
Raw Food - Natures Plan

Although 100% Raw-Food should be our ultimate goal, achieving a 80/20 rule would improve your health beyond your wildest dreams. Yes – that’s right – 80% RAW and only 20% cooked. It is not easy to simply abandon thousands of years of tradition and revert back to eating raw veggies and fruit. Margaret Mead once said, “It is often easier to change a man’s religion than to change his diet.” Cooked food is DEAD food. Cooking veggies and fruit produces chemical changes, and also kills the digestive enzymes within the food that would normally help your body digest that food. The 20% cooked is not to include processed or refined foods high in carbohydrates.

Raw foods are better, providing the nutrition your body needs and is craving, therefore you eat less to satisfy your nutritional needs. As your percentage of raw foods increases you feel satisfied and have more energy on smaller meals because raw food has the best balance of water, nutrients, and fibre to meet your body’s needs. They also have more flavour than cooked foods, so there is no need to add sugar, spices, salt, or condiments that can irritate your digestion system or over-stimulate other organs. Eating 80% raw can help reverse or stop the advance of many chronic diseases and helps protect you from acute diseases such as colds, flu, measles, etc. Actually eating raw veggies, fruit, nuts and seeds saves you money on food, vitamins, pots & pans, appliances, and even drugs. Clean-up after a raw meal is a snap!!

We are conditioned to do the most popular thing, not necessarily the most sensible thing, and often lose the difference between a desire and a need. We don’t need cooked food. Canned food does well at ‘lasting’ because it is cooked to death. Scientists have proven that when you subject any living thing to heat greater than 115 degrees (including microwaving, pasteurization, and canning), its nourishing enzymes die—which means the majority of its essential nutrients are dead, or greatly diminished, when you eat them. Microwaving dramatically alters the molecular structure and thus the nutritional value of the food, besides destroying enzymes (also can transform nutrients into toxic substances, and causes leakage of toxic chemicals from packaging). (The Enzyme Cure)

Enzymes are needed to initiate metabolism throughout the body, they are the ‘workers’ that build your body. If you have all the nutrients, but aren’t able to break them down for assimilation, the food doesn’t work for you. Enzymes are the key in exposing Amino acids to the Peptide-Polypeptide conversion, leading to proper digestion.

Eating under this living-food guideline of 80% raw works towards achieving optimal health, with a renewed sense of energy, vitality, and healing from disease—and it has the lowest ecological footprint of any dietary lifestyle. Healing happens faster for a person on

this type of diet, and speed of healing reflects overall health. (Dr Ron Kennedy Anti Aging Medical Clinic, CA) No two people are in the same place at the same time, so what might work for one person might not work for another “at *this* time”. As long as we keep cleaning our body/mind/soul we are working towards health and happiness.

Fresh and raw fruit and vegetables are brimming with life-force for their seed to give birth to new trees, plants, and have the ability to transmit this life directly to you. Everyone knows that fresh fruits and veggies are nutritious. Additionally, they allow the body to release toxins, improve skin, energy, and give the feeling of satiety without tiredness. Add herbs, spices, nuts, seeds, sprouted foods, and there is a lot of variety to work with. Cabbage, broccoli, cauliflower and brussel sprouts may be slightly steamed to inactivate thyroid inhibitors. (The EC) We will include the suggested new food pyramid and a recipe at the end of this article.

Plant enzymes are not ‘true’ catalysts’ as, although they are the initiator of your systems’ processes, they are used up and destroyed in the process of doing their jobs, lasting from 20 minutes to a few weeks and doing the same work many times before wearing out. Let’s use the example of a construction site. The contractor on that site ensures all sub-trades are each doing the job they are supposed to be doing. Likewise the enzymes, as the contractor, ensure that the nutrients, vitamins, minerals, amino acids, the sub-trades, are doing their jobs.

Raw food has ultimate pure flavour, millions of textures, and beautiful effects on us and on our environment—Avena are not ‘into’ wilted lettuce and bland carrots either; instead the vibrant flavours and miraculous nutrition of raw plant life. Human beings have always eaten what is easiest to obtain, and eating what nature has provided should not be intimidating. Preparing raw meals is remarkably simple and takes less time than cooking! Food safety? Always wash your hands and equipment before food preparation and rinse fruits and vegetables in Celtic Sea Salt water. Accumulation is a basic principle of life (illustrated by the accumulating effect of smoking). When eating raw you do not have to be concerned about food preservatives, colourings, preservatives, dryers, extenders, and artificial flavourings. The more knowledge you gather as to what foods are best for the body, the less fear you’ll suffer in the face of commonly held false pronouncements about diet and health.

One of the primary signals of enzyme deficiency due to cooking food is a condition called digestive leukocytosis. Leukocytosis simply means that there is an increase in the number of white blood cells circulating in the blood (enzymes are carried on white blood cells), a sign that the immune system is mobilizing—which accompanies many adverse conditions, including infections and food poisoning. Continuous mobilization of your immune system will eventually weaken it. Digestive leukocytosis occurs about 30 minutes after eating cooked or processed foods, whereas raw organic foods produce no increase in white blood cell count. (The Enzyme Cure)

Your system knows when you put the food in your mouth ('selective secretion'), what it needs to be preparing in your stomach. The first section of the stomach is referred to as the "enzymatic stomach" where the food waits for the enzymes within it to do their job, then the cardioid portion of the stomach takes over before the food travels to the duodenum. Because of cooking, our digestive organs, in particular the pancreas, are called upon to do the job of enzyme production alone. In a person who eats even a moderate percentage of cooked food, the pancreas is hypertrophied (overgrown) to two or three times its normal size (that size found in people who eat only raw food). This causes the pancreas to beg, borrow, steal, and actually hog metabolic enzymes to produce the digestive enzymes needed. This helps you understand that if living enzymes can be derived from food sources, the body does not have to expend its precious energy making enzymes in large quantity for digestion. Instead it can utilize that energy in the process of living healthier and longer.

Green leafy vegetables exhibit extraordinary broad cancer protective powers, largely because they are so rich in antioxidants. Alpha, beta, and other carotenes, folic acid and zeaxanthin in greens offer potent protection. Also chlorophyll from green vegetables, like that found in Avena's Super Food, is a key to healing as plant chlorophyll transmits the sun and soil energy to our bodies

In eating raw food, the food needs to be chewed well, as part of each plant has soluble and partially insoluble fibre. The reported health effects of fibre come from studies on whole food fibre rather than isolates. Since our bodies do not make the cellulase that digests fibre, we need to chew raw vegetables well to release the cellulase required to digest the fibre. To really work, the fibre must not be separated from its mother plant (another advantage of Avena's Herb Cocktail). The soluble parts of the fibre protect against high cholesterol, while the insoluble parts protect against colorectal cancer. The 'woody' fibre of plants, lignin, combines with bile acids to form an insoluble compound, thus preventing absorption of the bile.

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The Essences are quoted from the Dead Sea Scrolls: "Kill not the food that goes into your mouth, for if you eat Living food, the same will quicken you. But if you Kill your food, that food will kill you also. For Life comes only from Life, and death comes always from death. For everything that kills your food kills your body also."

New studies on fruits show more amazing benefits. Citrus fruits possess fifty-eight known anti-cancer compounds, more than any other food! Some researchers call citrus fruits a total anti-cancer package because they have every class of nutrient – carotenoids, flavonoids, terpenes, limonoids, coumarins, and more – known to neutralize chemical carcinogens.

Avena's Super Food and Tocotrienol Complex are derived from whole foods because citrus fruits act more powerfully, as a whole, than any of the separate anti-cancer compounds they contain. One phytochemical, for example, in orange juice, unlike whole oranges, lose its glutathione concentration. Oranges are also rich in beta-carotene and vitamin C, and the highest food in glucarate, a powerful cancer-inhibitor.

Green leafy vegetables exhibit extraordinary broad cancer protective powers, largely because they are so rich in antioxidants. Alpha, beta and other carotenes, folic acid and zeaxanthin in greens offer potent cancer protection. (Lutein, a little known antioxidant, is more potent than beta-carotene against cancer.) The darker green the vegetable, the more cancer-inhibiting carotenoids they have. We recommend a green salad every day! Vitamin C, an antioxidant from citrus fruits, cherries, tomatoes, green peppers, strawberries, leafy greens, hot red peppers, and broccoli, reduces both LDL cholesterol and triglyceride levels. Vitamin C's antioxidants also promote wound healing, and boost interferon for immune response and T-cell production. Anti-oxidants in Vitamins C, E, and carotenoids lower the common cataract risk of oxidative stressors like ultraviolet light. Vitamin C also improves blood sugar levels in non-insulin-dependent diabetics. Scientists are saying that the increase of asthma in North America is a result of a marked decrease in vitamin C antioxidants. Chlorophyll, like that found in Avena's Super Food, is a key to healing from green vegetables. Our body chemistry comes from plant nutrients because plant chlorophyll (one of the most powerful nutrients on Earth) transmits the energies of the sun and the soil to our bodies. The sun is the energy source of the Earth – plants constitute the most direct method of conserving the energy we receive from the sun. Fruits, vegetables, and grasses reach out to us on branches and stems, making themselves beautiful and nourishing to attract us. Plants have no fear of being eaten as animals do. The life energy of plants simply transmutes into the higher life form of mankind.

Enzymes are the cornerstones of healing because they are the foundation elements of the immune system, providing active antioxidants that fight free-radical destruction. Enzymes operate in both chemical and biological levels. Chemically, they are the workhorses that drive our metabolism to use the nutrients that we take in. Biologically, they are our life energy. Without enzyme energy, we would be a pile of lifeless chemicals. Each of us is born with a battery charge of enzyme energy at birth. As we age our internal enzyme stores are naturally depleted. Enzyme depletion, lack of energy, disease and aging, all go hand in hand. Unless we stop the one-way flow out of our bodies of enzyme energy, our digestive-eliminative capacities weaken, obesity and chronic illness set in, lifespan shortens. The faster we use up our enzyme supply – the shorter our lifespan. Plant Enzymes offer built-in enzyme therapy. Avena's plant enzymes give the body what it needs to work properly.

Doing it right all the time no matter what can lead to great struggle and stress. Doing your best and slipping off the path from time to time is part of the process. Enjoy!!

