

FITNESS
01 Sep 2011, p.86



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"THE VALUE LIES IN THE MASSIVE AMOUNTS OF MINERALS AND VITAMINS THAT PLANTS CONTAIN. WHAT THIS MEANS IS THAT YOU GET A DIET THAT IS LOW IN CALORIES BUT HIGH IS ESSENTIAL MICRONUTRIENTS."

the cooking process can destroy up to 80% of the nutrient content of food when cooking at temperatures of 160 degrees and above. Vital minerals, vitamins and enzymes are destroyed in modern cooking processes, which is why raw foodists prefer to use low-temperature dehydration to warm and dry food.

This enzyme destruction also means that food requires more energy to digest, while cooking also increases the acid-forming nature of food. This causes a shift in the acid-alkaline balance in our bodies, which can result in numerous diseases when our internal environment becomes too acidic.

LOST PROTEIN

"Of most interest to *fitness* readers would be the fact that up to 50% of the bioavailability of protein is lost when protein-rich foods are cooked," explains Peter. "And there are a multitude of protein sources in a raw food diet, which don't all come from animal products – you just need to

food," he continues. "For example, I went from eating around 3000 calories a day to just 1500 calories a day, and have found that I have more energy and vitality than ever." This lowered calorie intake also naturally leads to weight loss, which is one of the biggest benefits of the raw food diet. The other pertinent point is that this diet will help your body return to its natural weight state, as determined by your genetic potential. There is also a growing body of evidence that indicates that lowering your calorie intake can extend your life.

NUTRIENT DENSITY

Peter also states that it is important to keep in mind that organic raw foods have higher nutrient densities than commercially grown foods. "Commercial farming depletes the soil of minerals, which subsequently reduces the micronutrient content of our foods. The truth is that there are tens of thousands of nutrients that our

your diet over time, while eliminating others, to allow your body to adapt slowly. This is where juicing and blending can really help, as the foods used are so nutrient dense that people tend to feel full after drinking just one, and therefore won't crave other food stuffs."

AVOID SUDDEN CHANGE

Peter also advises against taking sudden, radical action to change your normal eating habits. "Chucking out the microwave and trying to switch the whole family to a raw food diet overnight will be met with resistance. This lifestyle change can be very difficult if the whole family is not on board, as it is human nature to oppose any changes to what is familiar. The best way to go about this is to first try it out for yourself and find what combination of foods work best for your lifestyle, then try and get everyone else on board. The key to this is trial and education – educate the rest of the family about what raw food eating is all about and what the



FACT

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