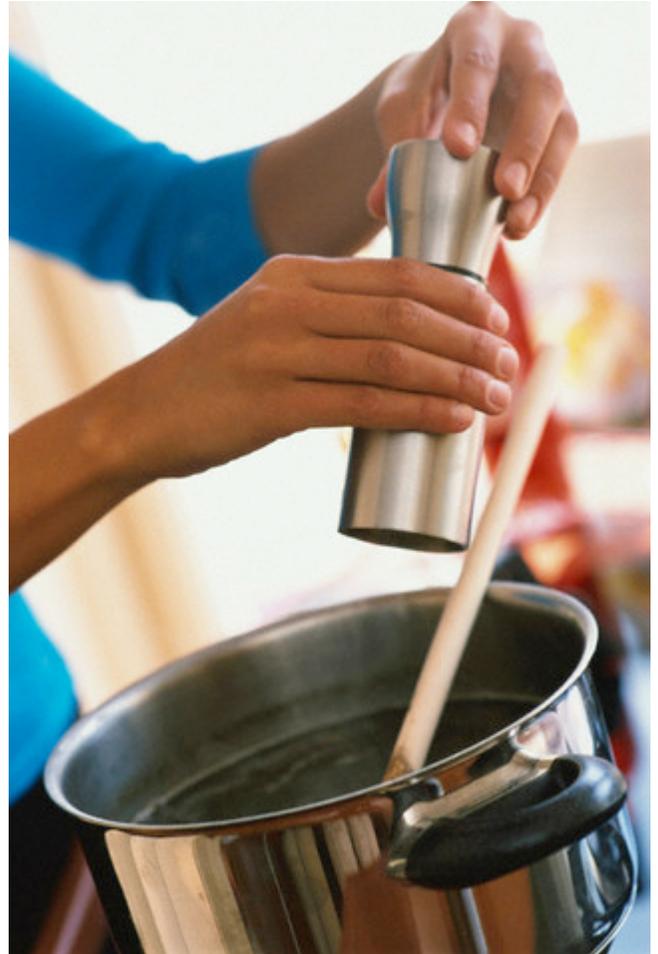




News Updates

Why Not Cooked?

- ◆ Cooking destroys up to 80% of the enzymes found in foods that are necessary for digestion.
- ◆ Cooking creates a loss of oxygen, which increases the ingestion of free radicals, scavengers which weaken your body and make it more susceptible to disease.
- ◆ Cooking increases the production of white blood cells, leukocytes, which view cooked food as foreign.
- ◆ Cooked food requires you to eat up to three times more to get the same nutrition found in raw, living foods.
- ◆ The consumption of cooked foods has been linked to a loss in ability to reproduce, shorter lifespan and some congenital (genetic) abnormalities.
- ◆ The consumption of cooked foods requires the use of large amounts of body energy to digest. This is why we usually feel sleepy or tired after the consumption of a cooked meal.
- ◆ The consumption of cooked foods can be addictive. As the normal structure of the food is altered and the body seeks to maintain this “chemical” substance, thereby causing cravings for the cooked found and increased eating.





News Updates

- ◆ Cooked foods are highly acidic and cause a reduction of enzymes. The acidity of the cooked food is also a contributor to many illnesses and disruption of the pH balance.
- ◆ Cooking food contributes to the absorption of metals.
- ◆ Eating cooked foods decreases fiber content.
- ◆ Eating cooked foods contributes to the consumption of oxalic acid, which can cause kidney stones.
- ◆ Cooking foods contributes to the production of Trans fatty acids found in only in animal fats and hydrogenated vegetable oils.
- ◆ Cooking can create grease fires and an accumulation of animal fats on the walls and sides of stoves. This is the number one cause of restaurant fires.
- ◆ Cooking wastes time during preparation and cleanup.
- ◆ Cooking wastes money.
- ◆ Cooking wastes fuel.

For further information contact us using the contact form.