

Raw Food: The Basics

The Evolution of Healthcare

- 2000 B.C. - Here, eat this root.
- 1000 A.D. - That root is heathen. Here, say this prayer.
- 1850 A.D. - That prayer is superstition. Here, drink this potion.
- 1940 A.D. - That potion is snake oil. Here, swallow this pill.
- 1985 A.D. - That pill is ineffective. Here, take this antibiotic.
- 2010 A.D. - That antibiotic is artificial. Here, eat this root.

Agenda

- What is Raw Food?
- Types of Vegetarians
- Benefits to Raw Food Lifestyle
- Cooked vs. Raw
- The Equipment
- Superfoods
- Sweeteners
- Produce Labeling
- Mainstream to Raw
- Tid-Bits
- Natural Remedies

What is Raw Food?

- Uncooked - never heated above 118 F degrees.
- Unprocessed - as fresh (and wild) as possible.
- Organic - no irradiation, preservatives, pesticides.

The Types of Vegetarians

Type	Foods Consumed	Foods Avoided
Lacto	Grains, legumes, vegetables, nuts, seeds, dairy	Beef, pork, poultry fish, eggs
Ovo	Grains, legumes, vegetables, nuts, seeds, eggs	Beef, pork, poultry fish, dairy
Locto-ovo	Grains, legumes, vegetables, nuts, seeds, eggs, dairy	Beef, pork, poultry, fish
Pollo	Grains, legumes, vegetables, nuts, seeds, poultry	Beef, pork, fish, dairy, eggs

The Types of Vegetarians

Type	Foods Consumed	Foods Avoided
Pesco	Grains, legumes, vegetables, nuts, seeds, fish	Beef, pork, poultry, dairy, eggs
Lacto-ovo-pollo-pesco	Grains, legumes, vegetables, nuts, seeds, dairy, eggs, chicken, fish	Beef, pork
Vegan	Grains, legumes, vegetables, nuts, seeds	Beef, pork, poultry, fish, dairy, eggs, animal by-products (whey, honey)

The Types of Vegetarians

Type	Foods Consumed	Foods Avoided
Fruitarian	Fruit and Fruit Juices	Everything but Fruit
Raw Foodists	Uncooked vegetables, fruits, and nuts	Beef, pork, poultry, fish, dairy, eggs, cooked vegetables, cooked fruits, and cooked nuts

Naturally with a raw food diet

- **Eat less cholesterol**
- **Eat more fiber**
- **Consume more antioxidants & phytochemicals (strawberry tops!)**
- **Adequate protein, with less animal protein (which is linked to osteoporosis, higher blood pressure, kidney stone formation & kidney disease)**

Cooked vs. Raw Food

- At least 50% of the B vitamins are destroyed – B1 & B12 losses up to 96%
- Folic Acid losses are up to 97%
- Biotin losses are up to 72%
- Vitamin C loss is 70 – 80%
- Only 50% bioavailability in proteins in cooked protein sources
- Alters proteins into substances that disrupt cellular function & speed up cellular function & disease processes
- Disrupts mineral absorption, the DNA & RNA structure & minimizes the amount of complex protein our bodies can take in
- Destroys most of nutritive fats, creating carcinogenic & mutagenic (produces changes in gene pattern), structures in the fats & free radicals

Cooked vs. Raw Food

- Transforms certain fungicides into cancer-causing compounds
- Heating carb-rich foods (potatoes, rice, cereal) creates acrylamide – a probable human carcinogen that has been found to cause benign & malignant tumors & cause damage to the central & peripheral nervous system.
- A typical bag of potato chips contains up to 500 x more than allowed in the drinking water by WHO (World Health Organization).
- French Fries from BK & McD's showed 100 x more.
- By eating live foods, we are able to get complete nutrition with eating 50 – 80% less food. People on live food naturally discover what foods work for them and return their bodies to optimum weight.

The Equipment

- High Speed Blender (Vita-mix)
- Juicer
- Dehydrator
- Food Processor

(Sprouting)

Superfoods

Superfoods – have a dozen or more unique, extremely beneficial properties – not just 1 or 2

Goji berries, Cacao, Maca, AFA Blue-Green Algae, Hemp, Acai, Super rich blue-pigmented antioxidants, Fermented Foods, Coconut Butters, Sweeteners

Superfoods – Goji Berries

- source of complete protein
- immune-stimulating polysaccarides
- liver-cleansing enzymes
- anti-aging properties
- Antioxidants
- over 20 trace minerals
- Nicknamed the “longevity fruit”

Superfoods - Cacao

- Seed of cacao fruit
- Original ingredient in CHOCOLATE
- Has the highest concentration of antioxidants of any food in the world: By weight, more than red wine, blueberries, acai, pomegranates, & goji berries combined.
- Magnesium
- Vitamin C
- Iron
- Manganese
- Chromium
- Zinc
- Copper

Superfoods - Cacao

- PEA's class of compounds that we produce in our bodies when we fall in love
- Increase focus
- Increases awareness
- Shuts off appetite
- Was once considered & used as a "healing food", until industry got a hold of it & refined it w/sugar, which draws minerals out of the body, causing blood sugar disorders & dehydration.
- They also "defatt" it & alkalized it, so they can produce on large scales & used a hydraulic press to maintain shelf life.
- Nestle added milk, which blocked all the healing antioxidant properties.

Superfoods - Cacao

- Huge amount of magnesium, which is the most important mineral that over 80% of the US is deficient in.
- Primary food source is the cacao bean!! (Others include seaweeds, kelp, dulse, sunflower seeds, almonds, cashews, green leafy vegetables & sea salt).
- Magnesium supports the heart, increases brain power, helps create strong bowel movements, relaxes menstrual cramping, relaxes muscles, increases flexibility, helps build strong bones & increases alkalinity.
- The menthols in mint dilate blood capillaries allowing cacao to be delivered into the blood stream. And, b/c they're green leafy vegetables & contain high levels of calcium, that synergizes with the magnesium in cacao.

Superfoods - Maca

- Is an adaptogenic food. (Adaptogens are nontoxic & produce an adaptive response to stress & improve homeostasis (Balance) in body.)
- Increases energy
- Increases endurance
- Increases oxygen in blood
- Increases strength
- Increases neurotransmitter production
- Increases libido
- Supports the endocrine system, the adrenals, & the thyroid
- Supports healthy hormone production
- Improves mood

Superfoods - Maca

- More than 10% protein
- 22 amino acids (7 essential)
- 8.5% fiber
- Rich in calcium, magnesium & other trace minerals
- Immunostimulant for anemia
- Stops bone-mineral loss
- Enhances memory
- Fights stomach cancer
- Alleviates depression, menstrual disorders, menopause symptoms, sterility & other reproductive disorders

Superfoods – Fermented Foods

- Great way to add natural probiotics & enzymes to a diet
- Vegetables have naturally occurring lacto bacilli bacteria, which make them a controlled ferment
- This bacteria is very beneficial for human intestinal health
- Add fermented foods to your main course to help with digestion & assimilation
- Helps to balance stomach acids
- Some examples of fermented foods:
 - kim chee
 - Sauerkraut
 - probiotic drinks
 - non-miso soy

Superfoods – Mesquite Powder

- High protein powder that contains high qualities of:
 - Calcium
 - Magnesium
 - Potassium
 - Iron
 - Zinc
 - Amino Acid Lysine
- In addition to it's great taste, major benefits include:
 - High dietary fiber content
 - High protein
- Stabilizes blood sugar levels – VERY good for diabetics & weight watchers
- Blends well into smoothies or other drinks
- Wards off hunger

Superfoods - Coconut Oil

- Mistakenly marked as unhealthy by the American food industry b/c it grows on equator, so no vested interest
- Good, stable fat (vs. US grown & produced soy, corn, cottonseed & canola oil that become rancid & form free radicals when heated)
- The only fat that can withstand high-heat temps and not change it's molecular structure.
- Cholesterol-free, free of trans-fat & rich in medium-chain fatty acids (the “good fats”) that doctors recommend
- By weight, fewer calories than any other fat source
- The most stable fat (butter or oil) that you can cook with
- Loaded with Lauric Acid (a healthy nutrient that supports metabolism)
- Given to regulate thyroid
- Has high anti-microbial & anti-parasitic properties

Superfoods – Kale

- High in calcium
- High in magnesium
- High in phosphorus
- Strengthens teeth, bones & red blood cells
- High in sulfur content & is the foundation of the beauty mineral
- Been known to fight and ward off cancer

Raw Sweeteners

Use natural sweeteners, such as:

- Stevia
- Maple syrup
- Dates
- Agave
- Raw honey
- Yacon syrup (Diabetics)

Produce Labeling

Produce comes in many varieties.

Note the labeling:

If the # on the sticker starts with:

9 – ORGANIC

4 – CONVENTIONAL

3 – GMO (GENETICALLY MODIFIED)

Mainstream to Raw

Step-by-step Guide

- Add a green smoothie to your day.
 - 60% fruit / 40% greens to start
 - 60% greens / 40% fruit after a bit
- Add 1 raw meal and begin to increase your intake of raw foods.
- Do a 30-day strict raw program known as phase 1.
- Do a 7-day green juice fast four times each year.
- Eat a minimum of 51% raw food every day.

Raw Lifestyle Tid-Bits

- Cleanse Toxins: Every morning, drink 12 oz. of water 30 minutes before taking in anything else.
- Try chewing your juice. Chewing activates your digestive system, keeps it strong, releases serotonin & we want to make this as often as possible.
- Eat / juice without tv, books, newspapers.
- Natural skin care.
- Switch to sea salt.
- Water: Pure water & adequate intake.

Natural Remedies

Himalayan Crystal Salt	Helps hydrate and re-mineralize the body
Cayenne	Stimulates circulation, cleanses the digestive track, stimulates digestion, boosts the immune system
Turmeric	Powerful antioxidant, beneficial for the liver & skin, helps lower LDL cholesterol levels, aids in digestion
Lemon Juice	Antiseptic, antifungal, antimicrobial; boosts the immune system, breaks down mucus, stimulates gall bladder & liver, improves mineral absorption, promotes peristalsis in intestines, alleviates intestinal gas, bloating, pain & flatulence
Ginger	Anti-inflammatory, promotes circulation, boosts the immune system, aids & stimulates digestion.
Zeolites	Pulls toxins from the body & expels them; binds & removes heavy metals & other chemical toxins from the body.

Natural Remedies

Metabolic Enzymes	Breaks down scar tissue & repairs organ damage. Shown to stop autoimmune disorders & cleans out body. Breaks down fibrin in the blood & reduces inflammation.
Probiotics	Beneficial bacteria that support food digestion. Thrive in healthy bowel, but cleared during fasting. Take as needed during fasting or when having digestive issues.
Digestive Enzymes	Help to reactive healthy digestion after a fast or digestive illness.
Triphala	Ayurvedic herbs that promote gentle, slow & effective detoxification of liver & intestines. Provide gentle stimulation to renew bowel activity after a fast or occasionally during the year, after an issue.
Golden Flax	Contains Omega-3 oils & nutritional fiber, is a superconductor of energy, anti-carcinogenic, & helps renew bowel activity.
MSM	Sulfur – “Beauty Protein” Keeps elasticity in skin & promote cell rejuvenation! Reverses premature grey hair / hair loss.

Raw Recipes

Many Wellness Warriors enjoyed the “Raw Foods” presentation so much, that they’ve been requesting recipes. Here, we’ve posted a few that were mentioned at the event. Remember, most of these dishes are “by taste”, so add whatever you’d like until YOU find it yummy. Enjoy!

Raw Chocolate

3 cups Macadamia Nuts
2 tbsp. Raw Honey
1 cup Raw Maple Syrup
2 cups Cacao Nibs
1 1/2 cups Coconut Milk
Optional: Add fresh mint

Blend all ingredients in a vitamix (high speed blender). To make a thicker chocolate, add more mac. nuts. For a thinner chocolate, add more coconut milk.

Can freeze to make an "ice cream"

Can dehydrate to make a cookie.

Otherwise, store in the refrigerator to keep for weeks.

Green Smoothie (1 quart)

2 ripe organic bananas, peeled and cut into chunks
1 carton organic strawberries
1 large organic orange, peeled leaving pith and seeds intact
1 large organic mango or 2 small organic mangoes, skinned
2 heads of dark green organic romaine lettuce washed in cool water OR
1 big bunch of organic baby spinach, washed in cool water
purified water, approximately 1 - 1.5 cups
Mesquite Powder to taste

In the Vitamix container add bananas. Place the orange on top of the bananas. Cut the mango and place on top. Add one cup of water. Place lid on container and turn on the Vitamix. Blend the fruit for 15 - 30 seconds, or until well blended. Then place the desired amount of greens into the container. Turn the Vitamix back on and blend for another 15 - 30 seconds, or until the greens appear well blended.

Pour into large glass. Serve immediately. Smoothie keeps up to 12 hours in the refrigerator.

Oatmeal

- 1 cup Steel Cut Oat Groats (soaked overnight)
- 1 cup Raisins (soaked at least 20 mins)
- 2 Dates (pits removed) soaked if hard
- 1 Banana
- 1 tbsp. Agave / Raw Honey / Raw Maple Syrup / Yacon for diabetics
- 1 tbsp. Cinnamon
- A pinch of Sea Salt

Blend in a food processor until oatmeal consistency is achieved.

You may keep in the refrigerator for up to a week, but bring to room temperature before eating...it just tastes better at room temp; the cinnamon taste comes out more.

Carrot Supreme

- Shredded carrots
- Veganaise
- Red onions
- Green onions
- Red bell peppers
- Kelp
- Tamari
- Cayenne pepper
- Spike season

Almond Pate

- 6 cups of almonds (soak first)
- 1 oz olive oil
- 1 oz tamari
- 4 cloves of garlic

Mix the above in a food processor until creamy- pour into a large bowl add: green onions, red onions, red bell peppers, celery, spike, and cayenne. Tastes add more garlic if necessary. Note almonds can be costly, so you may add sunflowers seeds in addition or in lieu of almonds. But, remember to soak seeds first.

Garlic Kale

Thinly sliced kale. In a blender mix - 4oz olive oil, 2 tbs. Braggs Aminos, 2 tbs. Apple Cider vinegar, 10 cloves of garlic. Pour sauce over Kale mix & enjoy!

Lemon Kale

- Thinly Sliced kale
- Lemon Juice
- Toasted Sesame oil
- Spike
- Pinch of Cayenne