

Harnessing the
Power of
Raw Food
- The Easy Way

By Yuri Elkaim, BPHE, CK, RHN

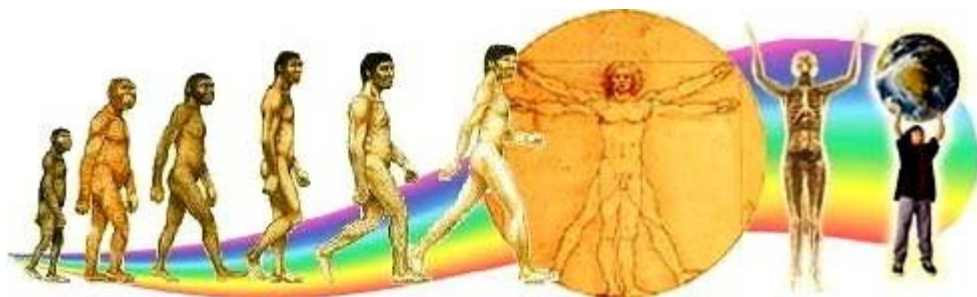
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by

Yuri Elkaim, BPHE, CK, RHN
Author, [Eating for Energy](#)

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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Welcome friend,

Consider this report a beginner's guide to help you get started with the raw food diet and inspire you to get more raw foods into your existing diet.

My intention throughout is not to convert you into a raw foodist but rather to highlight the power of adding MORE raw foods into your existing diet.

The information in this report is not meant as medical advice but it will surely assist you in living a healthier and more energetic life, simply by improving the way you eat.

Raw foods are powerful...and you're about to find out why.

Thanks again for downloading this report (which was actually supposed to be sold as a \$49 product) and I hope you find it very informative, inspiring, and helpful for you to reach your full health potential.



Eat alive and you will thrive!

Yuri E.

Yuri Elkaim, BPHE, CK, RHN
Author, Eating for Energy

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Why Should I Eat Raw?

Let's start by looking at a very common question that I get asked and that you might be wondering as well...

"Why should I even follow a raw food diet OR why should I incorporate more raw foods into my diet?"

First off, I could tell you about all the benefits of doing so or read you hundreds and thousands of testimonials but I'm not going to do that because it's not really going to hit you where it needs to hit you.

What you need to do is experience it for yourself and, I guarantee by the next day, you're going to feel so much better than ever before.

Literally, within 24-48 hours you'll have experienced the **POWER** of natural living foods and you'll start to understand that **to experience** is really the only **TRUE** way to understand why you should eat more raw food.

But until then, let's look at a few powerful reasons why you should eat more raw foods..

The first reason is definitely weight loss.

A lot of people are looking to lose weight. You might be too.

But the problem is that there's a ton of garbage out there in the "diet and weight loss" industry.

The promise of quick weight loss without considering the health ramifications of various approaches is a serious problem.

Heck, you certainly won't see advertisements for fruits and vegetables on TV, that just doesn't happen, there's no money in it.

The big money is in packaged, boxed garbage foods, and man-made foods - these are all **DEAD** foods,.

That's where the money is, that's what we are exposed to every time we turn on the tube and that's what most people tend to consume, simply because we become what we think about.

In contrast to fancy packaging and mouth-watering commercials, natural raw foods (ie. fruits and veggies) are not sexy. It's not sexy to eat lettuce or kail or various fruits but you know what, you've got to do it.

When it comes to losing those unwanted pounds, removing foods that really shouldn't come into your body from the get-go will help you out big time.

Furthermore, eating more raw foods will help you lose weight for the following reasons:

- **They contain more fiber**, which makes you feel full faster and improves your bowel movements.
- **They are rich in food enzymes**, which assist in the digestion of the food that you are eating, minimising the likelihood of undigested foods making their way through your digestive tract.
- **They contain tons of water**, which satiates you and prevents you overeating.
- **They contain VERY high levels of minerals**, which tell your body when enough is enough. [NOTE: your body actually craves minerals, not calories].
- **Raw foods contain fewer calories**. Naturally, fruits and veggies contain fewer calories than hamburgers, fries, milk, cheese, breads, etc... So, by adding more raw foods into your diet, you get more nutrition without the garbage calories.

As you can see, weight loss is definitely one of the biggest benefits to following a raw food diet.

Plus, having helped over 47,000 people eat healthier, I really haven't noticed many people who are strictly raw and overweight. The two don't go hand in hand.

The second BIG reason for eating raw is...

Having WAY more energy!

When I started going raw a few years ago, and removing the foods that my body was sensitive to (ie. wheat, dairy, etc.), I was thriving on about five hours of sleep a night and I felt great.

And even though I do eat some cooked foods nowadays my energy levels are still sky-high. And for me, that's massively important.

What would having more energy mean to you?

Imagine spending more time awake doing what you love. Imagine not needing to take a nap to get through. Imagine not having to rely on coffee or energy drinks for sustained energy.

That's what eating more raw plant-based foods will do for you.

Before we continue I want to briefly share my story of having no energy to where I am today. I think it will resonate with you.

Several years ago, I played professional soccer with one of the biggest clubs in France.

Having played soccer my entire life and valuing my health and fitness it's surprising that I never really ate fruits and veggies.

And that really hurt me, especially at the top level since I constantly needed to take a nap just to make it through the day.

I was training twice a day, my body was breaking down, my performance was going down the drain and I was eating pastas, breads, cereals and very, very few fruits and vegetables.

But that all changed for me when...

(Yes, you guessed it) I started to incorporate more raw foods into my life.

Previous to my pro soccer career which was plagued by constant fatigued, I actually developed an auto-immune condition called Alopecia, when I was 17 years old, which caused ALL of my hair to fall out.

Pretty crazy what can happen when you don't eat well.

However, as I've healed my body and eaten more raw foods that resonate with my body my hair has come back.

But as you've seen, I still have a shaved head. That's because after 14 years of not having hair I actually like it that way. Using a razor once a week beats going to the barber, any day.

The third important reason for adding more living foods into your diet is to...

Better your health (dramatically)

I'm constantly amazed at the number of ailments and conditions natural raw foods can alleviate.

I'm not going to use the word "cure" but my simple approach to raw foods has helped people bounce back from all kinds of illnesses, ranging from acid reflux, gallbladder stones, kidney stones, osteoporosis, diabetes, cancer, and more. It's crazy!

But there's a simple reason for this...

As Hippocrates once said, "Let food be thy medicine and medicine thy food".

That pretty much sums it all up.

If you don't want to get sick anymore, if you want to overcome an illness or disease (or prevent one from occurring), fortifying your body through food is the MOST powerful, healthy, and sustainable way to do so.

Don't wait for the doctor to have you relying on some crazy side-effect inducing medications or other nonsense.

It's simple really...

Just start today by adding ONE more fruit or vegetable into your diet. Do that for a week, then next week, add a SECOND one. Rinse and repeat.

In no time, you'll be healthier, more energetic, and slimmer than ever!

Do I Need to Be 100% Raw?

My answer is...

It depends on what you're capable of maintaining on a regular basis. If you go 100% raw and then can't maintain it, then beat yourself up for failing, then that's not a healthy way of approaching food.

I've experienced tremendous benefits with a diet that is generally 80% raw.

I'm not a hardcore raw foodist. I still enjoy the occasional pizza if I go out with friends. I'm not a fanatic. I'm all for moderation but I do believe that incorporating more raw foods into your diet will make a huge difference.

The ultimate goal with any diet really is to find something that will be sustainable for you. You want to be able to follow the "healthy path" at least 80% of the time. The other 20% you can let yourself go a little, if you want.

I don't like to consider my approach a "diet". It's really just a matter of eating healthier, one step at a time.

By simply adding more raw fruits and veggies into your existing diet and perhaps removing a couple of foods that shouldn't be in there you can start to make a big, big impact on your health and your waistline.

You don't have to be 100% raw, you don't have to be a hardcore raw foodist. If you do, that's totally fine and that's great. If you want to be 50% raw or 80% raw, whatever is going to work for you will make a difference.

But just remember this, wherever you are today, **you can only get better by incorporating more raw fruits and vegetables into your diet.**

No one is going to become less healthy by incorporating more fruits, more veggies, becoming more alkaline, adding more enzymes - it's not going to hurt you.

So do what's best for you keeping in the mind that ultimate goal is to eat more plant-based foods. Pretty much every study in the field of nutritional sciences will point to eating more plant-based foods as a means of preventing disease, losing weight, and living longer.

What the Heck Are Food Enzymes and Why Do I Need Them?

Their are 3 classes of enzymes.

First, we have food enzymes.

If I eat a raw food, like a banana, it will contain food enzymes that help digest itself - the actual banana.

That's a food enzyme and they come standard with every make and model of natural foods in their raw state.

Next, we have metabolic enzymes, which are produced inside our body. These metabolic enzymes are involved in every single process (outside of the digestive tract) you could possibly imagine from blinking to jumping. They are even helping me write this report for you!

Every single possible reaction within the body requires metabolic enzymes.

And finally, we have digestive enzymes.

Digestive enzymes are enzymes produced in our pancreas and they are secreted into the digestive tract to help your body digest foods.

And this is where eating more raw foods starts to have a big impact for you...

Because raw foods contain loads of food enzymes, your pancreas doesn't have to produce and secrete as many of its own.

Raw foods don't deplete your body of enzymes like cooked foods do - they give your body enzymes!

When a food is cooked about 118 degrees Fahrenheit, it loses its natural food enzymes and becomes dead. It no longer has any life force.

This makes life for your body a little more difficult because it has a finite number of enzymes in its "enzyme bank account".

Because of this limited enzyme reserve, the more you deplete those enzymes out of your body (by eating a lot of cooked food) the more your body has to work on digestion and the less energy it's going to have for other important processes.

There's even research which shows a correlation between how long you live and the number of enzymes in your body. Very simply, **when you run out of enzymes, you run out of life.**

Understanding the importance of food enzymes is so crucial that I've devoted an entire chapter to it in my best-selling raw food program, [Eating for Energy](#).

In fact, on page 67, you'll be shocked to discover a scary finding that over 50 scientific studies have pin-pointed back to low enzyme counts in the human.

In the meantime...

Raw foods are full of food enzymes which means that these enzymes are coming into your stomach and facilitating digestion, which allows your pancreas to take a breather, instead of having to constantly crank out tons of digestive enzymes.

I hope that makes sense.

At the end of the day, the goal is to save your body's enzymes and bring more food enzymes into your "bank account".

Where Do I Get My Protein on a Raw Food Diet?

Ah...the good old protein question.

Well, I'm glad you asked because this is a very interesting discussion which I think you'll find rather illuminating.

The first thing you need to remember about protein is that you've been lead to *believe* that you need a lot of it.

Through magazine ads and old-school bodybuilders we've ALL been brainwashed to believe that eating lots of meat is what we need to do in order to get big and strong, right?

Even the Canada Food Guide says that us Canucks (and pretty much everyone else) need about 15-20% of our calories to come from protein.

But this is interesting...

The World Health Organization says that 99% of the population only needs about 5% of their daily calories to come from protein. The USDA is a little bit higher, 6.5% —it's staggeringly close to 20%, isn't it?

NOT.

Why the discrepancy? Well again, a lot of it is misinformation, a lot of it is marketing, and a lot of it is money.

There's big money behind meat (ie. cattle farmers, etc...) and the whole protein supplement industry.

But enough about the political stuff. Let's get into the food itself.

Consider this...

Look at three of the strongest and biggest animals in the world - the gorilla, the giraffe, and the elephant.

What do they eat?

Are they eating other animals? Nope.

Let's look at the incredibly strong gorilla. What does it eat? Leaves and berries, right? Giraffes, what do they eat? Leaves. Elephants, they're eating grass.

Heck, what about cows - our very best source of protein (supposedly)? They eat grass too.

What is going on here?

The biggest, strongest, longest living wild animals are all eating grass and plants.

Doesn't that tell you something?

And yes, I understand that we humans are NOT *those* animals, but we can certainly learn a lot from what they're doing.

Here's another tidbit of information for you...

Vegetarian animals tend to live longer than meat-eating animals.

So let's look at the common sources of protein in the typical human diet.

- eggs
- dairy
- meat

These are generally the foods that come to mind when we think about protein, right?

Let's look at a chicken breast for a second.

Generally, there's about 20 grams of protein in your average chicken breast. But here's the kicker...

What happens is that when you cook that chicken **you denature it's enzymes and overall protein structure**. That's what HEAT does to the chemical structure of proteins (and other nutrients).

Enzymes, as you now know, are forms of proteins. When you heat proteins, they coagulate. They basically bind up and get really, really tight. Think about a fried egg.

When you crack an egg out of the shell into a frying pan and you heat it, it becomes solid, right?

So, from that liquid form, it condenses, solidifies and becomes really compact. That's what happens to proteins when you cook them, when you heat them.

What this mean to you is that **when you COOK proteins, you make their digestion that much more difficult.**

And that's part of the reason that you may get tired and/or bloated after eating a heavy cooked meal that includes animal protein.

That's also why many naturopaths and nutritionists will recommend eating soft boiled eggs instead of hard-boiled eggs for clients who have digestive difficulties.

Not only does heating make protein tougher to chew and digest but it also destroys a great amount of the protein itself.

So, if you have 20 grams of protein in that chicken breast, by the time you bring it into your body after it has been cooked, you might be working with half of that.

Then, your body has to work on digesting that protein, actually breaking down all of that compacted and complex protein molecules from the cooking process.

From that solid mass, your stomach and it's digestive juices have to somehow break down that chicken protein into its basic amino acid building blocks.

Single amino acids make up proteins and, in the body, we store amino acids in the liver. And your muscles and most of your physical body is built from these amino acids.

If you think about it...

We're kind of working backwards by eating meat (complex protein) and then working really really hard to break it down into its amino acid building blocks.

Then, our liver has to go to work to convert these individual amino acids back into complex proteins that the body uses to build new tissue.

Sounds pretty laborious, right?

Here's what animals like gorillas and elephants (and vegetarians) are doing. They're eating plants which directly provide the amino acid components of complex proteins, so no complicated digestion required.

These raw amino acids are easier to digest and assimilate into the body.

There's no breaking down and then building back up.

It's simply—boom, building back up.

And if the digestibility issue hasn't made you uncomfortable enough how about this...

Green vegetables have MORE protein (gram per gram) than animal products.

The only difference is that, it's easier (and perhaps more feasible) to eat a 20-ounce steak, then to eat the same amount in kale (for instance).

But that doesn't mean you shouldn't try. Or at the very least, eat some kale with your steak.

Again, I don't work for PETA and I'm not an anti-meat activist, I'm just putting the information in front of you so that you are more educated about this topic and can therefore make healthier decisions in the future.

But...

There are still other issues with eating lots of meat that I discuss in much greater detail in *Eating for Energy*.

In it, you'll discover the REAL dangers of eating too much eat, what it does to your body's pH, bone health, and more.

==> [Click here to learn more about Eating for Energy](#) <==

Here's another important idea to consider...

EVERY food contains protein. It's just that some contain more than others.

That's why if you're considering eating more plant-based the issue isn't really about getting enough protein, it's more about getting enough CALORIES from varied sources.

I can guarantee that even if you went vegan starting today (you'd have B12 stores for the next 8 years, so don't worry) and ate enough calories (from good whole foods) for your metabolic demands, you would get all the protein you would need.

And even if you work out and want to develop a strong physique, you can still do this on a raw food diet.

Personally, my body feels so much better after following more of a raw plant-based diet. In fact, my workouts are so much better. **I have more endurance and I'm pushing more weight than ever.**

I eat animal products maybe 1-2 times per week. The rest of the time, I'm fueling my body with incredible smoothies, juices, salads, and other amazing plant-based meals.

You can too, if you want to.

Before we finish this discussion on protein, there's one more objection I'll deal with here...

The question, "*Don't plants ONLY provide incomplete proteins?*"

Historically, the thinking was that because plant foods didn't contain all the essential amino acids, we would have to combine them in a particular meal to get the "complete" protein.

For instance, eating corn with rice as opposed to either one alone.

Well, in recent years, research has actually shown that none of this even matters because **your liver is an amino acid warehouse**.

It houses all the amino acids you need and, therefore, if you miss a particular amino acid at a given plant-based meal, your liver will piece together the puzzle and complete the protein inside your body.

It's no wonder the liver is our MOST vital organ.

I hope this discussion on protein has caused you to look at animal products a little differently now.

I'm not looking to start a debate about which way of eating is better or whatever. In fact, if you're mad at me for making you feel uncomfortable with this information, then you'll probably be sending me hate mail after reading for [Eating for Energy](#).

But after that rage has subsided and you are healthier, more energetic, and slimmer than ever by following some of the natural nutrition principles I share with you, I'm sure I will feel a bit safer.

Ok, How Do I Get Started with Raw Foods?

The first thing you need to do is get really, really clear on what it is that you want. Do you want to lose weight? Do you want to have more energy? Do you want to incredible health so that you never have to visit your doctor ever again?

If you answered yes to any of these questions then a raw food diet is a great option for you.

For instance, when it comes to losing weight, diet is such an important factor. Even as important as exercise is, diet is probably 70% of the equation - this coming from a guy who's developed more than 146 workout programs!

But the problem is that there are so many different diets out there to choose from and, as I mentioned earlier, most of them don't consider your health.

The beauty of eating more raw foods is that the focus is on HEALTH.

Weight loss comes naturally as a by-product.

I tell people all the time...

"If you eat for health, EVERYTHING will fall into place."

The reason for this is that...

How you heal anything is how you heal everything.

The healthiest way of eating to lose weight is also the same way of eating to have more energy, get rid of acne, prevent diabetes, and improve your bone density.

Ok, now let's look at how YOU can start transitioning your diet to more raw food. Again, how much raw you want to incorporate is up to you but just remember... the more the better.

Step 1 - Minimize or Remove Allergenic Foods

When I first transitioned from a Mediterranean cooked food diet to more of a raw foods diet, I basically started by eliminating the foods that were killing my body - literally!

I'm talking about allergenic, problematic foods like wheat (bye bye gluten) and dairy predominantly.

I would suggest that removing these 2 categories of foods will be good for you too. And you might not even be "allergic" to them. All it takes is a slight intolerance (ie. bloating, gas, itchy skin, rapid heart rate, etc...) for these inflammatory foods to send your immune system into dizzying frenzy.

Step 2 - Keep it Simple

The difficulty I have with most raw food approaches out there is that they are based on complex and time-intensive gourmet recipes with ingredients that can be almost impossible to find.

For instance, making a raw pizza requires about 48 hours worth of dehydration. No thanks. I'd rather eat today.

My approach to raw foods is very simple and I think that if you take a very simple approach like simply adding more fresh foods into your diet (one by one), it will make a very big difference for you and it will be much more sustainable.

So, my suggestion for Step 2 is this...

Add ONE more fruit or vegetable into your diet each day or week - whatever will work for you - until you reach a level that feels naturally comfortable for you.

This could be as simple as eating an apple first thing in the morning. Or adding a banana to your post-workout feeding.

However, for some people, going at this full-out better suits their personality. In that case, I would recommend starting by completely raw for just one day.

By the time you wake up the following morning you'll feel like an entirely new person. That's how quick and powerful this stuff is!

Step 3 - Stick to One Approach

I think a big mistake we humans make when creating change is bouncing from one thing to the next. We seem to be attracted to the next "shiny object".

That's why it's important to start (and master) just one approach.

Hopefully, you've resonated with my approach and you can see it working for you as well.

Transition Helpers

Now that you're slightly more motivated to start fueling your body with more raw foods, here are few "transition helpers" to help you succeed.

Starting Food	Healthier Option	Best (Raw) Option
Cow's milk	Rice or almond milk	Home-made almond milk
Oatmeal	Buckwheat porridge	Buckwheat groat cereal
Meat (everyday)	Meat (1-3 times per week)	Meat (occasionally)
Whole Grain Bread	Sprouted grain bread	Manna bread

These are just a few basic ideas to get you thinking healthier. And don't worry, if you have no idea what some of the foods in the "best (raw) option" column, I give you recipes for them in Eating for Energy.

Actually, scratch that...

I'll give you several of these recipes right here so you can see just how easier they are to prepare and how great they taste.

Fast and Easy Raw Food Recipes

Home-Made Almond Milk

Makes about 4 cups

1 cup raw almonds, soaked for 4 hours or more
4 cups filtered/spring water
¼ cup agave nectar or raw honey
Pinch of sea salt
A few drops of natural almond extract (optional)

1. In a powerful blender, blend the raw almonds and water at high speed for about 2 minutes.
2. If needed, strain the milk through a cheesecloth or fine strainer.
3. Rinse blender and then place almond milk with remaining ingredients back into blender and give it a whirl.

Raw Oatmeal

Serves 1 to 2

2 cups oat groats, sprouted
½ cup blueberries (and/or any other fruit)
2 tbsp ground flaxseed
3 tbsp raisins, soaked
2-3 tbsp sunflower seeds
1-2 cups Almond Milk (see above)

1. Sprout oat groats by placing them in a bowl of lukewarm water overnight. When softened, remove from bowl, rinse, and strain.
2. Combine all ingredients in a bowl.
3. Pour Almond Milk over top and enjoy.

Wicked Smoothies...

I love smoothies. If you have a blender, you can save yourself a lot of time and get a lot of great nutrition by blending your foods.

It makes life easier for your digestive system, and since most of us have underactive stomachs anyways, if you can pre-digest your food by blending it in a blender, you'll be much better off.

So if you have a blender, here are simple ones that I love to make...

Green Goodness

Serves 2 to 3

1 head of romaine lettuce
1/2 handful of parsley
1 banana
1 apple
1 pear
Juice of 1/2 lime
2-3 cups of water

1. Blend all ingredients in a blender until smooth

Post-Workout Muscle Maximizer

Serves 1 to 2

1 banana
2 tbsp raw almond butter
2-3 dates
1/4 cup shredded coconut (or 1/4 cup organic coconut milk)
2 cups equal mix of water and almond milk

1. Blend all ingredients in a blender until smooth

Ok, I'm on a roll..

Let me finish by giving you one of favourite “fishless” sushi recipes and amazing raw food dessert that will convert even the most skeptical food critic...

“Fishless” Sushi Wraps

Serves 1 to 2

- 2-3 nori wraps
- 1 mango, sliced
- 1 avocado, sliced
- 1/4 cucumber, thinly sliced
- 1 handful of pea sprouts (optional)

1. Lay out the nori sheet and place adequate amounts of each ingredient inside. Wrap tight and enjoy.

Orange Coconut Fudge

Makes 5 to 6 cups

- 5 cups dried shredded coconut
- Juice of 1 orange
- 1 tbsp orange zest
- ½ cup agave nectar
- 1 tsp vanilla

1. Blend the coconut in a high speed blender until it becomes butter-like.
2. Add the agave, vanilla, and orange juice/zest and mix well.
3. Spoon contents onto a backing sheet and lay a sheet of plastic wrap over top.
4. Pat into a slab about ¼ inches thick and chill in the refrigerator before cutting (be careful to not over-chill the fudge or it will become too hard to cut).

Alright. You're now somewhat equipped to start enjoying some very tasty and easy to make raw recipes.

But if you want to super-equipped to making raw foods a greater part of your diet, then be sure to learn more about my Eating for Energy program.

After all, it's the #1 raw food diet program on the internet (as voted by Clickbank.com) for a reason. I'm sure you'll see why as soon as you give it a shot.

See you on the healthier side,

Yuri Elkaim, BPHE, CK, RHN
Author, Eating for Energy

P.S. Look below (the next page) for an incredible special offer just for reading this report...



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Who the Heck is Yuri?

Yuri Elkaim, BPHE, CK, RHN

Yuri has been helping people just like you lose weight, eat healthier, and get in great shape for over 12 years.

He's a Registered Holistic Nutritionist, Certified Kinesiologist, a High Honours graduate in Physical Education and Health, and a former professional soccer player.



He is the owner of Total Wellness Consulting, the co-creator of the [Total Wellness Cleanse](#), the author of [Eating for Energy](#), and the creator of the revolutionary iPod workouts [Fitter U™](#) and Treadmill Trainer™.

Yuri and his programs have been featured in numerous media including Breakfast Television, Perfect Fit, A-Channel Morning, CTV news, e-Talk Daily, Global News. He's also a frequent contributor to numerous magazines including VIVA, Impact magazine, Wish, and Fitness Business Canada - just to name a few.