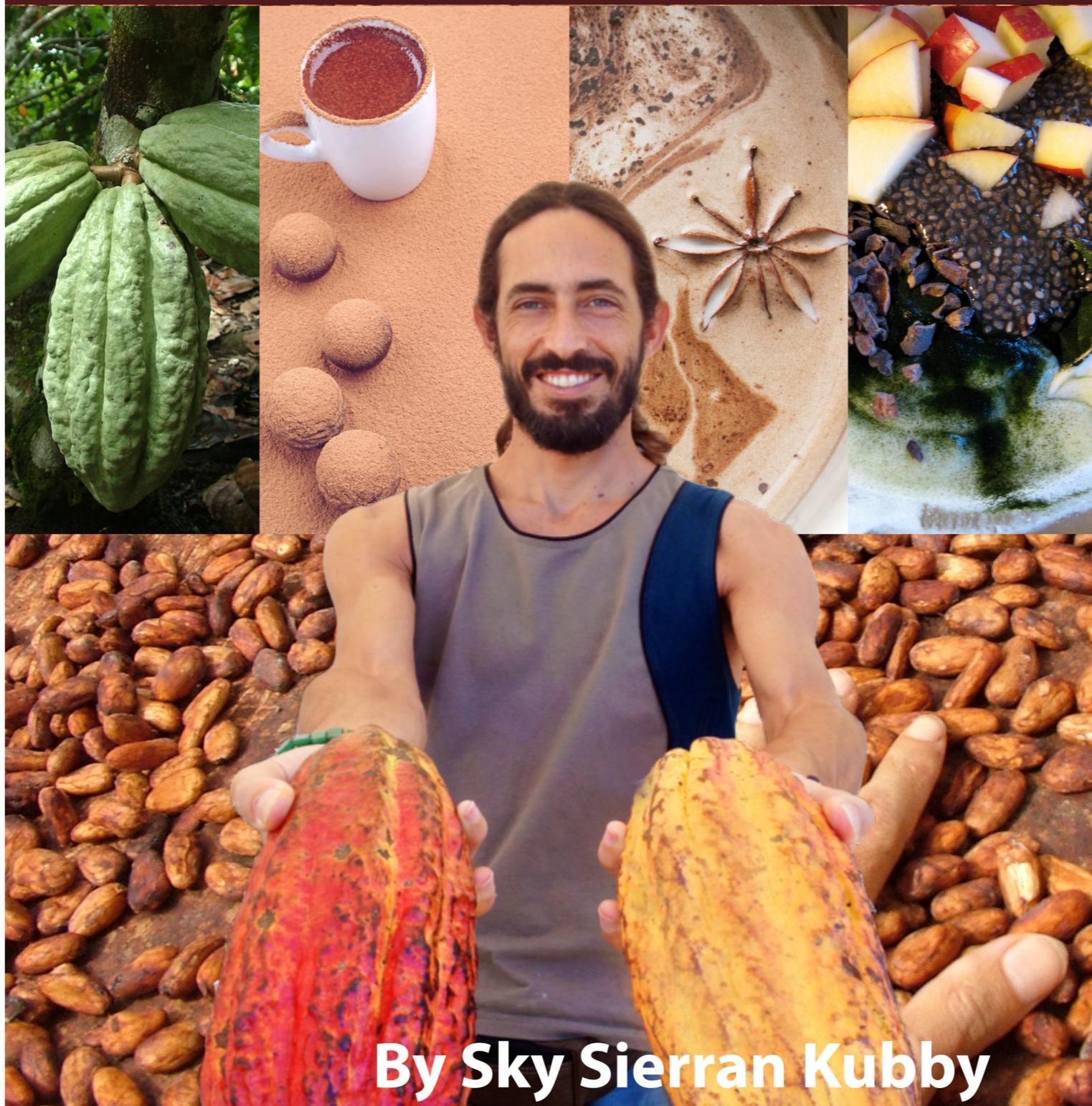


# The Raw Chocolate Diet

Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby

# Awake and Aware

Align your day with this simple morning practice, nourishing teas, Elixirs and colon cleansing *pre-brunch* schedule. Here's some guidelines to uplift your spirits, feel great in your body and set the tone of your day.



## Rising

How you begin your day will set the tone for the rest of your day. You know that ... but do you practice it? Tomorrow, upon rising, begin with some positive affirmations, like...

*My dreams come true today.*

*My life keeps getting better and better.*

*I feel Amazing today.*

*I am Love, I am Light, I am Abundant!*

*I Trust the Universe provides everything I need.*

*I take action and accomplish what is important in my life Today!*

*I am guided by Synchronicity*

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Practice this before you go to bed for optimal effect. Make up your own and affirm your statements with Knowingness!

## Oral Care

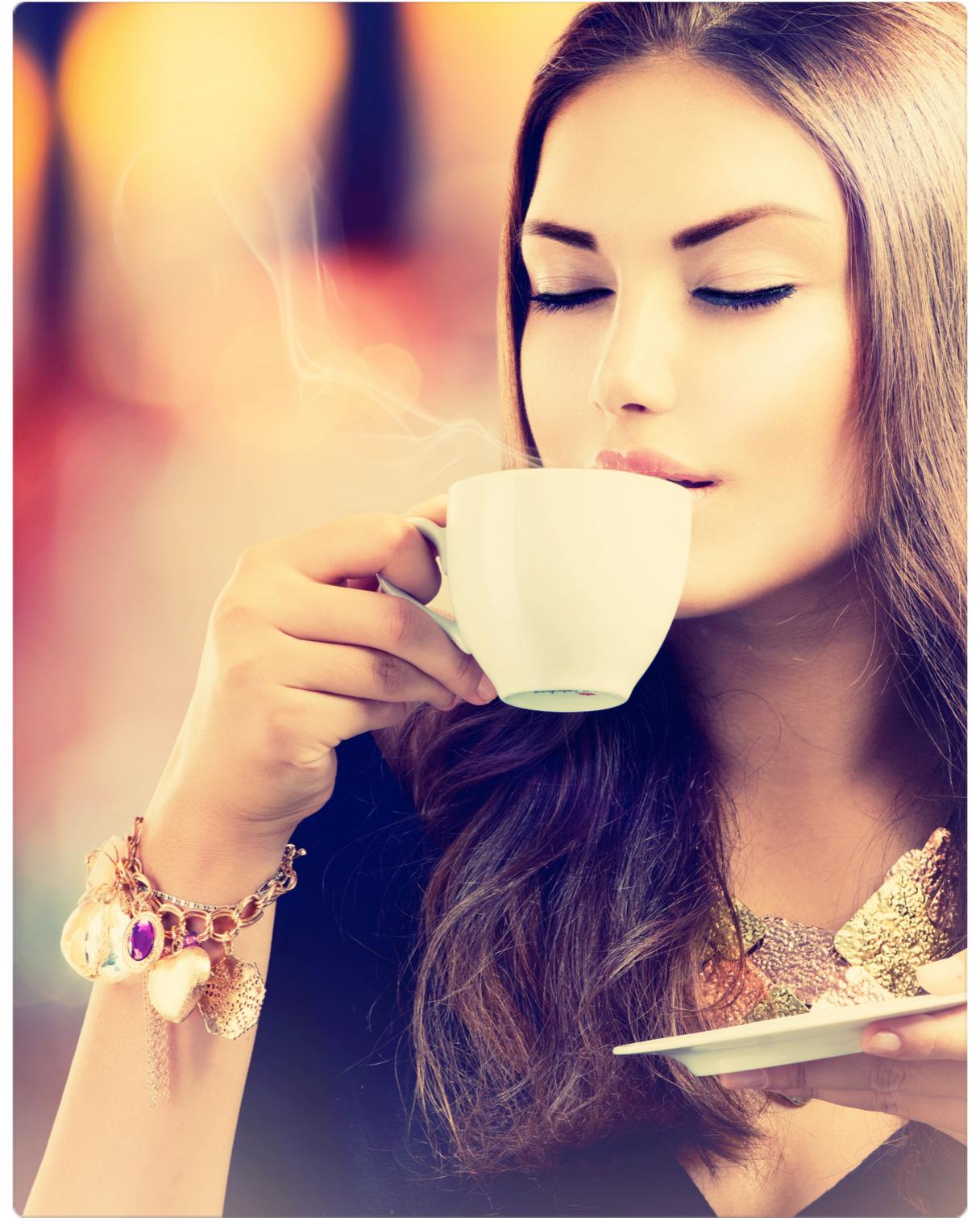
There are few atrocities worse than foul breath. As we'll learn later, *Halitosis* comes from the inside. Healthy gut flora -probiotics- are essential. Your mouth is a reflection of your inner ecosystem.

Immediately upon rising, scrape your tongue. A wise yogi, trained in ancient Ayurvedic Medicine once told me,

***“The very best thing you can do for your health is to use a tongue scraper first thing in the morning”***

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Cacao Elixir anyone?



Start with warm liquids in the morning.

You can pick one up at your local food store.

Brush your teeth with natural or Xylitol toothpaste and/or essential oils like peppermint and clove. If you floss in the morning, put a little essential oil on the floss. You can make your own or purchase some "Yogi Tooth Serum" available at ...

[www.livinglibation.com](http://www.livinglibation.com)

### **Abhyanga Massage**

Apply cured sesame or raw coconut oil all over your body in the Ayurvedic way of Abhyanga - massage. Moving from the feet up, use circular motions for joints and long strokes for calves, thighs and arms, towards the heart.

### **Alkalize**

If you want to feel incredible, stay in the alkaline zone. Pick up a roll of pH Paper Roll at **Micron Essentail Labs**, if you can, or even some pH Strips from your Local Fish Store. You can test your urine or saliva to see where you are registering on the PH scale. This is crucial for cleansing! Disease, parasites and cancer love an acidic environment.

Also, if you are dealing with Candida issues it is important to crucial to stay alkaline, especially if you have Staph, Strep or any other bacterial or fungal infection. Alkalize and you will feel like you are walking on water!

Reach for greens; kale salads, cucumbers and celery to Alkalize. One way to alkalize quickly, is to put a little pinch of baking soda

### Cacao Elixir



Get your morning going! See next chapter for recipe

in your water. You can find the non-Aluminum kind at Health Food Stores. Do this practice first thing in the morning to alkalinize quickly. In fact, if you are dealing with any kind of skin infection, suffering from any kind of oozing lesion or Staph infection do a *Baking Soda Bomb*! Instead of a pinch, use more baking soda, like a teaspoon. By the time you have your next bowel movement you will be alkaline and - no more oozing!

Especially beware if you are dealing with a chronic itchy scalp, one that you scratch off tiny scabs that lightly ooze a fluid. This can be extremely dangerous and could be a sign leading to a systemic infection if not dealt with. Later, we will address a Candida /Fungal overgrowth solutions that can eliminate this for good.

## Breath and Movement

Breath, Stretch and do Yoga first thing in the morning. Wake up earlier, if you have to! Stretch however you like, for as long as you like - just do it on a daily basis. Then Meditate afterwards, even if its for a few minutes! It makes all the difference. Just breathe and focus your attention on the air filling your lungs as you gently gaze upwards towards your Third Eye through closed lids. Just breath and focus on the breath. Keep it simple.

As you enter the *Zone* you will naturally want to prolong this feeling and go longer. A great technique that worked for me to quiet the mind and expand the consciousness is Dzog-Chen meditation:

One of the techniques is to imagine a river flowing through your mind. Any thoughts that come to you will be carried down the

## Cacao Elixir



For Cacao Elixir Recipe See: Chapter 6: Elixirs

stream so that all that remains is the stream, ever-flowing.

This simple practice can do wonders for clearing the monkey-mind of chatter and open to the really important aspects of the day that need to align in the subconscious first. After some time, the natural *first thoughts*, your *creative genius* for the day will come to the forefront of your mind.

Take a moment to amplify these golden thoughts. *Focus:* What you would like to see come to pass for your goals, visions and dreams? Physically? Emotionally? Mentally? This is powerful work which, when applied has the power to manifest your biggest dreams and make them a reality..

Raw Chocolate only enhances meditation. The Anandamine, PEA, Theobromine all work together to enhance consciousness expansion. If you want to take these effects to the next level, experiment with **Medicinal-Foods Raw Chocolate Products**

Don't underestimate the power of this mood-enhancing chocolate. The MAO inhibitors in the Ashwagandha and the Cacao inhibit the breakdown of the Dopamine and other *amines* as they build up in your brain up to 1000 times regular levels.

I recommend the Cacao Elixir first thing in the morning, as a coffee addition to make a Mocha or even a substitute. You simply take two heaping tablespoons and blend in a tea base with sweetener of your choice.

For the detailed Elixer recipes and add-ons see the Chapter: Chapter 5: Elixir Bar. Until next time... Keep it Chocolatey!