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One journey, many discoveries...



Raw Weight Loss Transformation

Angela Stokes lost around 160lbs with a raw food lifestyle, reversing morbid obesity. Now a svelte 138lbs, at her biggest, the 30-year-old British author was nearly 300lbs, always ill and deeply unhappy. She overate daily on junk foods and wouldn't discuss her weight issues with anyone. In May 2002 she learnt about the raw food lifestyle – eating



uncooked, unprocessed foods, straight from the Earth, just like all other animals do (except those that humans feed ;). This immediately resonated for Angela and she started 'eating raw' - mainly fruits, vegetables, nuts and seeds. Since then her life has completely transformed on every level – physically, emotionally, spiritually, mentally... Angela now runs a popular website – www.RawReform.com - where she shares her story, pictures and inspiration.

From being a very healthy and active young child, Angela's health began to decline when, at the age of 11, her thyroid gland went under-active. Her metabolism slowed and she gained weight. Two years passed before this condition was diagnosed, during which time she piled on pounds. Despite starting thyroid medication, Angela kept gaining weight; by then she was lost in compulsive overeating (primarily 'junk' foods). By the age of 21, she was 295 lbs.

A possible diabetes scare jolted Angela into awareness that her health was compromised. Yet it wasn't until a friend lent her a book about the amazing transformation of one family on raw foods – 'The Raw Family' by the Boutenkos – that life truly took a new direction for Angela. This was the answer she'd waited for and she swapped her calorie-packed greasy diet overnight for a 100% raw vegan lifestyle. The weight burned off very rapidly; in the first year alone, she lost 105lbs and her health, vitality and passion for life increased exponentially. The less she became of herself *physically*, the more she became of herself as a whole person, gaining confidence and self-esteem.

Every time Angela looked in the mirror she noticed differences; suddenly she could see her collar-bone again, feel her ribs down her side, long-term acne was clearing, and her clothes and jewellery all became loose. Every day was an adventure of discovering new activities she could now

participate in more easily, like exercise, shopping for nice clothes and even attracting male attention: her love life finally blossomed. ;)

When she looks back now, Angela often feels like she's speaking about a different person, as her life's changed so dramatically. The transformation that began on the physical level led to huge shifts in all areas of her life. She feels enormously blessed to have experienced this remarkable transformation and now shares her message of hope with others through her books, website, lectures, videos, blog and retreats, helping inspire thousands of people to transform their own lives.

Angela appreciates that as a 100% raw foodist, she no longer gets ill. As a teenager she sometimes took 15 different allopathic pills a day, trying to suppress all the symptoms she experienced. Now she's experienced many layers of detox and feels extremely healthy. She also came off thyroid medication when she went raw (switching instead to homeopathic remedies and seaweed) and now her thyroid is completely naturally balanced, with daily kelp supplements and regular seaweed meals.

Angela says the greatest benefit of her transformation is that she's now *genuinely* happy and can share that joy and inspiration with others, especially through her book 'Raw Emotions' and her regular blog posts at <http://rawreform.blogspot.com>.

Amidst the obesity epidemic, Angela's passionate about helping people reverse weight issues with *natural*, sustainable choices, rather than crash diets, invasive surgery or 'magical bullet' pills. Her devotion to this work has earned her many awards, including one from the House of Lords in the UK, national funding to redevelop her website, and peer recognition awards in the raw foods movement.

Angela says: 'If I can do this, I believe anyone can. It's simply a matter of choice. Just six years ago I was nearly 300lbs, morbidly obese, always ill, miserable, with no interest in my health and eating my way into the grave with junk foods. Now I'm one of the healthiest people I know. All I really did was change my eating, bringing it more into alignment with nature.'

For more information, see
Angela's site –

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