

Diet of Raw Food, Benefits of Raw Food

Raw food diet- This particular diet is lifestyle that supports eating only living and raw fruits, vegetables, nuts, seeds, and seaweeds. Any food item is heated or cooked above 116 degrees F. As this food is raw or cooked on very low temperature this it provides major improvements in health.

Benefits of raw food -Proponents of the raw food diet believe it has numerous health benefits and it includes increased energy, improved skin appearance, better digestion, weight loss and reduced risk of heart disease. It is low in sodium and high in potassium, magnesium, floated, fiber and health-promoting plant chemicals called photochemical.

The reasons are not known, but the experience is unmistakable. Weight normalizes, which generally means a reduction in fat. At the same time, a person feels extremely energized. It's as if energy would rather be burned up than converted to fat.

Protein- This diet is abundant in protein. Cooked protein becomes a sticky mess that doesn't digest well at all. Raw plant foods provide all the protein we need, in the right form for easy assimilation.

Side effects- Raw foods certainly aren't safer than cooked food but some claim. Most commercial chicken and a good deal of beef and pork, sadly, are loaded with bacteria and parasites. Cooking kills this, unless the meat is rancid. Major and surprising sources of food-borne illness, however, are raw sprouts, green onions and lettuce. These must be washed thoroughly before consumption. Raw milk is dangerous and mostly illegal to buy. Raw (sprouted) kidney beans and rhubarb are poisonous.

This may include occasional headaches, nausea sensations and mild depression. Many doctors say that these symptoms are short-lived. If these symptoms persist, you should seek the help of somebody who is experienced with detoxification symptoms.

How to Introduce the Raw Diet to Children- In recent years there have been lots of buzz around the medical community regarding the benefits of raw food. People have begun raw food diets and are seeing and feeling the benefits and how it's affecting their bodies. With this comes the realization that by incorporating raw foods into the diets of their children, they can begin to enjoy the benefits at a very early age. Children can be very picky eaters though and it can be a struggle to get them to eat anything new. When a young child is accustomed to eating cooked foods, the difference in taste and texture with raw food can take some time for adaptation.

About the Author

About the author:

Read about Hay Fever. Also read about Asthma Diet and Asthma in Children

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