

## **INTRODUCTION**

### **Why Should We Eat Raw Foods!**

There are three conditions that food should meet: It should produce mental clarity; it should not burden the body with toxins and it should be able to be digested quickly without wasting a lot of energy. Foods that are not natural to the body-flesh, milk and milk products, and most grains-create restlessness in the mind and body. Toxic bodies develop into an array of diseases.

Food from animals is already dead. Anything dead will begin to decompose immediately. To demonstrate this, take a cooked and uncooked apple. The cooked apple would have to be eaten immediately or be refrigerated because it has started to decay. When the cooked apple is eaten, the body is attempting to digest food that is in the process of decomposing. When the raw apple is eaten, it is being digested and assimilated in its live state.

Also, meals should be prepared and brought to the dining table with a minimum amount of time and expense. The highest quality foods are natural, raw foods. All the nutrients are found intact. The amino acids are in their finest form. The minerals, vitamins, carbohydrates, fatty acids, trace elements and "life force" are present.

Not only do raw foods contain all the nutrients necessary for good health, growth, maintenance and repair, they do not cause or support degenerative diseases.

The heat of cooking destroys the enzymes contained in food. Because those enzymes are inactive, the body must produce its own enzymes to digest the food. Over time, that process taxes the body's ability to produce not only digestive enzymes but also enzymes needed for other biochemical reactions, leaving it weakened and vulnerable to disease.

Recent research suggests raw foods may play a role in lowering high blood pressure. A vast quantity of existing evidence shows that a predominantly raw diet can reverse bodily degeneration which accompanies long term illness, retards the rate at which you age, bring you seemingly boundless energy, requires less sleep, and even improves our emotional outlook. Raw foods provide more body energy because much less energy is wasted eliminating the toxins developed in cooked foods.

All of these improvements are possible because raw fruits and vegetables are two to three times more efficiently utilized by the body than cooked foods. Depending on the length of time and the amount of heat used to cook food, a small amount of all of their protein, minerals, vitamin, and enzymes are destroyed.

Proteins are coagulated and the amino acids are demineralized and toxins are created in the alteration. Calcium becomes disassociated with organic compounds, and thus becomes unusable to the body. Sugars are caramelized and disorganized. Fats are disorganized and are rendered carcinogenic. Cooked fats are chemically altered into fatty acids which are not usable by the body, consequently becoming "free-floating poisons." The cooking of fats also causes them to become "saturated," which then are attracted to the linings of artery walls, where they attach and harden. The result is hardening of the arteries.

Enzymes are totally destroyed when the cooking temperature reaches 120°f . Enzymes play a vital role in changing carbohydrates, proteins, and fats through the digestive process. The body uses these substances to provide energy, and to rebuild cells. Enzymes are essential for tissue building, blood replacement, and the release of chemical energy for muscle movement. In essence, they are the "agents of life." This is what is meant by "live food."

All food contains living cells in the raw state. If heat is applied to these cells, their proteins are coagulated, just the same as the white of an egg is coagulated when it is cooked. If you cooked your food sufficiently to destroy each and every one of these live cells, and tried to live on it, you would die, just the same as if you had not eaten at all. Fortunately, most persons eat fresh fruits and raw salads and food that is not thoroughly cooked, hence they are enabled to procure from the food sufficient nutrients to allow them to lead a less than optimum existence.

In quite a short time a predominantly raw diet does several things. The body's eliminative facilities can expel accumulated wastes and toxins. Optimal sodium/potassium and acid/alkaline balance are restored. Raw foods increase the micro-electric potential of cells, improving the body's use of oxygen so that both muscles and brain are energized. When most of your food is eaten raw, you'll eat less! A raw diet affords quick satiety on less foods, hence, does not over stimulate the digestive system causing you to overeat. Raw foods are easily digested (24 hours compared to 48 to 100 hours for cooked foods). Raw foods not only restore the natural appetat (appetite control) but they help the body to achieve a normal weight. Obesity disappears steadily, painlessly, effortlessly.

### **Raw Versus Cooked**

There is disagreement among natural hygienists as to whether certain foods should be cooked or eaten raw. Some hygienists believe cooking these particular foods releases their natural sugar content making them more digestible. The foods in question are: cauliflower, asparagus, eggplant, potatoes and other tubers. These foods are presented in the recipe book both raw and lightly steamed but raw vegetables always dominate the meal.

### **But Where Do I Get My Protein!**

Proteins are in every living food. You can't find a single living food that doesn't have protein. Our illnesses are caused not by lack of protein but by excess of proteins. Proteins in excess of bodily needs putrefy, especially when proteins are cooked, deranging them beyond usability.

### **Where Do I Get Vitamin B-12**

Some people believe vegetarians are deficient in B-12 as a result of eating fruits and vegetables exclusively, but almost no natural food in nature has vitamin B-12 in it. There is no vitamin B-12 in grass either, yet cattle have plenty of vitamin B-12. We humans get our Vitamin B-12 the same way other animals do - from by-products of bacterial activity in our intestinal tract. Also certain other B complex vitamins are created in and absorbed from the intestinal tract.

### **What To Expect When You Improve Your Diet**

Remarkable things begin to happen to the body and mind when you improve your diet. The amazing intelligence present in every cell of the body is heightened. The rule may be stated thusly: when the quality of food coming into the body is of higher quality than the elements present in body tissues, the body begins to discard the lower-grade materials to make room for the superior materials which it uses to make new and healthier tissue.

### **"Withdrawal" Symptoms Follow Use of Improved Diet**

What are the symptoms or signs which become evident when we first begin to omit the lower-grade foods and introduce superior foods? Example: when the use of a toxic stimulant such as coffee, tea, chocolate or cocoa is stopped, headaches are common and a letdown occurs. This is due to the discarding by the body of the toxins caffeine and theobromine, which are removed from the tissues and transported through the bloodstream to the eliminating organs. When the blood circulates through the brain during its many bodily rounds before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain. Other signs of body detoxification are discomfort in the back due to the concentration of toxic materials there. Therefore, should one wish to avoid uncomfortable symptoms, raw foods should be introduced into the diet slowly. Start by replacing one of your normal meals each day with a raw one. Drinking fresh-squeezed orange juice in the morning will give you a natural mental high lasting several hours. Gradually eliminate meat and processed foods from your diet until you reach a balance of about 75 percent raw and 25 percent cooked. At this point you will discover the benefits of raw food.

### **Proper Food Combining**

Food combining refers to the best combinations of foods to eat together at the same meal. Foods of differing digestive characteristics require different body enzymes and secretions for digestion. For example, nuts and seeds, which are protein foods, require an acid environment for their digestion. Starches require an alkaline environment. Fruits create an alkaline condition in the stomach, The stomach cannot possibly be acid and alkaline at the same time. Therefore, fruits and nuts should not be eaten at the same meal.

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