

# RAWPOWER

## Actualising your highest potential with living foods

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Would you like to live to a ripe old age free from the chronic and degenerative diseases and suffering that most of our population endure before dying of unnatural causes?

Would you like to achieve your goals and realise your full potential while enjoying full health?

While there are no guarantees in life, you can stack the odds in your favour to achieve your preferred health outcomes which in turn will help you realise any other goals and dreams which are close to your heart. Put another way, everything we experience in life we first experience through our bodies. If our body is sick or under par our whole experience of life is affected.

The main challenge we face in achieving glowing health is discovering which approach works best for us. There are so many conflicting theories and so many health experts all pointing in different directions. It can be utterly confusing; do we go low fat, high carb or high carb, low fat, vegetarian, vegan, raw, cooked, Ayurvedic, Weston Price, Traditional Chinese or Macrobiotic?

I believe the key is to firstly educate yourself. Do your research and find an approach that resonates with you. Secondly, once you have made an informed decision to try a particular diet/lifestyle, do it for a minimum of 3 months so you can discover the truth in your own experience. Results speak much louder than theories.

Here is my personal account of following a predominantly plant-based raw food diet for eight years. I also share some of the theories that may explain why so many people are either recovering from or avoiding chronic and degenerative diseases on a predominantly raw food diet. I don't ask you to believe a word of what I say. If it rings true, you may like to do your own research, try it out and see if it works for you too.

At the age of 41 I met a man who made the outrageous claim up to 97% of all disease is lifestyle related and therefore self-inflicted.

He also said that our bodies are self-healing mechanisms: keep out harmful toxins and give them what they truly need and they will thrive. He now had my attention despite my scepticism. I believed that degenerative diseases such as cancer and cardiovascular disease were inevitable as a vast majority of our population (including myself) would eventually succumb to them. I thought that health and disease had more to do with genetics and luck than lifestyle choices. The health paradigm I had held for a lifetime was being seriously challenged.

I wanted to know the truth for myself so with the help of my new friend and mentor I began to make some major changes in my diet. Overnight I stopped eating processed and industrially grown foods and began eating an organic plant-based diet, high in raw food. No more products containing refined sugar or flour. No more grains or animal products. No more canned, pasteurised, antibioticised and chemically sprayed dead food. It was quite a leap and within just week I had become very ill. My friend said don't worry, your body is intelligent. He said I was experiencing a severe cleansing reaction. The clean, alkalising nutritious food and juices I was consuming assisted my body to literally flush out years of stored toxins and restore homeostasis (balance). Instead of suppressing the symptoms with antibiotics and painkillers I let the fever, aching and mucous rip through me. This was an initiation by fire! Eventually the storm passed and I came out the other side feeling like a new person.

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Over the next few months of eating a clean, plant-based, predominantly raw food diet I noticed my energy levels dramatically improved, the aches and pains that I assumed were part and parcel of turning 40 disappeared and I felt the happiest and lightest I had felt in years. Despite having had Hepatitis C for more than 20 years my liver function tests began to improve and returned to normal levels within two years. Last but not least, the colds and sinus infections I experienced at least once a year disappeared for good. In many ways it appeared that I was reversing the aging process. At the age of 50 I now feel younger and more vibrant than any time in my life since childhood.

Since changing to a predominantly organic raw plant-based diet I have encountered hundreds of other people who have reversed a wide range of health conditions simply through diet and lifestyle. Obesity, diabetes, cancer, cardio vascular disease, chronic fatigue, PMT, skin conditions, depression, autoimmune diseases and allergies have all been reversed through this approach. Why is it then that billions of dollars are spent every year fighting cancer and other diseases when the solution is right under our noses, or should I say on our plates? The way I see it economics rules here on earth. There is not much money to be made growing and selling fresh organic fruits, vegetables, nuts, seeds and sea vegetables. Secondly the highly profitable pharmaceutical and processed food industries stand to lose a fortune if we all discover how to become vibrantly healthy through diet and lifestyle.

## **So why raw food?**

In my view that we haven't been able to outsmart nature when it comes to creating food and good health. Nature is amazingly intelligent and has designed food to suit our bodies. Of the 1.6 million known species on earth we are the only ones who cook or heavily process food. In nature animals rarely suffer from the chronic degenerative diseases that we (and our domesticated animal) suffer from. Could our food have something to do with this?

Whole living plant foods are packed with phytonutrients, vitamins, minerals and enzymes that are vital to our health. Many of these nutrients as well as proteins, fats and fibre are either damaged, denatured, removed or totally destroyed when we process food leaving a vastly inferior imitation or counterfeit food. When we become ill from eating such a highly processed diet rather than look at our food choices we have been taught to go to the doctor who has been taught to administer pharmaceutical drugs and surgical procedures. In fact to even suggest that most disease can be prevented and treated through diet and natural methods is often considered quackery by the mainstream medical establishment.

This resistance to new ideas my mainstream science is not something new. In 1747 a British Doctor James Lind discovered that fresh fruit would prevent and cure scurvy, a disease that killed many thousands of sailors every year. However, it wasn't until the early 1800s that Lind's discovery gained acceptance with the mainstream medical establishment and the government of the day. Meanwhile, for nearly another 100 years, thousands more sailors died every year from scurvy. Eventually Lind's discovery was adopted and citrus fruit was included onboard ships and the incidence of scurvy was dramatically reduced. I sincerely hope that modern-day medicine does not take 100 years to discover the power of living food nutrition.

It is my firm belief that as medicine evolves the physician of the future will treat patients naturally with nutrition using drugs and surgery only as a last resort.

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## **Nutrient Loss**

In 400 B.C. Hippocrates, the "Father of Medicine", said to his students, "Let thy food be thy medicine and thy medicine be thy food" It seems that Hippocrates intuitively knew something that modern medicine is only just beginning to grasp.

Nutritional science is still very much in its infancy and we are only just beginning to see how much we don't know. Until the early 20th Century it was commonly believed that food was only needed to provide us with calories or fuel. We now know that there are seven major classes of nutrients: carbohydrates, fats, protein, fibre, minerals, vitamins and water and since the 1990s another class of nutrients called phytochemicals (which include antioxidants) have been identified.

These nutrient classes can be categorized as either macronutrients (needed in relatively large amounts) or micronutrients (needed in smaller quantities). The macronutrients are carbohydrates, fats, fibre, proteins, and water. The micronutrients are minerals, vitamins and phytochemicals .

Scientists are only just beginning to understand how these food nutrients, particularly vitamins, minerals and phytochemicals work together synergistically to keep us healthy and free from disease.

Amazingly researchers now estimate there are 30,000 to 50,000 phytochemicals of which we have only isolated around 1,000 and studied less than 100. We now know that many of these phytochemicals help plants to protect themselves from disease, pests, bacteria, viruses, radiation, and oxidation and by eating plants we also benefit from these miraculous compounds.

Phytochemicals it seems play a major role in protecting our cells, membranes, skin, organs and immune system from the hazards of modern living including manmade chemicals and air pollution, as well as bacteria, viruses, fungi, yeast, microbes, mutagens, free radicals and carcinogens.

## **So what happens to our foods' macro and micronutrients when we cook it?**

Proteins coagulate at high temperatures denaturing their molecular structure. A good example of this can be seen every time you cook an egg, the whites which are transparent and runny before heating become white and firm once cooked. The Max Planck Institute for Nutritional research in Germany concluded that when protein is cooked only 50% remains bioavailable because digestive enzymes cannot readily break down coagulated protein molecules once they fuse together. The unusable portion of protein is more or less a toxin that the body must then eliminate.

When heated complex carbohydrate sugar molecules are caramelised or fused together. Carbohydrate-rich products that have been subjected to heating and the "browning reaction" - when flavours colours and textures are formed they generally contain acrylamide. At high doses, acrylamide has been found to cause cancer in some laboratory animals. Acrylamide is formed in thousands of different products. Among the foods that develop acrylamide during cooking are coffee, chocolate, almonds, french fries, potato chips, cereal, crackers, bread, and even some fruits and vegetables.

Overly heated fats and oils generate numerous carcinogens including acrolein, nitrosamines, hydrocarbons, and benzopyrene (one of the most potent cancer-causing agents known)

Natural fibres break down and cellulose is completely changed from its natural condition: it loses its ability to sweep the alimentary canal clean. Just look at a carrot before and after cooking. Uncooked it is hard and crunchy cooked the fibre is damaged and it becomes soft and bendable.

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Lastly on average 78% of vitamins and minerals are destroyed through cooking. For example up to 75% of vitamin C is lost, 50% of B vitamins, 35% of Alpha and beta-carotene and vitamin A. While minerals are less susceptible to heat than vitamins still 20% to 70% of minerals are lost though cooking. While we don't know the exact effect cooking has on the many delicate phytochemicals, it is suspected that close to 100% are damaged or destroyed by heat.

Leukocytosis is a term used to describe an increase in the number of white blood cells. It is an indication that the body is under attack and the white blood cells or leukocytes are sent in to defend the body from foreign invaders.

Leukocytosis is commonly caused by infections, inflammation, allergy's and malignancy. Rudolph Virchow, the father of cellular pathology discovered that leukocytes became elevated in all his subjects after eating. This elevation of leukocytes after eating became known as digestive leukocytosis and was considered a normal response.

In 1930 at the Swiss Institute of clinical chemistry Paul Kouchakoff furthered Virchow's research and discovered that digestive leukocytosis only occurred when the food had been cooked, canned, cured or salted. Kouchakoff tested a great variety of foodstuffs including water, salt, vegetables, cereals, nuts, honey, raw eggs, raw milk, raw fish, raw meat, butter, sour milk, etc. None of these, if fresh, unrefined, and not overheated, caused any reaction, and were seen as by the body friendly foods not to be fought. These same natural foods, altered only by heating, caused a rise in the white blood count (leukocytosis), an expected reaction when dangerous foreign invaders invade the body. But the worst offenders heated or not, were the processed foods -- those foods that had been extracted, purified, stabilized, enriched, homogenized, sterilized, or otherwise changed from their natural state. The level of leukocytosis which occurred from eating these foods was at a similar level to the leukocytosis which occurs from food poisoning.

Imagine how much stronger your immune system could be for fighting off a serious pathogen or even a virus like the flu if it didn't have to deal with cooked food three to four times a day. If you still like to eat cooked food the good news is that Kouchakoff also discovered that when cooked food was eaten with around 50% raw food digestive leukocytosis did not occur.

Many researchers and raw food pioneers claim that one of the major benefits of living foods is due to the fact that the foods enzymes are left intact.

Much of the research done on enzymes comes from research pioneer Dr Edward Howell. Howell says that "Enzymes are substances which make life possible. They are needed for every chemical reaction in that occurs in our body. Without enzymes, no activity at all would take place. Neither vitamins nor minerals nor hormones can do any work -- without enzymes. Think of it this way: Enzymes are the "labour force" that builds your body just like construction workers are the labour force that builds your house. You may have all the necessary building materials and lumber, but to build a house you need workers, which represent the vital life element.

Similarly, you may have all the nutrients -- vitamins, proteins, minerals, etc., for your body, but you still need the enzymes -- the life element -- to keep the body alive and well. "

Enzymes are both complex protein molecules and bioenergy reservoirs. They go beyond being just simple chemical catalysts and have vital life force that initiates biochemical interactions. Although this has not been proven or fully understood by science there seems to be an inextricable link between enzyme activity and the life force of an organism. The major difference between a living organism and a dead organism is only the living organism has the ability to produce active enzyme

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There are three main types of enzymes:

1. Metabolic enzymes, are catalysts which are involved in all chemical reactions in our bodies. In fact there is virtually no task our body performs in which these enzymes are not involved in some way.
2. Digestive enzymes breakdown the foods that we eat.
3. Food enzymes are abundant in raw foods and are usually involved in activating the digestion of the particular food being consumed.

Howell says "All uncooked foods contain an abundance of food enzymes which correspond to the nutritional highlights of food. For example, dairy foods, oils, seeds and nuts, which are relatively high in fat content, also contain relatively higher concentrations of the enzyme lipase which aids in the digestion of their fats. Carbohydrates, such as grains, contain a higher concentration of amylase [digests carbohydrates] and lesser amounts of lipase and protease [digests protein]".

Metabolic and digestive enzymes are manufactured by our bodies while the enzymes present in raw foods come from plants as well as raw animal products including milk, eggs and meat.

(raw food also contains some metabolic enzymes)

When food is heated above 48 degrees Celsius or 118 degrees Fahrenheit many of its naturally occurring enzymes are destroyed within 30 minutes. This is only a warm temperature, so clearly when we cook, bake, fry boil our food we are destroying nearly all of the enzymes in a very short period of time. In fact according to Dr Howell's research, boiling food for just 3 minutes will result in 100% loss of enzymes.

Dr Howell says that each individual is born with an "enzyme potential" or "enzyme bank account"

*"This limited supply of activity factors or life force must last us a lifetime. It's just as if you inherited a certain amount of money. If the movement is all one way -- all spending and no income -- you will run out of money.*

*Likewise, the faster you use up your supply of enzyme activity, the quicker you will run out. Experiments at various universities have shown that, regardless of the species, the faster the metabolic rate the shorter the lifespan.*

*Other things being equal, you live as long as your body has enzyme activity factors to make enzymes from. When it gets to the point that you can't make certain enzymes, then your life ends."*

I have outlined just some of the theories which may explain why so many people get well and stay well on a predominantly plant-based raw food diet. The problem with scientific theories is you will often find that someone will eventually disprove or discredit them. I recently heard of a well-known primatologist who is convinced that cooked food is far superior to raw food when it comes to humans. He has even written a book about it. The traditional Chinese Medicine and Ayurvedic systems of health also prescribe diets high in cooked food.

At the end of the day the proof will be in the pudding (or the salad). Nothing beats direct personal experience, which is why I shared my story at the beginning of this article.

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If what I have said in seems to make sense you may like to begin your own experiment with living foods. For most people I would recommend that you start gradually. Begin by replacing harmful factory farmed, processed foods with organic whole foods, cooked and/or raw. If you still consume animal protein make it a condiment instead of the centrepiece of your meal. By doing this alone most people will experience a significant improvement in their health.

To take your health still further, begin to increase your intake of living foods, especially leafy greens that are the food group which meet human nutritional needs most completely. Wild Chimpanzees who share 99.4% of our DNA are resistant to aids, cancer and heart disease. They don't eat processed or cooked foods and do eat a huge 40% of their diet as leafy greens and blossoms. In comparison the average Australian eats only 3% of their diet as leafy greens.

*by Anand Wells, Live Food Education*

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