It with flavour

If you want to live long and be strong, 'living foods' are the way to go, writes LORI BOOTH.



ANT to start the New Year with renewed health, bountiful energy and a continuous sense of wellbeing? The secret to living your best life is simply to eat more ig foods"—raw, mineral-rich, nat-

"living foods" — raw, mineral-rich, natural foods from the earth, and to cut back on "dead foods" — foods that are exceptionally acidifying to the body, develd of any nettitional goodness and which rob your immune system — foods that are totally denauted.

The old adapt "you are what you set" has never resourced more powerfully than it does in this enters so go of list foods, convenience foods or foods that we set without paying any steriors to madeless food, I all. It Add to this the corressing incidence of madeless food, I all. It Add to this the corressing incidence of a city, pollytical traffic congested of your a clean, fresh, green country-like You can consume a diet clogged with "poleonous", addit foods containing trans first, reflect eagur, while flow and to be playaged by stckness, or you can set mindfully "a diet consists of the control of t

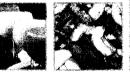
Two proposests of this beatile style of life are Febre and Seyn Duniel, whose company, Souring Free Super Foods, runs beatin food stills in and around Cape Town and who percently lead Fare Rood, Liveling Foods, Elements of Health' programmes Fare Rood, Liveling Foods, Indiana of Health' programmes ples and showing them easy ways to propure a multitude of deincises rare food meals. Their purpose is to demonstrate low you can practically as about transforming your health. That they are personante door the work— and their way of life—a between complexions and glossy hair, and consistently high levels of energy and entitiastion, Inspiration funded, if any was needs of

Now if the thought of eating only cold salads and fruit and never enjoying another glass of wine for the rest of your life makes you want to stop reading now, allow me to explain a little further. Firstly, you don't need to give up your favourite cooked meals entirely, that would probably cause you more harm than good. Secondly, there is a whole library of raw food books out there filled with recipes that will make your mouth water many of which can be found on the web. Thirdly, if you aim to apply the 60:40 ratio of esting 60% alkalising foods (green, leafy vegetables and some fruits) and 40% acidic foods (avocades, nuts, seeds, some meat and fish), you will gain healthier control of your body. Ideally the 80:20 rule is your goal and followers of this "health-style" have found that it is not difficult to achieve once you start to feel the benefits it brings, especially when you add vegetable julcing to the mix. Peter and Berva are emobatic: "The best results from a raw food diet are achieved when vegetable juice is included in your diet - preferably a litre per day. This is a candida-busting, parasite-cleansing, immune-boosting, say-goodbye-to-fatigue, health-enhancing must! Green leaves are packed with minerals - calcium and magnesium; vitamins, antioxidants, proteins - everything we need for optimal health and nutrition. The accent is on vegetables. Pineapple and apple juice taste nice and sweet and have their benefits, but the veggies are where it's at if

you want to live long and be smiling when you get there".

Peter starts off the Elements of Health workshop by giving a







crash course in physiciony and currition. "Historically there has been an over emphasis on themson and an under emphasis on themson and an under emphasis on the state of the inhalance neads retrieve. Fact, cell certain manager maneral and trace minerals are present in sufficient quantities. The higher the concentration of minerals in a flow, the best rest in close the real consistent of the physician control of the ph

According to scientific research, it is estimated that between

SVF and SVF of nationals in fined are developed during the coals, in process. It has use born bound that cooking floot during the configuration of the property of the propert

Barbara Leiman who is 60 years old and has followed a vegetarian diet from an early age, has now converted to 80% raw food and says she feels unbelievably light and energetic - to the extent of swimming up to 1.5 km every day. "Each morning I concect a litre of delicious fresh yeaetable juice and drink it throughout the day. The raw vegetables have reestablished the presence of live enzymes in my body and this is particularly manifesting in my eyes. After a laser op about eight vears ago caused them to become quite dry, they have now begun to produce tears, making them

Durban-based

more comfortable."
Louise Harrison from Cowies Hill says that she is now eating an 80:20 raw:cooked food diet and loving it. She lost five kilograms in two mouths without even trying and has never felt healther or slept sounder.

noticeably moist and

Carel Buchan from

"After three months of consuming morning vegetable juices and hundring fruit amouthes with a healthy cooked most at disaster, and time, my family and my domest worker, Lindt, have all noticed time, my family and my domest worker, Lindt, have all noticed time, and the land of the land of the land of the land of the 10 kg and her long-term high blood pressure has now normalized. I have found 1 down free fixed crawings my more and that my sense of taste and smell has improved. I definitely feel my hor fluches are minimizing and hopefully that his because my bornames have

 Peter and Beryn's two-day Elements of Health weekend course will be available in the following cities in 2008: Wilderness, Jeffrey's Bay, Gabarone, Darban and Johannesburg (Visit www.superfoods.oz.a for more info).