

Natural Healing Express Weekly

Column 200 Living Foods and Healing Power

Well, here we are at a milestone- article 200. And I wanted it to be a big, special celebration, but alas, as life would have it, we are planning another huge Celebration - the Lena Shakedown. It's the first of its kind here in the area and we will be having a booth featuring our newest product - Lotus Elixirs. It is the only natural energy drink on the market that balances. And, we have the very first pallet outside of California. So, come out, have a taste and enjoy a great car show, awesome music, a BBQ contest and fun family events. It's this Saturday, August 15 at the Rafters in Lena. Come meet us and check out our booth or tent or table or whatever we will have.

And, for those of you who have been by the store and found a closed sign, yes, we are under construction, both inside and out. It has been extremely frustrating and the schedule has not been in our hands. I am very much hoping to announce next week our new structure, our cafe hours and our service hours. So cross your fingers, say a prayer for us and in the meantime, come see us at the Lena Shakedown. Until then enjoy one of our most requested articles and hopefully we will have that big celebration on article 201.

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' 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 ReJuvellac, 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

