

Juice Fasting

The Wisdom of Juice Fasting

Posted on [June 30, 2013](#) by [Dara](#)



Juice Fasting sounds like such a great idea. Anyone wanting to know what Juicing is all about need only watch, “Fat Sick & Nearly Dead,” for the inspiration to get on the juice fasting band wagon. Everybody would benefit from juice fasting one day each week. Take a single day and consume only water, fresh fruit and veggie juices all day. Unless there are blood sugar issues one can drink freely of any and all juices, no limit, drink all you want.

A one day juice fast requires no real preparation. Under most conditions a body can wake up and just decide today is the day I’m juice fasting. Ok, so now you do have to hustle a bit. Your juicer needs a little help producing the nutrient rich juices your body will be thanking you for all day.

My favorite morning juice requires a little planning so an early morning trip to the local store may be in order. For one day I’d get a five pound bag of apples, two pears, one pineapple, and a bunch of Kale, one honeydew melon or cantaloupe for my morning fruit juice. The afternoon vegetable juices will need a five pound bag of carrots, head cabbage and 1 beet. There are books full of great juicing ideas out there. Discover the mixes that best appeal to you.

A one day juice fast, yes, you can do this. Now comes a little juice fasting wisdom. First, do NOT gulp down your juices. Drink one swallow at a time. Swish each mouth full around in your mouth before swallowing. It sounds a little weird but you need to “chew” your



juices. This allows your body to begin digestion in the mouth and set up for what is coming so it will be properly handled when it reached your stomach.

Secondly, never give in to hunger before slowly drinking a full glass of juice. It will normally take at least ten minutes to properly “chew” your glass of juice down. Many a time I have decided, “I’m finished with this juice fast,” after letting myself get too hungry. Before eating anything I keep the promise to myself to have one last glass of juice. Drinking slowly I find myself completely satisfied by the time the glass is empty, the heady sick way I was feeling has cleared, no need to eat. The truth be told I don’t really want anything else.

We will discuss longer juice fasting in our next newsletter along with a few tidbits of wisdom for first timers to juicing.

Extended Juice Fasting

Posted on [July 4, 2013](#) by [Dara](#)



Why do an Extended Juice Fast?

An extended juice fast can be done for any number of great reasons. The longest one I’ve done lasted forty days and was all about losing weight. It worked; I lost 47 pounds in 37 days. The real key to losing weight this quickly and safely was drinking lots of water along with my daily supply of fresh juice. The days I did not keep up with my fluid intake the scales did not move downward the next morning.

Juice fasting while doing the Incurables Program for any major disease or condition will provide the body with the copious amounts of nutrients needed. Whether doing a bit of minor cleansing or clearing a major disease juice fasting while doing the flushing programs will bring the best results.

How To End an Extended Juice Fast

The real issue of an extended juice fast is not how long you continue juicing but how well you transition back to eating regular meals. A short juice fast of anywhere from



two to seven days should be an easy two or three day transition back to eating cooked foods. Day one; eat only raw food. Consume only raw fruits & veggies. If this goes well on day two introduce a baked potato with the skin or cooked brown rice with steamed vegetables. Chew your food very well. Seldom are there issues coming back from a short juice fast.

On an extended juice fast lasting from ten to sixty days expect to spend 50% of the time of the juice fast gradually introducing raw and then cooked food back into your system. For an example coming off a twenty day juice fast will require ten days raw food. On the day the fast has ended eat only one raw food. You may eat as much of the food item chosen as desired. A good food to end a juice fast with would be apples. On day two choose another single food, maybe grapes. Day three try a combination of raw fruits or veggies. Continue consuming several glasses of fresh juice each day.

Why do Raw before Cooked?

The question arises, Why all the drama? What is wrong with stopping the fresh juices and making a big pot of pasta for dinner? Simply put your body will reject the cooked food if introduced too quickly. A system that has been using only fresh juices for an extended period of time will treat any cooked food as it would a poison. Either the meal will be vomited out or the bowels will become crampy and sick. It is important to ease back into cooked foods. Progress as quickly as your system allows, if you begin feeling poorly slow down, continue eating raw a few days longer.

Superfood FAQ & Suggestions

Posted on [July 5, 2013](#) by [Dara](#)



Nature is loaded with Super foods that provide nutrition naturally. We have combined the best nature had to offer into a green drink we like to call "Nature's Superfood" You can use as much as you feel you need of this powder. We suggest you try two tablespoons three times a day or three tablespoons twice a day, morning and evening.

The ingredients are: Spirulina, Chlorella, Alfalfa Grass, Barley Grass, Wheat Grass, Purple Dulse Seaweed, Beet Root, Spinach Leaf, Rose Hips, Orange and Lemon Peels and Non-Active Nutritional Yeast Flakes.

Make the following nutritional drink:

- 8 to 16 ounces freshly squeezed fruit juice diluted as needed with distilled water.
- ½ to one cup of fresh or frozen seasonal fruit
- 2 tablespoons Superfood powder mix.

If using fruit with your Superfood mixture gives you too much sugar, you can mix the Superfood in water, or in carrot or other juices.

If you are under a great amount of stress, you can increase the amount of Superfood per dosage, and you can take the increased dose four to six times daily. The food yeast in the Superfood will give a lot of energy that can lift depression and often reverse symptoms of neurological damage.



Some members have noticed their skin becomes too dry on the vegetarian program, so we suggest adding two tablespoons of flaxseed oil to the Superfood drink. This should effectively take care of any onset of dry skin due to a change in your food program. You can also rub castor oil into your dry hands and feet.

One minor problem with adding any oil to Superfood is that it can make some people sluggish. You may have to take the flaxseed oil in the evening, when any energy loss wouldn't matter as much. Another possibility is to add ground-up flaxseed to your Superfood drink, instead of flax oil.

Final thoughts on Juice Fasting

Posted on [July 7, 2013](#) by [Dara](#)



Juice fasting is a powerful tool for clearing the body of toxic back-up before a major disease takes hold in the system. A pure food program, eating only the best quality food for the body, is an excellent safeguard for a healthy spiritual, emotional and physical life. That said; even with the best lifestyle there is still a degree of waste that must be eliminated. Regular times of fasting

provide the extra nutrients to clear the body of accumulated toxins. Think of juicing as pushing the restart button on your life. When the body begins to send weird error messages, small little strange things start popping up in your life, it may be time to hit the restart button.

My Personal Suggestion for a Painless Juice Fast

Here is what I do when I juice fast.

An ounce of Echinacea daily, 4 to 6 days a week, each week I juice fast. Since I'm asking my body to detox I might as well support my immune system to deal with the "die-off". Supporting the immune system also aids the body to more quickly clear any issues in my Bones, Flesh or Cartilage, namely areas in my body that are in constant need of support.

Superfood, two tablespoons in fresh juice two to three times a day. This is my meal replacement. I add Flax seed oil to my breakfast Superfood smoothie each day. With each glass of Superfood I swallow 5 kelp capsules; this supports the thyroid and feeds the entire endocrine system.

1 teaspoon Psyllium husk powder daily, in a glass of fresh juice or water. Use the Psyllium powder or do a



bowel cleanse using the LBF #2 daily during the entire juice fast to keep the bowels comfortable while supporting good elimination.

1 tablespoon Apple Cider Vinegar in 32 ounces of distilled water each morning. If drinking this first thing make sure to swish first few swallows around the mouth before swallowing. This allows the stomach to set up for what is coming, preventing any discomfort that may arise from sending the vinegar onto an unprepared stomach.

Each morning I prepare a half gallon or better fresh fruit juice which I sip on all morning. Come noon I make a fresh pitcher of vegetable juice for my afternoon drinking. I keep a cup of tea or glass of juice with me throughout the day. There is really no limit to the amount of juice but all juices should be sipped slowly allowing the flavors to fill the mouth before swallowing. (Remember: Chew your Juices for best absorption of the nutrients.)

Starting Week Two of My Juice Fast

Posted on [September 16, 2013](#) by [Dara](#)



Today I start the second week of my extended juice fast. My energy is up today, I feel great. Why am I doing an extended juice fast? It is my way of clearing the cobwebs from my life as well as kick starting my weight loss program.

The fresh juice I drink is only a part of my program. I am using two tablespoons of Superfood three times a day. Clear distilled water 32 oz. three times a day. Apple Cider Vinegar one tablespoon in 16 oz. of water twice a day. Psyllium Husk Powder 1 rounded teaspoon once a day in my evening Superfood.

My need for the LBF #1's has gone up by three capsules a day. This was expected. The waste coming from the liver has no fiber and sits heavy in the bowel. I've lost 11 pounds since beginning my juice fast last Monday. I can already feel the need to do a liver flush

again. Flushing my liver has been on my schedule since last Friday. Hopefully I'll be able to do an "ELF" tonight.

One really weird item: This past month I've developed heavy crystals in my left foot. After setting for any length of time the first step I take feels like I'm crushing glass under my foot. The sharpness crushes away as soon as I step down. I've never heard of our felt this type of heavy crystals before. They went away for a couple of weeks after my last liver flush. It's apparently time to clean this house I'm living in.

All about Superfood

Posted on [January 2, 2014](#) by [Dara](#)



January is here, the beginning of a new year and hopefully some great new choices. If you are still not convinced starting the day with fresh juice and Superfood is the best way to get your day moving in the right direction. This newsletter will provide all the information you could possibly every want to know about Superfood, also known as the "Green drink". Yes, it mixes up to a lovely green color. If drinking something green simply does not appeal to you, add a handful of frozen or fresh strawberries and you will have changed it to a nice shade of red. Much more palatable color for those not used Superfood.

What is Superfood?

A perfectly balanced blend of nature's best super food's specifically formulated to supply you with **Natural Food Source Vitamins**, Minerals, Amino Acids, and Essential Trace Nutrients. Here at HEAL I have seen over and over that Nutrition is vital to the healing process. Whether you are healing a major disease or just cleansing for a healthier life you need nutrition.

These Superfood's provide the great herbal foods in HEAL's great formulas, (*aka God's Master Builders*) with the nutritional building blocks to do the work they were designed to do. We know that different herbs target different areas of the body, promoting healing and circulation, restoring the body to health. What a lot of people do not understand is that the herbs alone do not contain or provide all the nutrition needed to do the work they are capable of doing.

If you want to get all the benefit possible from the herbal therapies you are doing you must provide them with plenty of raw materials (nutrition) to rebuild with, otherwise it is the same as sending a master builder to your home site with blueprints and

knowledge of how to build your home, but never providing him the materials to actually build with. You won't be moving in any time soon. Without plenty of "Nutrition" (Raw Building Material) to rebuild your body with you won't be seeing your personal miracle any time soon.

Nature has blessed us with certain foods and herbs that are so nutritionally potent, concentrated and complete, that I call them Superfood's. They are nature's blood transfusion. Getting that extra boost from these Superfood's is the missing link many have been searching for in their health program.

HEAL's Superfood Blend Contains:

Spirulina Blue-Green Algae, Chlorella Algae, Alfalfa Grass, Barley Grass, Wheat Grass, Purple Dulse Seaweed, Beet Root, Spinach Leaf, Rose Hips, Orange and Lemon Peels and NON-Active Nutritional Yeast.

Spirulina Blue Green Algae

Spirulina is one of the most concentrated, nutritious foods on this planet. It is the highest natural source of complete protein (75%). We use the only organically grown Spirulina in the world, from Hawaii. The high amount of sunshine there makes this Spirulina higher in Beta Carotene than any other. It is also a rich source of B-Vitamins, especially B-12. Grown using water pumped from 2000 feet deep in the ocean, this Spirulina is one of the richest sources of minerals also. One of the oldest types of algae, it has a soft cell wall for easy digestion and assimilation.

Chlorella

Chlorella is second only to Spirulina in nutritional content. Another of the algae's, it is an extremely concentrated source of nutrition and compliments of Spirulina well. The cell wall has been cracked to make the nutrients more available and increase its digestibility.

Alfalfa, Barley and Wheat Grasses

These are the Vitamins / Mineral herbs. They are mildly cleansing and the greatest sources of nutrition of any grasses. Grain grasses are more potent than the grains themselves, offering us a rich array of vitamins, minerals and chlorophyll.

Purple Dulse Seaweed

Seaweeds are the richest source of assumable minerals on the planet. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. We chose Purple Scandinavian Dulse because it has the highest minerals concentration but also taste bland. Many types of seaweed taste fishy and are offensive to vegetarians.

Beet Root and Spinach Leaf

Beets and Spinach are some of the richest, most assumable sources of organic iron. Beets, being a root vegetable and growing underground, change inorganic raw elements into plant minerals, which are useable by us. Spinach is a rich source of calcium, iron and vitamin K. Both of these plants are famous for their blood building ability.

Rose Hips, Orange and Lemon peels

Revered as some of the best sources of vitamin C these fruits are also a balanced C-complex source. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace elements that are now known to be necessary to assimilate vitamin C. The citrus peels are also one of the highest sources of pectin which has been proven to remove heavy metals (mercury, lead, etc.) from the body, even remove radioactive contamination like strontium 90.

NON-Active *Saccharomyces cerevisiae* Nutritional Yeast

This yeast is grown on beets and pure molasses. It is the second highest source of complete protein in nature, (50%), and the richest source of B Vitamins. It is also a rich source of Iron and many other minerals. The yeast we choose is heated high enough to absolutely destroy any yeast activity, but not high enough to lessen the B vitamin content. It is totally NON active and safe for patients with candida albicans or on yeast free diets.

Suggested Use

2 level Tablespoons of **Superfood**, added to your favorite juice or blender drink, gives you 2 to 5 times the vitamins you need for your entire day. What's even better is that you can assimilate these foods so easily; the nutrients can enter your bloodstream going to work within 15 minutes.

Superfood

Posted on January 14, 2014 by Dara



Super Nutritional Morning Drink or Meal Replacement

1.) How do I prepare or use my Nature's Superfood?

There is any number of ways to fix Superfood; the most common way is to mix 2 tablespoons in juice and drink. I enjoy making mine in the morning using the following plan: Blend together 1 frozen Banana, 4 or 5 frozen Strawberries, 8 oz of Apple or Orange juice, 8 oz water, and one tablespoon flaxseed oil.** This combines to make a thick shake type breakfast drink. Very good, and very satisfying.

****Try using a table spoon of Flax seed oil for every 100 pounds you weight.**

Some of our Members tell us they mix it with plain water and find that to be just fine also.

2.) How much Nature's Superfood should I be using a day?

This depends completely on your personal needs. If you are doing major disease work or cleansing you might want to be using as much as 2 tablespoonful 3 times a day. I have known of members who have use 3 or 4 times this much in a day while they were healing their diseases. Allow your body to tell you how much to use. Use as much as you feel you need, there is no reason to be concerned with overdosing on Superfood, it is just Food; (**GOOD FOOD**).

3.) Nature's Superfood for children, pets & husbands?

Click on the link to find the correct amount of Superfood to give [children & pets](#). Use the formula provided to determine how much of the herbals to give a child or animal.

This is a very good food for Children, pets, and Husbands. We have heard that many children and husbands don't want to drink something that is green. (They will try that new Green Ketchup but not a green drink.) This problem can be remedied by blending fresh or thawed strawberries, blueberries etc... into the mix. The berry juice will make the drink an acceptable Red or Blue Color.

For your favorite 4 legged friend try sprinkling a bit of the Nature's Superfood over his food, most pets love this and it is so good for them.

Superfood Smoothie

Posted on [March 5, 2014](#) by [Dara](#)



1.) How do I prepare or use my Superfood?

There is any number of ways to fix your Superfood, the most common way is to mix 2 tablespoons in juice and drink.

Need a quick energy pick-up? Try taking 4 tablespoons in juice or water, all at once.

I enjoy making mine in the morning using the following plan:

Blend together 1 frozen Banana, 4 or 5 frozen Strawberries, 8 oz of Apple or Orange juice, 8 oz water, **tablespoon of flaxseed oil. This combines to make a thick shake type breakfast drink. Very good and very

satisfying.

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3.) Nature's Superfood for children, pets & husbands?

To find the correct amount to give children & pets you can use the formula given in the members area of our website.

This is a very good food for Children, pets, and Husbands. We have heard that many children and husbands don't want to drink something that is green. (They will try that new Green Ketchup but not a green drink.) This problem can be remedied by blending fresh or thawed strawberries, blueberries etc... into the mix. The berry juice will make the drink an acceptable Red or Blue Color.

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Grape Fast

Posted on [March 23, 2014](#) by [Dara](#)



This next week I am planning to do a **Grape Fast**. A Grape Fast for detox is a great way to get the old crud out while flushing the body with life giving healing nutrition. It involves eating nothing but grapes and drinking nothing but water or grape juice for several days at a time. Grapes also have cancer fighting properties and are an excellent weight loss food.

Doing a Simple Grape Fast:

A grape fast can continue for several days or several weeks depending on how long you want to carry on.

A grape fast is done by consuming grapes for twelve hour periods followed by twelve hours of water fasting. Consume the grapes gradually in small amounts over each twelve hour period. You are not eating a large meal but constantly ingesting the grapes. For the next twelve hour period, you should eat nothing, drinking only water. I normally will plan to fast for five days at a time, deciding if I want to continue or stop at the end of each five day period.

What is the best grape for fasting?

Any grape will do as all grapes provide excellent nutrition to detox the body. The very best grapes are purple grapes. They contain the most helpful ingredients for weight loss, detox and fighting cancer. Try to get organic grapes if possible. The pesticide content in other grapes can be a problem considering the large amount of grapes you will be consuming. Juice them yourself if possible, include the seeds and skin.

How does a grape fast work?

Purple grapes and particularly grape seeds; contain numerous detox, cancer fighting and cleansing compounds which will flush toxins from your system. These include ingredients that can cleanse and detoxify the liver and kidneys. This is why a grape fast is ideal for weight loss and detox. When using a grape fast for cancer, the idea is to starve your body for twelve hours to fool cancer cells into rapidly consuming certain compounds from the grapes to fight the cancer.



Is there any danger involved in a grape fast?

A grape fast, in and of itself, poses no danger. Use Echinacea daily to avoid feeling weak from the toxins being flushed out. Once they are gone you will be revitalized like never before.

My Three Day Grape Fast

Posted on [April 1, 2014](#) by [Dara](#)



Yes, I only lasted three days, not the five days I had planned. I terminated my grape fast early to ease the overpowering detoxing symptoms. The lethargy and all over tired feeling was too much. I felt unproductive. By the end of the third day all I wanted to do was curl up and sleep. Understanding it was all just a strong detox happening did not make it any easier to deal with. By the end of day three I was tired of being tired so decided to

stop the grape fast.

The entire fast was not a waste. The long term benefits from the three days I managed to do have been fantastic. My energy is up and I feel more productive. I was having a pain issue in my knee and leg which has greatly cleared. It was all good. Just a little too good for this girl.

I did this grape fast for two weeks back in 1997 with no ill effects at all. I don't believe the grape fast caused a lack of B Vitamins as some would suggest. My system needed to do more detoxing and I was not in a place to get past the initial strong detox which often accompanies a good fast. The first few days can leave one sleepy while the body works into the detox mode. I was not in a place to be able to just go back to bed and let the process complete.

Question: Why can't I use the grape fast to clear my cancer? I understand that grapes are an anti-cancer food.

Answer: It sounds like you are looking for a "silver bullet" against cancer. There really is no such thing. There is no **one** thing that will clear cancer from the body. Healing is a process of rebuilding the system while cleansing the toxins out.

The grapes do assist in fighting back the cancer but do not assist the body as it clears the waste (die-off) out through the liver and kidneys. (This is done by liver flushing and kidney flushing) The grapes also do not rebuild the degraded systems of the body which are the reason for the cancer in the first place. Healing the body of a major disease is always a matter of "cleanse and feed" Clear out the disease while rebuilding the body so a healthy state can be maintained once the disease is cleared.

Important to understand: Curing cancer is not done with one cleansing herb or procedure. It is a matter of stopping the habits which created your current state of health while juicing and cleansing to heal and rebuild the broken down systems of the body (physical, emotional, & spiritual).

Clearing out the junk

Posted on [May 15, 2014](#) by [Dara](#)



Today is day four of my juice fast. Yes, I decided to do it again this week. I always feel so much better after a few days off food. It is lunch time here at HEAL and Connie has cooked up a great smelling meal. I enjoy the smell while reminding myself that food will still be there when I am ready to eat again. Last night I did an ELF (Big Liver Flush) instead of going to prayer meeting. I am thinking of doing another one tonight.

One of the first questions I am asked when anyone finds out I have gone four days without eating food is: "How can you do that, I would be starving?" The hunger is never an issue. I know I am getting a huge amount of nutrition in the fresh juices. I do get a desire to chew and swallow at times. I choose not to dwell on this and it goes away quickly.

The serious hunger issues some people experience when not chewing and swallowing is emotional. You are not starving; your body is being nourished by the juices. The emotional need to chew something can be overpowering for those who have never done a fast of any kind. I would suggest starting with a one day juice fast.

The quickest way off a fast of any kind is to allow yourself to get too hungry. First timers might want to keep a juice in hand constantly to sip on. Stay hydrated. Drink 32 ounces of water first thing in the morning and again in the early afternoon. This will flush the waste your system is dumping from your body. Add a little lemon juice or apple cider vinegar to the water for an even better result.

Do not gulp anything. Drink every glass of liquid slowly, swishing each mouth full around before swallowing. This allows the digestive juices in your mouth to mix with the nutrition. The juices & water will be better utilized when ingested this way.

The benefits of juice fasting out weight by far the discomfort associated with not eating. The mind becomes clearer. The backed up congestion in the system is cleared. This alone would be worth the trouble as it eliminates many little nagging issues around the body.

No I don't know how long I will continue. I do plan to eat raw over the weekend. Come Monday morning I'll decide if I want to juice fast for another week.

Live Food

Posted on [March 3, 2015](#) by [Dara](#)



“Let food be thy medicine...”; great and still timely advice penned by Hippocrates. The real question is, what does this look like in real life? Today I want to offer a few suggestions for using food to rebuild the body.

Let’s start at the foundation and build from there. Firstly; what is food?

The body will keep us alive and healthy provided that we feed it “**Real Food**”. Real food is compatible with the body; it in no way takes from the body, but lends itself to the building up of health and maintaining life. The food intended for human use contains nothing that is harmful, toxic or non-usable by the body.

Real Food is defined for us by Nature as follows:

- 1) Something edible grown by Nature from the Plant Kingdom
- 2) **Food which can be eaten without processing in any way.**
- 3) Food which comes to us from Nature as “complete packages”, that is, they contain naturally everything in them necessary for the body to process and assimilate that food.

Why do we eat food?

The only qualities of food which the body requires in a complete package are the following:

GLUCOSE, PROTEIN, FATTY ACIDS, MINERALS, ENZYMES,

If all of these components are in the food, the food is complete. If any of these are missing, the food is not “Real Food”.

Real Food is provided by Nature in this form as raw fruits and vegetables. Raw fruits and vegetables contain all of the parts mentioned above. If food has been processed, cooked or altered in any way so as to

change or eliminate any of the above ingredients, it is no longer “Real Food” as far as the Human Body is concerned.

PLANTS ARE THE SOURCE OF REAL FOOD FOR ALL LIFE FORMS

The plant kingdom utilizes sunshine, carbon dioxide, oxygen, water and organic minerals in the process of photosynthesis to feed itself and grow. The result is a living plant (food for animal and human consumption) containing:

- glucose
- protein
- fatty acids
- organic minerals
- organic enzymes (vitamins)
- water (pure)

Inorganic Mineral from the Earth + Photosynthesis = Organic Minerals from Plants which provide Protein and Enzymes for animals and humans.

The animal kingdom does not possess the ability to perform photosynthesis, therefore must rely on the plant kingdom to prepare its food.

Any form of processing nature’s foods (such as pasteurization, cooking, adding preservatives, etc.) breaks the bonds between the food components and their attached enzymes as well as destroys the enzyme. The result is inorganic or denatured food components and thus inorganic food.

The enzyme must be alive and attached to the mineral or food component in order for the body to utilize it. The enzyme acts as a “passport” to get the mineral into the cell of the body and aids in the cell’s utilization of that mineral. Raw foods are living and thus produce life in the body; because they have intact enzymes they are organic. Enzymes are catalysts – substances which help the body work more efficiently in utilizing food for life maintaining purposes.