How Healthy or Green is Cooked Food?

✓ Destroys 50 to 85% of all nutrients (carbohydrates, protein, vitamins, minerals, fats etc.)

✓ Cooked grains depletes chromium in body tissues, leading to diabetes and accelerating aging.

✓ Cooked oils remain undigested, creating overweight, obesity, and heart diseases.

✓ Cooked foods promote acidity, causing digestive disorders.

✓ Cooking kills the enzymes, which are crucial for all body functions - including nervous system, detoxification, healing, RNA/DNA functioning - and are essential for emotional and mental balance.
What is Raw Food or Live Food?

- Food that still contains all the life energy to nourish body, mind and soul.

- Consists of greens, vegetables, fruits, seeds and nuts.

- Some raw foods may be blended or dehydrated, but are never cooked.
Benefits of a Raw Food Diet

✓ Rich in natural enzymes.

✓ Stimulates digestion, elimination, and detoxification.

✓ Strengthens the immune system, metabolism and regeneration.

✓ Maintains optimum weight.

✓ Increases longevity, while maintaining vibrant health.

“Enzymes preservation is the secret to health.” Dr. Ann Wigmore
Raw Food Products are even better if…

- Organically grown
- Local
- Seasonal
Towards a Healthy or Green Diet…

✓ Raw food supports green farming practices.

✓ Raw food creates healthy and happy people.

✓ Raw food stimulates conscious eating and spiritual growth.
Raw Food

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