

Divine Food for Divine Beauty

 by: Tonya Zavasta Excerpted from the book "Your Right to Be Beautiful: How to Halt the Train of Aging and Meet the Most Beautiful You" by Tonya Zavasta. The book is available at: <http://www.beautifulonraw.com/html/righttobe.html> The phrase "natural beauty" has been abused and misused beyond restoration. The modern use is almost never associated with its true meaning. Someone said there should be a portrait of a healthy person in a museum so people would know what they are talking about. If we don't know what a healthy person looks like, how do we know what natural beauty is? In our unnatural world, the word "natural" no longer means without effort, at least not in the realm of obtaining your best look. One thing is a must in defining natural beauty: its achievement must not involve any sacrifice of health. None, period. If health is compromised in any way beauty is not natural. Our body was created in the image of God, the Supreme Beauty. When our actions are in opposition to nature, the results are different types of bodily ills, deformities, and ugliness. Since there can be no natural beauty without eating 100 percent natural food, most of you have never seen the natural you. There is an urgent need for another word. The contemporary meaning of natural is too far from the divine. I suggest filling this void with "rawsome", a new word circulating in the raw food community. It is a combination of two words: "raw" and "awesome" with the meaning being something between natural and divine. The diet of raw fruits, vegetables, nuts and seeds also needs to be renamed. I have often been told that the phrase "the raw food diet", sounds like eating raw meat, particularly sushi, which is misleading. The raw food diet is so awesome that it should be called the very name it inspired- the Rawsome Diet. Most of us feel our appearance lacks something. In reality, ugliness is more about excess. Toxic accumulations in our bodies are responsible for stealing our health and attractiveness. Beauty lies latent under cushions of retained fluids, deposits of fat, and sick tissues. Your beauty is buried alive, but in most cases it can be revived in a version that will be satisfactory to you. You must take immediate action to revitalize it. When you do, your uncovered beauty will surprise and delight you. Eating cooked food will leave residues the body cannot utilize, and they will be deposited in places our Creator never intended. Everything not fully digested and properly eliminated, the body will treat as an abnormal substance. It will pocket these toxins as far away from the vital organs as possible--on the peripheries of the body--where it will invariably be reflected in our outward appearance. If the body cannot use it inside, it will deposit it on the outside. Nutrients from the food you eat spiral upward to the epidermis, and their quality will determine whether you will have a glowing clear complexion or skin spotted with growths, such as moles and skin sores. Some physical characteristics of our face and body we cannot change--they were determined prior to our birth. But the consumption of the raw plant diet as an adult will make a difference in the texture of skin and hair, the health of nails, weight and complexion. All of these traits and more are determined by daily choices, with food being one of the most important and, luckily, the one we can fully control. The Rawsome diet is the most suitable one for human physiology. It is salubrious to the body's health and salutary to its beauty. The ability to renew cells is built into your body, and the body itself is capable of making you look more attractive. After all, we were designed to bloom continuously as old cells get replaced by new ones. The Rawsome diet makes the most of this rejuvenating ability of our bodies. Rawsome beauty is not manufactured from the outside but cultivated from the inside by nutritionally charged food. Whole raw food restores the integrity of every cell and facilitates the optimal operation of every organ inside and out. The body, having been awakened by the improved diet, in its wisdom, will reach out to the places where health was lacking, and you will gradually see your beauty surfacing. The Rawsome diet will eliminate all the toxins on a deeper level and bring amazing changes to your appearance. Only the body sustained on raw food will host natural beauty, or should we say Rawsome beauty. The landscape of the body will change. The surface of the skin will become soft and smooth but still firm and supple. Visible pores will diminish. A sallow skin with a yellow pallor will turn into a porcelain-like complexion. The whites of eyes, once red, will become bright with a bluish tinge. As natural collagen production improves, it will fill in the places where it is needed as in hollow cheeks. Raw food eating will clarify and refine your features and bring delicacy to your face. On the Rawsome Diet, you will marvel at how the Master Artist will make the most of your individual features and bring balance to the entire face. Texture, hues, and shape will be harmoniously arranged into a genteel whole. Perfection and imperfection will be tied together into a unique original version of beauty. Each time I see a woman, I study her appearance, and I see not just the way she looks but the way she could look. What I see is how far her image falls short of her potential beauty. I perceive her beauty as it would stand out after the body has cleansed itself from toxins and excesses. From age 15 until recently, I wore my hair permed, only to discover at 45 that straight hair in my natural color was the best possible frame for my face. Did my preference change? Not at all. My face did. So let me give you a hint, if you need a camouflaging hairdo, you are not looking your best. The changes in your face brought about by raw foods will bring the freedom to arrange your hair in any way you want. When your peer group is thinking: "I am losing my looks", you will be finding yours. At 45, I enjoy looking in the mirror while before I detested my reflection. As the cleansing initiated by this diet is completed, you will be very pleased to see how you were meant to look. Your body will exhibit beauty and dignity. You will become satisfied, even fascinated, with your appearance. When you look your very best, you look perfect, in a sense that you are as close to the divine image for yourself as you could ever be. You accept yourself completely. Natural beauty is above conformity; it doesn't demand to be accepted by the dictates of the beauty norm. People who have been on the raw food lifestyle for several years begin to have a glow, the kind not often seen in middle-aged people. Optimal health is recognized by an emerging radiance. Glow is hard to fake because it is internal. It comes from an abundance of clear, pink, almost transparent cells that light up the face. Only superior blood circulation can bring this transfiguring glow. Several years on the raw food diet will make you look as though you just stepped out of a painting by Renoir--the impressionist best known for his preoccupation with light. I have come to believe if you do not embrace the 100 percent raw food diet, you will never meet The Most Beautiful You. The best proof that the Rawsome diet is optimal for the body is it makes you beautiful. Slim face, slender waist, and clear skin with smooth coloration--these subtle changes will convince you the raw plant diet is the best for good health and graceful beauty. No woman knows her true beauty until she cleanses her body completely of all waste. You can say there are people who

are beautiful, and they are not on this diet. That is true. It is hard to believe, but even they haven't seen the best of themselves. Dissatisfaction with one's appearance arises not from perceiving our bodies inaccurately but because subconsciously we are aware we haven't achieved our optimal look. The Rawsome diet gives a feeling of authenticity, an assurance we have become what we were meant to be. Raw food not only corrects beauty's shortcomings but also lifts the limitations of one's spirit and releases strains and tensions in both your mind and body. People on the raw food diet have an aura about them, a transcendent nobility and complacent dignity. Sickness is goodness lost, and our unhappiness is a longing for goodness. One takes in the goodness in the form of fresh fruits and vegetables and feels its purifying process on the inside. Goodness in one's food summons up goodness in one's appearance and character. Do you think it is hard to follow this life style? Women have done so many outrageous and dangerous things to themselves in the pursuit of beauty, I believe they should at least try the Rawsome lifestyle, which promises to transform them into beautiful people. What a woman won't do for health, she will do for beauty. This is the first time beauty asks no sacrifice from health. ©2003Tonya Zavasta This article may be freely reprinted in its entirety as long as the entire article, byline and URL are included.

About the Author

Tonya Zavasta is the author of the book "Your Right to Be Beautiful: How to Halt the Train of Aging and Meet the Most Beautiful You" and of the soon to be published its sequel "Beautiful on Raw". In these books Tonya comes across as an ambassador for plain looking women in their quest for physical beauty. Tonya knows firsthand what it is to be humiliated, face adversity and meet the complex obstacles of daily living with a congenital disability. Facing several reconstructive hip surgeries to enable her to walk, she sought a way to offset the devastating effects of anesthetics on her health and appearance. She became more and more convinced that the solution to her quest for health and beauty was to be found in the raw food lifestyle or the Rawsome Diet as she calls it. The Rawsome Diet not only helped her to sail courageously through troublesome times, brought her general health and appearance to an all time best, but also opened a new chapter of her life. Firmly believing that the roots of under-performing and under-achieving lie in feeling and looking less than your personal best, she is on a mission: she wants every woman to look and feel beautiful. Tonya is convinced that by eating as God intended everyone can look uniquely beautiful as God envisioned. To learn more about how you can uncover your Rawsome beauty, visit: www.beautifulonraw.com
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