Why Raw Food?

***“I’m not a Health Food Fanatic! Why would I want to eat more Raw Food?”***

Many people interested in improving their physical and/or mental status are discovering the benefits of the raw food diet. Whether they seek more energy, better health, weight loss, better mental clarity, detoxification, a stronger immune system or all of the above, it can all be found through raw food.

You see, raw food contains something special that cooked food does not-*enzymes!* Enzymes assist in the digestion of foods. Anytime we eat, we need enzymes for digestion. The body does produce enzymes on its own for this process, but when it is readily available through the food we’re eating, it simply doesn’t have to work as hard to digest it. This is why a person often feels sluggish after eating a cooked meal. The body is spending more of its energy through the digestive process, and less on your tasks at hand! Do you feel tired after eating a good salad? Try it.

The cooking process completely destroys all enzymes present in food. Enzymes are only found in living food. Think of fresh vegetables and fruits. Cooking also breaks down nutritional content in general. The more you cook it, the less nutrients remain useful to the body. That’s why canned goods actually have very little health benefits; they’ve been cooked at very high temperatures for extended periods of time in order to give them a very long shelf life.

Preparing raw food also saves energy. Since you aren’t cooking, you aren’t wasting electricity and both your power bill and the environment will thank you.

Perhaps best of all is the time and personal energy you’ll save through the easy preparation and cleanup that many raw food recipes provide! Raw food recipes involve the assembling of ingredients, just like cooked ones do, but without the next step of having to cook them. And cleanup? Well, just think of the last time you labored over that burnt-on lasagna pan. Would you rather wash that or a salad bowl?

***“How Many Salads do You Expect Me to Eat in a Week? -or- “This sounds boring!”***

Raw food can be quite exciting. Recipes go well beyond salads. There are refreshing soups that are quickly whipped up in a blender, crisp and thinly sliced vegetable side dishes that tease the tongue, and happy-making deserts whose ingredients may sometimes surprise you. Did you know that you can make a tasty (seriously, tasty!) chocolate pudding using avocados? Just Google ‘raw chocolate pudding recipe’ and find out. Avocados are excellent for the skin; your skin will glow!

This last point cannot be stressed enough in this writers opinion: do *not* feel that you have to become a 100% raw foodist, as many of the websites and “cook” books would have you believe. You can still eat cooked foods. You can still eat meat if you’re so inclined. Actually, it’s very important to get protein in your diet. The point is to try and get more raw food into your diet-the more the better. Find a balance that’s right for you and live long and be happy!