

NUTRITION & YOU

THE VEGETARIAN VIEW

ALIVE OR DEAD FOOD?

By Dr. James Denito, D.C.

This is the first subject and probably the most important of the "What to Eat" controversy. Is the food carrying any Life Force? I want to Keep this concept away from religious connotations and stick with scientific for now. In nature, the stage of a particular food's life cycle largely determines taste, enzyme activity, nutrient levels, digestability and Zeta potential. We'll now take a closer look at each of these factors.

Taste of food is first, and we all want our food to taste good. Unfortunately, we have come to rely on an army of added flavorings, mostly artificial, to accomplish getting good taste. Nature does provide abundant varieties of tastes in everything grown naturally from the earth. That's where the problem starts, however. The food you generally eat has been cooked, mechanically altered, chemically treated, packaged and months may have gone by before your taste buds finally dig in. No wonder food doesn't taste good. You can see a lot of this starts with the farmer. If he is not growing crops organically, then even a raw vegetarian diet will be bland. And lastly, most of us have damaged our taste buds from poor diet, and they will need time to recover their acuity.

Now for enzymes. What are enzymes? They are substances in food that perform various functions such as aiding chemical reactions in your digestive tract all the way to the smallest areas of the cell itself. There, they aid in repair mechanisms, cleansing and maintenance

activities, and cellular reproduction. Simply put, they are extremely important, and the more in your food the better. Enzymes are most abundant in raw foods.

Nutrient levels, such as vitamins, minerals, lipids and sterols, amino acids and carbohydrates, are dependent on a variety of factors.

Generally, they are affected in much the same way tastes are. Cooking of food and prolonged storage times are typically the biggest factors in nutrient losses. Even when you have 'fortified' foods, they are still a far cry from the nutrient levels once present in the food in its original state. This problem is the main reason we all need some sort of food supplements in our daily diets.

The digestibility of food varies again with the same factors I have mentioned so far. However, here we have some interesting things occurring in the digestive tract. A lot of food is so processed it can't be digested any further, or even at all! This may lead to a build-up of rotting material in the bowel, ultimately leading to disease in the body from toxins or intestinal bacteria flora imbalance. Predigested food also tends to weaken our digestive organs, especially the pancreas. This may lead to other mechanisms suffering, such as immune function or blood sugar balance. The biggest thing typically missing in modern food is the natural fibers so important to stimulating digestion.

Now Zeta potential. This is an electrical value, and probably the closest thing we have to measuring a Life Force in food or drink. The higher the Zeta potential, the more orderly the water molecules are. Which coincides with a lower surface tension (the substance is wetter). All living organisms process water to raise the Zeta potential. And the more water you take in the form of raw foods, the less your body has to process from liquid intake. This conserves enormous energy, and reduces

the daily load on your kidneys substantially. Once you start altering the food from its natural state, you've lost the high Zeta potential.

My conclusions about alive and dead food should be quite obvious. The optimum human life span and health potential is best realized by a diet high in raw foods, such as fruits, vegetables, sprouts, seeds and nuts. This will maximize taste, enzyme activity, nutrient levels, digestibility and Zeta potential. I know it's impossible to eat an entirely raw diet an occasional dietary violation. Also, notice how I have left out meats, animal by-products or grains. These are the items that will be included in your occasional dietary violations. The meat controversy I will discuss in another article. As for the grains, go back to the first paragraph. "The stage of the foods life cycle determines....". Unless a grain is eaten in an early growth phase (a sprout) or a young plant (a vegetable), the high starch content makes digestion a sticky process at best. The way we eat grains, the plants are in a somewhat dormant state, or for our purposes, dead. And the final verdict from all this, dead food is not conducive to life. Next article in May.....
Food Combining.

Dr. James Denito, D.C. has a practice in Plano, Texas. See advertisement for more information.