



# RAW & ABROAD

How to Take the  
Raw Food Lifestyle  
Wherever You Go

BY KATY JOY FREEMAN  
*MFT, Raw Food Chef*

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Published by RawPeople Publishing  
2335 Camino Vida Roble, Bldg. B  
Carlsbad, CA 92011  
800.324.0297  
[www.RawPeoplePublishing.com](http://www.RawPeoplePublishing.com)

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Printed in the United States  
1st Printing July 2009

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by Katy Joy Freeman, MFT, Raw Food Chef



## INTRODUCTION

I wanted to write a little guidebook for those who are motivated to eat for optimal health while away from home—especially those intending to eat fresh, live foods. I feel that one objective of eating live foods is to be in better health to enjoy our lives and the opportunities life presents to us without feeling confined to our kitchens and exercise routines at home. The idea for this book came about after some opportunities to travel abroad presented themselves to me. I noticed that I became a bit anxious about what I would eat that was in line with all the new changes I had been making since shifting to a mostly

live food diet. The idea of travel felt more stressful than fun. I had always loved to travel in the past, and this mindset bothered me. Instead of being stifled by this anxiety I decided to empower myself and make a fun project about how to eat for optimal health while away from the comforts of home. The strategies I practiced were very useful, and I wanted to share them with my fellow adventurers. Please use the ideas shared in this book to enhance your travel experience and to stay in tune with your preferred health habits while travelling. My words to you are to relax, have fun, and enjoy life to the fullest wherever you are!

Blessings,  
Katherine Joy Freeman  
MFT, Raw Food Chef,  
Co-Founder of RawPeople.com



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## MY STORY

In January 2007, my husband, Rick, came home from a work-related health expo on anti-aging full of renewed enthusiasm for living a healthy lifestyle. He came into the kitchen to greet me and said, “Honey, let’s go raw!” He then proceeded to share with me that he met some vibrant people who really intrigued him by their energy level, youthful appearance, and reported great health. They told Rick that their secret was a raw food diet. I was not sure what “going raw” meant or what I was getting myself into, but I found myself immediately curious and wanted to learn more about this way of life. My husband and I were

already eating a Vegan diet, and this seemed like the next natural step for us in finding another way to feel even better and further improve our sense of well being.

### *A glimpse of my history...*

I struggled with weight issues since I was 8 years old. Much of my youth was filled with painful memories due to being overweight—I was teased and felt horrible about myself. By age 15, I felt I could not take the teasing anymore and decided to lose weight. I took an extreme approach, like many desperate people do, and I stopped eating and began to exercise every free moment I had. I lost the weight



and was in great physical condition. I finally got skinny! My dream come true quickly turned into my worst nightmare, and for many years to follow I struggled with damaging eating disorders. I was suffering and obsessed with food and the fear of being fat. Over the years, I gained and lost weight, and felt imprisoned to this life I had created. I did not love myself and felt my body betrayed me time and time again and I hated it. Two years after I graduated from college with my undergraduate degree, I was heavier than ever. Then I began to go through a period of spiritual discovery and as I opened up loving and accepting myself, my body responded in positive ways. I was able to shed the

extra pounds. I spent two years learning to eat proper portions, exercise in moderation, and increase my self-esteem around body image issues. For the first time in my life, my self-talk was becoming more compassionate. I felt my weight loss was an outer expression of my inner healing. Every year, I continued to focus on a new health and nutritional goal, which many years later, led me to a Vegan diet. I still had occasional bouts with food obsession and emotional eating at times, but it was manageable and passed quickly as I addressed the underlying emotional issue going on in my inner world. My life was going great and I was happy with myself the day Rick announced he wanted to “go



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raw,” yet I knew there was more freedom for me and I ended up finding it in the raw food diet!

In the beginning, I was missing hot food and was not sure how to get the variety in my diet that I had before. I was also confused about what I should be eating. I loved preparing gourmet meals for entertaining and I started feeling a sense of loss. I did not have any family or friends who ate this way, and I realized I needed to educate myself more if I was going to last in this kind of lifestyle. I rolled up my sleeves and decided to really own this journey for myself. My “mentor within” was unleashed, and I read books and began teaching

myself about live food preparation. I learned about detoxification, simple raw eating (mono meals), and the importance of being connected to a raw food community for ongoing support. Through my research I was introduced to new ideas and people that have become my mentors from afar. I also learned about the wonderful benefits of eating raw, which provided the motivation to work through some of the tougher transitions—especially when experimenting with this new way of food preparing. I made some meals that were horrible, and I’d almost cry because I used to know how to create tasty dishes that were pleasing to me and others, and I did not yet have the knowledge



to shift the way I prepared food. As I learned to relax about this process, amazing things began to happen. I'd wake up with ideas, and I was more creative. I would come across books or recipes that were extremely helpful at just the right time. As I began to trust myself and the wisdom within about food and listening to my body, I have been able to continually enjoy the raw food diet and get more excited about it all the time. I realized that preparing "gourmet raw" is just one part of the picture and the day-to-day simple eating is mostly where it's at—what a relief! I have personally found a great deal of joy in being simple with my food. And when I want to get fancy I can do that too. Over

time, I have had the confidence to play, experiment, and add my own flair to live food preparation. My neighbors, friends, and others who have tried my food have fallen in love with it. I've had people over to for food demonstrations and catered romantic dinners and corporate events. Eventually my passion for this way of eating and living motivated me and my husband to launch RawPeople.com—an on-line community for those transitioning to and maintaining the raw food lifestyle.

This wonderful lifestyle has helped me to feel the best I ever have physically, emotionally, and spiritually. I notice that the times I eat cooked food I don't feel as peaceful



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in my mind. For some reason, eating raw has been the most effective cure for taming my bouts with body and food obsession. What a gift! There have been many other benefits that I have experienced such as clearer skin and eyes, more clarity and ability to focus, improved energy level and stamina, enhanced creativity, even mood, increased motivation, minimal to no premenstrual symptoms, and a general sense of well-being and greater spiritual connection. All these benefits just from eating live, fresh, organic foods—simply amazing!

I have struggled with many of the questions about protein, supplements, fats, etc. but as

time goes on and I trust the process of life, all the answers I need to know come to me. It takes time to tune in and listen to our bodies and trust our inner wisdom. Each day, I do my personal best to check with my body's needs and make good decisions. We are different every day and need to honor that. My passion for creating enticing meals made it through this transition and I love what I create in the kitchen and in the world!

And so, this guidebook was born out of wanting to inspire you to take this lifestyle anywhere you go. For centuries people were able to eat live foods without blenders, food processors, dehydrators, and



juicers! My *Raw & Abroad* journey is intended to encourage you to relax about what you eat and give you some practical guidance on how to get stay true to your raw nature while away from home.

## **SETTING YOUR INTENTIONS**

I have come to deeply love and appreciate the practice of setting intentions. They are a wonderful way to identify what you want to accomplish. When setting an intention you simply state what you want to focus on and trust that you will naturally gravitate toward that

goal. It's a way to become more conscious about what you are doing each moment. It's also a way to be more successful with your long-term desire to eat live foods as much as possible. They don't take up any extra room in your suitcase, so mentally pack them up and take them with you wherever you go!



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During the trip, I would get up and do some gentle yoga and tune into my body and the day. After a few moments of breathing, I would set some intentions for my day. You can make them general or specific. When it comes to eating and exercise, I like to have specific intentions for myself. I set general intentions for my trip then some specific ones for each day. Some examples of intentions I set before and during my trip included:

I INTEND TO eat live fruits and vegetables every day.

I INTEND TO exercise daily.

I INTEND TO remain relaxed and peaceful about my food choices while away from home.



I INTEND TO start my day with deep breathing and have fresh fruit for breakfast.

I INTEND TO eat only when I am hungry.

I INTEND TO go about my day mindfully and enjoy what each moment brings.

I INTEND TO find a green salad today.



I INTEND TO take the stairs instead of elevators today.

I INTEND TO drink 8 glasses of water today.

I INTEND TO have an attitude of love and acceptance towards myself and others today.

I INTEND TO remain curious and learn about my surroundings.

I INTEND TO spend 30 minutes before bed doing some yoga postures and reflect on the blessings of my day.

I INTEND TO spend 10 minutes writing in my *Raw & Abroad Travel Guide* journal!

I suggest that you take some time before you leave home then a few minutes each morning of your trip to set your own intentions. Have fun with them and allow them to bring you peace of mind and a joyful heart!



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## **BEING PREPARED:**

### SUGGESTED TRAVEL FOODS AND NATURAL FIRST AID ITEMS TO BRING WITH YOU!

I always have so much fun finding yummy raw treats to bring on trips. I happened to be at the Raw Spirit Festival in Sedona right before my European adventure, so I picked up lots of goodies to take along. If your local health food store does not have a good raw section you can order some treats online if you plan ahead. RawPeople.com is a marketplace that offers a great variety to choose from.

Here are some of the items that went with me to Europe:

*(You may wonder how I got the fresh fruit on the plane: I just put it in my carry-on bag and had no problems. It was consumed before entering into the next country. The fresh items listed were for the plane ride)*

### **Food List**

- Big bag full of cut celery, carrots, hothouse cucumbers, and red peppers
- Apples





- Avocados
- Fresh spinach / olive oil and lemon wedges in a baggie for dressing
- Raw almonds
- Larabars
- Kale chips
- Raw Smoothie Powder
- Greens powder
- Raw Chocolate
- Nori Power Wraps
- Almond milk
- Raw Granola
- Raw banana bread – made in dehydrator at home
- Dried Mangos
- Goji Berries
- Raw Crackers – made in dehydrator at home
- Tea bags
- Smoothie Shaker
- Extra baggies

### First Aid Items:



- Stomach Cleanser—for any stomach issues (*available at **costlessvitamin.com***)
- Charcoal— for food poisoning (*available at **costlessvitamin.com***)
- Oscillococcinum—  
Homeopathic remedy for flu
- Aconitum Napellus—  
Homeopathic remedy for sudden onset of any symptoms
- Arnica Montana — Homeopathic remedy for bruising
- Chapstick with sunscreen
- Band-aids
- Tea tree oil for any bites

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- Organic sunscreen
- Natural bug repellent—I really like Burt's Bees brand
- Good salt—to use with warm water for sore gums or throat
- Vitamin b-12

## PLANE RIDE TIPS

1. If you want to have a meal that is served on the plane, you can call ahead of time and ask for a Vegetarian or Vegan meal. I usually do not eat the plane food but it's up to you.
2. Drink a lot of water before you board the plane. I usually buy at least two bottles of water after the security check point to take on the plane.
3. Drink water often on the plane to avoid dehydration.
4. Eat light on the plane to help prevent Jet Lag.
5. Get up regularly to stretch your legs—I go to the back of the plane and do some gentle stretches and stationary rebounding (since you don't have a rebounder with you on the plane you can bounce up and down on the balls of your feet and still some great benefits and it will keep your circulations going strong—try to work up to 20 minutes if you can).
6. Practice deep breathing.
7. Do a progressive relaxation exercise—start with you feet,



tighten them, hold your breath for 3 seconds, then relax...do this for every body part and enjoy the feeling of release and relaxation that comes with this exercise.

8. Meditate.

9. Enjoy the goodies you packed to eat.

10. Remain in gratitude for the adventure you are on!

## **MINDFULNESS, AFFIRMATIONS, AND BREATHING**

I was really drawn to add a section in this guide that addressed Mindfulness, Affirmations, and Conscious Breathing because they are such an important part of my lifestyle. I practice them regularly and reap wonderful benefits from of them. I highly recommend incorporating them into your self-care practices if you have not already. Or, maybe you have done them in the past and forgotten to use them. They don't take any room in your baggage and are easy to use at home or abroad!



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## Mindful Eating

Many years ago, I got back into Yoga and was reminded of the power of using my breath to stay anchored in the present moment. My Yoga practice mentored me on how to live with more awareness of my body, mind, and emotions.

A few years ago, I was also learning more about Buddhism and began to deepen my practice of

Mindfulness. It was amazing how synergistic this all was because Mindfulness has its roots in Buddhism and Yoga—integrating the principles of both has increased

my sense of overall well-being and happiness. I use the principles on a daily basis at work helping those suffering from depression, anxiety, chronic pain, grief, and other emotional issues. It was only natural to take this practice with me on my travels abroad!



Simply stated, Mindfulness is being more aware of your thoughts, feelings, and actions. It is about paying attention and noticing

what is going on with yourself and the world around you without judgment. It is about having compassion for yourself and making conscious choices. One aspect of



Mindfulness is Mindful Eating. I have had the blessing of being a part of Mindfulness retreats where you eat your meals in silence to really be present with your food and the experience of eating. During these silent meals, you



are encouraged to bless your food before eating, to take your time by chewing your food until it is liquid before swallowing to aid in digestion. You then become aware and notice the smell, taste, texture, and pleasure of the food. Eating mindfully helps me to notice when my hunger is satisfied thus decreasing any tendencies to overeat.

I also use this practice to tune into what foods my body likes and dislikes. By doing this my

inner body wisdom and intuitive senses have been fine-tuned, and I know for myself what my body needs. It's so empowering!

Mindful eating is a huge part of my Raw Food Lifestyle. The first step to incorporating more raw and live foods into my lifestyle was becoming more aware of my health and the types of foods I was consuming that were not helping me achieve optimal health and wellbeing. I wanted to feel better, look better,



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and have more overall energy and peace of mind. I became aware that something needed to change. I was becoming more Mindful of my choices! Today I mindfully select my foods from the store, admiring the vibrant colors and variety. I think about the earth and the soil the food came from. I mindfully prepare my food giving thanks for it and for all the ways it will nourish my body. I make conscious choices about what I put into my body, and I eat with love! I have at least one silent meal a day. When I eat I am mindful about how my body feels and I work on taking some breaths and relaxing before meals. It's a wonderful way to honor

food and is very healing for those of us living in a world of stress, rushed eating, and constant distractions.



During my travels I used my practice of Mindfulness every day. I paid attention to how I was feeling in the moment. I noticed my thoughts about the food I was seeing and eating. I tasted all the flavors. I reminded myself to chew slowly and enjoy each meal.



This practice helped me in moments of weakness when I was cold and everyone around me was eating hot food that smelled really good. I allowed myself to close my eyes and smell the food and to breathe. Then I would gently remind myself about my intentions to make wise choices and to eat live foods that provide true nutrition. I would remain in gratitude for the knowledge I have about what kinds of foods make me feel good and enjoy being in touch with myself. And, sometimes I mindfully and lovingly ate a little cooked food. I was relaxed and did not judge myself in those moments. Practicing mindful eating, I am more

aware of the emotional issues that influence poor food choices or overeating and how to love myself through tough times as I would a dear friend. Mindful eating is a simple, yet powerful practice and can be used anywhere, anytime!



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## Affirmations

I wanted to incorporate the use of affirmations in *Raw Abroad* because they go along nicely with the practice of mindfulness. Once you have begun to create more awareness about yourself, you can use affirmations to enhance the desired positive changes in your life. Affirmations are positive statements that create awareness and generate feelings of well-being. They are a tool used to move you toward the positive intentions you are aspiring to. The



use of affirmations is like keeping your mind in shape. Just as one needs to exercise regularly to stay fit so it is with your thinking. Affirmations are one way of keeping your mind in tip-top condition! Affirmations work best when they are practiced regularly and with an open heart. They can be used to assist you in any area of your life. They can be done anytime, anywhere. When using affirmations, it is important to be compassionate with yourself. Opposing thoughts may pop into your mind when you first begin using affirmations. That's okay; just notice



the competing thoughts and then move on with your affirmations. You can use affirmations as a way to ground yourself in your mindfulness practice.

***Examples of Affirmations of Being Mindful:***

- I easily and effortlessly stay focused in the Present Moment.
- I am aware of my breath.
- I breathe in and out in a relaxed manner.
- I feel the air in my nostrils as I breathe.
- I breathe deeply and begin to feel at Peace.

- My breath keeps me anchored in the Present Moment.
- I use my breath to stay present.
- I give my full attention to what I am doing.
- I eat in a calm and relaxed manner.
- I naturally want to eat live and fresh fruits and vegetables.
- I get all the nourishment I need on living foods.
- I am naturally drawn to fresh fruits and vegetables.
- I allow happiness and happy people into my life today.



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- Everything is working out for my highest good.
- I handle every situation with ease and peace.

During my travels abroad, I used affirmations to stay centered, positive, and peaceful. I usually pick one or two to focus on during the day or sometimes I just flood myself with lots of affirmations and it really lifts my mood. They can be particularly helpful if you are having any travel frustrations and find yourself complaining or becoming negative in anyway. Again, they are just another way to enhance your day if you so choose! The main thing is to have fun and play with them. Say them a few times until you really mean them!



## **Conscious Breathing**

There is something so soothing about a nice deep breath. It's calming, releasing, and essential. If you are not breathing you are not living! You can use your breath anywhere, anytime to bring yourself back to the moment, to create more awareness about what is going on in and around you. By practicing conscious breathing, you deepen the wonderful healing aspects of your



breath and can actually detoxify your body! In Yoga the expression “take a cleansing breath” is often used as a reminder to release tension in the body. I have trained myself to pay attention to it by breathing throughout the day and to deepen it as much as possible. I have found this to be my #1 instant stress reliever and energy booster! While traveling I notice, I use my breath to relax in long lines, when dealing with any change in plans, when on the plane, train, taxi, or bus. When I am in a new place I breathe in all that is around me, especially a beautiful open space. I use my breath to remind myself to pause before reacting to what is going on in and around me. I would feel lost in this world without conscious breathing!

Besides being aware of your breath, there are a few simple breathing exercises I would like to share with you to use while traveling or anytime:



***Exercise #1:  
Conscious Breathing***

Get in a comfortable place either sitting or lying down. Place your hands on your abdomen and begin to breathe naturally. Do this for a moment and just notice how you are feeling. Notice



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if you are tense or relaxed. Notice if your mind is busy or quiet. Notice if you are tired or energized. Is there any tension in your body? Now, begin to deepen your breath by expanding and allowing your abdomen to rise as you breathe in and fall as you breathe out.

Breathe in for four counts. Pause/Hold. Breathe out for four counts. Pause/Hold

Follow your breath. Breathe with awareness and notice the healing and restorative effects it has on your body.

Try to work up to five minutes of this focused deep breathing. During my time abroad, I would do this upon rising and before going off to sleep.

## ***Exercise #2: Soft Belly Breathing Meditation***

This is a technique I learned at a Peace Conference in Ubad, Bali. This technique is best known for its' positive effects on the immune system.





Sandi Anders, M. Div. R.Y.T in her article *The Breath: A Resource For Healing* states:

*“...Spending some time each day in consciously breathing can actually reprogram our bodies, reduce the experience of stress, improve health, and be a powerful intervention for certain illnesses. Because the function of breathing is something we do both voluntarily and involuntarily, it allows us to directly affect the autonomic (involuntary) nervous system.*

*Slow, sustained, conscious breathing produces different brain wave activity than is present under normal conditions. Herbert Benson, M.D., who first researched this phenomenon, called it the Relaxation Response. When we focus*

*awareness on our breath and do deep, diaphragmatic or soft-belly breathing, we allow an internal transformation to begin. We become more alive in the present moment and more quiet and tranquil on the inside. In short, we learn to relax, to become the master of our stress.*

*Try it right now. Begin to be aware of the gentle inflow and outflow of air in your body. Relax your eyes, your shoulders, and let your tongue drop away from the roof of your mouth. Really notice the feeling of the breath, the physical experience of the breath in your body. See if you can imagine a small balloon in your belly. As you breathe in, imagine that balloon gently expanding. As you breathe*

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*out, allow the balloon to retract. Stay with this soft-belly breathing for a few breaths. Then, as you breathe in, say to yourself the word “Be.” As you breathe out, say to yourself the word, “Calm.”*

*Another Version of Soft Belly Meditation offered by the Annieappleseedproject – a non-profit organization dedicated to alternative ways of treating cancer. ([annieappleseedpr@aol.com](mailto:annieappleseedpr@aol.com))*

*“Gently close your eyes and get comfortable. Spine is erect but not stiff or tense. Shoulders are relaxed. Legs and arms are uncrossed, relaxed.*

*Now bring your attention to the flow of your breath; don't change*

*it in any way. Just observe and feel your abdomen rise as you take a breath in and fall as you let a breath out.*

*Continue this normal breathing pattern for a few breaths...*

*Now inhale deeply again and this time as you exhale slowly, feel any tension around your eyes dissolve and flow away with the out-going breath.*



*Inhale deeply again and as you exhale slowly, feel any tightness*



*around the mouth soften and dissolve, flowing away with the out-going breath.*

*Inhale deeply again. As you exhale slowly, let go of any tension in the lower jaw. Feel the jaw relax as the tension flows away.*

*Inhale deeply again and as you exhale slowly, feel any tension in your shoulders release and relax as your breath flows out.*

*Inhale deeply and this time as you exhale slowly, feel a wave of relaxation wash over the top of your head and flow down through the tips of your toes, releasing any remaining tension.*

*Inhale deeply again and as you exhale slowly, let go completely*

*into a deep feeling of relaxation which suffuses your entire being.*

*Now let go of any conscious control of your breath and return to your normal pattern of breathing - just an easy and natural in and out of the breath. Abdomen rises and falls like gentle waves on the sea, inhaling and exhaling, inhaling and exhaling...*

*Continue to be aware of the gentle natural rise and fall of your abdomen, on your next inhale as you take the breath in say "soft" to yourself, stretching the word out for the duration of the in-breath. As you exhale, say "belly" to yourself, stretching the word out for the duration of the out-breath.*



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*Continue in this way until you complete 7 minutes of the entire exercise.”*

*Dr. Gordon introduces the concept of Soft Belly in his book Comprehensive Cancer Care published in 2000 on page 68. He also includes it in his new book, Unstuck: Your Guide to the Seven Stage Journey Out of Depression on page 36.*

## **Exercise #3: Alternate Nostril Breathing**

This is a technique used in Yoga to facilitate relaxation.

I found it stated very clearly in the book, Richard Hittleman's *Yoga: 28 Day Exercise Plan*. Here's how you do it:

1. Put your right hand up to your nose. Hold your index and middle fingers on your forehead to hold your hand stable. You'll notice your thumb is on the right side of your nose and your ring and little fingers are on the left side.
2. Now use your thumb to plug your right nostril. Take a slow, deep breath in through your left nostril, counting to eight. Slow down your in-breath so it takes eight seconds to fill your lungs.
3. Plug your left nostril (so both sides are now blocked) and hold your breath to a count of eight.
4. Now lift your thumb off your right nostril (keeping your left nostril plugged) and breathe out steadily, through your right nostril only, for a count of eight.



5. Do not pause at the end of the breath. Immediately start breathing in and breathe in through the right nostril to a count of eight.

6. Plug both sides and hold your breathe for a count of eight.

7. Now breathe out through your left nostril for a count of eight.

8. Start all over again, breathing in through your left nostril.

Breathe in and out as quietly as you can. This makes your breath slow and even.

This seems a lot more complicated than it is. It's very simple once you've done it a couple times.

To make it easier to do this exercise, here is the technique

in condensed form:

IN THROUGH THE LEFT  
HOLD  
OUT THROUGH THE  
RIGHT  
IN THROUGH THE RIGHT  
HOLD  
OUT THROUGH THE LEFT  
IN THROUGH THE LEFT  
ETC.

Each in, out, and hold is done to a count of eight (approximately one second per count).

This is one of my all time favorite breathing techniques to use if I am really pre-occupied and can't seem to quiet my mind. You are so absorbed in the breathing and counting that it takes your mind off everything else and places you right back in the moment!



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## **Exercise #4: Smiling Meditation**

*“In ancient China, the Taoists taught that a constant inner smile, a smile to oneself, insured health, happiness and longevity. Why? Smiling to yourself is like basking in love: you become your own best friend. Living with an inner smile is to live in harmony with yourself.” -Mantak Chia*



I am not sure where I originally learned about this technique, but I know it's been around for a long time. Once you try it, I think you will know why I am so fond of doing this simple and transformative meditation.

## **Katy's version of the Inner Smiling Technique:**

Sit in a relaxed manner. Do a couple shoulder shrugs up and down to loosen up. Then roll your shoulders forwards and backwards a couple times (great when traveling to release tension). Gently close your eyes and softly begin to smile. This is not a forced smile. It's a gentle “half” smile. Simply breathe in and out for five minutes while maintaining



this smile. If your mind starts to wonder simply label it as “thinking” and return your focus to your breath and your smile. You can’t help but feel good afterwards!

## **DAILY EATING AND EXERCISE!**

A word about eating organic: I do strongly suggest that you eat organic whenever possible. I also recognize that is not always available. My philosophy is this: Bless whatever you are eating and enjoy it, eat everything with an attitude of gratitude and love, and you’ll be okay!

If you have time before your travel you can visit [VegDining.com](http://VegDining.com) and

[HappyCow.com](http://HappyCow.com) to get some ideas of what may be available. My experience is that most vegetarian restaurants will have fresh fruits and salads available and will be happy to accommodate you in eating a live meal. You can also search online for raw friendly restaurants.



It’s also a good idea to make sure you book a room in a place that has mini refrigerators. If the fridge is stocked with mini-bar items just ask if you can take



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the non-perishable items out until you leave so you can use the space. Every hotel we were in let us do this.

Once you arrive you can inquire about local health foods stores, farmer's markets, and supermarkets that may have organic selections. Make sure to have plenty of spring water on hand. We use a water ionizer at home, which I really miss when travelling, but you can decrease the acidity in your water by squeezing some lemon in it.



## Eating

**Morning time:** We had fun collecting fresh fruit and juices that

we kept in our room for breakfast. Some of the morning meals we ate were: fresh fruit, fruit smoothies (found in a local market), superfood smoothies made from the powder we brought from home, banana roll-ups, raw bars,

raw granola, and fresh fruit juice with greens powder in it. One hotel we were in had a beautiful breakfast buffet with a variety of fresh fruits and juices so that is what we chose to have when eating out for breakfast.



**Lunch time:** We were very fortunate to find a beautiful salad every day. Setting my intention to find a live salad daily worked! We found some great small markets that carried salads to go and most of the restaurants had salad bars with a good variety of greens, sprouts, and other veggies. We always left our hotel room with a backpack stocked with some fruit, raw superfood powder with our shaker cup, kale chips, gogi berries, nuts, and raw bars. Some days we just munched on a few of these snacks for lunch while on trains getting to and from our destinations.



**Dinner time:** Most of the time we ate out for dinner. I found some amazing salads in the ethnic restaurants as well as fresh guacamole and salsa in Mexican restaurants. It's a great time to experiment and try some salads

you might not usually order. I found some wonderful options in Thai, Greek, Indian, and Japanese restaurants. I did have veggie soup a couple times as well as brown rice and steamed veggies when live food was not available.

If you are in colder weather like we were I also suggest having a nice hot tea to warm you up.



# RAW & ABROAD

**Dessert:** I had a nice stash of raw chocolate that I brought with us! Yum yum!

I kept a daily food and exercise diary. It helps me stay in tune with my choices and stay conscious about my choices while away from home.

***Remember to eat mindfully and with lots of love!***

## **Exercise**

Exercise is a very important part of a healthy lifestyle. I personally love it and engage in some form of physical activity on a daily basis. When away from home you may have to get a bit more creative as your regular routine will be interrupted for a short while. I

have purposely included a lot of ideas on how to exercise in small spaces because when you travel that may be all you have to work with! Of course, getting outside in the fresh air for walks, runs, swimming, bike rides, etc. is great, but that may not always be possible in certain climates. Some hotels will have gyms you can use.





***Hotel room exercising:*** Wall sits, sit ups, stretching, squats, lunges, push ups, jumping jacks, stretching, yoga, Pilates, stationary rebounding (bouncing up and down in place), jumping on the bed (very fun!), arm circles, and leg lifts.

We walked a lot on a daily basis because that's just what people do in Europe. Wherever you are I suggest walking, taking stairs, jogging, bike riding, etc. when possible. It's invigorating and a fun way to explore a new place. If you want more of a "workout" feeling here are a few circuit routines I use on trips:

***Circuit Workout #1:***

- 5 minutes of stretching
- 25 jumping jacks
- 10 push-ups
- 25 sit-ups
- 15 squats
- Repeat 3 times
- Stretch for 5 minutes



# RAW & ABROAD

## ***Circuit Workout #2***

- 5 minutes stretching
- 1 minute of wall sitting  
*(sit against the wall like you are sitting in a chair)*
- 20 calf raises *(stand upright the raise up onto your tip toes)*
- 20 Leg lifts on each side *(lie on you side and raise your leg up with a flexed foot)*
- 25 sit-ups
- 10 push-ups
- Repeat 3 times
- 5 minutes of stretching

## ***Circuit Workout #3***

- 5 minutes stretching
- 50 arm circles forwards and backwards
- 5 minutes of stationary rebounding *(you can also jump on the bed)*
- 10 squats
- Repeat 3 times
- 5 minutes stretching

*Have fun creating your own circuit workouts!*



**CONCLUSION:  
ULTIMATE GOAL IS TO RELAX AND HAVE FUN!**

I hope you found some helpful tips to maintain your optimal health choices while away from home. It has been a pure delight to provide this guidebook for you and to support you in your travel adventures. Just remember, the ultimate goal is to relax and have fun!

Many Blessings,

Katy Joy Freeman  
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Co-Founder of RawPeople.com*

Any comments can be sent to: [Katy@RawPeople.com](mailto:Katy@RawPeople.com)





Raw & Abroad is a practical travel guide created with love to help you practice optimal eating and health habits while away from home. Inside you will find tips on how to care for your mind, body, and spirit. It is intended to support and inspire you to stay true to your health goals while on the road. Enjoy your journey!

*“It is health that is real wealth  
and not pieces of gold and silver.”*  
— Mahatma Gandhi

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