



Natural Vibrant Health - Raw Food

By Kendell Reichhart

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 No other creature in the wild cooks their food before eating it. No birds, no fish, no reptiles, no invertabrea, no mammals. Except humans. And, no other creature in the wild suffers the debilitating illnesses such as cancer, diabetes, heart disease, arthritis, osteoporosis. Except humans. You were born into this world with everything you need to survive and thrive. You were not born into this world with a stove or microwave attached to your belly. Cooking denatures food. Life-giving and healing nutrients are heat sensitive. On average, the cooking process destroys 50 of the minerals and fiber, 75 of the protein and vitamins and 100 of the hormones, oxygen, phytonutrients and enzymes in food. Cooking also renders food toxic by creating free radicals through a process call glycation. Enzymes are large protein molecules found in all living things plant and animal. Your body is capable of producing two types of enzymes, metabolic and digestive. In human physiological terms, metabolic enzymes are the spark of life. They are the catalyst for every single chemical reaction in your body -...

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