

Yulia Tarbath - Preparing for Pregnancy & Parenting on a Raw Vegan Diet

As a mother of two ½-grown children, and having experienced two healthy pregnancies myself, apart from some pretty severe bouts of morning sickness, I'm personally very interested in how a raw vegan does it. I SO wish that I'd had the experience of conception, pregnancy, birthing and raising a raw vegan child, because I can see the possibilities for optimal health for both mother and baby.

But I'm also aware that there are many people out there concerned that a mother cannot get adequate nutrition on a raw vegan diet.

Our guest today, Yulia Tarbath, has been on this path with her husband Paul since 2009, when she came to the lifestyle with a host of health issues. These complaints were fairly quickly resolved through a diet of raw fruits and vegetables, and they have both gone on to create a fabulous resource for budding raw vegans, their website and coaching business, RawsomeHealthy.com, which is loaded with tips and hundreds of videos lovingly created by Yulia and Paul on just about every topic you can imagine to do with this diet and way of life.

And just this year Yulia gave birth to a beautiful baby daughter, Elanie, whom she conceived, carried and then birthed all while eating a fully raw vegan diet.

Hi Yulia!

Yulia:

Hi Anthea and the community out there. Thank you very much for having me - I'm so excited about being on it.

Anthea:

Great to have you here.

Tell us about what brought you to this raw food lifestyle in the first place?

Yulia:

I would say it was my natural progression. It started back in 2009 when I felt at my lowest. I was bullied at work and I worked for a large government organisation bank in the UK. There were major issues happening back in Moscow with my family and I had to travel back and forth - so there was a lot of stress in my life. I wanted to find a solution that was going to make me feel better. I started exploring various avenues and my friend was an energy healer and he invited me to come along to one of his sessions and since I had nothing to lose, I was just so stressed, I decided to go along and I felt much calmer emotionally and mentally. He also taught me Reiki healing.

It enabled me to become more intuitive. I started exploring various beliefs and it was really fascinating for me to discover that there was so much more to myself and life than I used to believe there was and this realisation started to affect my food choices. I remember being sat with a plate of meat in front of me and I had this really strong feeling inside of me that I should never touch it again. I felt sick by just looking at this and I could no longer eat red meat at all.

Then the same repeated itself later with chicken and fish and so I became a vegetarian, along with my husband Paul. I started working on my health; exploring various diets, trying all sorts of supplements and healing therapies and pretty much anything under the sun to make myself feel better because I was exhausted with adrenal fatigue and I had a whole bunch of health issues. The desire changes were not manifesting so I kept moving on and we were eating less processed foods and more whole foods and preparing my meals at home, going organic, it still wasn't enough. When I did a 9-day juice fast in Thailand, I felt that some shift happened inside of me and I felt a real pull towards raw foods. I lost the desire for eggs and dairy and I noticed that I was going off grains as well. All I desired to eat at the time was just raw foods.

My friend mentioned raw foods to me and I became really fascinated by it and I felt that that was what I had to do for my body. At the time I still had a whole bunch of illnesses - candida, hypoglycemia, digestive issues, imbalanced hormones, fertility issues, weight problems, chronic fatigue, depression - and I strongly desired to change my life.

Thankfully, right from the start, I met the right people who warmed me so to speak about a high fat raw food diet and then read the 80-10-10 book by Dr Douglas Graham and that was it. Since childhood, I could eat bowls and bowls of fruit and when I found out you could live on it, I felt I hit the jackpot. I was enjoying all these boxes and bags of fruit. I was on an anti-candida diet before and I constantly craved fruit so by the time I had read the 80-10-10 diet, and found you can actually eat an abundance of fruit, it was my happiest day ever.

Anthea:

Tell us about your transition. Was it easy for you? - or did you have some struggles?

Yulia:

I loved some steamed veggies here and there to begin with. My motivation to get better and heal was much stronger than my desire to go back to the old diet. Every single cell of my being resonated with this lifestyle and it was just the desire to embrace it into my life to lead a better and healthier life. I would say that my emotional and mental detox was pretty tough. I had a lot of clearing and my childhood memories were coming up to heal and we also made a mistake of overeating on the fruit to start with so that made the journey much harder. When we

balanced that, we started experiencing different results. I would say I'm the kind of person generally who just keeps going for it. I know that my body can reward with me amazing levels of health, fitness and vibrancy. I'm the one who can get myself to that level.

I went through a lot of sickness in the past, I felt very low in the past and there was nothing for me to go back to. I very much embraced the opportunity to liberate myself from all of those diseases and heal on a level.

Anthea:

Yulia, we got to hear Karen Ranzi on the summit talking about Raw Vegan nutrition for children and families, so I don't want to go too much into that, unless listeners would like to specifically ask you a question. What I'm *really* interested in is your personal experience in birthing your daughter on this diet. What was your pregnancy experience? Did you have morning sickness, any cravings for particular foods, and tell us about the birth of your daughter, Elanie?

Yulia:

Thankfully, my pregnancy experience was very different compared to a lot of pregnancies that you hear about. It was healthy from start to finish, no morning sickness - in fact I did not experience any pregnancy related issues. I had no swelling, no gestational diabetes, high levels of protein, and backache until around 39.5 weeks. Even then, it was really back tension. I continued to run, cycle, swim, lift weight - of course the intensity of the training was adjusted.

I had cravings. Basically bananas really helped me to sustain this lifestyle and during pregnancy, I had an on and off relationship with them which made it challenging for me to meet my caloric needs. I would crave starches and also salt and I did add a small amount of some days. I also craved fat from around 6 months. That was easy to meet with avocados, nuts and seeds. I also had some odd cravings for mustard and white onions.

Elanie was 9 days overdue and she decided to arrive in the middle of the cyclone in Queensland, Australia. We were preparing for our roof to be blown away and I was sitting on a mattress in the bathroom. I couldn't give birth at home because we started to flood and there was no water or electricity. Although we stayed at home, my midwife couldn't come because she got cut off by the flood so we decided to do unassisted birth at a natural birthing center. The upset probably delayed the birth but my active birth last 9 hours, naturally when she was born and was landed on my chest, our eyes locked and she was so alert already. All the stress I went through just dissolved and healed and it was a magical experience.

Anthea:

Not the best conditions to be birthing a child in - you painted an interesting picture.

There is an opinion among some vegans that there is overpopulation? We shouldn't be giving birth to more children. What are your thoughts on this?

Yulia:

It's something that I personally believed in for a while but I truly had desire to give birth and raise a conscious child. Make sure you don't simply adopt someone else's belief. Look into yourself and see what you truly desire for yourself and don't deny the natural instinct to bring new generations to this planet. I'm sure that the planet is crying out for conscious generations who can take it forward. Imagine if you go through a conscious and healthy pregnancy, then you practice attachment parenting, breastfeed your child for several years, feed them with clean food, educate them in a creative and respectful way and raise them with high values, then we are talking about generations who are part of the solution not part of the problem.

Anthea:

I suppose if we consciously raise them, then hopefully they will be bringing something that is really needed to our planet today.

Yulia:

Imagine if someone does have 7 children and they all go out and change the world. If we educate people to live consciously and use technology for a beneficial way for us and the planet, were talking about a different generation.

Anthea:

How old is Elanie now and are you starting her on solid foods yet? What have you noticed about her temperament? Does she settle well?

Yulia:

She is 6.5 months now and we haven't introduced her to solids yet. I believe solids should not be given for the first 6-9 months of the baby's life and only mother's breast milk should be given to feed. Then they can be introduced to fruit first and then green smoothies. It really affects me deeply when I see parents feeding their children with grain and meat when they are just 7-8 months old. I see them becoming overweight, obese and diseases are forming in the body. It's something I think we need to reevaluate and feeding our children with natural food is the way to go.

Overall she is a settled baby, she does have some unsettled spirits sometimes - now she is feeding. She was a little unsettled when she was born for the first 3 months or so - she's just a normal baby. People have commented and we've also noticed just how

strong she is. She's a real powerhouse. She's highly alert, she totally jolly and a huge smiler. We recorded one of her laughing sessions for our YouTube channel. She is also very social. She loves nature - animals and touching trees.

She is an early developer - she started crawling at just 4 months of age. We feel that giving her her natural diet has helped her development.

Anthea:

Crawling at 4 months - amazing! She sounds adorable.

Are you following an attachment parenting style approach, such as Karen promotes?

Yulia:

I call it raw parenting. A parenting that is stripped of all the old programs and fears of falling in love with your child and nurturing your child. I believe that parenting starts at conception because there is a whole pregnancy to go through. The child is already there so taking care of yourself during pregnancy, eating healthy, exercising and connecting to your child is also part of parenting I believe. Personally, We talked to Elanie. We sang her songs, told her stories and I would go through visualisation so it's interesting that Elanie is highly vocal. She loves when I play the recorder to her and really enjoys vocalising and singing songs. I would definitely recommend to other parents to be spending time with their baby right the way when they are still inside.

When the baby is born, just how beautiful is it so sleep next to your child. It is always easy for feeds at night, because you don't have to get up. When you wake up hugging together, nursing and seeing your child smile - I think this is something we would do in nature. Attachment parenting is very much natural parenting. I feed her on demand, which doesn't actually mean every two hours, for me personally, it's more frequent. In more simplistic indigenous cultures, they don't follow a schedule - they just feed their babies on demand.

I also believe that we should carry our babies. It has tremendously positive effects on their development. They are right next to their mother and father. They hear their heart beats, they feel their touch. They touch their skin and they learn more about the world this way. I am going to breastfeed Elanie for as long as she desires, which is going to be a few years. I am not going to wean her before she is ready because I think it is traumatic for a child to have that need and then see all of a sudden that it's not met. We will also co-sleep with Elanie for as long as she chooses and then when she is ready to move on, we will just let it happen. It's a simple and natural need of the baby not to be separated and put into a cot, given bottles and allowed to try it out. What babies need is a lot of nurturing which is something that is greatly suppressed in our society - emotional intelligence. This is when we feel things; we have that inner guidance and intuition, that connection to our bodies and the world

around us. We check with ourselves 'how does this feel?' and we go on about life in a more respectful way with regards to people around us and the planet.

We think about the consequences. Veganism comes into. Raw vegan is making healthy living, healthy living is sustainable. Attachment parenting allows children to develop in a way that advances them, not only in intellect, not only in the mind, but also progresses their emotional intelligence which I think is something that we definitely lack in our society.

Anthea:

You've been on this diet and whole lifestyle program for a number of years now. Did you do anything special to prepare for your pregnancy?

Yulia:

This lifestyle was part of my preparation, and my hubby's too. The health of the father is just as important as the health of the mother. It took me a while to restore my health and recover from all the previous health conditions that I had in the past and it also made a very big shift in my thinking. That's another aspect in my mental/emotional/spiritual self. Also getting to the point where I was my fittest ever.

Anthea:

There is a lot of focus on food but being fit, limber and loose joints and open body to carry and birth, strong spine and muscles is important too.

Tell us about what you ate during pregnancy, then while breastfeeding and have you supplemented with anything at all?

Yulia:

During my pregnancy, I very much stayed on the high fruit, raw foods diet because it is the lifestyle that makes me feel amazing. However, on some days I couldn't eat as much food so I didn't have the desire for fruit. If tomatoes had enough calories, I would have just bought them. I included some cooked veggies here and there to get through those times and then I would go back to eating fruits.

I would eat around 2-3 avocados in the evening during pregnancy. I enjoyed bananas more afterwards so that helped me meet my caloric needs.

I was a bit low on B12 and iron to begin with so I supplemented with them and also had some barley grass. I experimented with iodine, but found it didn't work for me. Despite taking B12 throughout, I still found I was low in B12 towards the end of pregnancy. I took sElanieum afterwards, B complex, B12 and iron. I would recommend

you get your blood tested throughout your pregnancy and not just rely on supplements.

Question from June:

What do you think the natural position is to give birth? I have heard that my standing or squatting, gravity helps the baby coming out.

Yulia:

I would say that when you get to that point, don't think about. For me personally, there was a lot of squatting and I didn't enjoy being in water. I knew long before that I wasn't going to give birth in water, I just felt that I needed that gravity and my feet on the ground. Water was relaxing me too much so I got out of the pool and when I went into the last stages of labor, I was just squatting and had plenty of animalistic sounds. Don't think about what staff are thinking around you, whether your neighbors think something is happening that's bad. My midwife said that when women give birth at home, they fix a note out side of their door saying 'birth in progress, please do not disturb'. Because people call the police if there are really loud noises.

You can have a fixed position in your head but all of a sudden you discover that it doesn't work during your labor.

Anthea:

Did you experience any objections from your family or friends, or even doctor about having a baby on a raw vegan diet and raising that child on the same diet, and if so, how did you handle those?

Yulia:

After we conceived our child, we were already 4 years into this lifestyle and we were thriving. We were fit, healthy and positive. What we noticed about the families was that they were becoming more and interested in what we were doing. We certainly did go through some tough times to begin with but then they witnessed getting healthy and fitter. What can they say if you are thriving? My mom and sister are going more in this direction with positive changes, and told others about me getting pregnant and having a really healthy pregnancy. No family objections, just the protein question.

I didn't say to my doctor in Thailand at the time. I didn't feel he needed to know that because we were not going to birth in Thailand - we were birthing in Australia. My midwife told me that I was going to have a small baby and I need to eat more protein; more nuts and seeds. I felt it was just perfect, and gave birth to a 3.4 kilo girl. (7 1/2 pounds)

There is a lot of fear around it but you naturally eat extra protein by eating extra calories. You don't put on extra weight and afterwards, you recover much faster.

Anthea:

Yulia, before getting pregnant you participated in triathlons and ran an endurance race of more than 44kms. Were you always such a fit chick? And do you see this continuing into the future? What kind of exercise are you doing now that Elanie has arrived? What did you do during pregnancy?

Yulia:

I wasn't actually a fit chick before this diet, in fact before switching to it, I hardly had any energy to get out of bed. I had chronic fatigue and all the other issues and Paul was really concerned about my health and my psychological health as well because when you don't have the physical strength, you don't have the psychological strength - the zest for life. I felt very low.

The fact that I was able to get to the point in my life where I could run for hours and take part in races is really all due to a fruit based raw vegan diet. I would also say that it made me much healthier than I've ever been and much stronger in mind and spirits. If you get to a very fit level, you don't have to run marathons, you don't have to compete in races but just get to a level where you are fit and slim and then it's going to hugely benefit you during your pregnancy because you need to have so much strength to carry that child.

Part of the reason why I didn't have any backache was due to my abdominal and back muscles being strong and now I'm carrying Elanie around, I don't actually get tired. People tell me that they are carrying their baby all day long and they can't lift their arms but that doesn't happen to me. I think it's a very different experience when you have been fit.

During my pregnancy, I did the same thing. I just adjusted the duration and intensity. I was running for 35 weeks of my pregnancy - until it got a bit uncomfortable. I was cycling for 36 weeks. I was swimming right to the very end of the pregnancy. I was walking, lifting some weights, doing some yoga - so I stayed very fit and I loved exercising during pregnancy. I felt so connected to the child and this eternal spirit that carries on.

At this point in time, I'm not planning on doing long distance running because I'm a nursing mom and I like to be with Elanie. I can't go away for a long time. However, I certainly keep myself fit - so I'm back to running, I do sprinting and I do cycling, swimming and weights and yoga. We do plenty of walking with our daughter. I generally cover between 4-8 kilometers by foot and that is usually walking or running twice per day.

I'm enjoying doing what I can do and looking after Elanie in the meantime.

Question from Tasha:

Do you carry her while you are running and sprinting?

Yulia:

No, that would stress her out. I go for a run and Paul carries Elanie. I'll go for a walk with her and this is how we do our training. Paul does his workout for 30 minutes, I look after Elanie - I do my work out. It's team-work for sure.

Question from Isobel:

Could you please explain to me why my vegetarian nutritionist says that I should not change from vegan to raw vegan due to the fact I live in Portugal, which is not a tropical, hot country? In Portugal, we have mild weather, it is never too hot nor too cold. My nutritionist says that with a raw vegan lifestyle, I should have some health problems because we need to eat hot things in order not to have too much humidity in our body. In her opinion, that is also the reason to put on weight, having too much humidity inside our bodies.

I also have another doubt. I don't have diabetes but my whole family does. I am very careful with what I eat in order not to get that disease and my nutritionist says that I must not eat more than 4 pieces of fruit per day and always with something else in order not to raise my blood sugar level too much. In her opinion, this is one con of the raw vegan lifestyle. Could you explain this to me. I love fruit very much and just love the idea of being a raw vegan but I must confess that I am afraid of that due to the reasons I have exposed.

Yulia:

Firstly, let's talk about Portugal and whether or not it is an appropriate place. I think that a lot of raw foodists who are living this lifestyle would dream of living in Portugal because you have warm weather for the large chunk of the year and you also fruits grown there. A raw vegan lifestyle is really our natural diet and regardless what environment we live in, we still need to eat a natural diet. For example, people who do this lifestyle in colder climates - last year I coached a client in Canada and they were experiencing the coldest winter recorded on planet Earth - it was something like -55 with them and she was doing this lifestyle and felt good on it. During the cold months of the year, it is certainly a case of eating a few more calories to keep your body fueled, however, it's not necessarily the case of going back to warmer/comforting foods, although you can warm up your food in a dehydrator for example or in your blender to just make it more comforting, but your body still requires those raw materials - the nutrition upon which it can create the level of health you are looking for.

I've also consulted with lots of different nutritionists and one of them gave me advice of eating just apples and pears because I had candida - even so I was craving sugars and the anti-candida diet really made me unbalanced hormonally and mentally so in my opinion, it's not something to choose at all. Also, your nutritionist has been educated probably by the mainstream institution to give you that kind of advice, so probably she hasn't experienced a fruit based raw vegan diet for herself.

If you go do see a doctor for example, a doctor will never recommend you this lifestyle. They will tell you that you will become deficient and not be able to do it. But we see thousands and thousands of people around the world who live this lifestyle and thrive on it, healing their past diseases and preventing diseases of the future. It's not really accurate advice in my opinion.

Regarding diabetes - I think Tasha is the expert. I would say personally, just observing how many people overcome diabetes by following this lifestyle and this lifestyle will certainly prevent the risk of you getting it in the future.

Anthea:

You are seasoned travelers - India, Turkey, Egypt, Brazil, Ecuador and Peru to name of some of the places you've been. What are your best tips for staying raw while globetrotting? Is Thailand your favourite so far - you seem to keep coming back?

Yulia:

Staying raw while travelling is about planning - planning your meals. As soon as we get to a new destination, the first thing we do is put our bags down and go to the supermarket, markets or fruit vendor and we buy our fruits and we our fruits so hopefully it's ripe. We eat dates and mix them with apples and try to be as creative as we can be. It's possible to do this while travelling. It's more challenging but the way you feel is so wonderful that it compensates.

I know if I ate cooked food, I would be recovering from my travels a lot longer and on a raw food diet we adapt to time differences much faster. In regards to Thailand being my favorite so far - it's interesting, after the birth of Elanie, we went there and we just felt that it was not really the place for us anymore. At this present moment in time, we are in Bali, we would like to live in Costa Rica.

Question from Miranda:

Are you still coaching people? Do you help with specific health problems and educating about overcoming certain health problems?

Yulia:

Both myself and Paul do coaching. During my pregnancy, especially towards the end, I wasn't doing it but now I'm back to coaching people. We help people with many conditions on this lifestyle and we have got clients all around the world. You can find out more about it on our website RawsomeHealthy.com.

Anthea:

So you do coaching with your amazing husband, Paul. Tell us about your most recent book you've co-authored with Paul.

Yulia:

It seems to be a trend among people - they recover their health issues of the past, they feel very good and get fit and slim and want to help other people and this is very much what we wanted to do also and this is why we started our website Rawsome Healthy. It's just wonderful to help those people who want to live their lives to the full and overcome their diseases and be disease free. We over education and coaching at our YouTube channel - YouTube.com/rawsomehealthy - we've got many videos there. There is practical information and tips.

Literally, just before this show, we released a new book called Thrive on Raw - An Easy and Practical Guide to Starting and Succeeding on the Raw Vegan Lifestyle. We've already got several products on the raw food diet on our website, however we wanted to put together a really concise guide that will give practical bits and pieces on how to implement this lifestyle into people's daily life. So we give a lot of information on how to transition, how to create your own menus, food combining, how to avoid cravings, how to make the most out of the raw food diet, supplementation and also other aspects of health like how to sunbake consciously. What about - sleep, hydration, exercise, most effective way to get fit and how to change your inner self because creating positive self image is something that we talk about in the book.

If you've been sick and low and overweight for a long time, you would have identified yourself as that person but now you are becoming a new person and it's just changing that self image, believing that you can be a different person and you can manifest a healthy you, fit you and slim you and even you can create healthy generations - something that is always very important.

If you would like to explore our new book, and we've also put some special packages along with it to just help you on your journey, the link is <http://www.rawsomehealthy.com/thriveonraw>.

Anthea:

Yulia, You have a gift for people on the call today. Would you like to share what it is? And how they can receive their free gift?

if you go to our website at <http://www.rawsomehealthy.com> you can grab yourself a free five day raw food eating plan. It shows you how your days should look like and has yummy recipes and some tips on staying healthy. You can also view our videos on YouTube and connect on Facebook - [facebook.com/rawsomehealthy](https://www.facebook.com/rawsomehealthy) and we post information on that regarding this lifestyle and our journey and various things to empower people. Please feel free to like us on there also.

Anthea:

It's been so great talking with you today - keep reaching out and inspiring us all in reaching great heights on this diet. You just glow. Thank you so much.

Yulia:

Thank you Anthea. That's lovely feedback and is very much appreciated. I really believe in this lifestyle - I know that there are sweeping changes that we need to do - nonetheless, it's really something that helps us create our new selves - not just physical health but also emotional/spiritual/mental health and that incredible connection to your gut - that real clear feedback from your body that you hear and about the future generations that we can help to create with the help of this diet and preparing yourself for pregnancy with it, having a healthy pregnancy and giving birth to a healthy child - it's such a beautiful thing to do and I really think that is what we are here for. We are for future generations, not just for ourselves. I know that we have a role to play and we are those who came to do it and the time is now.

Thank you Anthea for this Rawmazing summit - it's such a wealth of information and is so inspiring and empowering to see this community grow and see more and more people coming into it and changing their lives.

Anthea:

It's certainly been an amazing experience just putting it all together and getting to know all of you. I completely agree with what you are saying about being able to create a more conscious generation and a healthy generation - it's an important role that we can play and an important contribution that we can make to the planet.

Thank you to everyone listening in on this call.