

[WHY EAT RAW FOODS](#)



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Why Eat Raw Food sustains us, Yet what we eat may affect our risk for several of the leading causes of death for Americans, notably, coronary heart disease, stroke, arteriosclerosis, diabetes, and some types of cancer.

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Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Your food can be cold or even a little bit warm, as long as it doesn't go above 118 degrees.

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Raw Food Diet Benefits Risks and How to Do It Dr Axe

The Importance of Fermented Foods in a Raw Food Diet. A staple of nearly every civilization on earth in one form or another, fermented foods are some of the healthiest things about eating a raw food diet. Fermented foods are raw and naturally develop probiotics during the period when they undergo fermentation, which happens when oxygen converts some of their nutrients.

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3 Reasons No One Should Be On A Raw Foods Diet

I've had to convince so many of my patients to switch from a raw foods diet to a cooked foods diet that I figured I should write about why I don't support a raw foods diet. The raw foods movement has been going on for quite awhile.

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Why Raw Food Beautiful on Raw

Only raw and living foods follow nature's design and come with their own food enzymes to aid digestion. They are responsible for the release of nutrients out of the foods we eat. They are responsible for the release of nutrients out of the foods we eat.

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Raw Food Basics

Why don't raw foodists eat grains, meat, and dairy foods? Biologically appropriate foods are those for which we are physiologically adapted. Humans are a frugivorous or fruit-eating species. This is not a matter of speculation or belief. Belief is defined as the acceptance of ideas without regard to evidence for or against.

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Why Eat Raw Foods Raw Food Solution

Why Eat Raw? The article comes directly from my book The Raw Food Solution: How to Create Vibrant Health with a Raw Food Diet. I've received some really great feedback so far about the book and people are getting excited about eating raw and learning about raw food nutrition.

<http://ebookslibrary.club/download/Why-Eat-Raw-Foods--Raw-Food-Solution.pdf>

Why Raw Food Raw Food Central

Eating raw fruits and vegetables will keep the lights on in your food. Acrylamides There is another factor as to why it is important eat your fruits and vegetables raw, it's not much talked about and is a huge concern that should take a front seat in our lives.

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Is Raw Food Healthier Than Cooked Food

Many raw foodists consume a vegetarian or vegan diet, eliminating animal products and eating mostly raw plant foods. However, a small number also consume raw dairy products, fish and even raw meat.

<http://ebookslibrary.club/download/Is-Raw-Food-Healthier-Than-Cooked-Food-.pdf>

Why Eat Raw Food

When you eat raw green chlorophyll foods, you oxygenate the blood. The bloodstream, through its capillary system, then delivers this oxygen to every cell in your body. And when you eat greens in blended form, such as in Dr. Ann's Energy Soups (see Recipe Index), this process is even more efficient.

<http://ebookslibrary.club/download/Why-Eat-Raw-Food.pdf>

What to Know Before Trying a Raw Food Diet

To find out what foods are typically eaten on a raw food diet, read the list of foods to eat on a raw food diet.

Foods to Avoid Some raw beans can be eaten after they have been soaked and sprouted, but others, such as kidney, soy, and fava beans, are considered unsafe to eat.

<http://ebookslibrary.club/download/What-to-Know-Before-Trying-a-Raw-Food-Diet.pdf>

Health101.org Article Why Raw Foods

Eating green leafy vegetables, almonds, pumpkin seeds, and fruits provide very high quality proteins for the body. Of the 22 essential amino acids, eight must come from outside sources. These are readily available in raw plant foods.

<http://ebookslibrary.club/download/Health101-org-Article-Why-Raw-Foods-.pdf>

Eating Raw Foods WebMD

Eating Raw Foods. Is uncooked healthier? By Tula Karras. From the WebMD Archives. Theory aside, however, it appears that eating raw food is a smart step toward good health.

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