *rule*, instead of having a healthy body.

And so I recommend that you eat when you are hungry, and you stop when you're full. Sometimes I would eat - I wasn't even hungry, but it was in my *window*. That is not healthy - that is not healthy. Let's move on.

#5 - I was not prioritizing sleep.

As I said before, I was a busy professional, I thought I was somebody, and I was making lots of money, and I had over 500 employees - so I guess I was somebody - but that's not the point. The point is, I was a workaholic, and I thought that sleep was not that important. And you know, I was raw vegan, and I can run on 4 hours of sleep, so why get more, why waste time sleeping - and it was a big mistake.

I ruined my adrenal glands doing that. I ruined my metabolism, I ruined my cortisol levels and many other aspects of my health.

So I do not recommend that you push sleep to the side. It's such an important part of health. I highly recommend that you check out an audiobook called "Why We Sleep" by Dr. Matthew Walker. This is really, really important.

You must prioritize sleep; you must get enough sleep.

#6 - I ate too many nuts.

I would eat nuts all the time. I would eat them for breakfast, in my smoothies, almond milk, cashew milk, or whatever. I would eat them for a snack, and I would always make a big, nut-based dressing for dinner.

Nuts are not - they definitely have nutrition in them - but they do not digest. We cannot digest nuts, especially if we're eating a high-fruit diet. You want to stay away from high-fat.

High fruit and high fat - they don't mix. So what I recommend is... you switch out your nuts for seeds, and then you switch out your seeds for fresh fruit and veggies. I believe nuts and seeds are made to be planted in the ground - to grow trees - not in our stomachs.

#7 - I did not exercise for a very long time as a raw vegan.

I did not do any type of exercise. I just expected to lose weight and look amazing, have the body of my dreams, and feel amazing without exercising.

I was always working, and I did not prioritize exercise until the past few years. So I went a long time without exercising at all - without being consistent - and without realizing that exercise is a big part of being healthy.

You can be fit without being healthy, but you cannot be healthy without being fit. You must exercise consistently to feel good and be your healthiest version.

#8 - I thought oil and salt were part of a healthy vegan diet.

This goes back to what I was saying before: if it was labeled *raw* I thought that it meant that it was healthy and you know, that oils are labeled raw.

Himalayan pink salt is very popular in the raw vegan movement. These things are very prevalent in raw vegan cafes and restaurants and packaged goods. You know, raw vegan treats and these things are not part of a healthy diet. Salt is very dehydrating and oil is pure fat and it's processed.

These two things do not belong in a healthy vegan or raw vegan diet, okay.

#9 - I drank unripe orange juice and too much juice, in general.

As I said, I worked at a juice place for a very long time and so used to be used to get a big discount on juice, so I would like to juice all the time. And I would drink anywhere from 16 to 50 oz of juice a day.

A lot of that would be orange juice - and if your oranges are not ripe, they are acidic and they will eat away at your enamel. This is another thing that led me to have severe tooth pain and a lot of teeth issues.

Anything that's not ripe, does not belong in your body - and it is acidic - and it will lead to health problems. If you're not juicing it yourself, don't drink it. This is my recommendation to you raw vegans out there, okay.

#10 - I thought I needed to take B12!

Read [this](#) book and you will understand why B12 is ONLY found in a science lab and not at all necessary or healthy to take. In my opinion and from my research, I do not think it is responsible or safe to recommend a B12 supplement OR ANY SUPPLEMENT. Watch [these](#) videos for more information on this topic!