

Natural Healing Express Weekly

Column Volume 129 Living Foods and Healing Power

I think last week, I might have promised you a rant about Cancer. And a rant very soon you will receive. I am just not ready to spend a lot of hours in research, nor am I ready yet to talk about my friend's recent death from that horrible disease. But I will be soon, and when I am, I hope to shed light on ways to prevent cancer, ways to heal from cancer and believe it or not, ways to live with cancer if you must. At least at this point, I think I can in the near future.

But now, I want to concentrate on something joyous and something healing. I love nutrition and actually if I were to be completely honest about it, I love food. Food can harm and Food can Heal. This article will concentrate on the ability of Food to Heal.

Here are a couple of quotes that I enjoy. "For every cooked food, there is a raw version." And one of the best learned from my college physics's class, "For every action, there is a reaction."

What is a raw food? Raw food is a WHOLE food that has not been heated above 110 degrees Fahrenheit, pasteurized or irradiated. Any temperature above that changes the molecular structure of food and kills the vital life force within. Living foods are organic raw whole foods that are fermented to produce probiotics (good bacteria), when teamed with food enzymes have the ability to break protein down into amino acids, carbohydrates into simple sugars and fats into fatty acids. Living foods are so pre-digested that that body does not normally need to manufacture digestive enzymes to break down the complex molecules of chewed food when it reaches the gut.

An example of a living food is raw cabbage that has been cultured into sauerkraut at room temperature. Other living foods are raw kim chee, raw cultured pickles and other vegetables, nut and seed cheeses and yogurts.

One such way living foods are healing is showcased in a recent study where people having a raw vegan diet, rich in probiotics and anti-oxidants improved several cases of rheumatoid arthritis and was extremely helpful in fibromyalgia.

Raw and living foods are vital when faced with a life threatening illness. When the body fights for its life, it will draw on all of its energies and vital force to fight the invader. When you eat raw and living foods if you are going through this experience, it will be like sending in reinforcements to the site of the battle.

Dead foods simply cannot bring life. If you are eating a cheeseburger and fighting a severe disharmony, what do you think will happen? Yes, it will probably worsen.

Spring, if it ever comes is a great time to plant live foods and greens in your garden and to do a little wild foraging. Our ancestors dug up sassafras and other roots to make cleansing teas to clear out and thin the blood after a cold, dark winter. Look up the history in our region something regarding Spring Cleansing. There you will find amusing stories regarding poke root, wild mustard, and dandelion.

Raw greens offer a rich source of vitamins, alkalizing minerals, phytonutrients and antioxidants all in one package!

There are many great ideas you can google from the Ann Wigmore Foundation.

Here is an interesting recipe from Ann's kitchen that is concentrated with predigested nutrition, enzymes, antioxidants, probiotics and other nutrients. You can use it as a base for soup, smoothies or even pudding.

It's called ReJuvelac, I hope you enjoy.

Ingredients: 2 cups of quinoa or other grain.

Pour the grain in a 1 gallon jar and cover with 4 cups of clean filtered or artesian water. Cover the jar with mesh and let stand 5 hours. Pour off the water and rinse. Rinse two times and let stand at a tilt until little tails begin to grow. After the tails appear, rinse the grains a few more times to wash out any bad bacteria. Then fill the gallon jar through the mesh and let stand one to two days. When the water is cloudy and the top bubbly, your first batch is ready to harvest. Pour off the liquid into a container and refrigerate.

Go ahead and fill the jar again through the mesh with filtered or artesian water and begin batch two. The grains will support 2 to 3 batches that will last a week or two in the refrigerator. The seeds can be through into a compost heap.

Variations – add fresh squeezed ginger and lemon juice or squeeze in strawberries or cherries for flavor.

Thank you Linda Ruff for many great ideas!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express