

## **YOU ARE WHAT YOU EAT!**

No, I don't mean you're to become a carrot or a cow. I'm referring to life or death, living foods or dead foods. Cooked foods are dead foods. If you don't believe me try putting both a raw potato and a cooked potato in the ground and see which one sprouts. Raw and living foods contain enzymes which are substances which make life possible. They are needed for every chemical reaction that occurs in our bodies. Without enzymes, no activity at all would take place. Neither vitamins, minerals or hormones can do any work without enzymes.

Our bodies are made up of living cells and they need living food to nourish them. Live foods contain life force. A diet of at least 75% raw vegetarian foods including fruit, vegetables, nuts, seeds and sprouted grains has been credited with enabling your body to heal itself of acne, allergies, arthritis, asthma, diabetes, depression, fibromyalgia, gallstones, hair loss, hearing loss, high blood pressure, high cholesterol, obesity, and much more. The extra amounts of vitamins, minerals, enzymes and fiber along with reduced calorie consumption and more balanced blood sugar, speed raw foodists toward lean good health. Raw vegetables, for example, have been found to contain 77% more B6, 86.5% more Vitamin E, and up to 40% more zinc than cooked vegetables.

Enzymes are important because they assist in the digestion and absorption of food. When you eat dead food your body will not get maximum utilization of the food. The three primary digestive enzymes are protease, lipase and amylase which digest, respectively, protein, fat, and carbohydrates. Carbohydrates include fruits, vegetables, grains and sugars.

There aren't any across the board rules for everyone. We're all different in our bodies and level of health and many are not ready mentally and emotionally to embrace such a huge change in their diet and lifestyle. It can take months or years to gradually make the transition to healthier foods while learning more about it. It's best for people to start at the level they can manage and begin building from there, adding the live foods and subtracting the dead ones.

If you are ill you should be on a 100% raw food diet for a year or more. If you are well you can eat 75% raw foods (fruits, vegetables, dark, leafy greens) and a maximum of 25% cooked foods like steamed vegetables and whole grains. Some people even include a little meat and dairy in the cooked portion. You really can get all the protein you need from this diet and you can get the high quality fat from small amounts of avocados and soaked nuts and seeds. Soaking removes the enzyme inhibitors.

It is also very important to eat organic as much as possible. All our foods, both fresh and processed, are loaded with chemicals which are destroying us. That's a topic for another time!

If all this is starting to seem overwhelming I have good news. You don't have to learn it all at once. After all, you didn't learn how to "cook" all at once. You probably started

out boiling water. Just eating more fruit and salads is a great place to start. Just don't load up with unhealthy, fatty dressings. One of my favorite ways to get more raw food is a green smoothie. I know it sounds strange but it's really yummy. You don't have to be real exact with your measurements either. One I make frequently in my blender starts with 2 cups of water, a banana, a couple of handfuls of organic baby spinach and some frozen blueberries to make it thick and cold. I sometimes add a packet of stevia for sweetener or you could add raw honey or agave nectar. Depending on what fruits are in season and available I'll change it around. You can always find organic frozen fruit. I like to buy the already washed organic baby spinach and lettuces because they're so much easier.

Don't let your salads be the same old boring lettuce and tomatoes. Use the dark, leafy greens, not iceberg. Instead of automatically cooking your vegetables, put them in your salad instead. Top it with a few walnuts – they contain those great Omega 3 fats. Use a light vinaigrette dressing or just squeeze lemon on your salad. Use a variety of colors to make it more attractive and to get a wider array of nutrients. There's a whole lot more to learn and have fun with but that's a good start.

You are invited to attend the Boerne Raw Food Potluck that I will be hosting every month on the first Saturday at 6pm. You will be able to meet other people on the raw food path, learn more about the healthy journey, and sample lots of yummy raw vegan food. It's free – you just need to bring a raw vegan dish. For guidelines on what that looks like just send me an email. To sign up for the potluck go to <http://rawfood.meetup.com/400/> and register.

Vibrant health is not just for a few lucky people. It can be you too. Choose life!