

Chris Wark (00:00.182)

Well, hey everybody. Today I am interviewing Lissa and Nate Maris and some of you know Lissa and Nate, some of you don't. They are best known as Raw Food Romance. You can find them on social media channels, Raw Food Romance, and they both have really wonderful

healing stories, health improvement, health transformation stories that started with adopting a raw whole food plant-based diet. Neither one are cancer survivors, but they just are just great examples of the power of food. Like how much you can improve your life and your health and your energy just by changing your diet. And so I've known

I mean, I've known of them for years, Lissa for a long time and then Nate more recently. And, we met at a conference in Las Vegas earlier this year in person and just thought, man, it'd be great to have them on introduce you to them. I want you to hear their story because I know you're going to be encouraged and inspired by their stories. you don't have to have a major chronic illness to change your diet, to change your life.

And guess what? If you will take those steps to change your diet and your life before the major chronic illness, you might avoid the major chronic illness. So it's, you know, that's one of my goals is to help people prevent, you know, some of these, potentially deadly and, really debilitating diseases that are driven by our diet and our lifestyle choices. having said all that, listen, Nate, great to see you.

Lissa & Nate Maris (01:59.645)

Hey, Chris. Thank you so much for inviting us on. Yeah, great to see you too, man. Great, great podcast. yeah, hopefully this will resonate with a few people out there for sure.

Chris Wark (02:10.646)

I know it will, and I'm excited. how do we start? Do we want to start with Lys's story? And then, cause I guess your story was a little bit earlier and then, then, and then your two paths sort of intersect. So I guess we'll try to do it chronologically.

Lissa & Nate Maris (02:16.22)

Mm-hmm.

Lissa & Nate Maris (02:23.334)

Mm-hmm.

Yeah, I love that. That sounds great. Yeah. So, okay. So I learned about raw vegan diet back in 2004. I was 24. I was working at a natural health industry store, kind of like supplements, organic food and stuff like that. And I was the shipping receiving. cool.

Chris Wark (02:28.28)

Okay.

Chris Wark (02:43.775)

Same by the way. Same as me. I learned in 2004, but go ahead. Yeah.

Lissa & Nate Maris (02:48.358)

that's awesome. Yeah. So I, you know, I kind of really resonated with it. It made the most sense, obviously, to me. But for the next 10 years, I tried like hundreds of times to do a raw diet, but I was always doing like really high fat and I just wasn't eating enough produce and I wasn't eating enough calories either. So I'd get really hungry. It have blood sugar issues. And I felt better because I wasn't eating

the junk or the animal products, but I wasn't feeling like that spark that I was hoping that I would feel. So, yeah.

Chris Wark (03:26.06)

Wait, let me interrupt. So what did the high fat raw diet look like?

Lissa & Nate Maris (03:30.94)

So back when I was trying, would be, usually I'd have like one to two avocados with some greens in a smoothie, maybe like the Granny Smith apples and berries would probably be the most of my fruit. Cause I was in that fruit fear, you know, mindset. Yep. The fruit fear. And I was indoctrinated to need all these fats, right? Like, you know, oils are so good and all this stuff, but fruit is bad, you know, high sugar and everything. So I would try.

Chris Wark (03:45.292)

Yes.

Lissa & Nate Maris (03:59.984)

to do the higher fat version. And I just wasn't eating enough. And I felt sluggish and I would blame the little fruit that I was eating on my sluggishness. So I would try over and over and over again for the next decade. And then in 2014, I had just come off of like a gym membership challenge. Like we did this thing with a personal trainer and I was training almost every second day and

I was eating very low calorie. Like she would check off my journal at like 800 calories, a thousand calories. I was eating animal products back then. And I was like, if it takes this much energy and effort to like lose weight or be healthy, like, like I don't even want to bother. So that's when I started eating the worst that I'd ever eaten in my life. And I had PCOS symptoms and IBS symptoms and heart flutters and all of these things. Like I didn't have a, like you said earlier, I didn't have

like a chronic diagnosis, but I was headed there for sure. I was on my way.

Chris Wark (05:02.71)

Yeah. And you've, you've posted a lot of before and afters. mean, you were overweight pretty significantly overweight, right?

Lissa & Nate Maris (05:08.452)

Mm-hmm. Yeah, I was overweight and I had severe cystic acne and massive gut dysbiosis. Like I had Candida overgrowth since I was 19. So battling with that, I would go on constant Candida diets. And that's another thing that fueled the sugar fear was the Candida, it feeds the Candida and all that stuff. I was eating, yeah.

Chris Wark (05:13.431)

Right.

Chris Wark (05:31.608)

And do you mind if I ask how many pounds you are overweight?

Lissa & Nate Maris (05:35.74)

Yeah, so when I went raw after the first 14 months, I lost 70 pounds. So yeah, it was, and it was effortless. Like I had been trying to lose weight my whole life, you know, suffering through it all. Yeah, and it was just so easy because I was eating food that resonated with my body. But yeah, in 2014 months.

Chris Wark (05:41.314)

Yeah.

Chris Wark (05:48.558)

It's amazing.

Chris Wark (05:55.64)

What was the timeline? 70 pounds in a couple of years? Yeah, that's really quick. That's awesome.

Lissa & Nate Maris (06:04.827)

Yeah, and it was neat to watch through that process because I had always identified, you know, being bigger. So when I'd walk by a mirror, I'd look, I'd be like, oh yeah, that's me. Like it would take a second to resonate that, yep, do a double take. I was like, whoa, oh yeah. Yeah, so in 2014, I had been eating the worst of my entire life. I won't even go into what I was eating, but it was bad.

Chris Wark (06:18.968)

You do a double take, right? Like, wait, hey, yeah.

Chris Wark (06:32.812)

No, tell us, tell us. You're, mean, I know you don't have to. You were probably eating tons of processed food, fast food and junk food, right? Meat and dairy, all this stuff, right?

Lissa & Nate Maris (06:34.105)

You want to know? OK, so I know it's all good. You bet. Yep, I would go to the gas station, the corner gas station in the morning. I'd pick up two energy drinks and fried chicken and half a container of sour cream. I'd get a bag of Doritos and that would be my breakfast. And then dinner would be I'd have coffee in there as well, like the like sugary coffee with the whipped cream and everything. And then I would have.

candy as a snack, like chocolate bars and stuff. And then I would have my token vegetables with dinner, because I felt bad that I didn't have any all day. So it was usually like a pasta dish or Chinese takeout or something. And I'd get like a little bit of broccoli or whatever. But yeah, that's pretty much what I was eating. And so I would get these like heart flutters every night and almost every night in the middle of the night at like 2 a.m. And it would wake me up so dramatically. And I would feel, I

Chris Wark (07:25.475)

Mm.

Lissa & Nate Maris (07:31.385)

I would feel like I was having a heart attack. And then I wouldn't be able to get back to sleep for an hour because I'd be thinking like, what if I actually had like, is that what it feels like? Would that be a heart attack? But it was like every night I dreaded going to sleep because I was just gonna wake up from that. So that morning I woke up and I was like, something has to change. I need to go raw again. And my partner at the time was like rolling his eyes like, you're doing it for the millionth time. You know, it's not gonna stick or whatever.

But this time I'd never been vegan. I had never done the vegan thing. I understood why people chose vegan, but I never had that click connection until that day. I was watching a lot of raw vegans on YouTube and someone in the comments mentioned, if you want to go vegan, watch Earthlings, Cowspiracy and Forks Over Knives. I was like, all right, bring it on. So I watched all three back to back and I was instantly vegan. I was like,

Okay, this is why I had that click moment and I'm like, okay, well, if I'm vegan now might as well be raw because it made the most sense to me all the time. But I didn't understand why I couldn't stick to it. So I started going through my journals and I was watching more about the low fat version, which I had never tried before. So I was like, I'll give it a try. And that was, that was it for me. It was easy. I learned very quickly that I needed to eat enough calories. So a lot more abundance.

of produce, fruits and vegetables. And I worked through my fear of eating more fruit. And then, yeah, after four or five months, my cystic acne stopped breaking out. My hormones finally

balanced for the first time in my life, because I would sometimes go three to nine months without a period, just naturally. So when I went raw, those stabilized monthly and I lost.

Chris Wark (09:23.138)

That's really surprising too, because you you think about, or you hear a lot of women that lose their periods, they lose it because they're anorexic. They're too skinny, right? You don't often hear about women losing their periods that are normal weight or overweight.

Lissa & Nate Maris (09:31.387)

Mm-hmm. Mm-hmm.

Lissa & Nate Maris (09:38.168)

Exactly. Yeah. And I had so many struggles with them through ever since I started menstruating. It was just all over the map, very painful, really challenging. So yeah, it was about seven or eight months in where they started to be monthly and very little pain. I was like, this is pretty cool. But I was also eating enough. And I was thinking about back in the day when I would constantly be doing calorie restriction, severe, right? Like thousand.

calories or I'd be eating my BMR to lose weight. And I was always hungry and I was always cold, even though I was eating cooked food, right? I was always cold. But then when I went raw, I was eating enough and my temperature was a lot better than when I was under eating. So that helped my joint pain went away. I lost all that weight and I just like my whole life changed. So I wrote a book and then

Chris Wark (10:12.695)

Right.

Chris Wark (10:34.69)

Well, before we get to that, let me ask you a couple of questions about your experience. What was the first indication that this time, this method, is high carbohydrates, basically unlimited carbohydrates, and naturally lower in fat version of a raw food diet was working?

Lissa & Nate Maris (10:36.731)

Yeah.

Lissa & Nate Maris (11:01.915)

Mm-hmm.

Chris Wark (11:02.924)

Like what were the first signs you got? Was it just, you just saw the weight coming off or did you start feeling better? Like what were the first kind of few weeks like?

Lissa & Nate Maris (11:11.227)

Mm hmm. Yeah, the first few weeks, I would say it was that like I didn't lose weight super fast in the beginning, but I was feeling amazingly much better. I felt more hydrated. I had way more energy. And yeah, like like I said, my skin didn't start to clear up until about month four or five. That's probably around month four is when I really started.

Chris Wark (11:21.239)

Okay.

Lissa & Nate Maris (11:36.559)

to be like, okay, this is solid. Like, this is really working. I felt satiated. And it was a lot because I was eating enough. And the low fat had me where I could eat high carb because back in the day I wouldn't be able to eat as many carbs because I was eating so much fat, which was causing insulin issues and stuff. But yeah, it was just so nice because I was like, wow, I can eat. I can eat a lot of food and enjoy this and it tastes great.

And it was just really amazing to see that transformation.

Chris Wark (12:07.436)

And so talk about what you were eating. You know, what did breakfast, lunch and dinner look like?

Lissa & Nate Maris (12:15.448)

Yeah, so it's still pretty much the same. We have like different recipes we do, but it's still pretty much the same. I start the day with smoothie or whole fruit. I just cut that up. And usually in the beginning, it was mostly just a smoothie or a smoothie bowl. Now, Nate and I, we do first and second breakfast like the hobbits on Lord of the Rings. do.

Chris Wark (12:39.886)

Ha

Lissa & Nate Maris (12:40.698)

First breakfast is usually about 300 calories of fruit before we go for our walk. And then when we get home, we have a really big smoothie. So we have two breakfasts and then lunch and dinner. But when I first went raw, I was living in Canada. I was living in Edmonton, Alberta, and it snows maybe like seven months out of the year, many years, and it would go to minus 40 in the winter. So it was a very cold climate.

The food wasn't the absolute best unless it was summertime. So I naturally defaulted to more greens and cruciferous and those kinds of foods because the tropical fruit that I saw a lot of the other raw vegans eating were way too expensive, like \$8 for a pineapple. like, And I could buy like a huge amount of greens for that. So I defaulted more to fruit in the morning.

and vegetables in the afternoon and evening. So I would have two big salads. I would have a

big salad. I'd call it a fruiting vegetable salad. So it'd be like tomatoes, cucumber, bell pepper with tender, leafy greens with a date-based dressing for lunch. And then dinner would be like the more rough roughage stuff like broccoli and kale and radishes and all of those sprouts and everything in my evening salad where I would have my smaller amount of fats, tahini or cashews or what have you.

So that's kind of how I would lay out my day. And that really worked really well for me, because the fruit gave me the energy in the morning, and then I would get more grounded throughout the day. And I got the best of both worlds, the fruit and the greens, the cruciferous, which I love how much you talk about the cruciferous, because that's one of our absolute favorite food groups to eat. But that's basically what I ate before. And you pretty much the same now.

Chris Wark (14:28.162)

Yeah. And did you, I mean, I'm assuming you did still eat avocados here and there. Yeah. And what about nuts and seeds?

Lissa & Nate Maris (14:33.73)

Yes, yes, avocados, we're here and there. Yeah, we do nuts and seeds and I did nuts and seeds in the beginning as well. But again, keeping it at the, you know, roughly 10 % total calories from fats. So I didn't shy away from the nuts and seeds. I still do cashews, we eat almonds and all of that good stuff. It's so good.

Chris Wark (14:55.15)

Were there any books in the beginning that, that kind of informed you the most like 80, 10, 10, or any of those?

Lissa & Nate Maris (15:02.926)

Yeah, 80-10-10 was one that influenced me mostly on the ratios of what to eat. I didn't necessarily follow a lot of the other stuff. Like there's one thought that if you can't eat, you know, 600 calories of one food, then, you know, it shouldn't be eaten or something. Like some of those things I didn't really resonate as much with, but the ratios really made the most sense to me, keeping the fat percentage low and eating.

Chris Wark (15:08.493)

Mm-hmm.

Lissa & Nate Maris (15:30.298)

a lot more carbs. And for me in Canada, that was more of a wider variety, which I believe made probably the biggest difference in my health, especially when it came to my gut problems that I've had since I was a teenager. All of my gut issues went away when I started eating more variety. And Nate and I started doing gut microbiome testing in 2021. And when we started doing the testing,

our results were like 83 % or something like that. And then we worked just by including more variety of raw foods in our diet and increasing our onion, garlic, sunchoke, know, the inulin rich foods. Our gut scores went up to over 96 % out of a hundred. So it really, really high. That was Ombre Lab. And we analyze it in biome site, which is a little bit more accurate of a readout.

Chris Wark (16:17.688)
which test.

Lissa & Nate Maris (16:25.986)
So yeah, we're like, yeah, we're doing pretty good with that, but I totally attribute it to the amount of variety. Yeah, thank you.

Chris Wark (16:31.086)
crushing it.

Chris Wark (16:35.042)
I love that. And yeah, you're right. mean, you're right. Variety, you know, there've been a lot of studies on, on healthy guts and healthy populations with healthy guts and all this kind of stuff. what they've researchers have found is that the healthiest populations tend to have the most diverse microbiome and you get diversity in your microbiome from eating the most diverse possible diet. And a lot of Americans kind of eat the same stuff every day, right?

Lissa & Nate Maris (16:50.01)

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Lissa & Nate Maris (16:53.999)
Mm-hmm.

Chris Wark (17:04.609)
like eat chicken and rice and, you know, potatoes and maybe some broccoli and an apple. You know, they don't, they're not eating this vast array of all the fruits, all the vegetables, right? Nuts and seeds, herbs and spices, right? All these wonderful starches and legumes. And we tend to be creatures of habit. And so the more diverse you can eat, yeah, the more you foster those specific types of bacteria, because there's a different.

Lissa & Nate Maris (17:04.634)
Yeah.

Lissa & Nate Maris (17:18.585)
Hmm.

Chris Wark (17:33.538)
Different bacteria break down almost every different type of food. mean, it's pretty amazing. and,

so that's, yeah, that's really, that's really cool that you, or it makes me want to do that testing and see where I've never done that test. So I want to curious where I'm at. yeah.

Lissa & Nate Maris (17:38.478)

Mm-hmm.

Lissa & Nate Maris (17:50.028)

It's really fascinating to learn and then you can like adjust and tweak and then see if you're, know, because we did it with just food alone. We didn't take any probiotics or anything like that. So we were like, it was like a little mini challenge. Like, let's see how high we can get our scores. So yeah, it's fun. Mm-hmm. Mm-hmm.

Chris Wark (17:59.426)

Mm-hmm.

Chris Wark (18:05.838)

I think that's the best strategy because probiotics can actually cause a disproportionate amount of one or two strains in your gut as opposed to having a bunch of diversity. You end up with less diversity if you take probiotics regularly. So yeah, I'm not a big fan of probiotics.

Lissa & Nate Maris (18:29.313)

Yeah, neither are we.

Chris Wark (18:31.29)

Yeah, I mean, right. you know, the other thing that I think is worth mentioning, since we're talking about bacteria is raw food is loaded with bacteria, right? Bacteria is killed when you cook food. So like if you're trying to improve the health of your gut, one, you start by eating lots of raw food because you're eating hundreds of millions of bacteria in every serving. I mean, it's wild how much

Lissa & Nate Maris (18:41.561)

Exactly.

Lissa & Nate Maris (18:47.022)

Hmm.

Lissa & Nate Maris (18:58.905)

Mm-hmm.

Chris Wark (19:01.548)

live bacteria you're eating when you eat an apple. And then two, when you eat all this fiber, the fiber and there's specific types of fiber you mentioned, inulin, prebiotic fiber that's found in fruits and vegetables, feeds good bacteria in your gut. So that's like stage two. One is eat the

bacteria, two, eat the food that bacteria like, and that's way better than a probiotics supplement.

Lissa & Nate Maris (19:27.065)

Mm-hmm. I agree, totally. Yeah. And it's worked for us, so we run with it. Mm-hmm. Yeah.

Chris Wark (19:33.23)

Yeah, it works. It works for everybody. Anyone who does it, anyone who does it, it will work for you. Okay. There was one other, there's one other question that's like bouncing around in my head and I'm trying to, trying to recover it before we move on to Nate's intersection into the story. We talked about what you're eating every day. Oh yeah. This is what it was. I mentioned 80 10 10 and for anyone that doesn't know what that is.

Lissa & Nate Maris (19:48.857)

You

Chris Wark (20:02.158)

There's a book called 80 10 10 and basically 80 means 80 % carbohydrates, 10 % protein, 10 % fat. So that is a ratio of macronutrients that sounds pretty wild. Most people when they hear like 80 % carbs, like that sounds crazy. Now this is also a whole food plant-based raw diet. The 80 10 10 is a actually raw approach. Um, doesn't have to be, but

Lissa & Nate Maris (20:17.913)

Excuse me.

Chris Wark (20:32.044)

Anyway, it is in that book. and so what you'll find, it sounds like a crazy experiment, but what you'll find is when you eat a diet, that's 80 % whole food carbohydrates, you'll thrive. You'll have tons of energy and you can lose weight effortlessly as you did. so anyway, hopefully folks listening and watching the wheels are turning, right? Like this is not a fluke.

Lissa & Nate Maris (20:55.673)

Mmhmm.

Chris Wark (20:59.63)

Lissa didn't get lucky. It wasn't an accident, right? She just ate the food.

Lissa & Nate Maris (21:06.809)

Yep, consistently too. And I wanted to mention too, cause when you say like 80 % carbs, 10 % protein, 10 % fat, and a lot of people will be like, oh, 10 % protein, that's not a lot. Interestingly enough, Nate and I both had a DEXA scan done just like maybe a month or so ago. And we've been walking with weighted vests over the summer. And I gained 2.6 pounds of muscle.

just on a raw diet, I don't even focus on protein, I just eat variety in abundance. In a short

amount of In a short amount of time. And when I inquired about what is kind of the average amount of muscle pounds a woman my age in perimenopause can gain, if they're eating a high protein diet with a weight training program, the answer was one to three pounds.

is the average that would gain in the same amount of time that I gained 2.6. And I was like, that's pretty good. Cause I, like I said, I don't focus on protein or anything. just eat in abundance. Keep my fat low. Yeah.

Chris Wark (22:14.094)

That's awesome. Yeah, that's fantastic. you know, weight training produces muscles. If you do the work, yeah, if you do the work, you will build strength, you'll build muscle mass and you don't have to worry about protein ever. And one of my favorite examples of this too, is that mother's milk is only 10 % protein.

Lissa & Nate Maris (22:19.961)

Exactly. So you're wearing that weighted vest.

Mm-hmm.

Exactly.

Lissa & Nate Maris (22:35.566)

Mm-hmm.

Chris Wark (22:38.478)

So, I mean, a baby, think, a baby needs more protein than anything because they're doubling in size, right? And they're just growing so fast. They need protein, protein, protein. No, they don't need much protein. They need calories, right? But mother's milk is only 10 % protein. So it's mostly carbs and fat. That's important at that stage of life for sure. But yeah, that's great. I love that. Okay. So you started

Lissa & Nate Maris (22:43.609)

You

Lissa & Nate Maris (22:55.127)

Yep, it's fascinating.

Mm-hmm.

Chris Wark (23:08.704)

the raw food romance channel. What year?

Lissa & Nate Maris (23:10.937)

That was in 2015. it was about, yeah, it was, you know, when my acne stopped breaking out and I was actually feeling like really good. like, I need to share more of this. But I was also in a lot of like raw food groups on Facebook and I would constantly be answering the same questions over and over and over again. I was like, well, I should probably just make a video.

Chris Wark (23:15.745)

Okay.

Lissa & Nate Maris (23:34.709)

about that. And then every time someone asks, I'll just send them link to the video and it'll be a lot easier than typing it out every time. And that's how my video, my YouTube started was because I was trying to answer questions that people were asking in those groups. And I was like, well, I'll share my perspective. And it just grew from there, especially after I lost all the weight and changed my life. started creating recipes. I wrote my first meal plan recipe book and yeah, just, it just blew up from there. Cause people were

Chris Wark (23:35.789)

Yeah.

Lissa & Nate Maris (24:04.313)

I interested in what I was doing.

Chris Wark (24:07.118)

Yeah. And you were really helping people. You're providing resources and information and encouragement and a real world example of someone who had really been successful, who would accomplish this wonderful health transformation that so many people want. Right? I mean, even if we're just talking about weight loss, right? We've got an epidemic of obesity. Over 40 % of Americans are obese. Somewhere over 70 % are overweight.

Lissa & Nate Maris (24:08.963)

Mm-hmm.

Lissa & Nate Maris (24:21.644)

Hmm.

Yeah.

Mm-hmm.

Lissa & Nate Maris (24:35.49)

Mm-hmm.

Chris Wark (24:37.014)

and obesity is the second leading cause of cancer. That's a big deal. I mean, it's driving. Yeah. Obesity is driving cancer, many, many types of cancer. and so it really is a big part of the prevention conversation to encourage people to get down to a healthy body weight. It's like not trying to shame anybody or make you feel bad about yourself or whatever.

Lissa & Nate Maris (24:40.844)

Yeah, that is a big deal.

Chris Wark (25:01.054)

it's just, we're just talking about simple science, obesity is driving cancer rates. It's driving diabetes, driving heart disease. If you don't want to be on the path of disease, right. And you want to jump onto the path of health, then top priority is getting the excess weight off. anyway, and we just, I'm just so glad that you're doing that. You're encouraging, you know, that's not my testimonial, right? I've always been thin. So it's, you know,

Lissa & Nate Maris (25:04.279)

Mm-hmm.

Lissa & Nate Maris (25:15.063)

Mm-hmm

Lissa & Nate Maris (25:27.608)

Mmm.

Chris Wark (25:29.154)

but there's so many people like yourself that have seen dramatic transformation in losing weight and again, the cystic acne thing. mean, just absolutely solving that problem. And I'm glad you said it took four or five months because it's not going to happen overnight sometimes. But if you just stick with it, obviously your body was prioritizing healing, right? And so it's like, it got to a certain level of health.

Lissa & Nate Maris (25:37.592)

Yeah, it's just an immaculate

Lissa & Nate Maris (25:47.264)

Exactly.

Lissa & Nate Maris (25:51.734)

Mm-hmm. Mm-hmm.

Chris Wark (25:57.324)

where it finally turns its attention on the acne problem and solve that. But that was not the highest priority in your body, right? In terms of like, what problems do we need to solve now that

we're getting really good nutrition and we're not polluting with too much protein and fat and processed food and all this stuff. So it's a process and you just got to work the process. So anyway,

Lissa & Nate Maris (26:02.496)

Exactly. Yep.

Lissa & Nate Maris (26:06.681)

Yeah.

Lissa & Nate Maris (26:18.392)

Mm-hmm.

Chris Wark (26:24.022)

Sorry to rabbit trail, but so you started the channel, people are following you, you're growing and then Nate.

Lissa & Nate Maris (26:30.902)

Yeah. So to kind of like catch the viewer listener up to my story, I grew up standard, you know, life, eating the sad diet. Neither one of my parents were chefs. So we had a lot of processed foods, a lot of boxed foods, hamburger helper, just super quick and easy foods.

Chris Wark (26:31.714)

Then what happened?

Lissa & Nate Maris (26:56.566)

You know, we did a fair share of fast foods. You know, my parents was stock sodas. These sorts of things are what I grew up on. You know, fruit gushers and all these kinds of things. have younger siblings that are 10 years younger than me. So of course there was lots of little snacks for them, which of course, you know, with the lens that I wear now, it's, it's really sad to see that so many of us are kind of, you know, giving our kids these sorts of foods at such an early age because it really isn't helping them. You know, it's easy. It's convenient. You just hand them a bag of whatever. So anyways,

I'm going through life, I'm living, you know, my dad's pretty sarcastic as humor would be. And I was starting to see the older I got that there's so many people that I knew who had cancer, different family members, different relatives who have cancer. And so my joke was like, well, you know, if we swallow our own saliva for 50 years, we'll probably get cancer because everybody's getting cancer. Like, I don't think that we can do anything about it. And of course, that's just me being ignorant and not looking into anything.

just noticing what's happening with the world and people that I know. So a big part of my story is my mom was a cardiac nurse, a retired cardiac nurse, super high amounts of stress, held onto a

lot of childhood trauma, like being able to recall it like it was literally last week. So she developed a cancer, kidney cancer, and she had that kidney removed.

Conventionally, they botched the job. They just took out a little bit of the kidney. So she had to go back and get it completely removed. Well, doesn't change her lifestyle, doesn't change her mindset, still really stressed out about all kinds of things. Cancer comes back in the other kidney about seven years later. So she starts to really go, actually both of us, I was like, let's figure out how we can figure this out naturally. So we found Gerson. We're like, let's send you to Gerson.

Like they have great outcomes. Let's heal this naturally. Let's kick it, you know? And she was going down that trail of just trying to research all of this information, the information that, you know, you yourself and Lissa was ingesting, you know, because mainstream, is not necessarily, unless you're digging for the truth or trying to find answers, you're not going to really see this pop up, you know, in newspapers and on the news and these sorts of things. So her thing was,

Lissa & Nate Maris (29:20.95)

She tried the Gerson, she was there for 10 months, intense protocol, lots of juicing, coffee enemas, supplements. And I'm like, gosh, this is no way to live. But part of me really wanted to watch what she's doing, because she had the right mindset. She's like, I'm already healed. I just need to do the work. And I was like, that's a powerful mindset, mom. It's like when you put in your order on Amazon, you don't worry about it. Amazon's going to send it to you. But just, you got to do the work, though. You have to stay consistent. You actually have to do the work, right?

My thing has been I love outdoor sports. I love skiing and snowboarding. And I've always thought like, how amazing it be to snowboard with my grandchildren. I've got two boys, 22 and 24. And, know, eventually we'll have grandkids. so a goal is to be on the ski hill with my grandchildren. So my mom, back to my mom, she found her healing essentially through a pretty intense protocol. And, you know, she did a lot of fasting.

And she was really diving deep into all these different rabbit holes. The gerson wasn't the ticket for her, you know, like her cancer stayed the same size. But when she started to do these fasts, then she was seeing and she read the book, The Grape Cure, and that kind of got her into the trail of raw food. And she really felt sad because she's like, I...

I taught you guys the wrong way. I fed you the wrong stuff your whole life. I feel so horrible. And it's like, hey, you know, it's not your fault. Like this is just our society. It's how it's set up. Like go easy on yourself. You stress out enough, right? So her cancer, you know, it took a good couple of years since her first diagnosis that she got the call back from the urologist and the surgeon. Like, what are you doing? Like, you know, cause she went in for her checkup. They couldn't see it. It was gone. And so that

point for me, I was like, bingo, okay, I need to do what you're doing because I don't want to get cancer. And my son at the time was 11 years old, know, slightly hypochondriac, was not wanting

to get cancer either. So he's like sugar-free, gluten-free. He's like, I'm going to go vegan. And I watched Earthlings, Forks Over Knives, Fat, Sick and Nearly Dead, and was like, okay, this, you know, this makes sense. I should go vegan as well.

Lissa & Nate Maris (31:39.767)

Didn't really make the actual ethical connection of veganism because I ended up going back to eating animal products and just the standard stuff because of how hard it is when everybody in your town, we live in a really small town, only a couple thousand people, it's really, really hard for your social situations and games and parties and stuff. It was just easier to put the blinders back on and just go back doing what I normally would do.

But then I'm looking around and I'm like, man, I'm going to be like him or my, you know, my ex father-in-law or, know, all these individuals I'm looking, I'm going like I'm looking at myself and I'm looking at them and I'm like, I'm following down the same path. And if I want to skew with my grandkids, I got to figure out something else. This is I'm not going to achieve that goal. So and of course, that's just one of the many goals, right? Like I want to be vibrant and healthy. So I was working at the hospital in the cardiac unit at the time as well.

And I got to see all kinds of stuff. Sometimes I go to work and we do doing chest compressions on somebody as soon as you get to work, just seeing like what's happening to us in the food that we eat. And some people, they don't care, right? Like one of the respiratory therapists actually was in the bed when I came to work this in the morning. I'm like, what are you doing? know, like look at his chart. I'm like, this is your 16th stent. Like is it time to, and he's like, he knew I was at that time I became vegan again.

So the first round might've been plant-based, right? Because I didn't make that vegan connection because veganism has nothing to do with the diet necessarily, right? It's ethical stance. So he's like, I don't care, Nate, I came here to party. And that's when I'm like, you know, it's interesting because some peer, there's so many different ways to live life as a human being. And some people did come here to party. Some people did not come here to search for vital health and to live optimally and to treat themselves the best way that they can. They're treating their...

their body like an old beater car, you know, they don't care, you know, as opposed to the, you know, Bugatti that it is, right? So I am digging into raw foods more because of my mom. I made the vegan connection the second round. My son was like, I want to go vegan. And I'm like, you know what? I want to make sure you're eating correctly because of course the indoctrination, like where are you going to get your protein? I don't want you to be this, you know, sickly kid.

Lissa & Nate Maris (34:03.872)

And really, really awesome. He was vegan. Well, for half of his life, he's been vegan. He's 22 now. He started when he was 11. He finished school all through middle school and high school as a vegan, the only vegan male in a school of like less than 400 kids, which is a strong

conviction to have, especially in a kind of redneck hunting. We lived in Southern Oregon, so it's like a hunting, fishing forward area. But I was...

tapping into the information that was out there, trying to really figure out like, what am I gonna do? Like, I don't know what to do, I don't know what to eat. I'm tired of eating. I went skiing. Yeah, I'm tired of eating the average stuff that is everybody's eating, the processed meats and cheeses, the transitional foods, right? These fake or mock meats and cheeses. People will be like, why don't you just eat the real stuff? It's healthier than the mock stuff, right? And I'm like, gosh, that's kind of an interesting point.

And so I that's when I was really starting to lean towards Rob 80 10 10. You know, still, you know, I'd watch Jack LaLanne and the Juice Man and, still understood like the concepts of juices. I love Jack LaLanne. He was so amazing, although he wasn't vegan, but he was, you know, definitely promoting a healthier lifestyle at that point in time, ahead of his time in a lot of ways. But so I'm just searching for some some sanity in a way. Right. Like, what do I do?

Chris Wark (35:11.022)

Yeah.

Chris Wark (35:22.832)

yeah.

Lissa & Nate Maris (35:30.635)

I don't know what to do. It's all so confusing. What do I eat? Am I going to get enough food? Am I going to wither away? Am I going to turn into a girl if I turn vegan, you know, or whatever, right? Yeah. So it's and you know, interestingly enough, like it is kind of seeded through movies a lot of times. Like I don't trust anybody who doesn't eat meat. A line might be in a movie or yeah, it's the vegan people over there. They're all like the hippie crystal people, you know, whatever. Right. So

Chris Wark (35:37.998)

The tofu, right. Yeah.

Lissa & Nate Maris (35:57.431)

there's this negative connotation around being vegan or plant based. And so that can be kind of a really tricky thing to step out of as well. But I, I went skiing, it was February. my mom was, she got her, her diagnosis of being clear. I believe it was in, I believe it was in the summer of, of 20, it was 2013. And so February of 2014, I went skiing.

and I was riding solo that day or snowboarding. I was snowboarding and I rode with this guy who was skiing and you know, we get riding the ski lift and he's like, hey, what do you do? And I'm like, oh, I'm a medical assistant in the pulmonary clinic. You know, I was, left the hospital and I worked, you know, endocrinology, like people with diabetes and people who, you know, have to

wear a CPAP, they can't oxygenate cause they're not breathing right. And of course most of this stuff is diet related. So I, um, I started talking to him and I'm like, yeah, you know, my mom reversed her.

her kidney cancer with raw and living foods and fasting. And he's like, yeah, he's like, I reversed my stage four colorectal cancer at the age of 42. I've been a raw foodie ever since for 44 years. And I'm like, you know, adding up, like math isn't my strong suit, but I'm like, oh my gosh, like you're 86 years old, 86. know. What black diamond run. Yeah, we're riding up this black diamond chair and I'm just like, oh my gosh. And.

Chris Wark (37:18.755)

Wow.

Lissa & Nate Maris (37:22.677)

And I told him, I was like, yeah, I told my mom, like, when she finds the cure, I'm going to listen to her. And you know, a lot of us, like, we don't want to listen to our moms, right? But, sometimes moms have the best interest at hand, right? So at the end of the ride, he lifts up his goggles. And this is the part that like struck me the most is he just like pierced right through me. I didn't see his face the whole ride, but he lifted up his goggles. He looks right in me, into my eyes. And he's like, actually, let me rewind on the lift.

He's like, what do you want to be? If you are what you eat, what do you want to be? And I was like, well, I want to be alive and thriving like you. And he's like, yeah, you know, and that clicked for me. I was like, oh, raw and living foods, living foods. OK, totally makes sense. I'd already been ingesting the information. It was like setting in. And then, of course, you know, as a guy, I'm like, you know, how's the flagpole? You know, and he's like full mast. And I'm like, damn, man, like, you know, I've got friends that are younger than me that are having problems in that department because their plumbing is clogged up. Right. These are the precursors to heart disease.

So he looks into my eyes and he said, you should listen to your mom, Nate. And he got off, he's a skier so he didn't have to like strap up. I got off the lift, strapped up and I was like, just, I wanted to catch him and he was gone. Like, you know, it was kind of a foggier day. That day wasn't like beautiful conditions. So I never saw him again. But I went home that night.

And you know, very possibly like, you know, I've told this story and people like, maybe that was an angel. Maybe that was your future self. who knows, right? But something really like for me, that was the moment that it clicked. And I went home and I binged watched YouTube and I was like, I need to be a raw foodie. I need to be a raw. I want to be a raw foodie. Like, what do I do? You know, I don't want to eat just sprouts and lettuce. So I'm searching on YouTube and I hadn't really tapped into a lot of YouTube channels. I mean, I knew who Fully Rock Christina was and Freely the Banana Girl and Durian Ryder.

right, and David Wolf. I know who Robert Morris was and John Rose, and I knew about the mucus-less diet system and all of these, because I was down deep into this rabbit hole, right? So I was looking for somebody who just made sense and who was grounded and who was speaking in a way that resonated and felt good to me rather than making me feel, you know, because sometimes, you know, different people, the way they deliver the message can kind of make you feel a little weird. So

Chris Wark (39:14.99)

Yep. Yep. Yes.

Chris Wark (39:25.037)

Yeah.

Chris Wark (39:43.362)

Yeah, sometimes it, right. They can make it feel a little like it's, it's unachievable, you know?

Yeah. Or too complicated.

Lissa & Nate Maris (39:48.874)

Yes. Yeah, totally. Totally.

Right. And I liked the idea of fruitarian, right? I mean, I'm like, okay, cool. We're frugivorous, you know, by nature. Like our digestive system is like the primates. Like we don't make our own vitamin C. You know, anything and everything. I'm really into researching and I'm really into, you know, conspiracies and all these sorts of things. So I was going as deep as I could. But that night is when I found Lyssa and she had her transformation story.

which was of course a very powerful image of her with the cystic acne and being overweight to a healthier weight. So I watched her video and then I was just hooked. I binge watched like, I don't even know, maybe like 10 videos that night. I stayed up for super late watching all these videos and just like fell in love with her and how she delivered the message. And I already understood the concept of like we as people need to create a better relationship, a more loving relationship, not only with ourselves,

but with the food. And so the name raw food romance was like, this is powerful stuff. Like she's building a romantic relationship with her food. So how could I support her? How could I learn more? she's got a meal plan book. Perfect. I don't know what the F to do. So I buy her book 30 day meal plan. Breakfast, lunch and dinner is different for every single day. I watch her video on what tools I need as a raw foodie because she had her

her kitchen video, you know, I'm like, oh, spiralizer. Okay, I'm going to order that. Oh, I needed a high speed blender. Oh my gosh, it's \$800. Like, okay, it's an investment in my health. I guess I'll buy the \$800 blender, you know, like, oh, I need a dehydrator. Oh, I found a used one for \$100. It's two hours away. So I set myself up with all the tools that I needed and I bought her book.

And one of the things I really liked about her book was that it was a different recipe for every day. So essentially I got 90 recipes.

Chris Wark (41:22.775)

You

Lissa & Nate Maris (41:44.17)

And of course, it's all really similar. Like when people say, what do you eat? I'm like, smoothies and salads. Like if we're gonna be straight, like smoothies and salads. If you wanna be a raw foodie, what is it? Lots of sprouts and living foods, you smoothies and salads. Maybe some banana ice cream. Maybe you make some date. Yeah, just eat. Yeah, you're eating fruit, lots of fruit and smoothies and salads. Like that is pretty much the basis of the diet. How boring? And it's like, yeah, but if we really look at it, like you said just a moment ago, we get stuck into eating the same foods all the time anyway.

Chris Wark (41:57.334)

Yeah, 100%. And then, or just eating the fruit, right? Without, yeah.

Mm-hmm.

Lissa & Nate Maris (42:14.013)

might as well eat more colorful, more vibrant stuff. But of course, then we have to change the microbiome because, you know, the microbiome is calling like, hey, where's the salt and all the funk, you know, I'm starving down here. Right. So like we have to adjust by eating more of these raw and living foods. And over time, we start to kind of crave these things. So I buy her book. She doesn't know who I am. I'm a fanboy at this point. I'm just like liking her stuff. And I'm like, I'm watching another video. Trying to stay on point. And she had a great line because, you know, working in the medical field,

And you know, this is like how it would be at any job. There's lots of stuff going on every week. There's something going on. Someone's birthday, someone's whatever, know, cookies are being brought in, donuts. Can I go to the, I'm going to the food truck. You want something? You want some of the food truck? Yeah. So she had this line and I would, it was my mantra. And she said, you know, you don't have to like think of like, I'm never going to have a piece of pizza ever again. Just say to yourself, I am a raw vegan today. I'm going to, I'm going to be a raw vegan today.

Today, I'm gonna be a raw vegan. And so that's what I said to myself every single day and I just followed her meal plan. I knew that I was gonna get all the calories that I needed. I understood the concepts of protein, because I'm into conspiracies and all this stuff. So I'm like, are we getting enough protein? yeah, the protein, the RDA has actually been doubled just to cover their rears from back in the day. We don't even need what the RDA is. Like we're not gonna become protein deficient. So I knew that I was going to be fine as long as I just followed the.

recipe plan, just like a workout plan. I'm going to get some results. I had not the craziest transformation aside from, you know, I mean, I was overweight, you know, at my heaviest at a five, seven frame, I was 220 pounds. I lost nearly 60 pounds on raw, you know, way less inflammation, you know, no. it's massive. It's massive. Yeah, it's huge. But as far as like, you know, like there was no

Chris Wark (44:01.582)

That's a big deal though. I mean 60 pounds. Yeah.

Lissa & Nate Maris (44:08.596)

Like, I mean, of course there was pressing health issues staring at me right in the mirror, right? But as far as like, my gosh, I got this diagnosis. There was no diagnosis. It was just me being like, I don't want the diagnosis. I'm working in the hospital and I'm also seeing, hmm, the hospital is kind of like a hotel business. If their beds are empty, they're not making any money. So of course we're going to be like, come on back and let's adjust your medications. You know, and I would try to...

Chris Wark (44:17.772)

No diagnosis, yeah, right.

Lissa & Nate Maris (44:36.901)

as I'm becoming this raw foodie. at the time, before I became a raw foodie, I was vegan. So I'm trying to plant seeds into some of my patients that would come in and I would get my heart racing. Like, I'm doing something bad. like, I shouldn't be, I gotta hurry up. But I don't want them to know, like, hey, just eat some more fruits and vegetables, man. Cut the soda. Don't let them know that I'm telling you this, but don't drink no soda today. So. Right.

Chris Wark (44:54.936)

Right.

Chris Wark (45:01.208)

you could get me killed.

Lissa & Nate Maris (45:03.615)

Totally like this this confidential stuff, man. Fruits and vegetables is crazy, right? So, yeah, and of course there's all kinds of different angles to go when we're interested in changing our lives when it comes to diet. And so I really like Bruce Lee. Bruce Lee would take different kinds of tips from different martial artists and he kind of created his own martial art. So I kind of felt the same. Like there was aspects to natural hygiene.

that I really enjoyed. And we won't get into any of these kinds of things, but if people are listening, they could go research what natural hygiene is. There's certain aspects. I'm like, I'm

gonna take that with me. I like that. Certain things from 80, 10, 10, I'm like, I like that too. I'm gonna take that with me. But I sprouts, living foods, fermented foods, the gut microbiome. This is kind of where I was more leaning towards, right? Of course, the default is your body's gonna go back to a more optimum state.

You know, our bodies are doing everything they can to stay in like a homeostasis state. Like they're working so hard every single day to keep us there. So if we are, you know, not rubbing salt and dirt into our cut, into our wound, then, you know, the body is going to heal itself. So it's a pretty fascinating thing. But what was so nice is just having something to follow. I didn't need to think about it. And then Lissa being a professional photographer by trade was awesome because I...

loved what I was seeing. I'm like, I could eat that. I could definitely eat that. You know, like it looked delicious. And I knew that I just knew it was the way to go. and then so yeah, I followed her book for like seven months. got people at work to go raw with me. I was making smoothies and I was making ice cream and salads. I started to sell smoothies and ice creams and salads to my coworkers because they were seeing like I'm just I'm I look like a tweaker.

like a meth head to them because they're like, you're so thin. They've never seen me thin in my entire life. I've always been kind of a huskier dude. So I started to sell these sorts of things and then it was 2017. That's when I went raw, February 2017. And when I wrote that guy, John, and then that August, I went to the Woodstock Fruit Festival with my mom and I met someone that Lissa knew.

Lissa & Nate Maris (47:24.397)

And I was really excited to talk to him because he was also the only other YouTuber that I would kind of pull information from. Actually, I take that back. There was two other people. It was him and this other woman. And I would kind of like find the flavors that I liked. And I really liked Lissa's flavors, like her dressings. I ate her date-based French dressing every single day.

You know, I mean, I followed the recipe plan for the 30 days, but then after that, I had my fallback five, as she calls it. And I was like, yeah, I'm just going to stick with these are the easy ones. know them by heart. I would bring my Vitamix to work. I would make all this stuff fresh right there in the break room at work while people are going to the taco truck or whatever. And I was able to make a delicious fruiting salad or have a melon in the breakfast, you know, for breakfast faster than they were able to go down to the kitchen and get something. So that was kind of an interesting. Yeah, it is dedication, but it's like.

Chris Wark (48:10.978)

That's dedication, hauling the Vitamix up there every day.

Lissa & Nate Maris (48:15.904)

but there's nowhere to go. I don't have anywhere to go. If I'm gonna go get a smoothie, I'm like

watching what they're making with the smoothie, I'm like, okay, they got a box of syrup they're pouring in there and a bunch of ice. Like, what the heck is in that stuff? So this was the only way to take the power back in my own hands. And of course I felt like a rebel, man. Like I was an anarchist, you know? So. You go to Woodstock. So I go to Woodstock. go to, yeah.

Chris Wark (48:27.138)

Yeah.

Chris Wark (48:38.964)

Wait, before you continue, since we're talking about smoothies, I was in Nashville and there was an organic juice bar. My wife and I are walking down this, in this area of Nashville, kind of a hip area, whatever. There's an organic juice bar. And I'm like, nice. Or they're, know, organic ingredients, whole food, juices, smoothies, whatever. And I'm like, I've never been in it. So I went in there and

I looked at the menu and there's a lot of like really interesting, very, very interesting smoothie recipes, you know, that, that all sounded pretty amazing. And so I ordered one and then she ordered one and, and they ring us up and the total for two smoothies, two organic smoothies with, you know, tax and like, you know, a couple dollar tip or whatever I did. don't know, but I, you know, tip.

Lissa & Nate Maris (49:12.149)

Hmm.

Chris Wark (49:35.562)

It was \$46.

Lissa & Nate Maris (49:38.884)

No way. was thinking like 28 or something. I was gonna be like a 32 maybe.

Chris Wark (49:43.822)

\$46. You know, I was just kind of like, okay. You know, I mean, I, you know, I was too embarrassed to be like, nevermind. You know what I'm saying? was like, okay. And they weren't like, you know, giant smoothies. were like, you know, 20 ounce or 16 ounce or something. But yeah, I mean, so I'm just bringing that up to say, yeah, it's the, you know, a real

Lissa & Nate Maris (49:49.587)

Yeah. Wow.

Lissa & Nate Maris (49:56.755)

Yeah, right.

Lissa & Nate Maris (50:01.181)

Right, the 64 ounce smoothie.

Chris Wark (50:11.438)

an actually healthy and that's like next level, right? It's in terms of expensive, but a fresh juice from a juice bar or a fresh smoothie. Yeah, it's going to be expensive, right? It's, and this place is like, they're trying to be the most expensive of all time. They even had a smoothie in there that was, they had a \$33 smoothie. That was their most expensive smoothie and they had a \$44 smoothie bowl.

Lissa & Nate Maris (50:15.689)

Yeah.

Lissa & Nate Maris (50:24.382)

Sure. And it's so cheap. It's so cheap.

Lissa & Nate Maris (50:35.388)

Yeah, right.

Right. And they've got, you know, probably they're probably putting some, some ashwagandha in there and some Corella, you know, some powders that are kind of spendy. But this is the, this is the thing. You know, two things like one is fruit, frozen fruit at Costco organic is so cheap, like \$10 for a bag of fruit. You know, you throw that in there, maybe a little bit, a couple of dates and some water or some fresh orange juice and some raw bananas, like fresh bananas to make it kind of creamy. So simple, like, you know, you're talking maybe three, four bucks, right? Yeah, totally. So easy. But

Chris Wark (50:41.078)

I

Chris Wark (50:46.318)

yeah, fancy ingredients.

Chris Wark (50:54.966)

Right, totally. Love it.

Chris Wark (51:05.687)

Yes. That's what I do.

Lissa & Nate Maris (51:10.45)

When you say that, this is the part that's so sad and it's so interesting thinking how there is this world is not set up for us to achieve these levels of health easily. Like we have to be going against the current because there's no stores that you can go to to get a good healthy meal. There's lots of vegan options, like options that don't have any animal products, but they might be

high in salt and high in oil, but fresh.

raw living foods, it gets a bad rap in a lot of ways because it's so expensive. So as a middle class or lower middle class family or lower class family, low income, I should say low income family, where are you going to go? You're gonna go to Little Caesars and you're gonna get two of the large pizzas for \$14 and it comes with a free two liter of soda to feed your family. You're not gonna spend 15 or \$20 on one bag of seeded grapes.

It's just not going to be, it's just, know, so this is the part that's really sad. And then of course, this is kind of where, you know, we are now is like trying to like make it like show, like, look, it's not that hard. We have to retrain the way we think to make these sorts of things, but it can be really fast. Like I said, I was able to make a fat salad. I'm talking like a serving bowl size salad with a fresh dressing faster than my coworkers could run across the street, stand in line and get their taco or their torta or whatever, you know.

So it's just the Y factor, the X factor, like why do you want to do this? Because if you don't have a strong enough Y, you know, why even do anything? So this is where, you know, people who have been diagnosed, they're like, my gosh, I have to change. And if they really want to change and they have a strong enough desire, they can. But this world is not set up.

for us to be able to go grab something fresh and healthy and have it be dirt cheap. Like you can go to Carl's Jr. down the street and get a double Western bacon cheeseburger with fries and Coke for \$3. Well, this is to me, like, this is, it's a screaming deal, but you know, the dividends it pays in the long run isn't, you know, so it's like, exactly.

Chris Wark (53:17.646)
Good deal.

Chris Wark (53:24.302)
Right. Or you can buy one avocado for \$3. Right?

Lissa & Nate Maris (53:29.222)
or a mango for five, right? So see, like, this is where it can be really tricky for us as individuals trying to operate in this system. But this is where living foods come in. Making fermented foods, like making sauerkraut, so cheap and easy. Cabbage and salt, boom, done. You know, want a melon, cut it in half, boom, done. You know, maybe it's five bucks. But you're sprouting, you throw some seeds in a jar, soak them overnight, drain and rinse for the next three days, four days, you got a full jar of living

Chris Wark (53:50.04)
routing.

Lissa & Nate Maris (53:58.453)

No, it's not going to fill you up like a potato or a steak or something, right? But you're going to be feeding the microbiome, which is going to give you the better serotonin. You're going to sleep better. All these things start to change. And what's so interesting is we as humans, like love stories and we all know, all of us know this stuff. Eating more fruits and vegetables is going to change our life. It's just stepping out of what we're, our habits are, forming new habits.

and in making that change, it's tricky because a lot of things shift. Like as I went raw, I started to see like, okay, I don't necessarily know if I'm with the right person because of the different kinds of connection that we had. We were together, me and my ex for 25 years. We got together in high school. We had the whole American dream, all the toys, the picket fence, all the stuff, right? Amazing life. I wouldn't necessarily do it different.

But I started to realize like, I don't know if this is the person that I ought to be with for the rest of my life because they are so, they're working against me. Like she doesn't even want to taste the food that I made. I made these raw tacos and she doesn't even want to taste them. You know, like, you know, like this or that, she'd kind of, you know, poo poo it. And so it was really hard to not kind of numb myself with food or drinking or other, you know, substances. And I was really having to sit with these emotions in my whole entire life.

shifted and changed when I became a raw foodie, which also can be very, very scary because some people are like, I'm just uncomfortable with that. I'm okay being with where I'm at. I'm just gonna keep drinking my wine or my beer and friends are important, laughter's important, but I don't know. For me, the X factor, I want a full mast flagpole and I wanna be skiing with my snowboarding with my grandkids. So this is what I have that is in my control.

There's so many things that I don't have control of that we as people don't have control over. We don't control what they're spraying in the air, what they're putting in the water, you know, how cheap, you know, garbage food is. We don't have control over these sorts of things. Like we can vote with our dollar. And, you know, I am kind of glad that a lot of people here in Vegas aren't raw foodies because it'd be a lot harder to get the heirloom tomatoes that we go get, you know, because they're like, my gosh, they're all gone. But of course, we want more people to eat more raw and fresh foods.

Lissa & Nate Maris (56:20.36)

These foods grow really fast. Farmers are amazing. And the more that they're selling, the more that they're going to see that they're selling, they're going to grow more. So, yeah, that's kind of my story. I went to Woodstock, back to Woodstock, met Jack, told him my story, showed him my before and after pictures, because I had also really great before and after pictures too. And of course, that really kind of is a great selling point. Like, look at all the weight I lost, because we as people, all are so many people are overweight, if not obese.

And we want to lose weight. We want to lose it fast. What's the fastest way? well, you can fast. You can just not eat for several days. But there's no foundation there. You know, I did the fasts. I

did, you know, 10 day, you know, water fast. I did juice fasts, but there was no foundation after the fast. didn't. Yeah. Phase two. Yeah. What what do you do now? What do you do now? You know, I didn't know how to shop. So that's where Lissa's books.

Chris Wark (57:04.802)

Right. Those are jump starts, you get, have to have something that's, you have to have phase two. Right.

Lissa & Nate Maris (57:18.001)

really helped me because it was the, she had it so well thought out. It was the shopping list, you know, all the ingredients for every single day, what to do the night before, like, soak your nuts or start sprouting, you know, cause you're going to use these sprouts, you know, several days down the line, you're thinking ahead. So that really, really helped me. And I, know, after I feel like I always say like 90 days, if you do this for 90 days,

Like it's just second hat. You don't have to really think about it. We go into the store, it's so fast. We go to a couple stores because there are certain stores that have things that other stores don't have, but it's like fruit and vegetable section. You're out of there. We don't go to any other aisles, like maybe the bulk section or the spices if we're looking for spice, but a lot of that stuff we order online. So it's literally just the fruits and vegetables section and we're out of there. And then of course it's really interesting looking at people's carts in front of you. You're like, my gosh, look at all the stuff that they have.

Like there's no wonder there's so many problems. Look at all the stuff, but they don't know. They don't know. They don't understand. They haven't searched for any of these information. They're just living their life, having a good time, staying, doing the same thing that everybody does. So anyways, I keep getting rabbit, know, squirreling out here. I meet Jack. Jack's like, I got a message, Lissa. You got a powerful story. She needs to interview you as a testimonial for her book. Like her book really worked. Yeah, it did. I followed it. It worked.

I didn't have to think about anything. I just did what the book told me to do. And so we set up an interview in October and at that time I was separated from my ex and she had gone through her stuff. We did the interview, we hit it off great and we ended up talking all night back and forth like, you're married 13 years and this and that small town, just life stuff, vegan, people and how crazy the world is.

We're just really connected like on a personal level. And then the next day she messages me, know, and it's a little earlier in Canada, you know, her time zone than me. I think it was an hour ahead. And of course, you know, as a dude, I'm like, whoa, she messaged me like, this is raw food romance messaging me. Oh my God. we just, yeah, totally starstruck. And then she's, you know, creating plant-based dips and dressings. And she's like, what do you think for the book cover? And she sends me three different book covers and I'm literally running around the.

Chris Wark (59:23.822)
Haha, a little starstruck.

Lissa & Nate Maris (59:35.571)

the office, like, oh my gosh, look at Raw Food Romance is asking me what I think about the book. So was cool they were able to see kind of like this love story sort of unfold as well as me change my whole life and these sorts of things, because it happens fast. The body knows what to do. And if you're feeding it the proper foods, things happen pretty quickly. And of course, when I say quickly, a year.

A year goes by really fast. Two years is not a long time. It sounds like a long time, especially when you're young. But as we get older, we're like, my gosh, two years. What is that, like six months basically? So either way, we became just best friends, talked every single day. I was very responsive. So take note, dudes out there. If you like a girl, be responsive. Don't just leave her on read. I didn't leave her on read. We connected all the time and we had just so much fun, became really, really close friends.

And I was like, you know, I don't know if I'm gonna be able to wait until next August to meet you at Woodstock Fruit Festival. I'm gonna have to come to Canada. I really wanna meet you. And then her friend had a convention here in Las Vegas, which is where we're home based now. And she needed someone to work the booth. And you know, it worked out to where we were able to meet up. We met up first in Portland at the airport and we flew to Vegas together and we basically played house in a hotel.

and did this convention, ran this booth together as a team for a week. And we were able to see, and I was 40 at the time. She was, I think you were 36? I was 37. 38, okay. So, you know, I mean, I know who I am. I'm not looking for my, searching for myself. Like, you know, can we roll? Can we, you know, forces? And he brought his bag.

checked bag with the Vitamix and all the spices and he brought my books and he brought all the stuff to Vegas and we had like this whole raw food kitchen set up in the bathroom. We made like sushi and chili and salads and I was like, yeah. And we brought our salads. We made cheese and crackers. Well, we had crackers made that we brought and I believe that

Lissa & Nate Maris (01:01:48.219)

was it a spread? can't remember if it was a cheese spread or what, but we brought that to the convention and we walked on the strip of Vegas and I'm carrying my bowl. That's how I'd roll. I'd have my salad bowl in my backpack with maybe my cut up lettuce. I'd have some lemons, some garlic, some dates. At work, I had the Vitamix, but of course, I was trying to woo her, so I brought all the gear in her book. We would Uber to

to Vons or Safeway and we'd get food, we'd come back to the room, we'd make something, we'd go on the strip and we'd eat it on the strip and just talk about how effed up the world is together,

you know? And that's when it was just like, I think that, you I think we could really have a good time together in life because we're both really crazy and we can handle each other's crazy because I feel like that's a lot of what it is too is like being able to handle each other's crazy. this is, know, when you become a raw foodist,

or even a vegan in the eyes of the majority, you're weird, you're crazy, you're something else. But of course, that doesn't matter when it comes down to like, what do you really want? Like for my particular body, this body that I'm running around in, what do I want? I want to be able to move. don't want to be in the hospital bed. I don't want to get the majority of what people have or be on the medications that people are on. I'll be 49.

And I have a lot of old acquaintances and friends and family and relatives that are my age and younger that are on a handful of different medications that they feel they'll have to be on the rest of their life. Right. But yeah, that's right. We're the same age. Were you 77? Yeah, baby. Right. High five. I'm So, you know, it's it's interesting. And yes, that's my story. You know, I just I did not want

Chris Wark (01:03:25.954)
We're the same age.

Chris Wark (01:03:29.934)
All right. 77.

Lissa & Nate Maris (01:03:43.346)
to get the diagnosis and neither did Lissa. We're looking like, I'm looking at myself and I'm like, it's only a matter of time before I'm completely wrecked because the way that my body metabolizes, I was never a thin kid, maybe when I was really young, but I'm one of those, you know, like there's the different body types. I am an endomorph, right? I put on weight a lot easier. Yep, yep. Me So I have to be, yeah, and you're an ecto.

Chris Wark (01:03:46.039)
Right.

Chris Wark (01:04:08.0)
Easy Gainer

I'm an echo. I'm a hard gander. Well, and your story, let me interrupt you. Your story is cool too, because obviously Lyssa had in my mind, I mean, my interpretation, let's say is she had more motivation, right? She had some health problems and you didn't have any health problems, but you kind of recognized, you saw what your mom went through, what she accomplished. Like, so you had this enlightenment.

Lissa & Nate Maris (01:04:13.264)

Yeah, you're a hard gainer. Yep, you looked like it too. Yeah. So it's interesting.

Lissa & Nate Maris (01:04:27.122)

Mm.

Yeah.

Lissa & Nate Maris (01:04:34.98)

Mm-hmm. Right.

Chris Wark (01:04:38.566)

with regard to the power of food and the power of your choices, right? To affect your health. But it sounds like your main motivation was, was really more just enthusiasm. Sounds like you just kind of, you know, the light bulb went on and you became really excited about radically changing your life and adopting this diet and the adventure of it. that, that's

Lissa & Nate Maris (01:04:50.043)

Totally.

Lissa & Nate Maris (01:04:57.009)

Yeah.

Lissa & Nate Maris (01:05:03.17)

Yes. I think that's a great way. And as you could probably tell, I'm trying to get all this information out in a reasonable amount of time. So I talk pretty fast. I'm a very excitable and very passionate person. So yeah, definitely that was it for me. I was excited at what I was hearing, what I was seeing, and what I was understanding that couldn't be done with just raw and living foods. And then of course, if you think of the symbiosis, the symbiotic relationship,

And then, know, Nikola Tesla has this, this line that he said, you know, like, if you want to understand the universe, think in terms of energy, frequency and vibration. it's like, Hmm, what kind of frequency or energy am I putting in? What kind of vibration am I putting into my body? Three, four or five times a day. I probably shouldn't be eating the deep fried burrito from the gas station dipped in this ranch with this red bull. Like maybe that's not the best frequency or, or, or vibration of food that I should be putting into my body. Right. So.

Yes, definitely was a lot of that. And then of course, you know, like I said, going down, you know, after the turn of events in 2001, that's when I really was like, what the heck is really going on? And I started to dig deep into every single, there was nothing that was off limits, occult, know, conspiracy stuff, whatever. And I was like starting to see the world through a different lens. Like, hmm, I don't really think that they're, you know, the, powers that be that run the place have our best interest at hand because why is it, you know, \$15 for a bag of grapes?

but you can get two large pizzas for six bucks or whatever. It comes with a two liter or \$7, right? It doesn't seem, a lot of stuff seems backwards. So then of course there's the line like, search and these shall find, right? If you want the truth, like you asked for the truth, it'll be shown to you. for me, taking the truth will set you free, right? And the Bruce Lee thing for me was really important because I just didn't feel like I could go all in in one particular direction.

Chris Wark (01:06:34.616)

Yes.

Chris Wark (01:06:44.878)

truth will set you free.

Okay.

Lissa & Nate Maris (01:06:57.222)

I mean, aside from what Lissa was teaching me, because I learned so much from Lissa, the way that she would articulate and how she described things, just, you know, really set in motion, like, I'm going to be okay. I don't think I'm going to die if I just try to eat raw and living foods for a year. And if it doesn't work, then maybe I'll skip out and do something different. But yeah, let's try it. Totally.

Chris Wark (01:07:18.072)

So that was your initial thought was like, let's try this for a year. Kind of, this is kind of a one year experiment for me.

Lissa & Nate Maris (01:07:25.008)

Like, you know, and if I don't see something, I, you know, something feels off, but a lot, my whole life changed in that year. And of course, you know, it was, it was staying consistent. It was saying to myself every single day, I'm a raw foodie today. man, it's Debbie's birthday and the cakes in there, big old fat cake or the, you know, the thoracic surgeons bringing into our unit. We only have 10 nurses. He brings in four dozen donuts every Sunday. And I worked on Sundays and man, the

place that he would go is like they made the best donuts, like really good donuts, not just some grocery store donuts. So it was really hard to not go for the donut, but I'm like, you know what? I'm a raw vegan today. You know, those aren't vegan and they're not raw, so I'm not going to have any, know? And of course it's interesting how that becomes, you become like a mirror for other people and they themselves start to like, you know, well, you know, I only have, they start to justify to you for, know, because I don't know, because you're a mirror, you know?

Like I would do this so often, I go get a, you know, have my big bowl of salad. They've got French fries and chicken strips. And they're like, well, I should be eating that, but you know, I would just be on the bathroom, on the toilet the rest of the day, trying to justify, you know, make

some jokes or whatever. But it's really interesting. Like, what do you want? You know, what, it's like that if you've ever seen The Notebook, I love that line, Ryan Gosling, right? He's like telling whatever her name, I can't remember the actress's name, but he's like, what do you want?

What do you want? I love that line. Like, I don't know. Because it's like, what do you really want? You know, what do you want? Like you yourself, Chris, like honestly, you were our favorite presentation out of the whole weekend because of your story and your delivery and just, you know, your passion and you know what you've been through and talking about the fear aspect because, you know, working from the medical industry, I'm like, wow, I see that a lot. And I saw that a lot like people are scared. They don't know what to do.

But if we just go back to as close to nature as we can, raw and living foods, raw foods, high raw, you don't have to be a raw food, foodie 100%, you know, like, but more raw foods, like, you know, and it's interesting because we're getting more of these studies. We see more raw foods, better microbiome, better everything, all kinds of things start to, you and another thing I was going to say is I stopped eating oil and salt. So I started to taste food.

Lissa & Nate Maris (01:09:46.33)

like really taste it. I'm like, I can taste the bell peppers just like blowing up with flavor in my mouth, you know, or certain dressings. I'm like, I can taste the cumin. I can taste the lemon. I can taste the mint, you know, all these things. Like I wasn't able to really taste the same before because of, you know, such a high amount of oil and salt. ate a lot of just, you know, I mean, we, you know, growing my, my ex-wife was a pretty good cook. She made a lot of, you know, pretty decent meals, but everything had oil in it.

And we always added salt and we always added butter, know, so stuff is kind of muddled down. And of course, you know, when we would do stir fries, this stuff is way overcooked. So yeah, a lot of stuff shifted and yeah, for me, it was like, I would like to, I would like to just play a different hand than, you know, what I currently was playing. And I always like to say too, like, I don't want to live.

an average life and eat the average foods, get the average disease and die an average death. So it's about stepping out of that and yeah, and then. Yeah.

Chris Wark (01:10:46.103)

Yeah.

Chris Wark (01:10:51.5)

You know, yeah, it's, it's really, you really do have a choice between living an ordinary life and extra and an extraordinary life. Right. And that's what you, mean, you know, but if you want to live an extraordinary life, you have to make different choices, right? You have to do things differently, which does kind of put you on the fringe of normalcy. Right. It's like, you have to be sort of abnormal, right? With your food choices, with the way you, you know, conduct yourself in

the world. mean, you know, there's just.

Lissa & Nate Maris (01:10:58.081)

Yeah, absolutely.

Lissa & Nate Maris (01:11:06.705)

Mm-hmm.

Sure. Yeah. Right.

Right.

Chris Wark (01:11:20.526)

All of it and

Lissa & Nate Maris (01:11:20.593)

And it could be tricky too when you go to gatherings. I myself am more of like a people pleaser, same with Lyssa. We don't like debating or getting into confrontations. I don't really think, I mean, there are some people that kind of thrive on that, but what helps, with this time that we're coming into the holiday season, sometimes it can be a lot easier. Same with like we're in the grocery store and we have half the conveyor belt is bananas.

Chris Wark (01:11:37.175)

I don't.

Lissa & Nate Maris (01:11:48.337)

You know, and the other half is like, we're literally buying like, you know, 40 mangoes, you know, when the Keats are on sale, like, you know, coming around or, you know, we have got \$60 in tomatoes. They're like, do you guys own a restaurant? We're like, no, we just really love, you know, eating this kind of, yeah. But it's interesting how, you know, we can say things to kind of deflect it, which is, you know, yeah, I mean, I'm just doing this new thing. It's just, I feel really good. You know, I'm just, yeah, I'm just trying to eat this. I'm just trying to eat healthier.

Chris Wark (01:11:58.606)

No, we're just really hungry.

Lissa & Nate Maris (01:12:16.112)

And I found, like when I first went raw, that was one thing that really stood out to me was sometimes I'd go to the store and people comment on what I was buying and I'd be like, yeah, I'm a raw vegan. And they'd like shut down. They'd be like, what is that? I don't know. Or they hear the word vegan, they shut down. But one day I just didn't want to get into a conversation with the cashier. And she asked, she was like, wow, you've got a lot of produce or whatever. And I was like, yeah, just try and eat healthier. And suddenly she was like, yeah, I really need to

too. That's a really good idea.

And I noticed that I was like, wow, all you have to do is say, I'm trying to eat healthier. You don't have to label it if it's anything. And suddenly they are like on the same page as you and they're like, yeah, I should do that too. know, another thing that you mentioned too, which that is so powerful. It's just that alone. Yeah, I'm just trying to eat healthier. But another thing too that you mentioned is like, know, for at say like a family gathering where

Chris Wark (01:13:04.27)

Out of like.

Lissa & Nate Maris (01:13:12.515)

Everybody is, you know, it's this it's traditional. We're at Thanksgiving. Come on. It's just once a year. Turkey and gravy and potatoes just once a year. And you have your salad or your raw food dish that you bring because you're trying to do do your best. The same line can apply. Yeah, you know, I'm just kind of just trying to eat healthier. and what you say about it gives you the opportunity to practice. Yeah, it gives you the opportunity to practice because it's easy to make these choices.

on an easy day. When you just got paid, it's Saturday, you go to the farmer's market, sunny out, you like you have all this time to make your food. It's easy to make choices during those days. But the real growth happens when you make those choices on challenging days. So I always tell people, I'm like, don't shy away from the family gathering. Think of it as an opportunity to practice your new habits and they'll grow stronger on those days. also, I would just-

Chris Wark (01:13:59.438)

Yeah.

Lissa & Nate Maris (01:14:10.672)

You bring extra just to share. But I was watching on Mel Robbins had this podcast about alcohol and how people are, you know, like they don't drink alcohol or whatever. And the one guy said, he's like, when you say no, you're giving everyone else an opportunity to do that too. Because if you give in to everything, you know, because it's social or whatever, you're just, it's easy to go with the crowd. But when you stand up and you say, no, I'm just eating this other thing instead or whatever.

It gives them permission to do that too, because everyone might be scared to do that. Yeah. And then we're setting the tone as well. If we do give in, say like, but I made you this special thing and it's vegan. I looked up a restaurant, it's vegan, or I'm in a recipe, but you're striving to be, say, high raw or all raw at this occasion. If you do give in and say, okay, you know, well, I'm going to eat that. They made this for me. This is some biscuits and gravy, vegan biscuits and gravy. Then it's showing them that

they can kind of sway you, right? Like you're setting up that, that you see. It's like expectation. good to set up those boundaries and those expectations right from the get-go because then if they see every time they ask you, would you like this? I made this special for you. And you're like, my gosh, give me a hug. Thank you so much. You are amazing. I'm okay though. don't, I just, I'm doing this other thing right now, you then you're setting that up that right in the beginning where they're, they're like, Hmm, they really are like,

They have strong conviction over here. I'm not going to be able to make them. And it's inspiring for other people to see because we don't see that very often in our world. right.

Chris Wark (01:15:46.444)

That's, that's really helpful for sure. Very helpful. because you know, navigating relationships and, social situations and family gatherings, can be tricky and intimidating and knowing what to say. And, know, it's like, do I want to, are you going to try to evangelize and, know, or, I honestly, like, I don't, yeah, I don't want to, the last thing I want to do is talk about eating healthy at a table.

Lissa & Nate Maris (01:15:58.597)

very.

Lissa & Nate Maris (01:16:04.305)

Alright.

Chris Wark (01:16:13.27)

while everyone else is eating unhealthy. It's not a great dynamic. You know what I'm saying? Like I just, you know, like to want to me trying to tell everybody that what they're eating is unhealthy while they're eating it. It's like, no thanks. Yeah. It's just like.

Lissa & Nate Maris (01:16:15.661)

Yeah. No.

Lissa & Nate Maris (01:16:23.729)

Yeah, it's horrible. But sometimes we need to go through that because you've probably already experienced that and now you're like, hmm, maybe I don't need to. Yeah. Yeah. So, yeah.

Chris Wark (01:16:31.274)

years ago. Yeah, it's like, nah, this is right. well, and I'll, people will engage me and they'll start asking me and I'm like, you know, and I will, it's not like I say, I'm not going to talk about it, but I'm always in my mind thinking I'd rather not be talking about this right now. But yeah, can we talk about this later or something? But,

Lissa & Nate Maris (01:16:39.343)

Yeah.

Lissa & Nate Maris (01:16:45.922)

Right. Ask me, ask me in in the garage here in a little bit and we'll we'll get in. Right. And then pivot. got to you got to be a ninja. You got to pivot the conversation. Talk about, So how's your new job? Yeah. How did you guys do on your soccer game this weekend? Little Joni. Right. Mm hmm.

Chris Wark (01:16:58.283)

Yeah, yeah.

That's right. That's right. But you know what I really appreciate about both of you is that you're like me. I mean, what we're trying to do is we're not trying to set ourselves up as like superior, right? Look at me, look at my diet, look, you know, at how much healthier I am than you, you know, like look at my perfect life, that kind of stuff.

Lissa & Nate Maris (01:17:18.579)

Mm-hmm. No. Exactly.

Lissa & Nate Maris (01:17:26.906)

Right.

Chris Wark (01:17:30.518)

I feel like what you're doing again, which is what I'm, what I try to do is just, is to be an encouragement to people, to put out an invitation to folks, right? To, to change their life, encourage them that they can do it, help them do it, show them how, show them that it's easy, that it's sustainable, that eating whole plant foods can be delicious.

Lissa & Nate Maris (01:17:31.184)

Thank

Chris Wark (01:17:56.792)

that you don't have to restrict your calories, that you can eat an abundance of food and be satisfied and have more energy and watch excess weight come off and watch chronic health issues resolve like fibrosis and cystic acne and high blood pressure and high blood sugar. like, you know, there's a big long list of things that resolve. We see it all the time. And I know you do too, when people radically change their diet, eat tons of fruits and vegetables and just stick with it for

Lissa & Nate Maris (01:17:56.836)

Yeah.

Lissa & Nate Maris (01:18:06.928)

you.

Lissa & Nate Maris (01:18:11.823)

Yeah.

Lissa & Nate Maris (01:18:24.356)

Mm-hmm.

Chris Wark (01:18:26.732)

I mean, you really start to see, mean, my challenge for folks is like, Hey, just give it 90 days, right? You didn't have to commit to a year, but you're going to see some serious measurable improvement in 90 days in your weight and in your blood work and in your blood pressure. Like you're going to see things improve and energy for sure. so, so yeah, again, it's not a, know, we're not in an exclusive club.

Lissa & Nate Maris (01:18:31.344)

Yeah, 90 days is it.

Lissa & Nate Maris (01:18:44.334)

Yeah. And energy and your energy. for sure.

Lissa & Nate Maris (01:18:55.992)

Yeah, we're elitists. We're elitists over here. No.

Chris Wark (01:18:56.664)

trying to, yeah, it's not elite. It's not trying to shame people or make them feel bad about their food choices. Really just trying to get people excited. So this kind of goes back to you. like, if I'm doing anything right, hopefully I'm getting people interested and excited about changing the way they eat and the way they live their life. And there's a lot more other lifestyle things that help, right? for another, that's for another call, but.

Lissa & Nate Maris (01:19:03.694)

No, because we see also, yeah.

Lissa & Nate Maris (01:19:18.499)

Yeah.

Lissa & Nate Maris (01:19:23.013)

Sure.

Chris Wark (01:19:26.05)

You know, excited about it, hopeful and encouraged enough to do it, right? To just start on the path. And like you said, there's a lot of books, there's a lot of different resources and, and it really is simple. It's not complicated. It's just finding delicious combinations of fruits and

vegetables that you enjoy and eating them every day and sticking with it, right? And giving yourself enough time.

Lissa & Nate Maris (01:19:47.876)

Mm-hmm. Yeah. Yeah.

Chris Wark (01:19:53.944)

to see improvement and then you start to snowball, right? You feel better, you see improvements, it becomes real to you, then you're convinced, right? And now it's like, you you just, again, like I said, it's snowballs and it's like becomes easier, your routine gets organized and then, you know, it just, the benefits just compound. So thank you for what you're doing and I wanna make sure that people know.

Lissa & Nate Maris (01:19:57.231)

Yeah.

Lissa & Nate Maris (01:20:12.804)

Yeah.

Yeah.

Chris Wark (01:20:21.87)

where to find you, how to connect with you, what resources you have for them. So feel free to shamelessly self promote.

Lissa & Nate Maris (01:20:29.137)

Thank you, Chris. Yeah, this has been a really awesome call. you. Thank you. So you can find us at rawfoodromance on Instagram or rawnattynate, N with an eight at the end on Instagram. This is rawfoodromance and rawnattynate on YouTube. We also have an ongoing 40 % off code on our eBooks.

So we have 28 eBooks now, like wraps and burgers and soups and stews and you name it, we've got all of the fun recipes. And the full holiday meal plans. say Thanksgiving's coming up, you can have an eight course raw vegan meal. Everything's timestamped, you make it at this time, just like you're doing the turkey. Like make sure the turkey's good at this time. Yeah, so there's three of those. But yeah, we've got 28 eBooks, they're all 40 % off with code rawfood40.

Chris Wark (01:20:59.757)

Whoa!

Chris Wark (01:21:17.848)

Amazing.

Lissa & Nate Maris (01:21:25.386)

and the link is in all of our bios and our YouTubes and everything, payhip.com slash rawfoodromance. And we also have a school community on school.com, S-K-O-O-L.com. You can just search for rawfoodromance.

And that's our school community where we do live raw food classes every month. We do monthly challenges. It's very encouraging. You do not need to be a 100 % raw vegan to join. It's for people who are interested, like we've been talking, who are interested in learning more and including more and just adding more. We want to empower people to be able to make this stuff at home and find ways to incorporate it more in their life. So we do all of that.

Plus if you join the community, get access to like, there's over 75 hours of previous classes that are replays on there. So people can watch us make wraps and burgers and sushi and tacos and lasagna and gnocchi and all kinds of fun Everything that we know. Yeah. We share in there. And of course I...

Chris Wark (01:22:21.39)

That's amazing. Well, we'll link, I'll make sure we put links to all that stuff in the show notes. folks just click, yeah, click the link below the video, go look at the show notes and yeah, and then you can choose your own adventure with Lissa and Nate.

Lissa & Nate Maris (01:22:27.011)

Awesome. I love that.

Lissa & Nate Maris (01:22:36.233)

Yeah, she's doing adventure. And that's a cool thing too, is, know, crowd, like not thinking of never having something ever again, but crowding out these other kind of undesirables with the fresh, raw and living foods, right? Like just the more that we can get people to eat more fresh, raw and living foods, man.

Chris Wark (01:23:01.198)

unless you want the other stuff. Yeah. Yeah.

Lissa & Nate Maris (01:23:02.829)

Yeah, exactly. And you know, it's interesting because we have friends. I've met some people, you know, at Whole Foods, you know, other dudes that drive the same truck as I do. They're eating more raw foods. They switch their breakfasts up and they're like, man, they're like not wanting to eat meat now because they just feel so good. Like there's a shift happening in a lot of ways. But of course, how it's delivered and, know, we do come with a lot of love and a lot of excitement. not trying to, you know, shame people.

Or make you perfect, whatever, perfect. And of course, you know, our main mission is to speak to the 97, 98 % of the population that isn't vegan to eat more fresh food. Yeah. So these

resources.

Chris Wark (01:23:42.286)

Yeah. And the increasing in it and it's important to point out, I know as you have, it's like, it's not all or nothing. Right. As you just increase, right. As you increase your consumption of fruits and vegetables, of raw living foods, and even of plant foods, even of cooked plant foods, as you increase that consumption, as you said, you crowd out, right. You fill yourself up. You crowd out the fast food, processed food, junk food, excess meat and dairy. And

Lissa & Nate Maris (01:23:49.005)

Yeah, exactly. Totally. Yeah.

Lissa & Nate Maris (01:23:58.851)

Mm-hmm. Yeah Yep

Lissa & Nate Maris (01:24:08.793)

Yeah.

Chris Wark (01:24:11.01)

you know, the benefits increase as your consumption increases. So it's again, it's not all or nothing. it's just, Hey, let's do as much as possible and keep pushing yourself to do more. And I love your, know, I'm going to be, I'm raw vegan today is a great little mantra, right? Cause you're just focused on today. You're not thinking about, can never eat a burger ever again. I can never have a cheeseburger. like, no, you can have a cheeseburger. mean, you know, nobody's going to, nobody's

Lissa & Nate Maris (01:24:22.126)

Yeah.

Lissa & Nate Maris (01:24:26.82)

Yeah. Right. Yeah.

Chris Wark (01:24:39.022)

and take away your cheeseburgers. But we're encouraging you to avoid them and replace them with better food and see what happens.

Lissa & Nate Maris (01:24:39.651)

Yeah. And it is fascinating when you do.

Yeah. Yes. It's fascinating when you do, because I have like, you know, I did a hike with my son and I was like, I'm going to have some, you know, vegan pizza. You know, we were in Breckenridge. We're doing the Colorado Trail backpacking. And so I had a vegan pizza. The next day I had a breakfast burrito. And, you know, it was neat to notice like how I felt on those

foods as opposed to how I would normally start my day or what I'd finished my day with. And

It was just kind of a nice little reminder. Like I really enjoyed that. That was really fun sitting there. I had my salad, but I had a piece of pizza and it was the first time I had bread in like eight years or whatever. But it didn't wreck me because I have my sights set in a certain area, but it was really interesting to just like take note to how I actually feel. That was like, it was a good experience, but I don't want to live there anymore.

Chris Wark (01:25:36.226)

Yeah. Yep. And it is, it's good to revisit. then you, it's like when you get away from candy for a long time and then you try to eat a piece of candy, like, my gosh, like it's shocking. Or just you eat a snack food and you just shocked at how salty it is, you know, or even just restaurant food. It's so much saltier than you realized. And when you get away from it then go back to it, it's like, my gosh, this is so salty. Like, yeah.

Lissa & Nate Maris (01:25:45.887)

Yeah. my gosh. It's so sad.

Right. have some. Yep. much.

Yeah. We have some friends, they have a freeze dryer and they've been doing, you know, they're trying to get into doing more freeze dried fruit for their Saturday market, but the candy sells just flies off the shelves. They freeze dry Skittles, they freeze dry Jolly Ranchers. Now, have you ever had, you've had a Jolly Rancher? Yeah, the heart candy. Yeah, And it would take forever to suck that, you know, they would get so sharp when you'd get it way down there. It take forever to like eat that Jolly Rancher.

Chris Wark (01:26:18.606)

Sure, yeah, yeah, for when I was a kid? Oh yeah. Oh yeah.

Chris Wark (01:26:26.093)

yeah. You can make it into a little shiv of weapon.

Lissa & Nate Maris (01:26:31.024)

Right, a ship, But the freeze-dried Jolly Ranchers melt in your mouth instantly. You could eat... You could eat 50 of them in like... Maybe even 80 in the time that you could suck on one. I know, so dangerous. there's, yeah, there's definitely different processes of... Ah, horrible. Like the concept, like, oh my gosh, that is just absolutely incredible. But there again...

Chris Wark (01:26:40.884)

man, that's dangerous.

Chris Wark (01:26:49.806)

I've never heard of that, freeze-dried Jolly Ranchers. Yeah.

Lissa & Nate Maris (01:26:58.519)

Sometimes we need to experience certain things as individuals for us to, you know, to be able to shift. To reinforce what we really want in our life. know? Yeah. Because some people don't and I totally, I can feel it. You know, some people don't want to. They would rather have their beer and their, you know, steak and potatoes and be around all the other dudes, you know, and doing the same thing and talk about their medications. Relate. It's hard to relate to people who aren't experiencing the same thing, you know.

Chris Wark (01:27:07.788)

Yeah, absolutely.

Lissa & Nate Maris (01:27:28.003)

but there's a lot of different ways to live life. Yeah. So it's like, what do we want? And we're having fun over here. So.

Chris Wark (01:27:32.681)

Yeah. Well, I'd appreciate. Yeah. I appreciate you both. What you're doing is great. It's, you're encouraging a lot of people, inspiring people, just giving them hope. And, and like I said, uh, and information, I love that you have so many recipe books. That's really impressive. Like just, just cranking it out, you know, just putting out stuff that people can use and, and, uh, and benefit from. So keep up the good work and, uh,

Lissa & Nate Maris (01:27:38.391)

Likewise, Chris, likewise.

Lissa & Nate Maris (01:27:48.175)

Thank

Lissa & Nate Maris (01:27:58.543)

Thanks, bro. Thank you. You too. You too.

Chris Wark (01:28:01.174)

Yeah, it's been so much fun to do this. I'm so glad we connected in Vegas and yeah, I'll see you at some event soon, maybe somewhere. We'll see.

Lissa & Nate Maris (01:28:10.081)

Yes, yes, would love to hang out again and chat more. can make if we're, you know, somewhere near our truck, we can make you a smoothie on our tailgate. or a wrap. Yeah.

Chris Wark (01:28:18.478)

I would, will consume both with, with, with great enthusiasm. Thank you. Thank you so much.

Okay, everybody. Thanks for watching. I, hasn't this been fun? Well, again, check the show notes to connect with Nate and Lissa and, and they've just got all kinds of great stuff and you can follow them on social media. can learn from them. You can get plugged in there into their community. You can download their eBooks, start making these recipes. and yeah.

Lissa & Nate Maris (01:28:24.527)

Excellent. Thanks so much, Chris. Yeah, thank you.

Chris Wark (01:28:48.162)

Just like get after it, right? If you're in that place in your life where you're sick and tired of being sick and tired, right? You're just ready to change. You want to lose weight. You're tired of the chronic health problems. The doctors aren't helping. The medications aren't helping enough. They certainly aren't curing you. Now's an opportunity, right? You're still alive. You're still breathing. It's not too late. Now's an opportunity to take control of your health, change your life. And so there

Lissa & Nate Maris (01:29:13.007)

Mm.

Chris Wark (01:29:16.91)

They're a great resource for you. So thanks for watching again. Please share this video with people that you know, people that you care about. I think you probably know a lot of people that need to lose 60 or 70 pounds. So this is a perfect interview to share with them too. So again, thanks for watching. See you on the next one. Bye bye.

Lissa & Nate Maris (01:29:28.463)

Thank you.