
Body Ecology Diet

...recovering your health, rebuilding your immunity.

The Pasteurized Foods You Should Consider Avoiding and the Healthy Reasons Why

by **BodyEcology.com**

Have you been taught that pasteurization is good for you?

Many proponents of pasteurization claim that it kills harmful bacteria without damaging food.

But that is simply NOT true. Read on to learn more about how pasteurized products can actually *harm* your health.

What is Pasteurization?

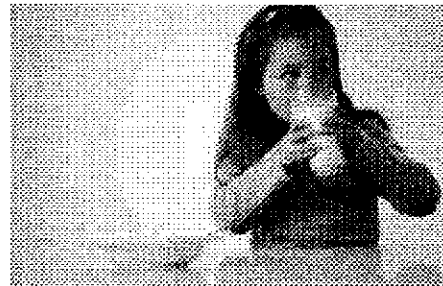
Pasteurization is a process that heats liquids and foods to kill viruses and harmful organisms.

Louis Pasteur invented pasteurization in the 1860's at a time when food production and storage were not nearly as sanitized as they are today.

Food (whether un-pasteurized or not) *produced and stored in unsanitary conditions* is what actually causes disease.

Unfortunately, the high temperatures of the pasteurization process¹:

- Do not kill ALL harmful micro-organisms
- Destroy active enzymes in food
- Diminish the vitamin content of food
- Denature fragile milk proteins



Do you know if milk is good for you? It actually can be, IF you choose the right kind. Common pasteurized milk can harm your health, but raw milk may be able to protect you from disease.

- Kill beneficial bacteria

Pasteurization actually "kills" food and makes it less nutritious.

The Weston A. Price Foundation has even linked pasteurized milk to health problems including allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer!

Dead Food v. Living Food

What's the difference between dead food and live food?

According to Live-Food.com, live food has not been heated above 118 degrees Fahrenheit for longer than 30 minutes. This ensures that the food retains its *enzymes and life force*.

Live foods:

- Give you energy
- Have beneficial enzymes
- Retain most of their vitamins
- Have been used effectively to treat disease²

Live foods are very important to the Body Ecology system of health and healing, and we recommend eating live foods, as long as they support your health and wellness.

Pasteurized Foods to Avoid

Here are some common pasteurized foods that may seem "healthy," but are actually missing key enzymes and nutrients to keep you at your healthy best:

- Milk
- Butter
- Cheeses

- Cream
- Vinegar
- Almonds
- Commercial sauerkraut
- Yogurt
- Eggs and Egg Beaters (read how to choose healthy eggs)

These foods are best eaten live because they retain their original nutrients.

The Benefits of Raw Foods

Cooking food can be just as healthy as eating food raw, in some cases and for certain health conditions.

But this does NOT apply in the case of pasteurization, when foods are over-heated and most of what we dearly need is killed.

Our modern lifestyle, filled with stress, processed foods, environmental toxins and prescription and over-the-counter drugs is already killing the healthy enzymes and microflora we need to keep our immunity strong.

Eating raw foods is a great way to help your body regain what has been lost, giving your immunity a fighting chance.

Raw Dairy Products

Raw dairy products (from cows eating fresh grass, NOT silage) contain plenty of *essential fatty acids*, substances that can help you build muscle mass and lose body fat!

These fatty acids also stimulate your immune system and protect against disease.

Read The Powerful Anti-Carcinogen known as "CLA" & Your Best Sources of this Healthy Fat to learn more about how to get more essential fatty acids in your diet.

We recommend avoidance of dairy products containing *casein* in the early stages

of the Body Ecology diet. But you may be a good candidate for dairy foods such as kefir, yogurt, and even some raw cheeses *IF* your intestinal lining is healthy and *IF* you have dairy-loving beneficial bacteria and yeast living inside you in your inner ecosystem. If you love dairy foods and want to see if they are right for you, then introduce only one of these foods slowly and in small amounts. Give the microflora in your intestines time to accustom to this new food. Then slowly increase the amount you eat until you can digest it efficiently.

Remember the Principle of Uniqueness: each person is different. You may have been told you are lactose intolerant or allergic to dairy foods. But *raw* organic dairy products might be fine if they are fermented properly. The milk protein casein is a difficult protein to digest, so first heal your digestion by following stage one of the Body Ecology Program.

To help you digest dairy, try Assist Enzymes for Dairy & Protein. These digestive enzymes will help you break down the casein in milk and other protein-rich foods.

Young Coconut Kefir and CocoBiotic are delicious probiotic liquids that also help add dairy loving bacteria to your body so that eventually, you may be able to tolerate raw dairy products, like milk kefir.

Raw Apple Cider Vinegar

Raw, organic apple cider vinegar is a naturally fermented liquid that balances your blood's pH levels, acts as a prebiotic and cleanses your system. Centuries ago it was used to guard against infection and the Black Plague.³

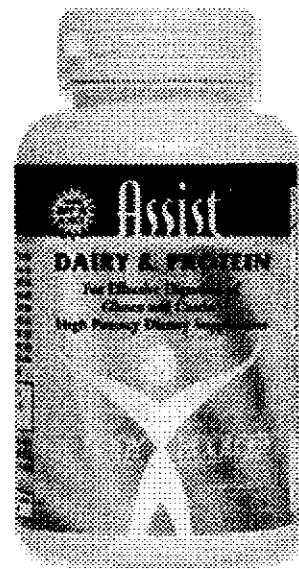
You can add 2 ounces of vinegar to water for a purifying drink in the morning.

You might also like to sip a small amount of the same mixture during meals. This is especially helpful for digesting animal protein.

The raw vinegar acts as a natural digestive enzyme!

Raw Almonds

The Almond Board of California, which oversees the production and distribution of most of the almonds



Raw, living foods have healthy enzymes that help you digest food. If you struggle to break down your food, then try Body Ecology's Assist Enzymes for Dairy & Protein for maximum nutrition

sold in the US and Canada, has (in response to an FDA ruling) recently reported that they will pasteurize all almonds (including organic) in an effort to eliminate possible salmonella poisoning, but the cooked almonds will still be labeled as "raw."⁴

from your food.

These cooked almonds will NOT have the same life-giving energy as their truly raw counterparts!

Be sure to examine your almond sources so that you find true, raw almonds. We also encourage you to contact the USDA and demand that the new rule mandating pasteurization of almonds be re-opened for public comment and review.

It's time to rethink the whole concept of irradiating and pasteurizing our foods to kill bacteria. With today's refrigeration and sanitary conditions, we are not at risk like our ancestors were in the past.

If our foods are grown in healthy soils, if our animals are cared for properly, and if we build healthy inner ecosystems in our intestines *to protect us against the bad guys*, we can obtain the nutrients and enzymes our bodies need to thrive without the need for pasteurization. Pasteur didn't know this at the time.

In summary, raw, live foods can be a wonderful way to energize your body and benefit from the life-giving properties of real, life-giving whole foods. Pasteurized foods, on the other hand, are dead and rob your body of energy.

Your Body Ecology lifestyle can incorporate a healthy balance of raw foods, especially raw dairy products, apple cider vinegar, and almonds, as you continue your journey on the path of wellness.

Sources:

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<http://www.westonaprice.org/archive/wap2.html>

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4 Adams, Mike, "Food Scam: Almond Board of California to falsely label pasteurized almonds as 'raw,'" NewsTarget.com, 5 Apr 2007.

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