

WHY RAW FOOD?

“Modern research has shown that eating a mainly cooked diet can lead to tiredness, stress, depression, obesity, high blood pressure and premature ageing. Raw energy is the special quality of energy in fresh uncooked foods – fruit, vegetables, nuts, grains, seeds and sprouts. A mainly raw diet will help you lose weight, feel fitter and younger; it will also give you a sense of superior vitality and a greater resistance to stress, tiredness and disease. Doctors and scientists confirm that raw diets not only prevent colds & flu and retard ageing, but they can also help to cure cancer, diabetes, ulcers and arthritis.” Leslie Kenton in **Raw Energy** published in 1984.

The simple reason why raw juices, particularly the green juices with their high levels of chlorophyll, are so beneficial is because they deliver, straight into your system, the most complete range of nutrients in their most vital form, suspended in water from an organic source and brimming with enzymes. The sensible public has read about the benefits of anti oxidants, vitamins and the necessity of distinguishing the good fats from the bad fats in our diets, to know that consuming 5 fresh (preferably raw) vegetable and fruit portions a day is a good start for good health, vitality, energy and all being well - a longer life.

The real misfortune is the menace to our health posed by threats such as fried foods, high fat diets, smoking, (excessive) alcohol consumption, irradiation, preservatives, synthetic sweeteners, modern pesticides. Yes, some natural foods do contain chemicals which when isolated, tested in vitro and the results extrapolated from rodents and monkeys to humans – can be dangerous. To quote these results out of context is misleading since the fact that our bodies have mechanisms for dealing with most of them is never mentioned. If we were to focus on the minute quantities of cyanide in apple pips, we discard a perfectly nourishing and beneficial fruit! Simply put, not all natural toxins are bad. Many poisons are sources of important medicines – strychnine, the toxin in mushrooms is used to make medicines for the central nervous system and to make the homeopathic medicine nux vomica.

The Bristol Diet – promoted by the famed Bristol Cancer Help Centre (BCHC) established in 1980 – includes a large element of raw food in the form of salads and juices. Sandra Goodman was commissioned by the BCHC in 1993 to compile a database of serious, widespread and scientifically sound research describing nutritional approaches to cancer. This was truly ground breaking and has undoubtedly saved lives and informed the medical profession with its thousands of reports. Sandra Goodman PhD later published her findings and added to them in **Nutrition & Cancer** in 1995 (an updated 3rd edition out 2003 detailing 5000 reports).

Dr Max Gerson pioneered an anti cancer diet using raw food, with early results published as **A Cancer Therapy: Results of Fifty Cases** in 1958. His underlying programme seeks to regenerate an ailing body and bring it back to health by flooding it with phytonutrients from raw juices and some cooked, solid, organic vegetarian foods. The diet is also low fat, low meat and salt-free and uses supplements such as niacin (nicotinic acid or vitamin B3), thyroid extract, potassium iodide, liver extract, and pancreatic enzymes.

This high quality nutrition results in elevated levels of minerals, enzymes, beta carotene, vitamins A and C and other anti oxidants which scavenge free radicals which lead to:

- a doubling of circulatory oxygenation – an oxygen deficiency in the blood contributes to degenerative diseases
- reinvigorating the entire body by increasing metabolism
- and cellular detoxification so that the body has the resources to heal itself and reach balance or homeostasis.

Statistically, for instance, chemotherapy boasts an overall remission rate on average of 12% (7% for colon cancer and 1% for pancreatic cancer) but the Gerson Therapy offers total remission success on average of 42% of its participating, largely terminal cancer patients. His diet is also used extensively as a preventive treatment.

In the 1960s Ann Wigmore in the US successfully treated terminal cancer patients with raw food, particularly wheatgrass at the Hippocrates Health Institute in Boston. Lesley Kenton describes wheatgrass as green lightning! The drinking of green juices both preventively and as a treatment for degenerative disease, has gained in popularity in recent years – even Jennifer Aniston drinks it! Dark green vegetables like the brassicas – broccoli, kale, Brussels sprouts, collards and kohlrabi – have featured in medical research which shows that they help prevent cancer. American medical journals such as the Journal of the National Cancer Institute report that the sulphur and hitsidine in brassicas inhibit the growth of cancer tumours, detoxify the system of poisonous environmental chemicals, prevent colon cancer and increase the body's own supply of natural cancer fighting compounds. They can also help lower low-density lipoproteins (the bad cholesterol) which accompany hardening of the arteries.

Michael Gearin Tosh in his award winning book ***Living Proof – a Medical Mutiny*** eloquently describes his recovery from myeloma cancer using principally raw juices and coffee enemas to strengthen and detoxify respectively.

Many plants, fruits, vegetables, grains and beans contain natural toxins, enzymes and substances - some of which may interfere with digestion. Speculation is that these chemicals function, at least in part, as a natural defence against bacterial, fungal, insect and perhaps animal predators. Beans for example are famous for their gas producing effect. Beans - including the humble alfalfa, the smallest of the legume family - contain natural substances such as trypsin inhibitors, phytic and oxalic acid. These inhibitors are water soluble and a simple procedure of soaking and rinsing in water makes them more digestible when eaten raw as sprouts. The germinating bean also reduces and eliminates the inhibitors because of the chemical and enzyme changes during its growth. (Bland, Jeffrey, PhD, Berquist, Barbara. "Nutrient Content of Germinating Seeds" Journal of the John Bastyr College of Naturopathic Medicine 1980.) Phytic acid is another unfriendly natural agent – a form of phosphorous found in beans. It binds with trace minerals such as zinc, manganese and chromium. The germination of grains reduces phytic acid and even liberates phosphorous for the production of phospholipids such as lecithin. (N K Matheson and S Strother "Utilisation of phytate by germinating wheat" Biochemistry Journal 1969.) This same mineral unavailability also occurs with calcium due to the interference of oxalic acid. Oxalic acid is found in seeds such as sesame and vegetables such as rhubarb, spinach and mushrooms. Both oxalic and phytic acids are soluble in water and are converted and eliminated during germination.

In the early 1980s, Bruce Ames a prestigious biochemist at the University of Berkeley, published a series of articles on natural toxins in common fruits, vegetables, grains and

beans that when isolated and fed to monkeys and rodents had mutagenic effects. Some substances were carcinogenic in reaction with proteins and fats during certain types of cooking such as frying. (Ames Bruce N “Dietary Carcinogens and Anti-carcinogens” Science 1983.)

Raw and sprouted vegetables contain enzymes that oppose tumour growth. Tumours release enzymes called proteases which break down healthy tissue around the tumour and increase potential tumour growth. Inhibiting enzymes in live foods called protease inhibitors, block the actions of these proteases and the spread of the tumours. Sprouted seeds and beans, particularly soyabeans and lima beans, are our finest dietary sources of these protective enzymes.

Flaxseeds and their young sprouts are one of our best sources of Omega 3 fatty acids such as alpha-linolenic acid. Studies show that the omega fatty acids have an inhibiting effect on tumour growth (Marshall, Szczesniewski and Johnston “Dietary Alpha-Linolenic Acid and Prostaglandin Synthesis: a time Course study” American Journal of Clinical Nutrition 1983) – specifically they decrease the migratory ability of tumour cells and metastasis (Mahan, Meunier, Newby, Young “Prostaglandin E2 production by EL4 Leukemia cells from C57BL/6 Mice: Mechanism for tumour dissemination” Journal of the national Cancer Institute 1985.)

Soyabean sprouts are nature’s finest source of plant isoflavones which are converted in our stomachs to isoflavone equol. Research shows it to have excellent anti-estrogenic qualities similar to that of cruciferous vegetables. (Setchell, et al “Non-steroidal Estrogens of Dietary Origin – Possible roles in Hormone Dependent Disease” American Journal of Clinical Nutrition 1984.)

The body of medical and scientific research is irrefutable, proven and accepted by the majority of cancer treatment centres and support groups, naturopathic practitioners, many enlightened medical doctors and some more open-minded oncologists. Far from salads being silent killers – the real carcinogens are the food manufacturers who try to persuade us to consume huge quantities of sugar, salt and fat laden, highly processed “foods” backed by huge advertising budgets, the mass demineralisation of the Planet’s soil through over production and the over-use of unsustainable fertilizers produced by the multi-national agri-chemical companies and the vested interests of the pharmaceutical companies. The public knows that information is power – the Net can be a good source of sound information.

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