

# The Benefits of Eating Raw



Raw foods are foods in their natural form, from the earth, organic and uncooked. Raw foods contain enzymes which greatly aid in their own digestion, allowing the body's own enzymes to do the work unimpeded of regulating all the body's many metabolic processes. Heating food degrades or destroys these enzymes in food, causing the body's own enzymes to do the work. Eating foods without enzymes makes digestion more difficult. The body is not only deprived of enzymes but it also has to work harder to

digest the food and the food does not get properly digested. Over time this can cause toxicity in the body. It can also lead to excess consumption of food because you still crave the nutrients you are not getting from the foods you are eating and therefore, continue to eat to try and get those nutrients. Obesity and chronic disease can be the end result of not eating enough raw foods. Ideally our digestive tract is populated with beneficial flora that enhance digestion and the immune system. Raw foods contain bacteria and other micro-organisms that populate the digestive tract with this beneficial flora. Finally, most raw foods are more nutrient-dense than foods that have been cooked.

You don't have to eat 100% raw. I suggest you strive to eat between 50-80% raw. If this sounds too challenging just increase the amount of raw fruits and vegetables you are eating. Think of raw food as living food. Living foods are everything edible that grows from the earth that is not cooked. Raw foods include vegetables, fruits, grains, beans,

nuts, roots and seeds. When food is cooked above 120 degrees, its nourishing enzymes die and therefore most of the essential nutrients are dead. You also want to make sure that you are buying organic raw foods. Organic foods are grown in soil that is enhanced with organic aids such as compost, earthworms, natural rock products or beneficial bacteria. Organic farming does not use pesticides and toxins and therefore produces the purest, most nutritious foods. If you can't buy all organic be sure to wash it well.

Eating raw foods is pleasurable because you taste food in its pure form. You experience a wide range of flavors and textures. Become aware of how your body and mind feel after eating raw food compared to cooked or processed foods. Eating raw foods also helps the planet. Instead of getting rid of packaging in the trash you will get rid of seeds that will break down.

Source:  
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