

One of the most important aspects of a healthy diet that is most frequently overlooked is the issue of [eating your food uncooked, in its natural raw state](#).

Unfortunately, as you may be aware, over 90 percent of the food purchased by Americans are processed foods. And when you're consuming these kinds of [denatured and chemically altered foods](#), it's no surprise we have an epidemic of chronic and degenerative diseases.

It is no mystery that you are what you eat.

Ideally you'll want to eat as many foods as possible in their unprocessed state; typically organic, biodynamic [foods that have been grown locally, and are therefore in season](#).

But the challenge is, even when you chose the best foods available you can destroy most of the nutrition if you cook them.

I believe it's really wise to strive to get as much raw food in your diet as possible. I personally try to eat about 85 percent of my food raw, including [raw eggs](#) and [meats](#). And there are a number of reasons for this.

### **Raw Food is *Alive!***

The primary reason for making sure you get plenty of raw food in your diet is due to what's called 'biophotons.' It's a term you may not have heard of before, but in Europe, Germany in particular, there's a lot of research in this area. [Dr. Dietrich Klinghardt has also discussed it](#) in some detail in one of his expert interviews for my [Inner Circle](#) program.

Biophotons are the smallest physical units of light, which are stored in, and used by all biological organisms – including your body. Vital sun energy finds its way into your cells via the food you eat, in the form of these biophotons.

They contain important bio-information, which controls complex vital processes in your body. The biophotons have the power to order and regulate, and, in doing so, to elevate the organism – in this case, your physical body -- to a higher oscillation or order.

This is manifested as a feeling of vitality and well-being.

Every living organism emits biophotons or low-level luminescence (light with a wavelength between 200 and 800 nanometers). It is thought that the higher the

level of light energy a cell emits, the greater its vitality and the potential for the transfer of that energy to the individual which consumes it.

The more light a food is able to store, the more nutritious it is. Naturally grown fresh vegetables, for example, and sun-ripened fruits, are rich in light energy. The capacity to store biophotons is therefore a measure of the quality of your food.

Now, the DNA inside each of your body's cells vibrates at a frequency of several billion hertz (which is unfortunately the same range at which [modern cell phone communication systems](#) also work). The vibration is created through the coil-like contraction and extension of your DNA -- which occurs several billion times per second -- and each time it contracts, it squeezes out one single biophoton; a light particle.

All the biophotons emitted from your body communicate with each other in a highly structured light field that surrounds your body. This light field also regulates the activity of your metabolic enzymes. For more in-depth information about how this works, I recommend you [view the video](#) clip of my interview with Dr. Klinghardt.

But that brings me to my second point for eating raw.

### **Cooking Destroys Valuable Enzymes**

Enzymes are proteins; catalysts to speed up and facilitate reactions in your body. In fact, some biochemical reactions will not even occur without these enzymes (you have about 1,300 of them).

Cooking your food, especially at high temperatures, destroys these naturally occurring enzymes.

In addition to getting enzymes from fresh, raw food, you can also help stimulate the production of enzymes in your body simply by chewing. When you chew your food, a signal is transmitted from your brain to your stomach that tells your stomach to increase the production of enzymes.

Interestingly, as a side note, that's why you don't want to chew gum that much. When you chew gum, you're actually sending a false signal to your body to create enzymes when you don't need them. You're essentially wasting your enzyme production. This is a challenge because as you age -- especially in a culture that focuses on processed foods -- about one-third of your body's ability to produce enzymes is lost by the age of 40!

This is why many people find they benefit from enzyme supplementation as they get older, and we've found this to be true for a large number of patients in my clinic as well.

### **You May Need an Enzyme Supplement as You Get Older**

There are many different options to choose from when selecting an enzyme supplement, so I decided to produce what I believe to be one of the highest quality enzyme products on the market today. My formula contains a number of combinations of enzymes that are just not present in most other products, including:

- Papain and bromelain (from papaya and pineapple) to help digest proteins
- Amylase, to aid in digestion of carbohydrates like starches and sugars
- Alpha galactosidase, to help digest beans and prevent gas
- Ox bile, which is particularly useful for digesting fats. It's especially helpful if you have problems with your gallbladder, or had your gallbladder removed

### **The Bottom Line**

Ideally, your best bet is to consume raw foods as much as possible. If you aren't doing that already, you'll want to gradually increase the amount of raw food in your diet as it will help your body produce more enzymes, and supply you with vital, live nutrients. Then, if still necessary, take a high quality enzyme supplement.

Lastly, make sure you're chewing your food – take your time; savor it! (But avoid chewing gum.)

These are some very simple strategies that you and your family can adopt to help yourselves [take control of your health!](#)