

Cooked Food & Associated Problems

True Source of Most Disease

Thousands of years ago, our ancestors picked up the bad habit of cooking their food which has been passed down to us ever since. This bad habit along with stress is the true source of most disease – directly or indirectly.

Experiments have been done with animals that are isolated from their natural eating habits and given an eating pattern equal to humans and they suffer the same diseases that humans do. While observing animals left in the wild, leading their natural diet the same diseases do not occur.

Consequences of Cooked Foods

The body struggles for years to stay healthy, despite the fact we keep putting devitalized food into our mouths. **When the body loses this struggle we begin to develop disease.**

Many **childhood illnesses** are not necessary and can be avoided if parents had only known the importance of eating vital foods, rich in natural enzymes.

Enzymes are essential in building and maintaining health. Heating food to high temperatures destroys those living enzymes so they're unable to function.

Cooking converts digestible food into a substance that is difficult to digest. No matter how hard our bodies try to break it down, we get very little value from cooked food.

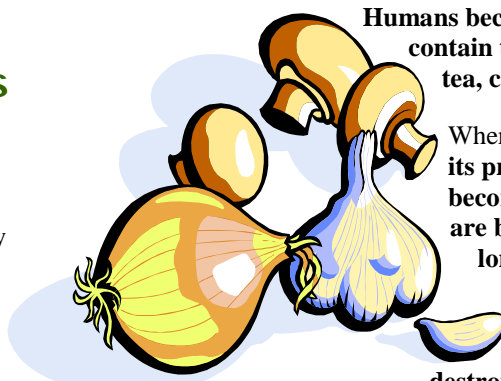
Cooked food places a constant strain on the human digestive system instead of the simple and efficient digestion that occurs with natural food.

The body has to deal with food that has been turned into an alien substance. **Toxemia is the result and it invariably leads to a variety of illnesses and diseases.**

Cancer, arthritis, rheumatism, heart disease, obesity and most other non-genetic diseases are symptoms of toxemia. However, this situation can be reversed if a raw food diet is followed.

Disease is the result of trapped poisons in the tissue of the body. Trouble normally begins in the colon with an impaction of the tissue walls and a general clogging of the body's waste elimination system.

Corresponding poisons collected in the human organism stimulate the strong craving for addictive substances. Going without bread for a week is difficult for a cooked food eater but going without a banana is not. This happens because one is addictive and the other is not.



Humans become addicted to substances that contain toxins such as cooked food, heated tea, coffee, tobacco and alcohol.

When food is cooked in high temperatures, **its protein becomes coagulated; its sugar becomes caramelized, its natural fibers are broken down which means it will take longer to move through the intestinal tract, 30 to 50% of its vitamins and minerals have been destroyed and 100% of its enzymes have been destroyed.**

When we treat foods with fire, we lose up to 97% of the water-soluble vitamins (vitamins B and C) and up to 40% of the lipid soluble vitamins (vitamins A, D, E and K).

Cooking causes the inorganic elements to enter the blood, circulate through the system, settle in the arteries and veins and deaden the nerves.

The body loses its flexibility, arteries lose their pliability, nerves lose the power of conveying impressions, the spinal cord becomes hardened, the tissue through out the body contract, and the human being becomes prematurely old.

Matter is deposited in the various joints of the body, causing enlargement of the joints. In other cases, it accumulates in one or more of the internal organs finally accumulating around the heart valves.

Heating changes the lipids. Changed fats are incorporated into the cell wall and interfere with the respiration of the cell causing an increase in cancer and heart disease.

After eating cooked foods, the blood immediately shows an enormous increase of leukocytes of white blood cells. Corpuscles, the white blood cells are a first line of defense and called "the immune system".

This spontaneous multiplication of white corpuscles always take place in normal blood immediately after the introduction of any virulent infection or poison into the body since the white corpuscles are the fighting organisms of the blood.

There is no multiplication of white corpuscles when uncooked food is eaten.



Water Rich Foods

Drinking plenty of water is important for many reasons, it is what we are largely composed of and it is constantly evaporating through our skin. Water is nature's best solvent.

If enough water is not taken, constipation, headaches and intoxication-associated symptoms will be experienced.

When a piece of bread is put into our mouth the body uses an incredible amount of energy to break it down, and rarely entirely succeeds in doing so. When fruit is eaten, this does not happen for the body digests it with ease.

Water rich foods are important because they keep the body clean. They are digested quickly, and the water in them helps to flush toxins out of the body. If water rich foods are not abundant in a diet it must be compensated with drinking water. But we know today, that drinking water is not always reliable....

Intestinal Clogging and Constipation

Cooked food eventually leads to intestinal clogging and constipation and it also clogs and constipates the body on a cellular level.

When cooked starch is eaten, the body absorbs more than it needs. Getting rid of the excess starch then becomes another burden to the body.

Those who defend cooked foods often make the point that since the body cannot absorb raw starch, this is a sign the food should be cooked. Another way to look at it, however, is that the body absorbs just enough of the raw starch for its needs and then passes out the rest.

Cellulose – the woody, fibrous part of food- was previously believed to be unnecessary to the body. Because the body did not absorb it, it wasn't considered important. Now people know that **this fiber is what keeps things moving through our body so that we don't become constipated.**

Raw fiber has the ability to unclog the intestinal tract and keeps it clean. Cooked fiber has lost the ability to do this for us.

Dirty Arteries

Arteries are also clogged by cooked food. It has been demonstrated that saturated fats triggers the bad cholesterol of the body to rise, which leads to clogged arteries and eventually to heart disease but **not all fats are bad for the human body.**

The fats found in avocados, olives, flax seeds and other nuts have been shown to reduce the amount of bad cholesterol in the body.

Cancer

Another common cause of death and pain in the industrialized societies is cancer. Although a lot of research has been done over the years a solution has not yet been achieved.

One thing that has been found is that cancer is strongly related to nutrition and lifestyle.

On the other hand, **it is in raw fruits and vegetables that we find the higher concentration of cancer fighting components, such as antioxidants like vitamin C.** Many studies have shown that diets that include plenty of raw foods and vegetables are associated with a lower risk of cancer.

Eating a diet of raw foods lowers cancer risks in two ways. By not ingesting most of the food substances that cause it and by eating the foods that help prevent it.

Stress

Fast releasing sugars create a state of stress in the body, stimulating the release of cortisol. Slow releasing carbohydrates on the other hand provide energy.

Depression

There are many nutritional related causes of depression, the most common being bad nutrition

habits resulting in poor mental and physical energy. Disturbed bloods sugar balance can result in periods of depression.

Adrenal exhaustion is usually brought on by stress and over-use of stimulants can have this effect.

Headaches

There are many causes of headaches and migraines, ranging from blood sugar drops, dehydration and allergy to stress and tension.

Caffeine

Caffeine has a powerful effect on both mind and body. This drug is found in coffee and tea and in lesser amounts in chocolate, coca-cola and cola drinks.

Excess caffeine can produce **anxiety, mood swings, tremors, insomnia, abnormal heart rhythms, sweating and weight loss.** Hyperventilation sometimes accompanies these symptoms producing **breathlessness, chest pains, tingling in the toes and fingers, dizziness and fainting.**

Sugar

All forms of concentrated sugar – white sugar, brown sugar, malt glucose, honey and syrup are fast releasing causing a rapid increase in bloods sugar levels.

If this sugar is not required by the body it is put into storage and may emerge as fat. **Most concentrated forms of sugar are also devoid of vitamins and minerals unlike the natural sources such as fruit.**

Fruit contains a simple sugar called fructose which needs no digesting and can therefore enter the blood stream quickly like glucose or sucrose. However fruit is considered slow releasing. This is because the body cannot use fructose as it is since cells only run on glucose. As a result the fructose first has to be converted by the body into glucose which effectively slows down this sugar effect on the metabolism.

Bread

Bread is made of cereals, **largely of denatured cereals mixed with salt, soda, yeast, lard and often other ingredients and subjected to a high degree of temperature** and then eaten three or four times a day in considerable quantities mixed indiscriminately with all classes of foods and taken in addition to much other starch food. This exhausts the digesting system terribly.

Cooking Takes Time...

Cooking wastes preparation and clean up time as well as cooking fuel. Many hours are spent around the stove preparing meals as well as washing greasy dishes and pots in the sink....

Are Human Beings Vegetarians?

Let's start with this quotation and draw your own conclusions....

"I am a stronger follower of veganism by principle not just because of moral and aesthetic reasons. I truly believe in a vegetarian lifestyle and I have my faith and hopes in a change of human destiny. Thanks to the physical effects and benefits of a healthier diet and its influence on the character of the people, it will bring about some benefit and improvement to human society." Albert Einstein

There are several theories about the correct nutrition system for human beings. Some researches point out that man is omnivores, as other defend that man fed himself on plants and fruit, but some strongly defend that man was exclusively fruitarian, eating fruits, nuts and seeds...Their studies are essentially based on the observation of our ancestors eating habits, the comparison of the digestive tract of animals and human beings as well as their teeth.

Carnivorous Animals

Some researches explain that carnivorous animals, including the lion, dog, wolf, and cat, etc. have many unique characteristics which set them apart from all other members of the animal kingdom. **They have a very simple and short digestive system - only three times the length of their bodies.** They tell us that this happens because **flesh decays very rapidly**, and the products of this decay quickly poison the bloodstream if they remain for a long time in the body. They affirm that a short digestive tract was evolved for rapid expulsion of putrefactive bacteria from decomposing flesh as well as stomachs with **ten times as much hydrochloric acid as non-carnivorous animals to digest fibrous tissue and bones.** Carnivores do not perspire by their skins.

Vegetarian Animals

They explain that vegetarian animals such as the cow, horse, zebra, deer, spend much of their time in the sun gathering their food, and they freely perspire through their skin to cool their bodies. One of the most significant differences between the natural meat eaters and other animals is their teeth. Along with **sharp**

claws, all meat eaters, since they have to kill mainly with their teeth, possess powerful jaws and pointed elongated, "canine" teeth to pierce, to spear and tear flesh. They do not have molars (flat back teeth) which vegetarian animals need for grinding their food. Unlike grains, **flesh does not need to be chewed in the mouth to predigest it**; it is digested mostly in the stomach and the intestines.

Fruitarian Animals

They say that fruit eaters include mainly the anthropoid apes. They explain that **the diet of these apes consists mostly of fruits and nuts**. Their skin has millions of pores for sweating and they also have **molars to grind and chew their food**; their **saliva is alkaline**, and like the grass – and leaf eaters, it contains **ptyalin to predigest food**. Their intestines are extremely convoluted and are twelve times the length of their body, for the slow digestion of fruits and vegetables.



Human Characteristics

Some researches strongly believe that human characteristics are in every way like the fruit eaters, very similar to the grass-eater, and very unlike the meat eaters: **The human digestive system, tooth and jaw structure, and bodily functions are completely different from carnivorous animals**. As in the case of the anthropoid ape, the **human digestive system is twelve times the length of the body**; **human skin has millions of tiny pores to evaporate water and cool the body by sweating**; **man drinks water by suction like all other vegetarian animals**; **humans tooth and jaw structure is vegetarian**; **and man's saliva is alkaline and contains ptyalin to predigest grains**. They defend that human beings are clearly not carnivores by physiology or anatomy and the digestive system shows that humans should live **on fruits, nuts, grains and vegetables**.

In their opinion it is obvious that our natural instincts are non-carnivorous. They base their conclusions on the following facts.

Most people have **other people kill their meat for them and would be sickened if they had to do the killing themselves**.

Instead of eating raw meat as all flesh-eating animals do, humans boil, bake or fry it and disguise it with all kinds of sauces and spices so that it bears no resemblance to its raw state.

One scientist explains that **a cat will salivate with**

hungry desire at the smell of a piece of raw flesh but not at the smell of fruit. Man does not delight in pouncing upon a bird, tear its living limbs apart with his teeth, and suck the warm blood. One might conclude that nature did not provide him with a meat-eating instinct.

Fruit makes mans mouth water, and even in absence of hunger he will eat fruit because it tastes so good.

The Importance of Roughage

Researchers defend that the lack of vegetable fibers in human diets triggers constipation. Constipation is more dangerous than doctors believe. Should this condition get worse, the patient would need to take immediate action (enemas) or else could develop severe **hemorrhoids, headaches, blood poisoning through re-circulation, bad mood crisis- anger, panic depression, hysteria sore eyes, pain located in several eliminative organs and appendicitis**.

Meat, eggs, cheese, white bread, cakes and chocolates do not contain any roughage at all. Roughage not only helps the bowel circulation but also acts as a tonic for the stomach and intestine walls which benefit highly from the corresponding massage and cleaning effects. Roughage helps to keep a clean colon and a clear mind.

Researches Opinion

Several scientists and naturalists including the great Swedish scientist **Von Linné** states: *"Man's structure, external and internal, compared with that of the other animals, shows that fruit and succulent vegetables, constitute his natural food"*.

Many defend that it is possible to spend an **entire life living just on vegetables and fruit**, as many people do. On the contrary, no one can stand a single week (not even five days) on just meat without the aid of a piece of bread, or chips, or some other vegetable food that enables better ingestion and digestion.

They say that humans mix meat with some roughage in order to allow a quicker evacuation, because meat contains certain **poisonous substances like creatine, leaukome, xanthine, sarcina, uric acid and other acids which are highly toxic, for us- but not for carnivores, for which these substances are necessary, in order to keep them healthy**.

We do not need the help of meat to ease the digestion of vegetables though our system.

They point out that medical science tries to demonstrate that

since the dawn of origins, humans have been omnivorous. But they **strongly believe that people became omnivorous by accident**, or better, by degeneration rather than by original design. It is a common mistake to think that just because we were brought up in an omnivorous way, it does not mean it has always been like that.

Yoga teachers believe that meat and fish are not healthy foods. They say that all kinds of dead meat (includes fish, shellfish, white meat, red meat, poultry) clog and poison the human system, preventing the passage and circulation of positive energies essential to the body in order to progress in Yoga.

“ Stop desecrating your sacred body with such an abnormal diet. The land around us grows the most exquisite and delicious fruits in plenty. The earth gives enough nourishment from just its vegetable realm, without the need for torture or violence.”

Pythagoras

WARNING: The Information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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