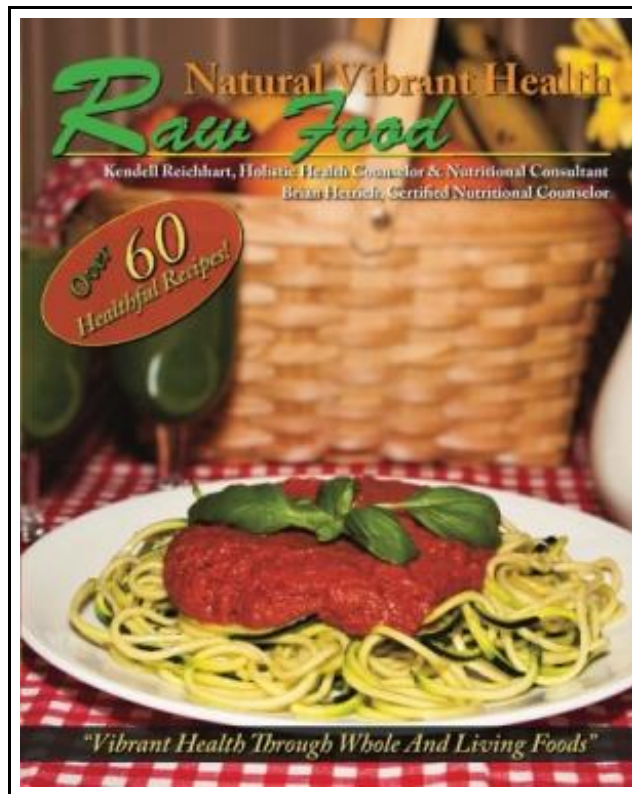


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(Lupe Connelly)

NATURAL VIBRANT HEALTH - RAW FOOD



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 122 pages. Dimensions: 9.9in. x 8.0in. x 0.4in. No other creature in the wild cooks their food before eating it. No birds, no fish, no reptiles, no invertebrates, no mammals. Except humans. And, no other creature in the wild suffers the debilitating illnesses such as cancer, diabetes, heart disease, arthritis, osteoporosis. Except humans. You were born into this world with everything you need to survive and thrive. You were not born into this world with a stove or microwave attached to your belly. Cooking denatures food. Life-giving and healing nutrients are heat sensitive. On average, the cooking process destroys 50 of the minerals and fiber, 75 of the protein and vitamins and 100 of the hormones, oxygen, phytonutrients and enzymes in food. Cooking also renders food toxic by creating free radicals through a process called glycation. Enzymes are large protein molecules found in all living things plant and animal. Your body is capable of producing two types of enzymes, metabolic and digestive. In human physiological terms, metabolic enzymes are the spark of life. They are the catalyst for every single chemical reaction in your body - every process, every action, every muscle movement, every sense, every thought, every word and every deed. The more enzymes you have inside of you the more alive you become. Food in its original, fresh, ripe, raw and unadulterated state contains naturally occurring enzymes which aid in its own digestion. When a peach falls to the ground the cell walls are broken and a bruise develops at the point of contact. The enzymes are liberated and the peach begins to digest itself. The same process occurs when we chew the peach. This greatly reduces the burden of digestion from your body...



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