

MISCHIEFS OF COOKING

Over the last few decades, much research has highlighted important points about the foods that Living Nature offers us, in their raw state, and what happens when we cook them.

- ✓ What happens to foods when they are cooked?
- ✓ What happens to the living organism if it ingests cooked foods?

§1 First, the bioelectric field (vital energy) of food is greatly reduced or destroyed. Vitalised foods tend towards devitalization; their biochemical structure and their nutritive composition are modified with respect to their original raw state. The molecules of the food are disturbed, degraded and decomposed, making difficult (or impossible) the "recognition" orchestrated by the living organism to be able to treat food successfully, in order to properly assimilate their nutrients. Food being denatured continuously, during cooking, this natural "recognition" is less and less effective and, in the long run, can weaken the digestive system itself.

§2 Fiber in plant foods is broken down into a soft, passive substance that loses its broom and magnetic cleaning qualities in the gut; nutrients (vitamins, minerals, amino acids, etc.) are either denatured or depleted. The degree of exhaustion, destruction and alteration is simply a matter of temperature, method and cooking time. For example, wheat can see its nitrogen content (protein portion) coagulated up to 50%, partly because gluten digestion is painful or even inconceivable. In short, this means that a large part of this protein set is rendered unusable. High temperatures also create crosslinks in the proteins. The reticulate proteins are involved in many of the body's problems, in addition to being a causal factor in the onset of aging.

§3 The interrelation of nutrients is impaired in its natural synergistic composition. For example, cooking meat amounts to destroying relatively more vitamin B6 than methionine, which promotes the accumulation of homocysteine (a factor of heart problems) at the origin of atherogenic free radicals and decreases the water content of the food. The natural structure of water is also changed: toxic substances and cooked "by-products" are created.

§4 The higher the cooking temperature, the more toxins are created. The fries and grills are particularly generators of toxins. Various carcinogenic and mutagenic substances and numerous free radicals are generated in fats and cooked proteins in particular: the heat causes the collision of the molecules involved and the repeated collisions cause a bivalent bond to form new molecules, and therefore new substances.

§5 In an potato baked in an ordinary oven, there are about 450 by-products of all kinds. Unusable materials are created, which has a cumulative effect of obstruction of the organic interior, and is a burden on the natural processes of elimination of the body.

§6 All enzymes in raw foods are destroyed at temperatures as low as 48 ° C. These enzymes, called "food enzymes", play a modest but important role in digestion. After eating a cooked meal, a proliferation of bacteria spreads throughout the digestive tract, to ensure its preservation

§7 In 1930, research was conducted at the Institute of Clinical Chemistry in Lausanne, Switzerland, under the direction of Dr. Paul Kouchakoff. The effect of food (cooked, processed, raw or natural) on the cardiovascular system has been tested and documented. By consuming food cooked over 48° C, a general increase in white blood cells in the blood and a change in the relative proportions of different blood cells occur. The natural population of the beneficial intestinal flora is dominated by putrefactive bacteria (especially cooked meat), which causes a dysfunctioning of the colon and then allows the absorption of toxins from the intestine. This phenomenon is commonly called "dysbiosis".

§8 An accumulation of mucoid cells is formed in the intestines. Mucous plaque is a thick, tar-like substance that is the result, in the long term, of the non-cleared putrefaction of cooked food consumed regularly through the intestines. Cooked starches and cooked fats, in particular, are the main culprits for constipation and clogging of the intestine.

In addition, the accumulation of endogenous toxins (from food cooking) in many parts of the body, including the cellular environment, promotes the increase of toxemia and can lead to cancer. The waste, toxins, mutagens and carcinogens that accumulate inside the cell, as well as the daily assault of excess free radicals, eventually turn some cells into cancer-cells. For example, some of these toxins, called "lipofuscin", accumulate in the skin as well as the nervous system, including the brain. It can be seen in the form of "liver spots", moles or "age spots".

§9 It is good to know that malnutrition occurs at the cellular level. Because cooked foods contain fewer nutrients, in addition to containing toxins, individual cells do not get enough nutrients they need. Because cells do not get enough nutrients, they are, so to speak, "always hungry" and so are in demand for more consistent food. Cooked foods are also less likely to be properly metabolized, which can be a factor of overeating (almost always with cooking) and fat gain.

§10 From time to time, the body undergoes detoxification seizures, crises. This happens, for example, when toxins are released through the skin or thrown into the bloodstream to be eliminated by the liver, kidneys and other organs. Symptoms may include headache, fever, nausea, vomiting, colds, bronchitis, sinusitis, pneumonia, diarrhea, etc. The body can be so intoxicated that beyond a certain threshold, all kinds of particles, such as pollen, can cause detoxification crises, commonly known as "allergies".

§11 The blood, faced with massive daily invasions of toxins and toxic byproducts, ends up being submerged and weakened. This is a key factor in the aging process: part of the waste builds up in the arteries and clogs them, leading to a depletion of the body's oxygen and nutrients, high blood pressure, atherosclerosis, arteriosclerosis, an cerebrovascular accident, etc. who lead sooner or later to death.

§12 According to Dr. Bruce Ames, oncologist, about "mutagenesis, carcinogenesis and degenerative diseases associated with aging," it is quite plausible that cooking food promotes cancer, because a wide variety of chemicals are synthesized during cooking. Four groups of chemicals have drawn attention because of their mutagenicity, potency and concentration:

- Nitrosamines are formed of nitrogen oxides present in flames of gas or other sources of combustion (barbecue, wok cooking, oven at high temperature ...),
- Heterocyclic amines are formed by heating amino acids or proteins
- Polycyclic hydrocarbons are formed from the carbonization of meat
- Furfural and furan are formed from heated sugars
- The heating of fats generates mutagenic epoxides, hydroperoxides and unsaturated aldehydes, and may also be important.

§13 Again in 1930, Swiss researchers at the Institute of Clinical Chemistry studied the influence of food on human blood and made a remarkable discovery. They found that the consumption of raw, unaltered food or heated at low temperature did not cause any reaction in the blood. In addition, if a food has been heated beyond a certain temperature (unique to each food), or if the food has been processed (refined, added chemicals, etc.), this has ALWAYS caused an increase the number of white blood cells in the blood.

§14 The researchers renamed this reaction "pathological leukocytosis" because the body was responding to heavily modified foods. They tested different types of foods and found that if the foods were not overheated or refined, they did not cause any reaction. The body considered them "friendly foods". However, these same foods, if heated to too high a temperature, caused a negative reaction in the blood, a reaction that occurs only when the body is invaded by a dangerous pathogen or trauma.

§15 The worst foods, whether they were heated or not, were processed foods - which had been refined like white flour, or "homogenized": a process in which milk fat is artificially suspended, or pasteurized (also observed in milk, heated at high temperature to kill bacteria) or stored (chemicals added to foods to delay their deterioration or to improve their taste or texture) - in other words, foods that had changed from their original state brought by the Living nature. Some of

these harmful products are: pasteurized milk, chocolate, margarine, sugar, sweets, white flour, table salt, etc.

§16 Note that the researchers found that if these altered products were chewed very carefully, the damage to the blood could be reduced. In addition, another surprising discovery is that if part of the same food in the raw state was consumed with its cooked counterpart, the pathological reaction in the blood was minimized

Therefore, artificial and high-temperature products should be avoided, and replaced with delicious whole foods that are undercooked or ideally eaten raw to maintain health.

Références :

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