



Natural Foods: 100 - 5 Ingredients or Less, Raw Food Recipes for Every Meal Occasion (Paperback)

By Gina The Veggie Goddess Matthews

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Eating natural foods, especially raw fruits and vegetables, and following a natural foods diet at least 50 of the time, is a simple yet powerful eating lifestyle that all natural health practitioners advise. This means that whether you follow a vegetarian diet, a vegan diet, a Paleo diet, a macrobiotic diet, Zone diet, low-carb, low-fat, or anything in-between diet, 50 of your daily intake should be from raw fruits and vegetables. Why is that? Because eating raw fruits and vegetables supplies your body with vital and very necessary enzymes, that are responsible for not just the digestion of the foods you eat, but also for the proper assimilation of nutrients. A natural foods diet floods your body with important vitamins, minerals and amino acids that cooked foods are devoid of. Unlike raw all natural foods, cooking actually destroys both the living enzymes found in food, as well as many of the vitamins, minerals and amino acids. This is because both enzymes and nutrients are heat-sensitive. While many people fear the complexity or assumed limitation of eating a natural foods diet that includes lots...



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