

NUTRITION

Experience
the Benefits of Raw

The National Cancer Institute sponsors a campaign called "5-A-Day," which promotes eating 5-to-9 (or more) servings of fruit and vegetables each day for better health. Many have recognized the benefits of taking this one step further and eating "5-to-9 Raw-A-Day." Raw fruits and vegetables are a natural dietary choice for your body, and raw, living ingredients in your beauty products are the best choice for your skin.



Why Raw?

Fruits and vegetables in their natural, raw state provide all the vitamins and nutrients your body craves and supply the natural enzymes the body needs to aid in digestion. When you eat raw food, it is digested with less effort from your body, which naturally leads you to feeling more energized.

"We should be spending our money in the produce department, not the vitamin aisle." Melanie Polk, Director of Nutrition Education at the American Institute of Cancer Research.

After eating a cooked meal, you feel sedated. According to the FDA, heated fats become trans-fats, heated proteins are potential free-radicals, and heated carbohydrates contain numerous toxins. Heating also damages the vitamins, nutrients and life-force (enzymes) in foods. As a result, your body has to work harder to process the food because it has to provide its own enzymes to aid in the digestion process. Your body will then produce undesirable detoxification symptoms (i.e., indigestion, heartburn, headaches, acne, wrinkles and aging).

In a 1978 report entitled "Diet and Killer Diseases," the U.S. Senate Select Committee on Nutrition and Human Needs concluded that the American diet is responsible for the development of chronic degenerative diseases such as heart disease, atherosclerosis, cancer, diabetes, stroke, etc.

Similar to the integrity of raw foods, living botanical ingredients in your beauty products provide enzymes and nutrition for your skin and are absorbed more effectively, resulting in healthy, glowing skin. Raw ingredients, such as amino acids, minerals, enzymes, and organic botanicals from edible, seed-bearing and leafy green plants will cleanse, repair, oxygenate, hydrate and rejuvenate your skin.

According to David Wolfe, author of Eating for Beauty, (see his website www.eatingforbeauty.com), the skin is not only a major organ of elimination, but also of assimilation. We should be careful not to put anything onto our skin that would be toxic to eat. Uncooked ingredients in beauty products nourish the skin from the outside, complementing internal nutrition.

by Veronika Clay




What are the Benefits of Raw?

Your body will thank you for including raw fruits and vegetables in your diet and for using living ingredients in your beauty products. Eating 5-to-9 (or more) servings a day of raw fruits and vegetables will give you increased energy levels, effortless weight loss, and a younger appearance.

The "Medical News Today" on February 11, 2004, cited the Raw Foods Diet as one of the seven most popular diets in the world today, along with The Atkins Diet, The Zone Diet, and the Macrobiotic Diet. The report is based on an extensive survey conducted by Medilexicon. The Raw Foods Diet was one of the only two diets on the list that doctors claimed had no undesirable side effects.

Your skin will be nourished by the raw, living ingredients in your beauty products and you will see dramatic results in almost no time. Many have already experienced the benefits to having "5-to-9 Raw-A-Day" and from seeking out raw ingredients in their beauty products. Raw food and living ingredients in your beauty products will balance your body naturally. Isn't it time you experienced the benefits of raw for yourself?

Find out more about an organic cleanser that has 100% raw ingredients. Call Veronika at (916) 366-3898 or e-mail her at rawfood@comcast.net. One additional way to reach her is through her Ebay ID which is [magic_suds](#). 

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"At home, I use the Ultra Safe Suds™ as a body wash and for rashes and skin infections. In my clinical practice, I use and prescribe the Ultra Safe Suds™ to all of my patients with skin rashes. In one instance, with just one spray, within seconds the itching was gone." Jorge Luis Moreno, DO, Santa Monica, CA