

# What is the Living Raw Food?

Living food is a food still growing. Good example of living foods are vegetables and fruits growing wild or in your garden that are eaten within two days of being picked or still growing Sprouts that you can find in your health food store or supermarket. Nutritionally speaking, Living foods are the richest sources of enzymes, oxygen, chlorophyll, vitamins, essential fatty acids, and fiber, and contain the proper ratio of alkaline to acid minerals.

Raw foods follow a close second, with all our cooked and store-bought processed foods a very distant third. Raw food looks very similar to living foods except that they are no longer growing. Most living foods become merely raw foods within 24 to 48 hours after they have been harvested (exception are the sprouts you buy at the store). Slightly less nutritious, raw foods are still very beneficial to your health as long as they are still fresh. Along with Living foods, they provide an incredible power to heal both the body & mind.

What is “the Raw advantage”?

1. Raw foods have more nutrients and fibers than cooked foods do.
2. Enzymes in raw foods are active, not having been deactivated through the application of heat, and they support the overall health of the body. No bottled supplement or prepackaged food can compare with the life force of fresh, raw food.
3. Raw foods are digested easily and quickly, in 24 – 36 hours as opposed to 48 - 100 hours for cooked food. Your body's vitality won't be sapped from breaking down hard-to-digest foods.
4. A raw foods diet strengthens the immune system; thereby preventing illness and helping you overcome nagging ailments. The raw path has been used to improve the health of those with arthritis, asthma, high blood pressure, cancer, diabetes, digestive disturbances, menstrual problems, allergies, obesity, skin conditions, heart disease, psoriasis, weakened immunity, depression and hormonal imbalances. On a raw diet, degenerative diseases often disappear.
5. Aging process can slow. Bad breath and body odor can go away. Eyes will become brighter and the voice more clear. Skin and muscle tone will improve. Memory and concentration can become sharper. You'll feel better, have more energy and need less sleep. (It is also more difficult to camouflage spoilage in raw foods than in cooked foods, so you are much less likely to get food poisoning.)
6. By following a raw foods diet, you can easily normalize your weight without restricting food intake. Those extra pounds you've been trying to lose will melt away, without your having to go hungry, and your body will maintain its optimal weight for as long as you stay raw.
7. You'll spend less time in the kitchen and less money in the grocery store. You will spend from 25 – 80 percent less money on food.

Eating raw food is a manifestation of care for and consciousness of, the next generation.