

## **Janette Murray-Wakelin & Alan Murray- Running Raw Around Australia**

Would you ever considering running the length of New Zealand from top to bottom? How about running right around Australia - a distance of some 15,782km? What about if you did it wearing barefoot shoes and you were in your sixties?

Well, our next pair of guests did just that, using only raw fruits and vegetables as their fuel source.

Janette Murray-Wakelin and Alan Murray are an extraordinary couple who wanted to make a powerful statement for change, and today we're going to hear all about that message.

Hi Janette and Alan!

**J & A:**

Good morning - how are you?

**Anthea:**

Janette, at 52 you had breast cancer, and this was the catalyst for you to explore health, and obviously diet was a big part of that. I know you have a whole book written about how you cured yourself, but could you talk briefly about that whole experience and how you came to embark on this raw vegan path?

**Janette:**

It was 13 years ago now that I was diagnosed with breast cancer and it came completely out of nowhere. I'd been what I thought was really healthy all my life with a healthy lifestyle and I was vegetarian/vegan pretty much all of my life. When I was diagnosed, I was given 6 months to live unless I did some of the chemotherapy and radiation and that may give me another 6 months. For me, I felt that wasn't something that I wanted to do because another 6 months of being sick didn't make sense to me and the prognosis was the same - I was still going to die at the end of it.

I decided to make some really conscious lifestyle choices and although I was already pretty conscious about being healthy and what I thought was healthy - being vegetarian/vegan and active all of my life, I really wanted to do 100% the best I possibly could to help the body help itself to rejuvenate and recover.

I looked into the food because that's one thing where we can be totally in control of - what we put in our mouth and that obviously affects the body so I looked into that and it didn't take long to figure out that if you give your body 100% nutrient laden food, then you are going to get 100% of those nutrients and the only way to do that is to not cook or denature the food. Eating totally living food not dead food.

I cut out all acid forming or foods that were negative to the body and increased all the positive foods. If you look at it on an alkaline/acid basis, just eating completely alkaline foods; which are plant based foods. That just made total sense to me. In cooking the food, you lose the nutrients and you also lose the live enzymes that are there to assimilate the nutrients - counter-productive to cooking as well.

I went 100% raw vegan plant based foods and because I had a diagnosis at the time, I wanted to also increase the amount that I could possibly get in so I was juicing because you get more by juicing than if you were to eat the food and making smoothies. Mostly I was juicing and then I had the help of a wonderful naturopathic physician who set up a protocol where I did some immuno-therapy which is having massive amounts of really good natural components intravenously to really help boost the immune system to kick start it back into getting it back on track.

Within that 6 months I was completely clear of cancer. I did write the book and it's called Raw Can Cure Cancer - last year it was published and within a few months it was sold out so it's now in it's second edition and people can get that through my website at rawcancure.com.

After discovering this way, we really wanted to help people by giving them the information that we had discovered and on my journey, I had the support of Alan and the rest of my family in the choices that I was making. Eventually we moved to Australia - about 6 years ago - but before that, we set up a wellness center and we had a raw vegan restaurant in there. We were just trying to help people as much as we could with lifestyle programs and just sharing the information that we'd got that made the difference for me.

But when we moved to Australia, it felt like it was an opportunity to really get the world out even further by doing something that could really catch the attention of everyone - that's world wide. So that's where we came up with the idea of running around Australia. The story goes on from there.

**Anthea:**

What an amazing journey up until that point. I have started reading your book and it really is a wonderful narrative as well as I think for people suffering with cancer, you just have so many amazing tips in there.

So, you ran a marathon every day for 366 days around Australia. You had already run the length of New Zealand from North to South, so you weren't completely fresh to such a challenge. Why did you decide to put yourself through such an ordeal, and at your ages?

**Alan:**

13 years before, when we were about 50 years of age, we decided to run the length of New Zealand and it went fairly well. We ran 50 marathons in 50 days without a break but then we weren't actually raw - in fact, Janette was a good vegan and I was thinking about being a good vegan - I wasn't doing that good a job of it but I was learning.

The difference between running 50 marathons in 50 days in New Zealand and running around Australia, is that down in New Zealand it hurt all the time. We were wearing a much heavier shoe - a really heavy running shoe and we noticed that our legs were always sore. Often when we woke up in the morning, we had trouble getting down the steps of the camper van just to get running. Whereas here, 13 years later when we are both in our late 60s, we found that our legs were never sore at all.

We just put that down to the raw diet because everything else was actually done the same. Of course here we were wearing a bare foot shoe which is much lighter so there's less weight to carry around and you're running in a more natural position - bare foot. That was the difference.

Now we're older and this run was really easy. We find that at the end of each day, our feet will be bruised a bit and bit tired and our legs would be a bit tired, but the next morning we would wake up and it would be like we had never run a marathon. We'd spring out every morning about 3.50 am and we'd be off at 5.00 am running along.

Why did we put ourselves through this ordeal? Well, we really did want to prove that a couple of older people could run a marathon every day for a year and just do it on raw fruit and vegetables. We had so many questions along the way; people would come to us and say 'I don't believe that you can do this, I don't believe you can run a marathon every day just on fruit'. Soon it became obvious that that was what we were doing.

The interesting thing was that the last 50 marathons/days were easier than the first 50 days. I guess our body got used to it and we got really in tune.

**Anthea:**

Why 366 days? Don't you know that there are only 365 days in a year? ;)

**Janette:**

Are there? My goodness, I wish you had told me that before. (laughs)

When we were looking at doing the planning of running around Australia, I came up with the idea when we first got here and Alan said, 'do you realise how far it is? This is a huge country'. And so we started looking at the numbers and we found it was about 16000 kms and it worked out when we started working out what a marathon a day would calculate to, depending on a few detours here and there, it just worked

out to 365. We thought that's perfect, that means we would be out there every day of the year - that's going to be a full year that we can get a really positive message out there and just show by example what is possible when you are making conscious lifestyle choices.

Off we went, and when we got about half way, people started to say to us 'this must be a world record'. I knew that I already had the world record for females for the most consecutive marathons - once I got past about 53 and so every day I was breaking a record but we started looking it up and found that there had been an official world record for consecutive marathons of 365 that was set by a Belgian runner a few years ago. So we looked at each other and went 'well, what's one more?'

At that point, we thought it would be really good, just for the record, do one more at the end so that we could show the world what a raw vegan plant based diet can do for you and also the other lifestyle choices that we make. Every choice we make in life is a conscious one. We think about what the consequences of those choices are and that makes a huge difference to our lifestyle and what we are capable of and as older people, we are showing by example that it's never too late to make these changes and make a difference - not only to your own life but to the life of all living beings and to the planet.

You're never too young either. We're now more physically fit and have more clarity of mind than we had when we were younger, so imagine if all the young people were to pick up on this and start going in that direction - what an incredible difference it would make in the world and that was the reason. 366 consecutive marathons is the world record and you've got a couple of grannies that hold it that are raw vegan, did it in bare foot shoes - that is a challenge!

**Anthea:**

A very powerful example that you guys just set.

Tell us a bit about getting this whole project off the ground. I mean it must be incredibly expensive to do something like this. No income for a year, and the food you must have gone through, not to mention the shoes!!!

**Janette:**

That's true. We felt that this was such an important thing and that it was something that we could do because we already spent 6 years since we started our wellness center, helping people on a one to one basis and certainly we helped hundreds of people in that time. We just felt that we were running out of time with helping or sharing the information with as many people as possible.

Taking a year off didn't seem such a big thing in comparison to the whole picture and we felt that we were in a position at our age to be able to do that. We're grannies - the biggest sacrifice to us was really not being with our families during that year. That was a huge sacrifice if you want to look at it in that way, but not being at work was certainly something that we had to financially put into the picture for ourselves.

I also stopped work about 18 months beforehand just to do the organisation of it as well and so, it was quite an expense for us but we felt that it was something that was worth it. We did the same thing when we ran New Zealand and that was only 3 months - but we put in what we felt was a fair amount of time and effort and money to try and put out a really good message. That's what we did this time around too.

During that 18 months that I wasn't working beforehand and doing the organisation, I approached a lot of different people and other groups to hopefully get them to sponsor us and I was looking for really conscious corporations or groups that were really behind the message. It was important to us that they weren't just coming on board to get exposure for no other reason than monetary reasons. It took quite a while to be able to get some of the right people on board for us. We did have some wonderful sponsors and they helped us with the food. Our shoes were sponsored. Our GPS and our Garmen watches and fuel for the vehicles were all sponsored for us so that was all huge.

From that point of view, we were fine but just being off work and not having any income during the year - you still have your outgoings back home - that was something that we took care off. We just felt that it was something that we could do now that could make a difference and the fact that it is now gone worldwide and ever since we finished or even before we finished, we've been covered by media worldwide and now this year, we've been really busy with being invited to speak at different conferences and festivals worldwide. So we're on and off the plane and in and out of the car at the moment to get to these places and be able to spread that good word and the fact that we've done it is proof of what we are saying.

We basically run the talk and I think that that was something that really needed to be done because, during the time that we had our center, we were helping people one on one and you can pretty much get that kind of help anywhere but when you're speaking with people or are hearing people who have actually done something to prove the point, it makes a huge difference and having done something as huge as we have done, that is something that is irrefutable and we felt that it was really necessary to do that.

We kept going and picked up the expenses that weren't covered but the sponsors were wonderful - they really did help us out.

**Anthea:**

I wonder if Coles had any idea how much fruit and veg you were actually going to go through on this whole trip. My next question is how did you fuel your bodies on this incredible journey? Would you mind describing what and how much you ate on an average day? And did you eat a lot of dense calorie sources like avocado, coconut, nuts and seeds etc?

**Alan:**

We did eat a lot of food on the way - there's no doubt about that. Probably 80% of the food we ate was from fruit and 10% was just from a few nuts and seeds and a few vegetables. Each day, we would get up in the morning about 3.50 am and make ourselves a big banana and grapefruit smoothie. We always had lots of bananas with us and always had lots of grapefruit because grapefruit keep really well too.

For the first few days, we tried to carry 6 ripe bananas with us down the road when we walked in the morning but that just didn't work - often it was dark and you just can't carry that much food so we decided to get up a bit earlier and have this nice banana and grapefruit smoothie which was probably 6-8 bananas each and one grapefruit mixed into the smoothie and we drank that while we were getting our shoes and gear ready.

Probably about 10k later, a vehicle would catch up with us and we would have another 8-10 bananas each and then off we'd go again and then about the 15-16k mark, we'd usually stop for a nice big green smoothie, more bananas, greens this time and any other fruit that we had that was getting ripe in the caravan. Mangoes, pineapples, peaches - all those sort of fruit. We'd usually do another 15k and then we'd have a break with oranges. We found oranges really good because they keep really well - we always had boxes and boxes of them in storage so we'd have up to 10 oranges each.

Then there is usually only 15k to go, so we'd run that fairly quickly and as soon as we arrived at the end, we used to have a big vegie juice; so that would be beetroot, carrots, apples and ginger usually and the crew would make that for us so the moment we stopped, we could down that nice big juice. That was usually a couple of large glasses each and then we'd have a green salad with tomatoes and a few avocados as well. So it was really like one big long meal with a few runs in between. But we did eat lots and lots of bananas - that was our staple diet. Probably oranges would be the next best thing and then as we ran up the east coast, it was incredible because we were running at the beginning of summer, we could buy two pineapples for \$1, mangoes - all that sort of food - it was really good.

Of course, once we got to the top at Townsville and then we turned left, it was a whole different story, we had to stock up much more and the quality of our food probably dropped down a bit. So most of our calories came from fruit and carbohydrates is actually what you run on - sugar - but it's sugar from fruit so there is a huge amount of carbohydrates in oranges, apples and bananas. We didn't really have

very many nuts and seeds. Sometimes just a few in a smoothie but more often than not, we didn't have any at all and our fat we got from the odd avocado and that sort of thing.

It's interesting that we did lose weight - we lost weight for about the first 6 months, just gradually - I lost about 10 kilograms which is probably quite a lot considering I only had 60 kilograms on me to start with and then went down to 50 but we did start putting on weight in the last 3 months - so I guess our body really got used to dealing with what we had to do. By the time we got back to Melbourne, my weight was back up to 55 kilograms again which was an ideal weight to be running around with.

**Janette:**

I had a similar situation where I was 53 kilos when we started and I went down to 43 kilos which is a good number - about the average kilometers we ran every single day. But now I've come back up to around 47 so the body knew what it was doing.

**Anthea:**

That was just a wonderful picture, Alan, that you gave of your day.

You had some incredible near misses, some pretty terrifying ordeals on this trip. Could you share one or two of those with us?

**Alan:**

Every day out there, there are these huge trucks - road trains. A big cab with 3 carriages behind it - it has 80 wheels and the speed up in the north up there is 130 kilometers per hour - pretty fast. When the big trucks went past us, especially if there was more than one, the wind would actually pick us up and take us off our feet often so we really had to stop and brace ourselves when these trucks went past. These were the daily near misses. Janette and I both had a couple of falls. We didn't have any injuries from running along but we did have a couple of injuries from falling over. I tripped one morning on a piece of wire on the road and I did myself some fairly bad damage - I cracked a rib and really hurt my shoulders.

Janette also had a really bad fall one morning - she had two or three falls but one was particularly bad. She was lying there, right in the middle of the road and I went to pick her up and she said 'don't touch me' and I said 'well, we have to do something because a very large truck is coming'. I managed to ease her off to the side of the road and I really didn't think that day that she would be able to finish a marathon - it was quite early in the morning when it happened.

Slowly she got up and she walked for about half an hour and then she walked a bit faster and after about an hour, she stumbled into a slow jog and she managed to finish the day but she had cracked her rib really badly, took a huge chunk out of her



knee and shoulder. And the next day, you'll know if you crack a rib, the next day it can be hard to run.

The only other thing that happened was with only 8 days to go. We were down in Tasmania and Janette stood on a small snake. We didn't see the snake, it was in the long grass and when she came out of the long grass she said, 'I think I've been bitten by a snake'. We had a look at her shoe and sure enough, we could see on her shoe some white venom and when she took her shoe off, you could see these quite distinctive two marks on her toe. So we wondered what to do about that because, we were pretty sure it was a brown snake and they're one of the most deadly, however it was only small and I think a lot of the venom was still stuck on the outside of the shoe so we said to each other 'we really can't afford to take some time off. If we do anything about this, it's going to involve an ambulance and doctor and a hospital and we really haven't got the time for that so let's just keep on running and see what happens'.

As it turned out, everything ended up okay. Janette didn't feel that great in the afternoon but the next day, everything was back to normal. I think if you are on a really healthy diet, that you can overcome some of these things that could happen.

**Janette:**

And heal while you are running. We didn't take time off from those injuries. We were just healing as we were running and obviously rejuvenating as we were running as well - starting again the next morning as well. That was an interesting little episode with the snake but I'd like to add to that as we are talking about near misses here. Earlier on, about 6 months in, we were running along and I came across a very large snake on the road and looking both directions, we were out on a very long straight and you could see for miles, I could see that there was a big truck coming and these snakes take a very long time to get across the road so I was very concerned about this snake - that it was not going to make it across the road before the truck got there.

I didn't want to get too close because it was a very big snake. It was right across the width of the road and still moving so I was trying to will it to get going faster and I could see it wasn't going to make it before the truck got there so I decided that I would have to stop the truck. So I stood with my hands up, waving to attract the attention of the driver to say you've got to slow down and these big trucks take a long time - many kilometers to slow down. He tooted and I could tell that he was seeing that something was going on, he was slowing down. Alan was behind me, he had just popped off the road for the moment so he was a little bit behind me and all he could see was me standing in the middle of the road, waving my arms at this oncoming truck and he thought that I had completely lost the plot at that point.

As he got closer, he could see that there was a snake there and he was going 'forget it, get off the road'. I managed to get the truck to go around the snake, who just kept going by the way, with these 80 wheels going past - it was still slithering across the



road and then I thought 'thank goodness, I've saved the snake' and then I looked and behind the truck was another truck - right behind it and so I then had to direct that on the other side because the snake was still going in that direction and he swerved and went around the other way so the picture that Alan was seeing was me in the middle of the road, directing traffic to go on either side of me because of this big snake and he thought I had totally lost it.

I saved a snake - so later, when I was bitten by the snake, I felt that that good karma had come around. That was a near miss for the snake but it was a nice story.

**Anthea:**

To keep running after a snake bite is definitely not what I was taught in my first aid.

**Janette:**

No definitely not recommended - most people should stay as still as possible but we only had 8 days to go Anthea - I couldn't stop!

**Anthea:**

I hear there is going to be a documentary made about your amazing journey. Could you tell us about that?

**Janette:**

Since we finished the run, we've been doing some different talks in different places and about 3 months after the end, we were talking up in Sydney and coincidentally there was someone in the audience who came up to us afterwards and said 'I'm a film maker and having heard what you've done and the message that you have, I think it is so important to get out worldwide and I'd be interested in making a film about it'.

So we got into a discussion with him and the production company and we came up with a plan that we would make a documentary and that it would be a really beautiful film that really brings the message of humans making kind and compassionate conscious lifestyle choices that will make a difference for our health and for the health of all living beings and for the planet and the sustainability for the future generations.

To do that, obviously we have a lot of raw footage that we took and our crew took during the run but there were times when we were out there in really hot weather or when we were running through 3 weeks of cyclones, when we weren't taking film and a lot of the areas, we didn't get film. So the production company is wanting us basically to go out there and do a re-run but not quite the whole way round. We are going to go out to the really beautiful areas with the kind of equipment that they

have to get some really wonderful shots and we've done some interviews of other people as well with regard to the lifestyle.

So that is all going to be put together but the idea and the plan is that we want to take it to the film festivals. We want to get it into worldwide cinemas so that it's not just a documentary that you buy on DVD and may be show to your friends although that will be available as well, we really want it to get out there into mainstream so that people can see what is possible with making those choices in life and how we can all make a difference by making those choices and be a part of that change that we all really want to see.

At the moment, we are in the process. We are still doing some filming. We're heading down to Sydney today to do some more filming and then we'll be doing some more in the next couple of months. As I said, the plan is to get it to the festivals so we're shooting for Cannes Film Festival in France in April for the release of the film and then it will go to all of the other film festivals and into cinemas. So we're very excited about that because it's one way that we can really get that message world wide.

**Anthea:**

No doubt at all about that. You two are SO inspiring and I know that many people listening in will want to contribute to your cause. Could you let us know how we can do that?

**Janette:**

We do have a crowdfunding campaign going on the Indigogo site so if people go on our website which is [runningrawaroundaustralia.com](http://runningrawaroundaustralia.com), there's a link through to our Indigogo site. Today there are 43 days to go until that campaign will be finished. 43 is a good number because that is the average kilometers we ran every single day. On these crowdfunding sites, the idea is that you make a donation but you get a reward for it. So when you go on that site, you will see that there is various different donations you can make to help fund the making of the film and you get a reward for that. So have a look at the different rewards. An email thank you from us right up to being an executive producer and being named in the credits of the film - depending on the amount that you can donate.

The other thing that is really important is for everybody to literally share this link with as many people and contacts as you have. Through Facebook, through any contacts that you have - emails/websites of your own to let people know so that it is a crowdfunding. If everybody is able to just help in a small way, then it becomes a big way and making these documentaries is very expensive as we've found out. Just the hours that the people put in, not including us, is quite big and the equipment that we all need and getting out there and doing the filming. It would be great if we could really boost the funds at this point. We are hoping that many people will be able to

help out in some way and feel that they've helped to bring this message out by whatever they can do to help.

If anyone is out there that is in the film business at all, that may be able to help in the way of editing or anything else that they'd like to jump on board, then please do contact us. It's grass roots but we've got some really good people on board already but we certainly would love to have the help of anyone we can to help us put this together in a really great way.

The other thing is with sponsorship or investments so if anyone is looking to invest in a way that is perhaps bigger than the crowdfunding, then please do get in touch with us because that would be just fantastic to think that we can do something as big as that to follow through with what we have done with the run and then it will just pick up and help so many people.

The big thing to our hearts is to help the animals and the children and the planet as well so it's all connected and together, we really can make a difference.

#### **Question from Wendy:**

I'm interested in starting to switch over to a more raw plant based diet but it just seems so difficult. How important do you think it is to have a partner that believes like you do? How did you two meet? What a wonderful story you both have.

#### **Janette:**

It's a long time ago that we met - 47 years ago. Interestingly, back in those days, I think even the word 'vegan' wasn't known and 'vegetarian' was certainly something way out there - met at a dance. I think it is important if your partner is on board with you but you really feel that it is very important for you to make these choices and to go in this direction, which we believe it is, then it's really a matter of trying to do your own thing and realise that you are really worth it and important yourself and oftentimes your partner will see the difference in your health and in your attitude and they'll want to go there with you.

That's kind of what happened with us. I started making changes a lot sooner than Alan did - even before I had my diagnosis. Having a diagnosis like that, for any kind of illness, then that can be the catalyst to really get people on board and just say 'I've got to do something'. My advice on that too is not to wait for that diagnosis - to start making changes straight ahead.

We quite often hear people saying 'it seems very difficult' but really, we find it's very easy and simple and even when we changed over, when you look at it, it's having to look at it in a different way. With the food itself, nothing can be easier than peeling a banana or picking up an apple and eating it. A lot of people are looking at the raw gourmet foods that are made and how it can be something you've never done before

and therefore you find it kind of confronting and difficult to put all these together and to know all the ingredients. Our advice is to just start out by increasing the amount of fresh ripe organic (wherever possible) fruits and vegetables into your diet. Increase them the way they are and eat them the way they come and if you have a health issue, then juice them, and if you are in a hurry or if you are travelling, then make smoothies and take that with you so you can have something throughout the day.

It's just so simple and easy to do. The food itself is satiating. Although, when you are eating other foods, they fill you up, they don't actually nourish you. When you are eating just fruits and vegetables, they completely nourish you and you feel satiated. A lot of people say, 'I still feel hungry when I go raw', well eat some more. Pick up another banana and eat some more - you're not eating enough. That's basically how we have found it to be. Exercise for the amount that you are eating as well. It's really not as difficult as it seems and you really can make those choices. Wherever you go, there are always fruits and vegetables and if it's not organic, wash it but just keep trying to eat as much fruits and vegetables as you can.

**Anthea:**

What are your recommendations for someone starting out on this lifestyle, if they have severe health issues like cancer? Should they go hard, water fast, juice fast?

**Janette:**

I think it depends on their situation but certainly, for juicing, it is a way of getting more nutrients than if you were to eat it. For instance, if you're wanting to eat carrots to get lots of pro-vitamin A which helps with your immune system, then it's quite difficult to eat a lot of carrots. You might eat 1-3 maybe twice per day if you were really pushing yourself but if you were to juice carrots, you could easily juice a couple of kilos to get a large glass of carrot juice and then you can do that several times per day.

I just went straight into juicing and I was juicing as many glasses as I could get in a day and so it was almost like during the week, I was ingesting almost a truckload of carrots which I would never have been able to eat. Juicing is something that I totally recommend. It doesn't have to be massive amounts of anything. I just stuck to carrots and beetroot and greens and then that way, it covered all the bases with the beetroot because that is a blood builder and the blood is going to take that good oxygenated blood everywhere into the system.

I definitely would recommend juicing and it's very easy on the body. It's basically assimilated into the bloodstream very quickly where you want it for healing.

The other thing that people can do if they are having issues with digestion and with eating raw foods, then blend them. Make a green smoothie to get those greens in. You

can pack a lot of greens into that blender jug that you would never sit down and eat, not even in a salad. That's another way of getting a lot of nutrients in - as much as you can and that's what you really need to do during a healing and rejuvenation process. I definitely would recommend doing that.

With regard to fasting, I think that if you just cut out or eliminate all of the foods that are negative to the body like I mentioned before, then the body can just be nourished and satiated with only nutrients from the food that you are eating. My recommendation is to just go 100% raw - fruits and vegetables - juiced and blended if necessary but if people find that difficult, then at least eliminate something every few days. Definitely all animal products - that's very detrimental to your health and obviously to the health of the animals and then all processed foods. Anything in a box, can or bottle - anything that has been processed or denatured in some way. Eliminate them one at a time if that's how you need to transition but increase the amount of fruits and vegetables that you are having in a juice or smoothies or raw.

With regard to water fasting, I don't recommend it unless you're in a situation where your health basically stops you from eating or ingesting a smoothie. People who are really in a state where they've been basically sent home to die - the doctors say they can't even help you any more, then a water fast may be helpful to keep a person alive while they move into juice fasting where there are some more nutrients. I don't recommend any body doing it on their own at home or anything like that. I recommend going to a reputable retreat in that case and there's plenty of them out there.

When we were in Canada at the time time of my diagnosis, there were options to go to the Gerson Clinic in Mexico or Hippocrates or there's some really wonderful places out there where they have people that can help you and make recommendations on that count but when you start having a 100% raw diet, especially with juices and smoothies, the body naturally detoxes anyway. It starts to get rid of all your detoxing and if you're doing more juice and smoothies then it is easier on the body, then just eating the food. That really in a way is fasting - because the idea of fasting is to let the body have a rest from having to process or this non-bioavailable foods and it's doing that and the food that you're having through juicing and smoothies is much easier to digest and assimilated into the system so that you can really start healing and rejuvenating that way.

I feel that that is a better way than doing something like a water fast; you really need to start nourishing the body when you are in a healing process. That's my opinion anyway and has certainly been my experience.

**Question from Andy:**

What is the name of your film to look out for? I'm impressed and what a beautiful way and idea to spread the raw message.

**Janette:**

The film is Running Out Of Time - the crowdfunding project is Running Out Of Time Documentary and that is also the name of the book that I've just written based on the run as well which is also on our website.

**Question from June:**

I am afraid if I run barefoot that I might step on harmful objects. What has your experience been? Do you suggest we run barefoot in the community?

**Janette:**

Running barefoot is the most natural way that we can run and the reason why we ran with barefoot shoes was to literally assimilate running barefoot but with having something between us and the surface we were putting our foot on. Yes, this country definitely has everything as thorny and prickly as you could possibly find out there and also the road is very stony in places and when we were running in the heat too, the road was over 50 degrees Celsius so our shoes were literally melting and so our feet would have been burned.

I recommend that when you are going for a run, that you wear barefoot shoes which is what we wore and you can find that information on our website. Also just minimalistic shoes - shoes that will assimilate being bare foot as if you didn't have shoes on. If you are running in your neighbourhood or any area where you think that you might get surface injury from being barefoot. Otherwise, if you are in an area where you can go barefoot like in and around your own home or out in a playing field where you know it is relatively clear, then try to go barefoot as much as you can and that way you'll definitely notice a huge difference. Your body really doesn't have to think any more because you're just running and walking naturally when you are bare foot.

That's our recommendation. We don't have any other shoes than the barefoot shoes and if we're not wearing those shoes, we're not wearing shoes - we are barefoot. We have found that that has been very helpful for us. We did do over 16000 kilometers in these shoes.

**Anthea:**

How many shoes would you say you went through on the whole trip?

**Alan:**

We actually went through 16 pairs of shoes each, which sounds like a lot but when you think about it, that's a thousand kilometers per pair. Or 23 marathons out of each pair of shoes. We know people who buy a pair of running shoes - the regular ones and only get to do one marathon. So to get 23 marathons out of a pair of shoes is pretty good.

**Janette:**

And the reason why that happens is because you run really lightly on your feet. I'm still wearing some of my shoes that I was wearing out on the run and they've gone over 2000 kilometers now and they are perfectly fine - I haven't gone through them yet. It's running lightly on your foot and also running lightly on the Earth, it's a conscious choice to being more barefoot and more conscious about our impact on the Earth.

**Anthea:**

I bet it helps with grounding as well.

**Question from Andy:**

I did a cycle from Lismore, which is the next town to where you are now to Wilcania - 1600 kilometers away. I did it on just oranges and bananas. I found each banana got me about 10 kilometers and each orange 2.5 kilometers in my energy. Did you become aware of how far each food would take you in distance before your energy was back to the same place?

**Alan:**

We did notice that and one thing that we really did notice a lot was when we got to Western Australia, we had a company that volunteered to sponsor us, just with organic food - everything we ate was organic. And we did notice that we ran further and better on organic food - we could really notice the difference. Generally speaking, one banana is 100 calories - so if you eat 30 bananas, if you are using up 5000 calories per day and 30 bananas give you 3000 of those calories - I do believe that we could have done this whole thing just on bananas and oranges.

There is one very important thing that we haven't mentioned much and that's the food must be really ripe. We think bananas are green even though they sort of look yellow. A banana has to be really ripe. If it's green, it's actually acid forming to your body - but if it's really ripe, it's alkaline forming. That could be a key to the whole thing when people are starting to go on raw foods; they may not understand the importance of eating really ripe fruit.

**Janette:**

And that's all fruit - making sure that it's actually really ripe because that's when it's at its best to get the best out of it and the nutrients from it for sure.

**Anthea:**



You've given us a really good tip here for people first starting out. Do you have any other tips for people struggling to stay on the diet?

**Janette:**

I'd like to say that the most important thing that I believe and over the last several years that I've come to find from other people is that we need to place the highest value on ourselves to be able to make these changes and to make the conscious lifestyle changes that we need to make. We need to really believe in ourselves and place a high value on yourself. Most people spend their lives caring for others because that's just natural and normal but when it comes down to it, if you really want to make a difference, even to others, then you really have to make a difference to yourself and you have to believe you are worth it.

Placing a higher value on yourself and knowing that everything you do is going to make a difference, not only to your own health, but to everyone else's because, even just by seeing the difference it's going to make for you, it's going to make a difference for others, let alone you become more passionate and more conscious and help everyone else as has happened to us. I think it's really important.

It's not a selfish thing, it's about really placing that value high on yourself so that you can believe it's worth it. When people say it seems really complicated and it can't be that easy, they're really saying I'm not worth it. I think that's a really important thing to remember - yes you are worth it and this is your life and you can be completely in control and responsible for it. Then you can really help others that way and I've come to realise that that's something that is really holding a lot of people back.

**Alan:**

To be a bit blunt about it, we saw something the other day on the web that said there's probably 10,000 reasons why you shouldn't eat raw food, but really there's only one, I don't want to do it. If you really want to do it, then you will do it. Janette and I are two totally different people, we both did it and to be honest, within one month of thinking about doing it, we were doing it 100%. If you really want to do it and you think you can, then you will do it.

**Anthea:**

I know that you've a few more tips that you've put together for people just starting out or who have been on this diet for a little while but are having some struggles in a gift that you've put together especially for this summit. Would you like to tell us about that and how people can receive your gift?

**Janette:**

I'd like to thank you Anthea and Tasha for the wonderful gift that you've given to everyone in placing this telesummit out there for everyone. I think you've done a fantastic job and we've been following all our dear friends who have also been contributing and I think together, we really can make that difference.

Our gift that we would like to give is a list of dos and don'ts but it's a way to go the distance on a raw vegan diet. We will email it out if you go to : (email@runningrawaroundaustralia.com)

Put in the subject header: Rawmazing tips on going the distance

Put it on your fridge and literally check it off and it will help - please do keep in touch that way.

At the moment, we are currently redesigning our websites - we have two - the rawcancure.com and runningrawaroundaustralia.com and they're all linked together with our Facebook pages and so we are bringing those together into one website soon and that information is up on both of them. You can still contact us through the email and the websites because they will just be redirected and eventually we will have a really good interactive site where people can get in touch with us personally as well.

**Anthea:**

Janette & Alan, Thank you so MUCH for your courage and strength and your willingness to put yourselves out there as role models for people everywhere. It's been so inspiring talking with you today.

**J & A:**

Thanks for having us.

**Anthea:**

Thanks for being on the call everyone. Goodbye.