Abstract

Basis: This bachelor’s thesis explores the alternative diet known as raw veganism. Information has been drawn from 23 literary and 27 internet sources. Considering the contemporaneity of the subject, many of these sources are of foreign origin. The theme was selected based on a long-term interest and self-study of the positive and negative effects of radical diets.

Aims: Based on information gained from bibliographical sources, the aims of this bachelor’s thesis were set as follows. The first goal was to uncover the most frequent reasons why people choose such a radical lifestyle, and by means of literary research to assess potential health risks. A preliminary hypothesis stated that the most frequent arguments would be health-related. A secondary goal was the comparison of raw veganism to orthorexia, which can be described as a pathological obsession with healthy food. The output and resulting arguments of the thesis are intended to aid colleagues in medicine.

Methodology: Required data was gathered by means of an electronic survey. The questionnaire, consisting of 20 required and one optional question, was made available only to a specific sample of people who had in the past followed or were still following a partial or complete raw vegan diet, and were at least 18 years of age. The questionnaire was filled in by 50 respondents, and the results have been evaluated both textually and in graphs. The thesis is complemented by three external electronic attachments containing raw data from the survey.

Results: The evaluation of the questionnaire’s first part confirmed the preliminary hypothesis of the most frequently stated arguments for choosing raw veganism. These health-related reasons were then analyzed and found insufficient, and the raw vegan lifestyle was found hazardous to health in the long run. The second part of the questionnaire showed the existence of similarities between orthorexia and radical raw foodism.

Conclusion: Raw veganism holds serious nutritional risks and is not recommended as a long-term diet. However, drawing inspiration from raw food and making occasional additions to a more rational menu may prove beneficial to a person’s health. The fact that this diet, in its most radical form, can produce similar symptoms as orthorexia, shows the meaninglessness of such an extreme lifestyle. This argument was then used as part of the defense of a varied rational diet that respects different seasons and the places of origin of foodstuffs.

Keywords: raw veganism, rawism, raw foodism, orthorexia, health, alternative medicine