



News Updates

Why Raw?

- Why raw, living foods?
- Raw, living foods are high in enzymes, which are necessary for the body to convert vitamins and minerals into a usable form within the body.
- Raw, living foods are healthier for the body because there are no Trans fats or bad cholesterol to encourage heart disease.
- Raw, living foods can help remove toxins from the body and helps you maintain a clean and healthy body.
- Raw, living foods are high in easily assimilated water and fiber, a necessity in maintaining colon health.
- Raw, living foods contain the necessary, good cholesterol.
- Raw, living foods can help stabilize your natural healthy weight.
- Raw, living foods can help you lose weight.
- Need energy? Raw, living foods are the answer. The enzymes found in raw, living foods provide your body with energy.
- Eating raw, living foods reduces the consumption of carcinogens.
- Raw, living foods have enzymes, which boost your immune system and decrease illness.
- Raw, living foods are important for proper functioning of your body.





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- Raw, living foods can lower incidence of stroke, heart disease and high blood pressure.
- Eating raw, living foods increases your longevity. Raw, living foods contain antioxidants and micro-nutrients that help reduce free radicals and prevent aging.
- Eating raw, living foods provides faster and easier digestion.
- Eating raw, living foods provides more nutrition than its cooked counterparts.
- Eating raw, living foods can reduce the need for sleep.
- Eating raw, living foods is environmentally friendly.
- Eating raw, living foods frees you from the consumption of toxic metals used in cooking.
- Eating raw, living foods can help with emotional and spiritual purification.
- Eating raw, living foods creates a natural pH balance in the body.
- Eating 75% - 100% raw and living foods is the raw, living foods diet because the majority of the foods consumed are in their natural state. Raw and living foods consist of sprouts, roots, fruits, vegetables, sprouted grains, nuts and seeds.

For further information contact us using the contact form.