

# The *benefits* of RAW FOOD



By DR JEANNETTE VOS

**A**bout 12 years ago I decided to eat mostly raw food to heal myself after a cycling accident. I had four major breaks in my arm and shoulder, over 100 fractures and hundreds of splinters. Plus I was diagnosed with marginal osteoporosis.

I was told I would need surgery to insert a plate between my arm and shoulder to reconnect them. A pin would replace the shattered humerus.

However, I opted not to have surgery after a second doctor warned me that my arm would be amputated if I had surgery. "There is nothing to attach it to!" he insisted.

He handed me a sling with: "Maybe your arm and shoulder will come back together. No guarantees. I will prescribe some physical therapy."

My desperation was the beginning of an 80-20 raw food diet and a new life journey.

I was back at Pilates and doing weights in the gym (painful without drugs) within three months, having learned exercise is powerful for maintaining a 7.4 alkaline body, and that the ideal way to eat was 80 per cent alkaline foods and only 20 per cent acid foods. I also learned that cooking foods not only killed the alkaline level, but most living enzymes we need to avoid digestive problems. An unhealthy gut is the precursor for all diseases.

- 1 Raw foods help heal the body and slow the aging process. The foods are live. Cooked foods are dead.
- 2 Raw foods give you energy, provided you get enough sleep and exercise.
- 3 Live enzymes are in raw food. This is the life force of the plant that causes seeds to sprout. Dead food cannot sprout! Enzymes are destroyed in temperatures over 47°C, some even at 40°C.
- 4 Raw food helps you sleep and wake up better. And enjoy life!
- 5 Raw food increases mental clarity. This is simply because our cells (including the brain) do better on foods that have a higher water content, oxygen, and nutrients from vitamins, minerals and plant-based proteins and fats.
- 6 Better regularity. Raw food has its fibre intact, which helps keep everything moving along. Many processed/cooked food-eaters have toxic food stuck in their colon from years gone by, and this could lead to disease.



Dr Vos is a certified natural health professional, raw food chef, Science of Raw Food nutritionist, Doctor of Education, and co-author of *The Learning Revolution and Unlimited*.

Today I have strong bones and good health. I am still doing all the daily exercise I used to, my arm and shoulder function, and I don't have osteoporosis. I stay healthy and strong by eating at least 80 percent raw at each meal, and supplements too.