

# Eat More RAW Food



**You have heard me talk incessantly about eating foods in their natural state as much as possible. But why is it also important to eat foods that are raw?**

Well after a bit of research I was astounded at the incredible benefits of eating raw foods and the issues related to cooking foods. Please read more...

## **Better Nutritional Content**

As we know **raw** fruits, vegetables and plant foods (particularly certified organic) are packed with life giving nutrients; vitamins, minerals and phyto-chemicals.

**Heating** food will destroy a large percentage of these - Vitamins are destroyed, proteins are structurally spoilt, and minerals are converted from their organic and absorbable state to a state whereby they are not easily assimilated by the body. Cooked foods are treated as foreign invaders, even poisons by the body

## **Life Giving and Health Promoting Enzymes**

**Raw** foods contain high levels of enzymes, which assist in digestive processes as well as contribute to good health in other ways. By eating raw foods, we reduce the need for the body to produce its own digestive enzymes. This frees up energy which the body can then use to carry out other important work, such as healing, cell repair and rejuvenation, fighting off foreign invaders, etc. **Heating** food kills enzymes and so cooked food is virtually devoid of them. The consumption of a largely cooked diet thus hampers digestive processes in the body, causing the production of excessive amounts of toxic by-products.

## **Fats & Oils**

**Raw** unsaturated fats and oils, particularly omega 3 fats are very good for your body and are naturally anti-inflammatory, until they are heated! Once **heated** they totally change structure and create disease producing free radicals. These foods include; nuts, seeds, leafy green and deep sea fish.

## **Other Benefits of Eating Raw Foods**

- Reduces risk of diabetes and cancer
- Raw foods are better for your teeth
- Helps in weight loss and maintenance of healthy weight
- Raw foods detoxify the body
- Slows aging and gives healthier looking skin



**So save your body and save the environment and eat more raw food**

Thanks to <http://www.all4naturalhealth.com/eating-raw.html> - go to for more information