In this episode, we continue our discussion about longevity and speak to Mimi Kirk, an international speaker, health coach, raw food chef, and published author who is a living example and was voted PETA’s Sexiest Vegetarian over 50 in a nationwide contest in 2009.

We discuss:

- Her journey and how she was led to the raw food diet
- Supplements or specific foods that help one stay youthful
- Daily rituals and habits that contribute to longevity
- How lifestyle trumps genetics
- How to overcome family and peer pressure when making lifestyle changes

& More!

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Hope you all had a very happy holiday and somehow made it through the weekend without overdosing on refined sugar and booze. Tis’ the season for sweets, apple cider, cocoa, and reflection on whether or not you actually achieved those health goals you set last January. We all know “those people” who get gym memberships at the beginning of the year, start cleanses, and become yoga natzi’s only to fall completely off the wagon come spring. We know them because if we took a good look in the mirror we’d realize that at some point we have fallen way short of the mark when it comes to our health. Oops! But as the late great Maya Angelou once said, “When you know better, you do better.” Here’s four quick ideas for ways to ensure you do better, and wrap 2019 a healthy living rockstar.

1. **Stop Settling.** You need a goal that will get you up in the early AM or make you want to put in a workout after a long day at work. Instead of making specific goals about weight loss or body fat percentage try imagining the kick-ass new and improved version of you at the end of the year. Get a clear vision of you at the end of the coming year. What is he or she doing? Is she entering a body building competition? Running a marathon? An expert fitness pole dancer? Stunting on folks with your catwalk in the office thanks to reformer Pilates? If you can dream it, you can achieve it.

2. **Track Your Progress.** There are so many apps nowadays that can help you keep a food diary, log workouts, or even track your daily steps. No excuses my friend. In order to keep the beginning of the year pep going a great way
is to have a tried and true tracking system that works for you. When you start tracking, it helps to have an accountability partner or bff who calls you out on your cheat day. My favorite calorie tracking app is Lose It! and I have a few clients who love My Fitness Pal.

3. **Celebrate Your Wins.** Sometimes we get so wrapped up in our goals that we forget to take a moment a do a happy dance when we’ve hit the mark! As you create a plan for your health in the upcoming year, make sure you give some sort of treat or reward on the road to achieving the goal.

4. **Invest in a Trainer or Coach.** We’ve all done a double take at some point in the gym at the random guy in the corner doing strange exercises with even stranger form. Just like you need a check up with your doctor or dentist every now and then, if you are looking to achieve health or fitness goals it cannot hurt to check-in with a health coach, nutritionist, or trainer. There is power in the meeting of minds and agreement. Not only will having a Sensei egg you on when you want to give up on that last rep, it may propel you much further than you can go on your own, and save you some time in the gym with more effective workouts. If you’ve hit a plateau or are in a food rut diet-wise, a nutritionist (like yours truly) or health coach may get you excited about new recipes to spice things up. Make sure you get referrals for health professionals you work with so you can ensure your investment will reap dividends. Interested in working with me? Check out my new site, and message me only if you are ready to transform your health! -XO Raw Girl

5 Steps to Break Unhealthy Habits

Maintaining optimal health can seem daunting, but when you examine closely the lifestyles of some of the world’s healthiest people, it becomes evident that small daily rituals can make a very big difference. If you have the daily ritual of exercising vs. the daily ritual of binge eating while watching television, the trajectory of your wellness over your lifespan will be drastically different. Because habits can be formed unconsciously, it is important every now and then to examine the habits you engage in, and actively change any habits that are derailing your health. Below are some steps that you can engage in to help you break old habits that no longer serve you. -XO Raw Girl

**Recognize that your actions are not supporting your overall health goals.** The first step in making a change is to have the pain of where you are, surpass the pain or fear of making a change. If you are overweight, an addict, and can’t get up a flight of stairs without severe pain that feels like a heart attack, like the endurance athlete Rich Roll once was, you too have the opportunity for an epiphany. But what if things are okay but you just don’t feel your best? Your
health challenge may not be as severe as his was, but even with smaller things it’s important to take notice. Maybe you no longer exercise, and although you have maintained your weight, your energy is much lower during the day. Or perhaps you have stopped meditating, and this has several encumbered how you deal with stress at work and at home. Whatever it is, hone in on it until you can make the firm decision to set a new habit.

Deal with the emotions that are keeping you tied to the behavior. My latest fascinating read is Dr. Joe Dispenza’s “Breaking the Habit of Being Yourself,” where he discusses how we can get addicted to emotions. Without knowing it, us humans are frequently switching into fight or flight mode when there is no real life threatening danger present. Whether it be a difficult boss, or angry commuter cutting us off in traffic, we tend to memorize emotional states and program them as default when a similar situation arises even if there is no real threat. Our emotions can also be scary to us, and in order to avoid feeling them we may use food, alcohol or other substances to avoid moving through the emotion. It’s important to become aware of what emotions are tied to your unhealthy habits and find healthy outlets for them to address the root cause. You may need to journal each night, get a boxing bag and throw some rounds, or find some other outlet for your feelings.

Practice Mindfulness to change your mindset. At this point, once you’ve recognized that your actions are out of alignment, and you are also addressing the emotions that keep you tied to the unwanted behavior, it is time to change your mind. Changing our mind is literally easier said than done, but thankfully, mindfulness techniques, especially meditation have been scientifically proven to build new neural pathways, reduce reactivity, stress, and help us engage with our environments in a new way. It only takes around 2-3 weeks of meditation to begin to see changes. After meditating for over 5 years and going through the process of falling off and getting back on it again, I’ve noticed changes even after a few days.

Find Healthy Substitutions. Some people believe in restriction to change habits, but that can backfire easily. Most of us when restricted can yo-yo back and go crazy on the exact behavior we said we would stop. Instead of working against your cravings or behavior, work with it by finding healthy substitutions. If you are trying to give up fast food, perhaps you start by making whole food versions of some of your favorite junk food and begin to train your palette to adjust to less refined sugar and salt. If you are working with a behavioral change sometimes substitutions aren’t relevant or are not enough. For instance giving up drinking alcohol or smoking cigarettes can be very challenging. Don’t be afraid to reach out for help or join a support group. When struggling with addiction, knowing that you are not alone and having accountability are both key to forming new habits and completing recovery.

Implement a new plan of action for a minimum of 21 Days. There is much debate about how long it takes to form a habit. Some say a minimum of 21 days, some say longer or shorter. At the end of the day you are going to need to give yourself at least a few weeks of repetitive action to adjust and form the new habit. You will know that the new habit is formed after you spend a consistent period following through and you are presented with the old option – food, behavior, etc. and the desire to indulge is gone. When you reach this stage, it’s important to acknowledge and celebrate yourself for the progress you’ve made.

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Need support, a personalized meal plan, or check-in about your health goals?
My major skincare awakening happened about a year ago, when I fell asleep with Keihl’s cleanser on my face and woke up with a burn! That was not a great morning. What I learned from that experience, is how important it is to utilize products on your skin from reliable companies, that are almost if not actually EDIBLE. When you have a skincare awakening (hopefully yours will not involve burns), one of the first thing you realize is that you don’t necessarily need all of the beauty products you have. Keep it simple is my new motto. In the last three months I wash my face with a coconut cleanser that is basically coconut water, and I have started the habit of making a coconut oil mask every night that has left my skin much more hydrated and supple come morning. In the spirit of utilizing our food as medicine, there are many kitchen staples that can easily be used in the bathroom. Coconut oil is one of them! A truly versatile oil, coconut oil can replace several toiletry projects you may already use religiously. Below is a list of ten legitimate beauty uses for coconut oil. After all is said and done, don’t forget that you also can eat it! The recommended daily intake is around two to four tablespoons. You can eat it straight, blend it into smoothies, or even salad dressings and desserts. -XO Raw Girl

1. Face & Under Eye Cream

It has been established that lauric acid, a medium chain fatty acid that is abundant in coconut oil, improves acne, making it a good option for some with oily and combination skin. For dark under eye circles, you can increase circulation in the area by using a small amount of coconut oil to massage under the eyes and keep the skin from wrinkling.

2. Make-up Remover

Coconut oil is an effective makeup remover and a great natural moisturizer!
Simple dip a cotton ball in coconut oil and generously apply to face until makeup is removed. Be sure to cleanse your skin and moisturize afterwards.

3. Face Mask

Add a bit of honey (a natural antibacterial and moisturizer) to coconut oil and apply to your face. Leave the mask on for 10 minutes, then rinse. There are numerous DIY mask recipes you can find on the internet that have coconut oil as a featured ingredient. Experiment and find the mask that works for you.

4. Lip Balm

Coconut oil can be applied directly to chapped lips. You also can transfer a small amount to a container for lip moisture on the go, but be careful in the summer. Hot temperatures liquefy the oil, and you don’t want coconut oil dripping from your bag when you are on-the-go.

5. Body Moisturizer

Keep your skin soft and supple by applying coconut oil after a bath or shower to lock in moisture.

6. Bath Soak

Pour a little coconut oil into your bath with other oils and bath salts and enjoy a relaxing soak.

7. Body Scrub

Add a tablespoon of brown sugar or raw sugar to three tablespoons of coconut oil for a delicious body scrub.

8. Foot Treatment

If you have calluses or rough heels, exfoliate with a pumice stone right before bed. Slather coconut oil on your feet and put on a pair of socks to lock in moisture overnight.

9. Cuticle Cream

Apply to cuticles, then push them back with an orange stick.

10. Deep Conditioner

Massage warmed coconut oil to your scalp and hair. Wait 15 minutes, then rinse. For a leave in conditioner, simply melt coconut oil, apply to scalp and leave hair in a shower cap overnight. This is also an effective treatment for those with dandruff.
Anybody else out there want to be able to drop it like it’s hot in your seventies?

In my own personal health journey, I have witnessed the many benefits of adopting a healthy lifestyle, but the biggest rewards, which come with time, I have yet to experience. While we may think purchasing organic and taking regular trips to the gym is expensive now, we are paying it forward to have a better quality of life later. And quality of life is priceless. Besides living a life without reliance on meds, and with youthful energy, most of us also want to be snatched. Let’s be real. Who doesn’t want Michelle Obama or Angela Bassett’s chiseled arms and toned legs like Tina Turner?

As we age, our lifestyle choices and diet can influence the rate at which we age. Good genetics help too, but if we are consciously adjusting our diet, and putting a lot of discipline into our regimens wonders can happen. Did you know that one of the ways to slow aging is to slow the glycation process? If you have never heard of glycation, when we consume sugar, the molecules (glucose, galactose, or fructose etc.) latch onto proteins and fats and this causes the protein fibers (mainly collagen and elastin) to become stiff and malformed. Glycation is not only involved in the aging process, but also in most degenerative diseases. Collagen and elastin are needed in prime form to keep our skin youthful, and keep us away from botox. Aging is inevitable and there is not way to stop or reverse the process of glycation, but perhaps our poor diets have caused us to miss out on the fact that aging should not be as rapid as is considered normal. By reducing the amount of sugar in our diets as we age, we can considerably reduce glycation, and thus, keep it “right and tight” well into our golden years.

So how can we reduce glycation? Below are five simple ways you can begin your anti-aging program, naturally. -XO Raw Girl

1. Reduce or eliminate processed sugar from your diet and moderately consume fruit sugars. After seeing more clients, it’s become very clear that most of us struggle with insulin dysregulation. Diabetes is continuously on the rise, but even more pervasive is having high blood glucose or low blood glucose levels because of the bodies’ inability to process sugar efficiently. This happens because we simple eat too much sugar. It is in everything from condiments to our morning cereals, and the constant insulin spikes take a toll on our energy, our health, and the speed at which we age. When we think of sugar we usually think of syrup, honey, white or brown sugars, but starchy foods which are converted to glucose are also in this category. This includes white breads, rice, potatoes and more. Consuming whole grains over white starches, which are lower on the glycemic index create less of a sugar rush.

2. Eliminate consumption of fried foods, increase the amount of raw, baked, or
steamed foods. The glycation reaction is accelerated by eating foods cooked at high temperatures; anything over 250°F (110°C). Trying to avoid barbecuing, frying, grilling, roasting, or broiling foods is key.

3. **Reduce or eliminate consumption of high fat or high protein foods with sugar which create advanced glycation end products.** This might seem strange, until you realize that most of us consume high fat or protein foods with sugar on a regular basis. (Some examples: ribs with barbeque sauce (sugar included), McDonald's fries (have sugar on them), Glazed or frosted donuts which are deep fried, high in fat with a lot of sugar in them.

4. **Consume foods rich in phytonutrients, vitamin C, B6, and ALA (alpha lipoic acid) that can protect your body from the damage of high sugar in the diet.** First off to boost phytonutrients you need to eat a wide array of fruits and vegetables preferably in rainbow colors to get the full spectrum of nutrients. Polyphenols are natural phytochemicals found in fruits, vegetables, nuts, seeds, coffee, tea (green tea included), and wine. Vitamin C will help to promote the production of collagen and also improve the absorption of plant sources of iron. Some great sources of vitamin C include: citrus fruits, acerola cherries, papaya, tomatoes and tomato juice, potatoes, red and green peppers, black currants, guava, kiwifruit, broccoli, kale, snow peas, strawberries, Brussels sprouts, camu camu powder, and cantaloupe. When you combine vitamin C with quercetin a flavonoid with strong anti-diabetic activity found in flowers, leaves, and fruits, research has shown that they are effective in reducing oxidative stress and inflammatory biomarkers. Good food sources of B6 include: chickpeas, nutritional yeast, avocado, cooked spinach, watermelon, dried plums, winter squash, peanuts, sunflower seeds, cashews, hazelnuts, onions, banana, and sweet potatoes.

5. **Take a multivitamin that includes chromium.** If you have diabetes, or other sugar dysregulation problems you may also consider supplementing chromium separately in the form of GTF or chromium picolinate for the best absorption. Chromium helps to normalize the way that our body processes insulin, and can have a profound effect on stabilizing our blood sugar levels. The more stable our levels are, the less rapidly we age.

**References:**


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**How Taking Cold Showers Can Boost Your Energy**

baths for healing
I love warmth. Warm showers, warm baths, warm turmeric milk, a good warm cup of tea, and the list goes on. However recently, I intuitively stopped taking warm showers in the morning. Why? Well at first I felt it may help get me out of my comfort zone, and I wanted to shake things up a bit. I had heard Tony Robbins, David Wolfe and a few others talking about it, but I never took the time to investigate the science behind it. Until I noticed that taking cold showers was improving my focus and energy throughout the day. Granted I do a lot of other things combined that can help with energy: drinking enough water, exercising in the mornings, taking a multivitamin, reducing my sugar intake and more. Since those things are generally a part of my normal lifestyle, the cold showers did make a notable difference when I started.

Here's why. Our brain and our gut are connected by the gut-brain axis; and therefore communicate with each other. Just in case you've never heard this, people describe it as the gut-brain connection. This connection and the communication in between the gut and brain happens through the vagus nerve, which is one of the longest veins in the body and has the ability to channel communication both ways. Most people don't realize but communication from the gut to the brain impacts our emotions and mood. The other thing that most of us do not know is that not all vagus nerves are equal in strength! Those with strong vagal activity or higher “vagal tone”, are able to relax faster after experiencing stress. “Higher vagal tone makes your body better at regulating blood glucose levels, reducing the likelihood of diabetes, stroke and cardiovascular disease. Low vagal tone, however, has been associated with chronic inflammation,” [1].

Our nervous system is comprised of the parasympathetic, and sympathetic systems. The parasympathetic system turns on to calm us down, when we are relaxing, practicing mindfulness, and improves our ability to heal, rest, and digest our food properly. Alternatively the sympathetic nervous system is what kicks in when were are exposed to stress, trauma, or danger and is our “fight or flight” responder. The major issue in today’s society is that most of us are over stressed, and our “fight or flight” response is always on, and usually in response to stimulus that is NOT life threatening. Everything from morning road rage in traffic, annoying coworkers, to that epic to do list can keep us in sympathetic dominance. What is key to understand is that our body can only do one or the other: so we are either in rest mode or fight or flight mode, there's no in between. Here’s the part that gets revelatory: in order to support healing, digest our food better, reduce inflammation and susceptibility to diseases we need to more often than not have our parasympathetic nervous system turned on.

Guess one thing that can improve vagal tone and activate the parasympathetic
nervous system? You guessed it…cold showers or exposure to extreme cold. What happens at first is your sympathetic activity will increase, but after a moment when your body gets used to the cold, parasympathetic activity increases [3]. One random controlled trial had 3018 participants participate in hot to cold showers for 30, 60, 90 seconds for thirty days versus a control group. They found that the group that followed the hot to cold shower protocol had a 29% reduction in sickness absence at work [2]. Another study that investigated cold showers as a treatment for depression, found that the cold showers did have a beneficial effect on improving depressive symptoms, but their data and test group were not necessarily adequate to apply to a larger population so more study on this is needed [4].

If you need a completely FREE energy boost, immunity recharge, or just want to get out of a funk, I highly recommend a cold shower. We are conditioned to be comfortable, especially in the Western world, and it turns out that a little dose of discomfort can go a long way. So the next time your friend tags you in the ice bucket challenge, do it, and feel free to tag me, I’m so down! -Xo Raw Girl

References:


The Art of Spring Cleaning: Mind, Body, & Spirit
detox
From a holistic health perspective we usually hear spring cleaning and we immediately think DETOX. Sure, that can be a focus. I don’t know about you, but sometimes the word detox feels too aggressive for me. My personal spring cleaning usually involves persistent introspection; looking at myself mind, body, and soul. What I mean by that is I really try to investigate all areas, and when I think I have an answer, I ask even more questions. My goal is to get to the root of the matter. As I step into my soon-to-be new role of Nutritionist and aspire to live more of my wildest dreams I want to feel like whatever may be in my way is removed. Here’s the thing I realized: you can’t clear away what you are unaware of. Again: How can I clear blocks if I think everything is OK?

I want to challenge you this upcoming Spring season to get off autopilot. Are you ignoring a diagnosis because it’s too scary to deal with it head on? Have you promised yourself yet again to start on some new healthy habits but can’t seem to find the motivation or time? When what we have doesn’t line up with what we want, we have to do something to shake things up. Here’s a few ways to do some deep spring cleaning and get closer to living your best life.

1. **Find a Coach.** Recently I committed to hiring a coach to help me get clearer about my career. It’s amazing to how much clarity I received in such a short period of time just by making the commitment. Whether it be for your health, your relationships, or even for your body (physical trainer) – the power of the mastermind is real, and two heads are definitely more impactful than one. One of the greatest benefits of coaching; you usually get that Oprah AHA! Moment and land spot on the beliefs or things you did not know. This is because when we are eyeballs deep in our own drama it can be hard to see the light at the end of the tunnel. Seeking the aid of a professional can offer ongoing motivation, and help us push through challenges.

2. **Examine Your Limiting Beliefs.** We are taught effort is KING. But is it really? We have to take action towards our goals, for sure, and no we can’t expect weight to magically disappear from our midsection, (unfortunately), or our blood pressure to miraculously go down with the power of desire alone. We have to do something. However when we are applying a ton of effort and getting ZERO results; it’s a glaring sign that we may need to take a step back and work on the unconscious beliefs we are holding on to that may be hindering our success. Being effective, can take us much further along our path to achieving our goals, that simple being frenetic with action.

3. **Figure out WHO you need to become.** Get in touch with your ideal, who you have to be to live that ideal, and what has to go. When you run the movie in your mind of your so-called fabulous life what are doing, who is with you, what habits do you have that support the dream? Sometimes instead of focusing on what we want: clear skin, more energy, weight loss, a better job, we need to focus instead on who we have to become to have the thing we desire. Once you have a clear picture of what you want, and you know who you need to be, start to examine what you can do now to align your daily actions with the YOU that is living your dreams. Happy Spring cleaning, and as you go through this process remember to relax, relate, and release! -XO
Need a coach? Your girl will be a full-fledged nutritionist in August! Right now I’m taking clients via Skype or in-person at Wellness Cooperative in Old Town Alexandria. If you want to know what’s holding you back from living your healthiest, best life I can help. My nutrition tune-ups involve assessing your diet and any medical conditions to help you figure out what adjustments you can make to feel amazing and heal. You will complete the session aware of any nutritional deficiencies, and also with an idea of the supplements or lifestyle changes that can help propel you on your healthy living path. To learn more or book your session click HERE!

Daily On-The-Go Meditations with Shine!

For years I’ve been a mediation and mindfulness junkie. It’s safe to say that mindfulness techniques have changed my life and allowed me to deal with stress in a more productive manner. So when I was asked to be a part of offering amazing meditations to the world, of course I said “YES!” I’m ecstatic to announce I’ve been working with the lovely team at Shine to voice mindfulness meditations for their brand new app! Shine sends you free daily text messages with motivational quotes, positive affirmations and actions you can take every morning. Their text messages reach millions of users and now with their new app, they are offering mindfulness moments and challenges to help us refocus on the present moment and have the best day possible.

You can download their app now, and you’ll hear my voice on any of the FREE meditations, or in the “Get Fulfilled Challenge.” I also wrote an article for Shine, about my personal struggle with success addiction and the journey to fulfillment which you can read HERE.

-XO Raw Girl
Anyone out there getting a jumpstart on 2018 fitness goals? Starting last week, I’ve been up daily at the crack to move my body for Bootcamp at Core Power Yoga. I signed up to get my mind and body focused and ready for the challenges of the forthcoming year. In bootcamp, we are encouraged to complete a second activity each day, so last week I exercised for two and a half hours several days of the week. It sounds like a lot right? If you are tired just reading this, I totally feel you!

The saying “mind over matter,” started to ring true on the last day of the first week of bootcamp, when all I wanted to do is curl up with my bff, my pillow, and catch some extra sleep. It wasn’t necessarily just because I was tired, or that I was achy and sore in strange places, my mind was literally just saying NO. I ignored it, squirmed out of bed anyway and completed week one! Now that we are on week 2, I’m very aware that showing up is about 99% of the battle.

During week one, I’ve been implementing a few things to help me keep my energy high and to ensure I am getting adequate nutrition and get maximum benefits from my workouts. Below’s a few tips that can help get you through the good kinda hurt with a little bit more ease. -XO Raw Girl

1. **Replenish Your Electrolytes.** When we exercise our body needs to replenish electrolytes to avoid cramping, and maintain proper function of the digestive, nervous, cardiac, and muscular systems. You can buy drinks or powders to assist with this, or do what I did and make a poor-man’s electrolyte drink with what you have at home. All you need to do is add a pinch of salt to your water and squeeze a wedge of lemon or lime. If you can taste the salt in your water you’ve added too much.

2. **Take Your Vitamins Pre-Workout.** Week one I experimented with taking two packets of Emergen-C in water just before bootcamp, and some days without. I noticed that without fail on the days I got my vitamins in before my workout my energy was more consistent and I was able to sustain it throughout the workout. Grabbing fruit or a pre-workout drink is recommended and taking a multivitamin that includes the daily value for key nutrients along with it may give you an extra boost!

3. **Keep a Food Diary & Track Your Nutrient Intake.** The process of recording everything I eat has been an eye-opener. What keeping a food diary does for me personally, is help me ensure I am getting enough calories and veggie sources of protein daily. There’s an awesome site called Cronometer, that I highly recommend you check out for tracking your meals, as it will give you a daily breakdown of your caloric and nutrient intake so you know if you are
Look ma, I’m on TV again!

I had such a blast filming another health segment for *Virginia This Morning*. This time our chat was focused on my book *The Acne-Free Diet* and how to heal acne from the inside out. The segment aired on Monday. If you missed it no worries, you can watch right here.
It was wonderful to have the opportunity to highlight the new edition of The Acne-Free Diet! In this latest edition I added in a section on how to diagnose your acne, and what protocols can be helpful depending on the root cause. You also get my personal journey, natural remedies, juice recipes, and more! If you know anyone struggling with breakouts or chronic acne, please gift them this book for Christmas. You won’t regret it. -Xo
Tag Archives: raw food. Nature's Best Nutrition Secret is Raw Cacao. I get many funny looks when I tell my health coaching clients that I whole-heartedly endorse a fully stocked chocolate supply in every household. Afterall, it’s one of the most important food groups! We’ve all heard about the benefits of dark chocolate, but you can get even more nutrition by eating the beans themselves. Raw, unprocessed cacao is one of nature’s best nutrition secrets. It’s super food with super powers: Loaded with tons of magnesium for muscle and nerve function and to stabilize heart rhythms. More antioxidant Raw foodism, also known as rawism or following a raw food diet, is the dietary practice of eating only or mostly food that is uncooked and unprocessed. Depending on the philosophy, or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products. The diet may also include simply processed foods, such as various types of sprouted seeds, cheese, and fermented foods such as yogurts, kefir, kombucha, or sauerkraut.