

raw foods

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There is only one thing that is proven and undisputed amongst dietary experts... If you want to extend your life and improve your state of health - you must eat less. It is called calorie restriction.

In the Western world we struggle with 3 dietary challenges:-

1. We eat too much
2. What we eat is too acidic
3. Most of what we eat is cooked

The solution is simple. Let's get back to nature, let's get back in touch with the earth and eat food the way she intended it - RAW and unprocessed. Everyone knows that raw fruit and vegetables is where it's at, but let's face it, most people just don't like their greens. That's where we come in. Peter and I are raw food chef's. What we do is take raw food and make it taste like cooked food so that you want to eat more of it! Our journey into raw foods was not natural, we were not born to health fanatical parents, quite the contrary - my father was a baker as was his father before him. Peter and I both did normal chefs training and worked in France cooking rich and creamy 4 course meals laced with lots of sugar, salt and rancid deep fried fats. I've heard all the reasons why people don't want to eat raw foods. The most common comment that dismisses the entire concept in one foul swoop is ... "rabbit food".

We now teach a 4 week raw food preparation class (once a week for 2 1/2 hours) and I can assure you no-one ever leaves saying 'rabbit food'. Most people leave full and amazed that everything they ate that evening was completely raw. For example day 4's menu includes raw food pizza, superfood smoothies and a 100% raw, sugar, dairy, wheat free lemon tart. In truth we're in the business of conning your taste buds. But why go to all this trouble.

What is hunger?

It's not a burger and fries deficiency. When you get hungry it is your body looking for minerals and nutrients. This is why if you eat junk food, you're hungry again within an hour or 2. If you eat good quality, mineral rich raw foods, your body finds what it is looking for and you get on with the day at hand.

let's look at dietary challenges 1 - 3. starting with number 3

3. Cooked food- When you cook your food 50% to 80% of all nutritional value is lost. First the enzymes get destroyed (as soon as the temperature goes above 46 degrees celcius), the minerals and vitamins follow shortly after. Consider this fact in the light of calorie restriction. Out of your entire cooked food meal, only 20% to 50% has any nutritional value left in it. On a raw food diet you literally halve your calorie consumption simply because

