

The Benefits of Eating Raw Foods

Raw foods will create an anti-aging effect, anti-degenerative effect because of the enzymes present in it. Sprouted food is low in anti-nutrients, high in protein, high in other nutrients, reduces body acidity & inflammation which improves blood sugar management and proper functioning of your body. Therefore, raw is king!

Sprouts

Research has shown that raw foods are far more nutritious than cooked food because higher temperatures destroy the enzymes and nutrients found in food naturally. Any food that is never exposed to temperatures above 115°F (46°C) is considered raw. According to research, naturally occurring food contains enzymes that aid in digestion, whereas these same enzymes above 118°F are lost, making it difficult to digest. Cooking food not only destroys its enzymes but also destroys that's vitamins, minerals, and antioxidants. Once these naturally occurring enzymes are destroyed, the body must then utilize its enzymes for digestion by using its own every that takes energy and leaves you feeling sluggish after a meal.

The process of aging in human beings has been tied to dehydration. Think of the fruit in the sun too long; imagine a slice of apple left outside. That's what dehydration can do to our bodies. Therefore, people who eat primarily raw food feel younger than those who eat mostly cooked and processed foods. Furthermore, natural foods help us balance our body's PH levels and also alkaline our body. But on the other hand, higher acidic levels and inflammation in the body are the leading dietary causes of diabetes.

Dietary [causes of diabetes](#) are:

- (1) Fat interfering with hormones,
- (2) Acidic and inflamed system and
- (3) Lack of micro nutrients [vitamins, minerals, phytonutrients, antioxidants, nutraceuticals, etc.].

If you can fix your diet to remove these three irritants, you will see significant improvement in your blood sugar levels. By eating raw food, you significantly reduce fat that is being consumed (with few exceptions like fatty nuts – walnuts, etc.) but the biggest benefit comes in the form of reducing the acidity and inflammation in your body as well as providing enough micronutrients to the body. By doing these things, you see a significant improvement in blood sugar management and proper functioning of your body. Raw foods will create an anti-aging effect, anti degenerative effect because of the enzymes present in it. If you can increase your intake of fresh food and cut out cooked

and processed foods, you will provide your body with plenty of enzymes which will make you feel and look much younger. Therefore raw is king!

Sprouting

Well if raw is king then what could be better than raw? Sprouting, sprouted seeds are the best type of food one can consume. Sprouting is essentially the practice of germinating the seed. By sprouting the food, it becomes even more alive and ready to be easily digested. Sprouting not only retains the naturally occurring enzymes in the food but it also enhances the full nutritional profile of the food. According to recent research when grains were compared to its sprouted counterparts, sprouted grains had higher protein content, amino acids, and other nutrients. You can sprout different types of grains, nuts, beans are other kinds of seeds.

Mother nature works in so many mysterious ways that we are still trying to explain some its workings with the help of science yet we still don't know a lot. Imagine the small seed has the potential to grow into a big plant or tree. It has tremendous power all you need to do is to ignite the power and unlock its potential. Sprouting does exactly that. Plant seeds also have anti-nutrients which serve as protection for the seed until it is ready to grow into a plant. Sprouting also reduces these anti-nutrients while unlocking its full nutritional profile. Removing these Anti-nutrients make it far easier for digestion. Another benefit of sprouting is that it increases the fiber content and it breaks down the gluten for easier digestibility.

How to sprout

The process of sprouting is easy. The method is the same for nuts, seeds grains and beans the only difference is the germination time it will take. You start out by rinsing the food that you're trying to sprout. Now soak the seeds/grains overnight by placing in a large jar. Make sure the seeds are entirely submerged underwater. I soak my seeds in the sprouter that I made. [Link to instructional video on how to make your homemade sprouter is here.](#) You should soak the seeds overnight for at least 10 to 12 hours. Next day, rinse out the seeds in clean water. From now on you don't need to keep the seeds submerged in water. Every 12 hours try to rinse your seeds in fresh water. I follow a daily routine of doing it at 7 AM and 7 PM. Depending on the seeds or grains you are using you'll start to see sprouting begin in 2 to 3 days. Continue this process for another day or two until sprouts are at least 1-inch in length. Now the sprouts are ready. Once sprouting is complete rinse the sprouts with clean water, drain all the water, store in a jar and refrigerate.

What to sprout

A seed is an embryonic plant covered in a seed coat. Grains, legumes, pulses, and nuts are all types of seeds. Grain is a small edible fruit that is hard on the outside. A legume is a kind of seed in pods, distinctive flowers, and typically root nodules containing

symbiotic bacteria able to fix nitrogen. A Pulse is a dried legume which is very high in protein and fiber and low in fat. A nut is a hard-shelled pod that contains both the fruit and seed of the plant. You can soak almost all sorts of seeds mentioned above, but a few won't sprout. Find below a sprouting chart.

Food	Soaking Time	Sprouting Time	Approx Sprout
Almonds	12 Hours	Will not sprout	N/A
Black Beans	12 Hours	3 Days	1 Inch
Cashews	3 Hours	Will not sprout	N/A
Chickpeas	12 Hours	3 Days	1/2 Inch
Green Peas	12 Hours	3 Days	1/2 Inch
Lentils	10 Hours	3 Days	1/2 Inch
Millet	8 Hours	2 Days	1/8 Inch
Moong Beans	12 Hours	4 Days	1 1/2 Inch
Mustard	6 Hours	4 Days	1 1/2 Inch
Pecans	6 Hours	Will not sprout	N/A
Radish Seeds	12 Hours	3 Days	1 Inch
Walnuts	4 Hours	Will not sprout	N/A

Food	Soaking Time	Sprouting Time	Approx Sprout
Wheat	12 Hours	3 Days	1/8 Inch

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RECIPES & TIPS

Food Preparation for Diabetics

- Whether you're a diabetic or just looking for [healthier eating](#), [food preparation](#) for people with diabetes can be challenging. By following the tips and recipes in this section, you can create delicious, nutritious meals that are low in sugar and full of essential vitamins, micro-nutrients, and protein-to-caloric value. Watch the videos below for inspiration and learn how to make meal prep more manageable and enjoyable.

- *Sprouts Salad | Lentil Salad | Diabetes Friendly | Vegan Recipe*
- *Multi Gram Idli | Healthy Idli | Diabetes Friendly | Vegan Recipe*
- *Dal Fry | Dhaba Style Dal Fry | Diabetes Friendly | Vegan Recipe*
- *Multi Legume Batter | Diabetes Friendly | Vegan Recipe*
- *Multi Legume Appe | Diabetes Friendly | Vegan Recipe*
- *Green Gram Pancake | Diabetes Friendly | Vegan Recipe*
- *Lentil Coconut Chutney*
- *Multi Lentil Pancake Dosa | Healthy Dosa | Diabetes Friendly | Vegan Recipe*
- *Sprouts Salad | Lentil Salad | Diabetes Friendly | Vegan Recipe*
- *Cilantro Coconut Chutney | Diabetes Friendly | Vegan Recipe*
- *Spicy Okra*
- *Sesame Chutney*
- *Ridged Gourd Chutney*

Try Indian Cuisine

• Sample Meal Plan for Diabetics

- **Appetizer**
- Start your meal off right with a delicious and nutritious appetizer, specially designed to provide essential vitamins, micro-nutrients, and protein-to-caloric value without raising your blood sugar levels.
- **Entree**
- Enjoy a hearty and flavorful entree packed with essential vitamins, micro-nutrients, and protein-to-caloric value, while still being low in sugar.
- **Main Course**
- Complete your meal with a balanced main course that is full of essential vitamins, micro-nutrients, and protein-to-caloric value, all with the added bonus of being low in sugar.

Nutrient Dense Green Juice

Welcome to the delicious and nutritious world of Green Smoothies! This nutrient-dense green juice is one of the easiest and healthiest drinks you can make. It is packed with vitamins and minerals from major leafy greens, minor greens, anti-diabetic spices, low-GI fruits, and a vitamin C source. In just a few easy steps, you can whip up a glass of this delicious smoothie that will leave you feeling energized and nourished. So grab your ingredients and let's get started!

It is simple, not at all a difficult task to make; just see that the prerequisites are there in/on your kitchen shelves like

- MAJOR GREENS (leafy vegetable).
- MINOR essential GREENS

- ANTI-DIABETIC SPICES
- FRUIT (low GI)
- LIME (any VITAMIN C source)
- WATER

To make one glass smoothie...Standard smoothie of spinach

- Major green - 5 leaves of medium sized spinach leaves.
- Minor greens - 1 medium sized betel leaf
- 5-7 black Tulsi OR 8-10 Mint (पुदिना) leaves
- 10-12 leaflets of Curry leaves OR 3-4 soft green Coriander tops.
- Anti Diabetic Spices.
- 1 pinch Turmeric (हालदि /हालद) powder.
- 1 pinch cinnamon (दालचिनि) powder.
- 1 pinch black pepper (कालि मिरच/कालि मिरे) powder.
- 1 pinch rock salt (सेनदा नमक /shendelon)
- Fruit
- Quarter Apple (सपरचनद / सेव) OR Quarter Pear.

Until your fasting blood sugar level (FBSL) stays above 100; have the fruits listed above. Once fasting blood sugar level has come down below 100 then moderately high and high GI fruits may be used.

Fruits:

- Fruits:
- Banana (केला/केल)
- Guava (अमरुद /पेरु)
- Orange (नारनगि /सनतरा)
- Sapota (चिकु)
- Fig (अनजिर)
- Mango (अम / अमबा)
- Kiwi
- Strawberry
- Indian Black Berry (जामबहुल /जामुन)
- Karvanda
- Anti Diabetic Spices.
- 1 pinch Turmeric (हालदि /हालद) powder.

- 1 pinch cinnamon (दालचिनि) powder.
- 1 pinch black pepper (कालि मिर्च/कालि मिरे) powder.
- 1 pinch rock salt (सेनदा नमक /shendelon)

For that, any fruit may be used in proportional size to apple.... Except: Pineapple, Watermelon (तरबुज) and Jackfruit (कतहल).

Other vitamin C source

- Orange (सनतरा)
- Kamarak (star fruit / carambola)
- Ghol bhaji (Kulfa/Purslane)
- Ambadi bhaji
- Goose berry (अावला/अामला)

Helpful Hints:

PRINCIPLE OF ROTATION IN SMOOTHIE...

- Always change the major green daily.
- Use spinach only once a week.
- Use one of the minor greens from the pairs on one day and use the other one the next day.
- Change fruits also daily
- You may even rotate vitamin C source.

JUICING

The Benefits of Juice Feasting

Juice feasting is an excellent way to detoxify the body and nourish cells with a high concentration of nutrients. It helps to reduce inflammation, boost immunity, and improve digestion. Juice feasting also helps to promote weight loss, reduce cravings, and increase energy levels. Additionally, it can help to reduce stress, improve mental clarity and focus, and promote a sense of wellbeing.

Vegetable & Fruit Juicing

Vegetable and fruit juicing is an easy, delicious way to get the vitamins and minerals your body needs. [Juicing](#) provides a concentrated source of nutrients that can help boost your health and energy levels, and can be tailored to fit any lifestyle or dietary preference.

Why Juice?

[Juicing](#) not only helps to preserve the essential nutrients found in veggies and fruits, but it also allows individuals to take in more produce at one time than they could if they were

eating it. A large glass of fruit or vegetable juice includes the juice of more fruits and veggies than you could ever eat at one time.

Why feast on Juice?

[Juice feasting](#) provides the body many vital nutrients in a way that can be easily assimilated in the body while reducing the burden on the digestive system. [Juicing](#) by the process of ‘separation’ is considered most beneficial. Juice feasting help to remove toxins and other waste from the body. These juices also help the body to expedite regeneration and repair of body tissue.

white pumpkin

- ½ Cup white pumpkin
- 7 oz peanut yogurt
- ½ Cup Water
- ¼ Avocado
- 2 Tbsp ground flaxseed

Light Green Smoothie

- ¼ Cup carrots
- ½ Cup orange slices
- 1 Cup spinach
- 1 Cup roughly chopped kale, ribs removed
- 4 sm broccoli florets, sliced
- 1 banana, peeled, sliced
- 1 apple, cored and roughly chopped

C Smoothie

- 1 Cup chopped kale
- 2 lg kiwi, peeled and chopped
- ½ Cup fresh orange or tangerine juice
- ½ Cup cilantro sprigs
- 1 rib celery, chopped
- ¼ Cup ice cubes

Vitamin A Smoothie

- 1 Cup baby spinach
- 1 Cup cucumber chunks
- ½ avocado halved, pitted, and peeled
- 1 lg kiwi, peeled and chopped
- ½ Cup peanut yogurt
- ½ Cup fresh orange
- ¼ Cup mint leaves

Mango Smoothie

- ¼ Cup mango cubes
- ¼ Cup mashed ripe avocado
- ½ Cup mango juice
- ¼ Cup peanut yogurt
- 1 Tbsp freshly squeezed lime juice
- 1 Tbsp Stevia
- 6 ice cubes

Detoxifying Smoothie

- 3 cups water
- 1 lemon squeezed
- 1 inch ginger, peeled
- 4 inch piece of cucumber, medium sized
- ¼ cup mint leaves
- 1-2 handfuls ice

Juicing Template

How to come up with your recipes?

Juicing is a great way to incorporate more fruits and vegetables into your diet, but for those with diabetes, it's important to be mindful of the ingredients you use. That's why in the above video, we explain the six basic elements of a juicing recipe for diabetic management. The first element is base vegetables, which provide the bulk of the juice and help to balance the sweetness of the other ingredients. Options include cucumbers, celery, carrots, and beets.

Next, leafy greens are added for their nutritional value and their ability to help regulate blood sugar levels. Examples include spinach, kale, and collard greens.

Fruits are also a key component of juicing, but it's important to choose lower-sugar options to avoid blood sugar spikes. Berries, apples, and citrus fruits are great choices.

Anti-oxidants like ginger, turmeric, and garlic can help to reduce inflammation and improve overall health. Metabolism boosters like green tea and cayenne pepper can help with weight management.

Finally, anti-diabetic spices like cinnamon and fenugreek can help to regulate blood sugar levels.

With plenty of options available in each category, you can customize your juicing recipe based on your preferences, taste, and availability of ingredients in your country. Just remember to be mindful of the sugar content and choose ingredients that will help manage your diabetes.

By following this template and choosing ingredients that work for you, you can enjoy the health benefits of juicing while also managing your diabetes.

In a nutshell, A juicing template is a:

Framework for creating a balanced and diabetes-friendly juice recipe using base vegetables, leafy greens, fruits, anti-oxidants, metabolism boosters, and anti-diabetic spices.

World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on 14 November each year. Join us for a FREE Juice Feasting program on November 14th, 2024 @ 8 am CST (1 pm GMT, 6:30 pm IST)

On November 14th, be sure to tune in to our live event, where I will share what juice I am drinking at what time of the day, share my vitals (blood sugar levels, blood pressure). I will post a series of videos all day and share any changes to my vitals and how I feel all day. Subscribe to our youtube channel so that you will get updates when new videos are published. That way, you will have all the recipes upfront, and you can be prepared to undertake a juice feasting journey along with me on November 14th.

How to Juice?

Primarily there are two juicing methods: using a Centrifugal juicer or using a Masticating juicer. Centrifugal juicer chops your fruits and vegetables up into fine pieces while spinning the bits at very high speed, separating the juice from the pulp. These high-speed machines do generate heat, which affects the enzymes and nutrients in the juice.

Masticating juicer, also called cold press juicer, crushes the fruits and vegetables to extract the juice. Cold pressing is often thought to be superior to centrifugal juicing because – as the name cold press implies – no heat is produced in the process, which may protect more of the heat-sensitive nutrients.

If you don't have a masticating juicer and don't want to spend on one yet, that is totally fine. Regardless of how you choose to make your juice, juicing can effectively increase your nutrient intake from fruits and vegetables. It is better to get started with the juice feasting journey rather than waiting for that juicer.

Is juice Feasting for diabetic patients?

While juices are a concentrated source of beneficial nutrients, they're also a concentrated source of carbs in the form of sugar. Eating a high-fiber diet can slow the rate of absorption of sugar from your digestive tract, reducing total blood sugar response. Because a large portion of the fiber is removed from fruits and vegetables in the juicing process, the sugars in these foods are consumed and absorbed more quickly, leading to rapid blood sugar spikes IF you are not careful about what juices you consume.

With the advent of the internet and google search, you can find almost anything on the internet. You can easily find dozens, if not hundreds, of juicing recipes. But is that juice recipe the right one if you have diabetes? What fruits can you include in your juices if

you have diabetes? What is the right quantify of juice you should consume? And which juice should you consume at what time of the day?

Those questions bring me to the topic of our juice feasting program on World Diabetes Day, which is on November 14th. As part of this program, leading up to November 14th, I will give you all the recipes for juices that are appropriate for diabetic patients. What is the right quantity of these juices, and when should you consume them?

Let's not let Diabetes bring us down; let's take the fight to diabetes. Join me on November 14th to embark upon a journey for a fight against diabetes. See you there.