About 12 years ago I decided to eat mostly raw food to heal myself after a cycling accident. I had four major breaks in my arm and shoulder, over 100 fractures and hundreds of splinters. Plus I was diagnosed with marginal osteoporosis.

I was told I would need surgery to insert a plate between my arm and shoulder to reconnect them. A pin would replace the shattered humerus.

However, I opted not to have surgery after a second doctor warned me that my arm would be amputated if I had surgery. “There is nothing to attach it to!” he insisted.

He handed me a sling with: “Maybe your arm and shoulder will come back together. No guarantees. I will prescribe some physical therapy.”

My desperation was the beginning of an 80-20 raw food diet and a new life journey.

I was back at Pilates and doing weights in the gym (painful without drugs) within three months, having learned exercise is powerful for maintaining a 7.4 alkaline body, and that the ideal way to eat was 80 per cent alkaline foods and only 20 per cent acid foods. I also learned that cooking foods not only killed the alkaline level, but most living enzymes we need to avoid digestive problems. An unhealthy gut is the precursor for all diseases.

Today I have strong bones and good health. I am still doing all the daily exercise I used to, my arm and shoulder function, and I don’t have osteoporosis. I stay healthy and strong by eating at least 80 percent raw at each meal, and supplements too.