

# RAW POWER INTERNATIONAL SUPERMODEL CAROL ALT

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Photography by The General Studio ([www.thegeneralstudio.com](http://www.thegeneralstudio.com))

Carol Alt is the picture of good health. But 15 years ago, the woman dubbed 'The Most Beautiful Woman in the World' sure wasn't feeling that way. Tired and unwell, she decided it was time to change her life – and did so by adopting a raw food diet. *TOTALFIT Magazine* sat down with the legendary supermodel, actress, and entrepreneur to discuss food, her brand new skincare line, her latest book, and how, at 50, she manages to look just as amazing as she feels.

## WHEN DID YOU DECIDE TO START EATING A RAW FOOD DIET, AND WHY?

After I got kicked off of a set because they told me I wasn't in bathing suit condition. There's nothing like a wakeup call when you're a model who made your name in *Sports Illustrated* and they say you're not in bathing suit condition. I watched another girl on the set. She was 22 or 23 and she had this great energy. I didn't feel good so I knew I didn't look good. And they sent me home. I went, 'what happened?' I'm taking stomach acids and headache pills, getting colds and flus, but I never had that at 22. And at 32 I did. So what am I going to be like at 42? Or 52? Or 62? That's what scared me. I was looking at what the future was going to be like and I just really wanted to make a drastic change.

## HOW HAS A RAW FOOD DIET CHANGED YOUR LIFE?

It gave me my life. People called me the most beautiful woman in the world, but I was feeling tired and miserable. I changed for vanity reasons – my skin wasn't looking so good, my hair was thinning out, the same complaints every woman has. So once I changed, for vanity's sake, it saved my life. I had other really major health issues that I didn't know about. In my brain, I was healthy, because at that moment I didn't have a flu, I didn't have a headache, I didn't have a stomach ache. I was just going through the normal stuff that everybody goes through that everybody says is aging. But I didn't accept that. And I don't think women should accept that.

## YOU TRAVEL QUITE A LOT. IS IT HARD TO MAINTAIN A RAW FOOD DIET WHEN YOU'RE TRAVELING? WHAT ARE SOME TIPS FOR STICKING TO IT?

I don't eat 100% raw. I have popcorn at hockey games. If I happen to be out or traveling and I can't eat raw food, I'll eat the least offensive cooked food. Something light that will tide me over until I can get my raw food. But truthfully, I can eat anywhere. I'm not vegan, so I can do tartare, carpaccio, prosciutto, ceviche, gravlax – all kinds of stuff. And, because I don't eat 100% raw and I don't advocate 100% raw, you can eat things seared – fish, meat. You can eat anywhere, as long as the food is fresh and you know where it comes from. Whatever you eat cooked, I can find you raw.

## YOU DON'T SELL FOOD OR PROFIT OFF OF YOUR PROMOTION OF RAW FOOD.

That's where I get my street cred. My street cred comes from the fact that I sell no food. Nothing.

## WHAT MOTIVATES YOU TO KEEP SPREADING THE WORD?

The miracle that is raw. How it saved my life, how it got rid of my health issues. It made my life a thousand times better. Fifteen years and not a headache, not a stomach ache, not a cold, not a flu, not a sinus infection, not an allergy. From the day I went raw. Not an over-the-counter drug again, ever. It's amazing, and all I did was change my food. Can you imagine how powerful that is?

