

Wed, 24 Mar 2010

12:26 AM

The word "Organic Food" is everywhere, why is it so important?

From a person's health to a healthier planet, it begins with an organic lifestyle.

If you are looking for the optimal life style to stay young and vibrant longer, it's important to know the difference of consuming organic foods and cooked food. In general, the natural aging process is accelerated by cooked food. People who switch to raw food often become biologically and visibly younger with an organic foods diet with anti aging foods. Dr. Howell, in his book on enzyme nutrition, puts it quite clearly when he says that:

"

A person's life span is directly related to the exhaustion of their enzyme potential. And the use of food enzymes decreases that rate of exhaustion, and thus, results in a longer, healthier, and more vital life."

Aging starts inside of our body, and the signs are only the results of what is happening within. Over the years, the body slowly but surely loses its ability to produce enzymes and major drops occur roughly every ten years. At first, such drops may not be that apparent, but as time goes by we ultimately begin to discover that we cannot tolerate or enjoy certain foods like we once did. We may also notice a reduction in stamina, and most likely what that means is that we are running low on enzymes, we start having wrinkles on our face and neck, our hair are getting grayer and thinner. Dr. Howell also says that " Enzymes are proteins that facilitate chemical reactions in living organisms. In fact, they are required for every single chemical action that takes place in your body. All of your cells, organs, bones, muscles, and tissues are run by enzymes. "Your digestive system, immune system, blood stream, liver, kidneys, spleen, and pancreas, as well as your ability to see, think, feel, and breathe, all depend on enzymes."

All of the minerals and vitamins you eat and all of the hormones your body produces need enzymes in order to work properly. In fact, every single metabolic function in your body is governed by enzymes. Your stamina, your energy level, your ability to utilize vitamins and minerals, your immune system -- all governed by enzymes.

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12:31 AM

Organic Food â?? The Naked Truth

About one fourth of Americans purchase organic food on a regular basis. You hear about it all over the place: it's in commercials, magazines, restaurants, and grocery stores. With all of the processed and unhealthy foods out there, it's difficult to eat healthy. When you use organic products you're eating food that's natural, better for you, and better for the environment. Here is a simple guide to this newest trend in food:

Organic food is grown without artificial fertilizers, synthetic pesticides, biotechnology, or irradiation. Animal foods that are organic have been fed organic feed and haven't been given synthetic growth hormones in order to increase their size. They're also allowed to roam more than other animals who are kept on farms that aren't deemed organic. Research has shown that this type of food has better nutritional value for you. This is because vitamins and antioxidants are saved by refraining from the use of harmful pesticides and fertilizers. These agents aren't meant to be eaten and certainly aren't good for us.

Since organic foods are grown without harmful chemicals, the soil is much richer which helps the plants grow and puts a stop to a lot of erosion. The groundwater is also kept cleaner which means the pesticides won't be so abundant in our water.

Pregnant women and children are especially susceptible to sickness and disease. Eating this type of

health foods that hasn't been polluted,
will contribute to keeping their immune systems strong.

The environment also benefits from the growth of
anti aging food. First, farming
organically uses approximately fifty percent less energy. Toxins
and pollutants aren't being used and restrictions are closely
monitored by the United States Department of Agriculture. Our
environment benefits from this as well.

If you've been to the store lately, you know that organic food
is pretty pricey compared to the regular food on the shelves. Some
estimates have shown that it's up to fifty percent higher. Though
it is expensive, it's worth it if you can afford it. If you can't
afford it all the time, splurge when you can. Some of the more
affected foods which ought to be bought organic include specific
fruits and veggies (considered to be fragile) because they need
more pesticides thus adding to those you ingest. So all the fuss
you've heard over this fresher, healthier type of food is
legitimate. If you want to eat healthier and help the environment
then organic is the way to go.

Security: Public
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Tue, 20 Apr 2010

3:42 AM

Did you know eating raw foods increases your energy?

The more
raw foods you consume equals to more energy
you will receive on a daily basis. There are a few reasons for
gaining more energy and stamina with
organic food; one is that your body
doesn't have to spend as much energy digesting your food.
Raw foods contain enzymes, and these enzymes
help your body break down food. One advantage to eating raw is that
it brings nature's intentions into focus. When speaking of eating
raw, we are referring to fruit, nuts, and vegetables, which taste
good to the majority of humankind in their basic simplicity direct
from tree, bush or vine. Raw foods are also better quality
therefore you eat less to satisfy your nutritional needs.

Cardiovascular endurance improved for 67 percent of respondents. A dramatic increase in energy levels were reported since transitioning to

organic food

, specifically 31 percent to 88 percent of the respondents who said they had "good" or "excellent" energy levels.

Cooked foods act malignantly by exhausting your bodily energies, inhibiting your healing, and decreasing your alertness, efficiency and productivity. The heat of cooking depletes vitamins, damages proteins and fats and destroys enzymes which benefit digestion. As your percentage of raw food increases you feel satisfied and have more energy on smaller meals because raw food has the best balance of water, nutrients and fiber to meet your body's needs.

Raw foods are easily digested, requiring only 24-36 hours for transit time through the digestive tract, as compared to 40-100 hours for cooked foods. This unnatural transit time increases the threat of putrefaction and disease. When you eat cooked carbohydrates, proteins, and fats, you are eating numerous mutagenic (carcinogenic) products caused by the cooking process. Dr. Karl Elmer experimented with top athletes in Germany, producing improvement in their performance by changing to a purely raw food diet. Dr Douglas Graham, achieved similar results with athletes he trained.

Raw foods provide you with more strength, energy and stamina.

On raw foods, the mind (memory and power of concentration) will be clear. You will be more alert, think sharper and more logically. Raw foods are light and will not leave you with a tired feeling after the meal. There is a tendency toward sleepiness after a cooked meal. Raw foods require less total sleep, and achieve a more restful sleep. Therefore, don't waste your food, yourself, and our planet by cooking what you eat. Fruits, nuts, vegetables, and whole wheat are fresh, raw and giving you the natural energy and a healthier diet.

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Wed, 21 Apr 2010

2:18 AM

Add Goji Berries to your Rawfood Diet

With a chewy texture and a pleasant taste somewhere in between a dried cherry and a cranberry, Navitas Naturals whole goji berries make a nutritious replacement for raisins or dried fruit. Delicious by the handful, dried goji berries are great in recipes like oatmeal, cookies, cereal, and trail mix. If you are planning to add goji berries to your raw foods diet, below are some suggestions for you which will surely make a difference and bring a change in your diet chart.

Breakfast:

Goji berries can be had at any time during the day but its usually preferred most as a breakfast item. If you choose to have healthy fruits and berries as your breakfast item you can have them with any kind of hot and cold cereals and with milk. You can also include goji juice with your favorite juice and see the taste it brings to the general taste of your regular drink. Some other excellent options are blending it your smoothie or hot delicious soup, including it in all baked foods or serving it with salad. If you do not prefer your berries in any of these ways, you can always go for a handful of these berries just before your breakfast.

Mid day snack: Those who are on a strict raw foods diet regimen love to have these berries as a mid day snack. Goji berries are also perfect as an energizing drink or as a jam which is spread over your favorite cake. Try it out in any form and enjoy the healthy benefits of this lovely nutrient-rich berry. Goji berries are especially most tasty prepared with grated nuts, dates, nectar, honey and orange zest.

Lunch & Dinner: If you wish to have goji berries as a part of your lunch or dinner meal, it is best to include these berries in your regular soup or have it as a part of

your salad. You can also add it to your vegetables, chicken and meat to give it an amazing taste. There is no suggested special recipe for this berry and depends on your creativity. One of the most popular ways of having this berry is mixing it up with various combinations of fruits and vegetables.

Many people love to add a handle full of these goji berries in a big glass which is made up of cold water or hot water, herbal tea or juice and let it hydrate for a few minutes. The mixture quickly becomes extremely delicious in its plump and juicy form making it a tasty delicacy. The taste of delicious chewy goji berries is the most delightful way in which you can use the berries. This makes one of the best meals with the use of goji berries and is very easy to prepare.

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Mon, 24 May 2010

5:27 AM

Raw foods diet for Weight loss

All over the media you hear about eating organic foods, super foods and raw foods. But really, what is the raw foods diet all about? Will a raw foods diet really lead to better overall health and weight loss?

First of all, let's understand the meaning of raw foods. A raw food diet consists of unprocessed raw vegan foods that have not been heated above 115 degrees Fahrenheit (46 degrees Celsius). "Raw foodists" believe that raw foods cooked above this temperature have lost their enzymes and a significant amount of their nutritional value and are harmful to the body. Uncooked foods provide living enzymes and proper nutrition.

A raw food diet has many benefits to eating raw foods, including weight loss, more energy, clear skin, improved digestion and improved overall health. Uncooked raw greens and vegetables

have the fewest calories. Fruits are the second lowest because they give satiation and raise blood sugar to reduce appetite. A great way to prevent over-eating during a meal is by having an apple or organic

Navitas Naturals goji

berries as the appetizer. The apple contains fiber which really helps to decrease appetite and also prevent from eating as much during a regular meal.

Eating high-water content foods such as Apples, Blueberries, Cantaloupe and other fruits and vegetables in the high-water food category will help you to lose weight because these foods are lower in calories. For a high-water content, raw food weight-loss diet, try the following: During the first half of the day, before you eat anything else, drink water with fresh-squeezed organic lemon juice. then have a fresh fruit smoothie (or just whole fresh fruit). For lunch have

raw cacao nibs, soup and salad made with fresh organic ingredients. For dinner, cook some raw pasta using

Navitas Naturals coconut

oil, a side of marinara and a salad. This is just to give you some ideas. The idea is that if you consume plenty of greens, especially in a liquid form, your energy will increase dramatically, you will feel full and satisfied, and you lose unwanted excess weight. If you follow this type of eating plan, you will get all the nutrients and water you need for the day without consuming too many calories. You'll also feel full and be less likely to eat too much rich food during the day

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Going Organic - its not that tough!

Organic Food is made in a way that limits or excludes the use of fertilizers during its production. A large supply of new synthetic chemicals was used in the food supply during the 20th century with the advent of Green Revolution and High Productivity standards. Under organic production the use of conventional non-organic pesticides, insecticides and herbicides are greatly restricted and used only as a last resort. In case of livestock, they must be raised without the routine use of

antibiotics, of growth hormones and generally fed a healthy diet.

Above all,

Organic Foods shouldn't be genetically modified.

Organic food production is a heavily regulated industry.

Countries require producers to obtain special certification in order to be able to market their food products as "Organic".

A "Certified Organic" label is the only way for consumers to know that a processed product is indeed organic. Organic foods have lower levels of nutritionally undesirable compounds such as heavy metals, mycotoxins, pesticide residues and glyco-alkaloids.

Some examples of Organic Foods

Goji Berries are bright orange-red

berries native to Southeastern Europe and Asia. They are also known as Tibetan Goji Berries. Goji berries are considered as super fruits expected to be part of a multi billion dollar market. They are commercially produced in China, Tibet, Mongolia and other countries. These berries are cooked before consumption. They are consumed in Chinese soups, boiled as herbal tea and as packaged tea.

Organic Goji berry products have

strong anti-oxidant properties and can provide significant portions of a person's needed carbohydrates, dietary fiber, fat protein, minerals, essential vitamins and amino acids. As such, health food manufacturers have used them in their health supplement and weight loss products.

Switching over to Organic Foods is easy. Including a few strategic organic foods can make a big impact on a family's diet.

Choosing organic milk can make a difference. As against conventional milk, organic milk avoids a lot of antibiotics, hormones and pesticides. Switching over to organic potatoes help avoid a lot of pesticide contamination. Organic Peanut Butter and Ketchup are highly recommendable. Organic Apples are always preferable. Thus by just including a few food products it's possible to reap the benefits of an organic diet.

With each passing day, more and more people ask for organic

food. In the future, the demand for healthy organic food is bound to increase many fold!

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Thu, 10 Jun 2010

3:31 AM

Organic foods -Going Organic its not that tough!

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Thu, 17 Jun 2010

3:38 AM

Raw foods : What is the Raw Food Diet?

An organic raw food diet is a healthy and popular diet for those who want to boost their health and achieve a leaner body. Raw food diet is based on raw, uncooked and unprocessed fruits, seeds, raw nuts and vegetables. Raw foods can be cooked but must be kept under 118 degrees to avoid destroying

enzymes in food.

Consuming

raw food is an excellent way to provide your body with all of the essential vitamins and enzymes that are usually destroyed with high cooking temperatures. Cooking changes the chemical structure of foods and diminishes their nutritious as well.

Raw foodism, as it is also called, is based on the fact that raw, natural plants are extremely beneficial for the organism and the proper functioning of the body. Raw food dietitians claim that approximately 75% of your daily diet should be composed of unprocessed raw food. A Raw food diet is not all about weight loss but more about enjoying the health benefits the diet will provide. Although some people may feel restricted others feel better, healthier and more energetic.

The most important aspects of a raw food diet are: general health, detoxification and weight loss. Raw foods are simple and effective for boosting metabolic processes also with health and maintaining a lean body with a fresh mind.

Unprocessed food means fruits, vegetables, nuts and seeds that go straight from the plant to your plate. If you want to follow a raw food diet, below are examples of unprocessed raw foods.

- Fresh fruits and vegetables
- Beans
- Nuts Seeds (raw cacao nibs, raw pistachios, raw almonds and etc)
- Seaweed
- Whole grains
- Spices and natural herbs
- Dried fruits (organic goji berries, raw mulberries, raw golden berries and etc)
- Purified water

If you want to try out a raw food diet, you should get used to special techniques used for the preparation of raw food, such as: chopping, blending, dehydrating, straining, peeling or sprouting, in order to create delicious meals every day.

This way you can add some variety to your daily meals and

make them more digestible for your stomach. Many raw foodists are raw vegans as well, although some people consume eggs and cheese made out of raw milk.

It's also important to pay attention to avoid nutritional deficiencies such as calcium, iron, B2 or proteins. Therefore, in similar cases, you will have to supplement your body with elementary vitamins and nutrients to maintain the healthy balance of your organism and feel energetic every day.

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Fri, 25 Jun 2010

2:14 AM

Raw foods: Can You Really Eat Raw & Work Out?

If you've been thinking of starting up on a raw foods diet, it's important that you carefully plan out this diet approach in accordance with your workouts. Those who are very involved in their workout program have specific nutrient requirements and if these requirements are not met, problems can and will likely arise. Consequences can be high levels of fatigue, muscle mass loss, decreased strength and muscular endurance. You don't want to take a blind approach here as the consequences can be high levels of fatigue, muscle mass loss, decreased strength and muscular endurance, as well as poor sports performance if you happen to be involved in athletic events.

Here are some of the most important things to remember if you're planning on starting up a raw foods diet.

Get Complex Carbohydrates Before The Workout

The first thing that you must make sure you do is get enough complex carbohydrates in your diet before you head out to do your workout. These complex carbohydrates are what will provide the fuel

your body needs to get through those gruelling workout sessions, so without them, you're going to sputter out quickly. One of the simplest complex carbohydrates to have before a workout is raw unprocessed oats. Mix these with a small amount of dried fruit, organic raw nuts and some honey for added sweetness. Then form into tiny balls that can easily be consumed before you head off to the gym.

Finish The Workout With Fast-Acting Carbohydrates

Second, you also must make sure you get a head start on proper recovery by including a fast acting carbohydrate source immediately following your workout. This is when the muscles are most likely to suck this glucose up instantly, helping to regenerate the muscle glycogen that powers you through your exercise session. Sugars will be broken down faster in the body than a grain source which requires more reactions to take place. Fresh fruit or dried fruit works great in this case as the sugars will be broken down faster in the body than a grain source which requires more reactions to take place.

Juice also works well so if you're not in the mood to consume solid foods after a hard workout, that's a good option to turn to.

Do Not Neglect Protein

Protein is a nutrient that is often quite low in those practicing a raw food diet because unlike typical diets, you will not consume any cooked meat. Instead, turn to raw hemp seeds, nuts, as well as beans to get as much dietary protein in as possible. Beans, also mentioned as a good pre-workout carb, are really ideal for before your workout as long as you don't find them so heavy that you cannot workout.

You should aim to get one gram per pound of body weight if you can, however you may find this increasingly difficult, especially if you choose not to incorporate a form of protein powder in with your diet. Just be sure you don't go below half a gram of protein per pound of bodyweight or you may risk losing muscle mass while exercising. Being sure to get in enough carbohydrates will also help to eliminate the risk of this occurring as well since that will help prevent incoming protein being utilized as a primary fuel source.

Take In Enough Calories Total

Finally, the last thing that you must be sure to be on the lookout for is total calorie intake. If your meal plan on your raw food diet contains mostly fresh fruits and vegetables, your calorie intake is going to end up being very low and this can make it incredibly hard to get enough energy in to get you through your activities. Active individuals who exercise three to five times a week should aim to eat at fourteen calories per pound of body weight, so do a quick calculation for yourself.

If you're aiming to lose weight you will want to eat slightly less than this but do remember that there is definitely a limit as to how low you can take your calories. If you bring them too low you risk your metabolism slowing down, preventing further fat loss from taking place. So be sure you keep these tips in mind if you're starting up on a raw food diet and are an active individual. You want to be extra sure you're getting the right foods at the right times of the day because this is what will help you see optimal results from your workout plan

Security: Public

Location: Not Specified

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Sat, 10 Jul 2010

3:55 AM

raw foods : Discovering the Raw Foods Lifestyle!

On a mindful journey toward self discovery and a deep passion for health and vitality, two sisters came together and created Virgin Raw Foods.

They wanted to share their knowledge and passion for the raw foods lifestyle, and make it fully accessible to those who already know its miracles. For those who have yet to discover the power of this life-changing movement, they wanted to make it possible.

They share a story of an emotional connection during their childhood together in Poland, and a joy of newfound sisterhood here in the United States.

Growing up in Poland, the sisters had frequent access to a forest and a garden, and a lot of raw cacao nibs, fruits, organic goji berries, vegetables and other the things they ate were straight from it. They didn't

have foods unnatural to their climate, such as bananas and oranges.

These

raw food nuts and others foods were

always fresh, and the sisters pride themselves on growing up with organic products. Because food was sometimes scarce, they always grew up sharing. This is part the reason Virgin Raw came about.

Their kitchen was always full of people, even when food was so exclusive.

The sisters developed a passionate relationship with food, even taking part in the growing process, including planting the seeds.

They would spend hours in the hot summer sun harvesting such foods like potatoes and beets. Food was a way of life for the two, and such began bonds that would spark whole new relationships.

Through their separate journeys, they had visited health spas around the world and expanded their education of nutrition and health. They then reconnected in 2008, and realized they had been together all along and united through a common goal.

Along the way they discovered the raw food lifestyle. Their sisterhood was reborn again through the self discovery of their mutual passion of helping others to live a better life by having a healthier relationship with food.

Step by step, they tried new and exciting raw foods and raw foods recipes and found great pleasure in sharing them with friends and family. In every aspect of their lives, they noticed a newfound and positive change.

Innovation and You

What's innovative today is to make a contribution to your health. If that's your new path, we feel privileged that you've chosen organic foods as part of your own personal journey of self discovery.

You're that much closer to being at your best in Wellness and Health.

By adopting a raw foods lifestyle, you may meet yourself for the very first time.

Security: Public

Location: Not Specified

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Fri, 20 Aug 2010

8:04 AM

Simple Steps To A Raw Food Diet

Why Raw Food?

Raw food experts typically believe that the greater the percentage of raw food in the diet, the greater the health benefits. A raw food diet is usually equated with only eating raw plant foods. Depending on the type of lifestyle and results desired, raw food diets may include a selection of raw fruits, goji berries, pomegranate, vegetables, nuts, seeds (including sprouted whole grains such as gaba rice), eggs, fish (such as sashimi), meat (such as Carpaccio), and non-pasteurized non-homogenized dairy products (such as raw milk cheese, and raw milk yogurt).

We have a limited supply of enzymes in our body and the only way to get more is via the food we eat. Without enough enzymes to run our body as well as digest our food, the body starts to degenerate and symptoms such as arthritis and other diseases occur.

There is also the fact that organic food tastes incredible. You need less food to be satisfied because the food is very high in the nutrients you need, so you don't need to eat as much to get what your body needs. This results in your body reaching the weight it was designed to be and it also causes your body to eliminate all the toxins it's been holding on to for most of your life.

Another advantage of buying raw food is that while the preparation time is slightly longer, once the food is prepared, it's ready to be eaten! There's no cooking time and usually very little cleaning up time either.

Simple Steps To Going Raw

Raw food is food that hasn't been cooked over 105F, although some foods can be cooked to slightly higher temperatures before the enzymes are destroyed.

Step 1: Make a commitment to having a go with raw food for at least 30 days. This will help you over any sticky patches in your first attempt. If you can get some support from your friends or family and support them in turn, this will help you enormously!

Step 2: One of the first things you need to do is read up about raw food. Find out exactly what you need to do to ensure the food you're eating is raw. There are loads of raw food books you can buy and there's even a list below for Amazon's top results to help your search.

Step 3: Get your kitchen kitted out with a blender, a sprouter and some recipe books. If you've got the money a dehydrator, a spiralizer and a top of the line juicer are well worth investing in. The juicer that most people love is by Greenstar because it juices very slowly so it keeps the heat down and makes sure the enzymes survive.

Step 4: Buy organic food. You'll be amazed at the difference!

Step 5: Start eating raw. To keep your interests up, try different recipes from your raw food books.

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Mon, 14 Mar 2011

12:14 AM

Benefits of a Healthy Raw Food Diet

Raw food

diets are a hot trend right now, but many people wonder if there is more to them or not. In fact, eating raw and organic food is probably the best way to take care of your body. Vegetables, fruits, and other raw foods provide your body with long-lasting energy and nutrition that you won't get from processed foods and caffeine products. There are many types of diets to choose from when you are only eating

raw food

, and it will ultimately be up to you to make sure that you are getting all of the nutrients that you need.

There are so many different foods to choose from when you decide to try a

raw dried fruits

, raw food diet of any kind. Whether you choose to become completely vegan or find dairy and meat products to consume in the raw, you have to research the options and make sure that your body is still getting the nutrition that it needs. Veganism is by far the most common raw food diet simply because it consists of nothing more than fruits vegetables, nuts and related items. Vegans eat absolutely NO animal products whatsoever. Vegetarians are another popular type of raw food eaters, and eat no meat, but will eat other animal products like dairy.

Organic food is the best option for your body because it is pure, natural, and easily digested. It is also completely nutritious and there are no fillers or chemical products that you have to worry about.

Goji berries

are one of the most popular organic foods discussed right now. These berries are told to have antioxidant and weight loss properties, and are sold in many popular supplements and drinks for people who are looking for the key to health, youth, and longevity.

Of course, the exact helpful properties of any raw food are going to be questionable at best. The better that you feed your body, the better it will respond and the healthier it will be. Therefore, while some people claim that there are some 'superfoods' out there that are better than others, basically eating healthier and sticking with raw food is going to give you better results in the long run rather than relying on one simple element like Goji berries. There is a lot to learn before you embark on a raw food diet, but it can be a great way to support your body and give it what it needs.

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