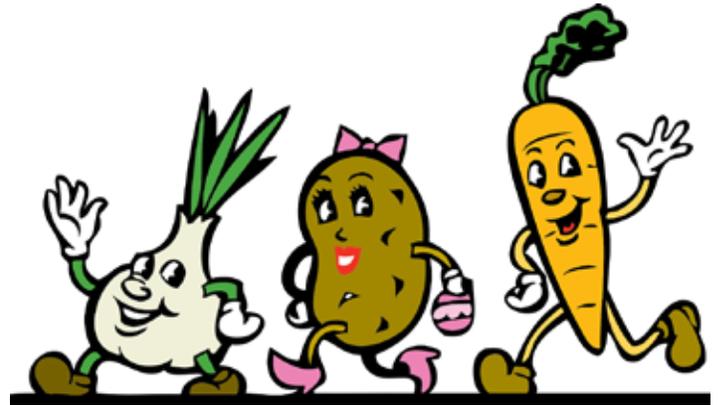


Why Raw?

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This year, Spring has been an absent season, but soon it will find us, and we will be able to enjoy fruits and vegetables from local producers and our garden. There are so many health benefits for eating local food, especially when it is organic. There are also many ways to prepare it, but the best way to enjoy the bounty from the land is raw. Harvest it, wash it and eat it...it's that simple!

Why should we eat raw food?

Mother Nature has very cleverly added a substance inside every protein molecule called an "enzyme."

Much like electricity where an electrical force is required to light up a light bulb, an enzyme is the life force inside the protein molecule needed to perform certain activities. Enzymes are part of all animal and plant life. All living organisms are an organized, integrated succession of enzyme reactions. Without enzymes, you would not be here. There are more than 2,000 identified enzymes, and many scientists believe there are between 50,000 and 70,000 in the human body, each with a specific function.

Inside every piece of raw food, there is an enzyme doing a specific job. However, when foods are cooked at high temperatures, above 129 F, the enzymes are destroyed and no longer able to perform a unique function. Although the protein molecule is still present, it loses its life force.

As humans, we inherit an enzyme reserve at birth; however, this number tends to decrease as we age and by eating an enzyme-deficient diet. So, eating a consistent diet of primarily cooked foods – baked, roasted, stewed or fried, processed foods, microwaved foods, and foods that are canned or pasteurized, we are eating a diet void of enzymes. The more cooked food we eat, the more we use up our inherited stores of enzymes. As enzymes decrease, so does our health and longevity.

Enzymes are not just for digestion; they are in every tissue of the body. Enzymes are necessary for healthy immune function, muscle building and within our blood system. We lose enzymes daily through our natural elimination processes such as sweat, urine, fecal matter, salivary and intestinal secretions.

Nature has placed enzymes in food to help cellular processes so that our stored enzymes are not overly depleted. When eating cooked foods, our digestive system has to produce all the enzymes, and this adds stress to the digestive organs. To meet the demand, the body calls on the reserve from all organs and tissues. This repetitive action causes a metabolic deficiency, and systemic symptoms may occur.

Although eating a completely raw diet would be in our best interest, this would be impossible in our modern time stretched world; however, choosing to eat as many fruits and vegetables raw would preserve our enzyme supply and ensure the life force of our inherited enzymes in the cells stays intact.

When we cannot eat raw, there are exogenous enzymes available (those taken from an outside source) that will replace the destroyed food enzymes, thus, aiding ourselves to have healthy tissue for a long time. These packaged enzymes are readily available at health centers and are available as single or multiple enzymes to target particular cells.

So as we age, keep it simple, choose raw when possible and supplement when you eat cooked foods!

**Digestive Enzyme Supplements
Special Offer - Ends July 31**

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