

ENERGY in the RAW

Nourish your body with craving-inspiring nutrient dense, living whole foods abundant in flavor, oxygen, enzymes, antioxidants, essential amino acids, essential fatty acids, phyto-nutrients and more. Research reveals a dietary intake of raw foods (50% or more) is one of our most powerful aspects for a strong, healthy, disease resistant body. Learn to make items such as: raw sprouted nut/seed pate wraps vegan cream cheese and silky crème fruit parfaits. See and taste for yourself how easy and amazing eating living food is. Be ready to be wowed!

“There is only one major disease and that is malnutrition. All ailments and afflictions to which we may fall heir are directly traceable to this major disease.” D.W. Cavanaugh, M.D., Cornell University

Why Raw?

Raw foods are living foods rich in enzymes and oxygen providing the body with what it needs to stay healthy and energized. The standard dietary fare of North America – meat, breads/grains, dairy, processed and cooked foods, denatured fats, sugar and sodium, caffeine and alcohol are foods lacking in nutrients and void of enzymes causing numerous health challenges and diseases such as: Indigestion, nutrient deficiencies, food allergies and intolerances, constipation, IBS, age spots, fatigue, arthritis, chronic inflammation, lethargy, wrinkles, declining eyesight, mood swings, irritability, brain fog...

What are Enzymes?

- 🌀 Enzymes are in the cells of every living plant and animal!
- 🌀 Enzyme activity accomplishes all biological work from blinking an eye, having a thought and moving a muscle.
- 🌀 Find the enzymes needed to help digest the food we eat in raw living foods.

Cooking foods beyond 118F destroys the naturally occurring enzymes making it necessary to manufacture its own enzymes. This demand for the body to make digestive enzymes diverts its energy from making metabolic enzymes vital for cleansing, healing, tissue building and cellular regeneration. Without an adequate supply of these metabolic enzymes, over time we suffer and attribute this to the aging process. It is more so due to the impact of our dietary habits and the fact that over time our body loses its ability to manufacture enzymes. To feel and look younger, eat raw!

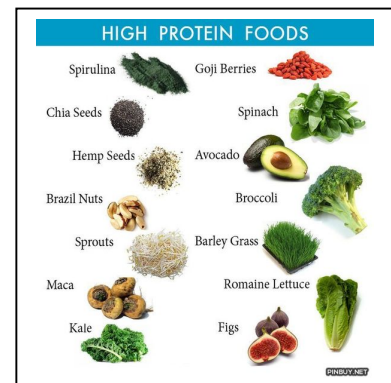
Exploring the ‘guts’ of Healthy Bacteria: ([Dr McDougall – Micro Flora/ Gut Bacteria](#))

- Within our intestine live trillions of organisms.
- ‘*Gut micro flora*’ functions include: completing the digestion of our foods through fermentation, protecting us against pathogenic (disease causing) bacteria, synthesizing water soluble vitamins, and stimulating development of our immune system.
- The health of the flora can become impaired by temperature, illnesses, antibiotics and other drug treatments, and changes in our diet.
- Un-digestible complex carbohydrates, known as dietary fiber and un-digestible (plant-derived) sugars, provide the bulk of the food for these “friendly” bacteria.
- In general, people eating a vegetarian diet have higher counts of aerobic bacteria (bacteria that can live in the air) and lower counts of anaerobic bacteria (can live and grow in the absence of oxygen) than meat eaters (*J Nutr* 105:878, 1975).
- Gut micro flora of meat-eaters contains greater amounts of “unfriendly” bacteria
- A vegetarian diet promotes the growth and activity of “friendly” bacteria.

- Probiotics can help yet yogurts containing lactic acid-producing bacteria (*Lactobacillus*) are non-toxic organisms that can survive passage through the intestine however...
 - Not recommended as a source of friendly bacteria because their beneficial effects have not been conclusively proven (*Am J Clin Nutr* 69:1035S, 1999).
 - More importantly, yogurt has all the negative qualities of dairy products: high in fat and cholesterol, allergy producing dairy proteins, and it is often infected with harmful viruses and bacteria as well as added hormones.
- **Probiotic supplements:** Probiotics contain various combinations of "friendly" bacteria, from species of Lactobacilli, Streptococci, and Bifidobacterium
- **Prebiotics** are nondigestible food ingredients that stimulate the growth and activity of "friendly" bacteria already present in your intestine.
 - The **most effective Prebiotics** identified are **FOS (fructooligosaccharides)**. Other effective growth enhancers are GOS (galactooligosaccharides), inulin, lactulose, and lactitol. These are small carbohydrates found naturally in artichokes, onions, chicory, garlic, and leeks. These simple prebiotic molecules are also produced industrially and a number of commercial products are sold on the market. They have no toxic effects. They can act as a mild laxative in small amounts, and may produce flatulence when consumed in large amounts.
 - Fermented foods such as sauerkraut, kimchi, fermented veggies, tempeh, miso, Natto healthy sources of probiotics.
- A **high-fat, low-fiber diet, causes overgrowth of bacteria** in the gut micro flora that have the ability to convert bile acids into sex hormones, which are then absorbed through the gut wall and into the blood stream (*Lancet* 2:472, 1971). Bile acids are produced by the liver for the purpose of digesting fats. The more fat consumed the more bile acids flow into the intestine to be converted to sex hormones. Thus a low-fat, vegetarian diet will reduce sex hormones.
- **Problems from excess sex hormones include: precocious puberty, fibrocystic breast disease, PMS, uterine fibroids, prostate enlargement, and breast, uterine, and prostate cancer.** By changing the micro flora with a low-fat, high-fiber diet and/or probiotics/prebiotics, more estrogen is excreted in the feces, resulting in less estrogen in the body and sex-hormone related problems are prevented, improved, often cured.

RAW PROTEIN SOURCES:

Sprouted Seeds, nuts, seeds / sprouts / pulses, nuts, seeds, nut or seed butters / chlorella, spirulina, sea veggies: nori, dulse, kelp.../ broccoli, goji berries, peas, corn, avocado, leafy greens, maca, pseudo grains...



RAW PROTEIN FOOD SUGGESTIONS:

- Top your stir-fry with sprouts/ Serve meals on a bed of raw greens or shredded cabbage, Stir finely minced or pureed raw veggie blends (peppers/onions/summer squash/ carrots/ tomatoes/miso etc... into sauces, soups. Remove from heat first.
- Use raw nuts and seeds (soaked is best) to increase healthy fiber/protein/EFA intake

- Choose sprouted grain breads and wraps – Look for ready-made raw food products.
- Look for sprouted legumes such as lentils, chickpeas, sunflower seeds...
- Use Nori wraps around veggies or snip and dip with bean and veggie dips
- Add good quality oils AFTER cooking foods to access the healing properties and EFA's
- Experiment with sprouting your own seeds, legumes – it is so easy
- Use fresh lemon or lime juice, fresh herbs, sprouts as finishing touches on all foods

Why soak nuts, grains and seeds?

1. To remove or reduce phytic acid.
2. To remove or reduce tannins.
3. To neutralize the enzyme inhibitors.
4. To encourage the production of beneficial enzymes.
5. To increase the amounts of vitamins, especially B vitamins.
6. To break down gluten and make digestion easier.
7. To make the proteins more readily available for absorption.
8. To prevent mineral deficiencies and bone loss.
9. To help neutralize toxins in the colon and keep the colon clean.
10. To prevent many health diseases and conditions.

“Soaking allows enzymes, lactobacilli and other helpful organisms to break down and neutralize a large portion of phytic acid in grains. Soaking in warm water also neutralizes enzyme inhibitors, present in all seeds, and encourages the production of numerous beneficial enzymes. The action of these enzymes also increases the amount of many vitamins, especially B vitamins. During the process of soaking and fermenting, gluten and other difficult-to-digest proteins are partially broken down into simpler components that are more readily available for absorption.”

Choosing to eat mostly or completely raw and or vegetarian requires concerted efforts to obtain the full spectrum of necessary nutrients for good health. Consult with a nutritionally trained professional for guidance.

Healthful References: <http://www.therealtruthabouthealth.com/>
<https://www.drmcDougall.com/misc/pdf/pdf050800nl.pdf>

**EAT REAL / EAT LOCAL / EAT FRESH / EAT PERISHABLE / EAT VARIETY
EAT IN MODERATION / EAT FOR HEALTH / EAT CONSCIOUSLY, EAT CLEAN,
EAT GRACIOUSLY and ENJOY!**

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FIXING YOUR DAILY DIET AND MINDING YOUR MIND

Rewire your habitual thoughts to powerfully impact every aspect of your life and everyday habitual patterns. Regain a powerful and grounded sense of self and self-care that sustains and invites in the best of all that you've imagined for yourself.