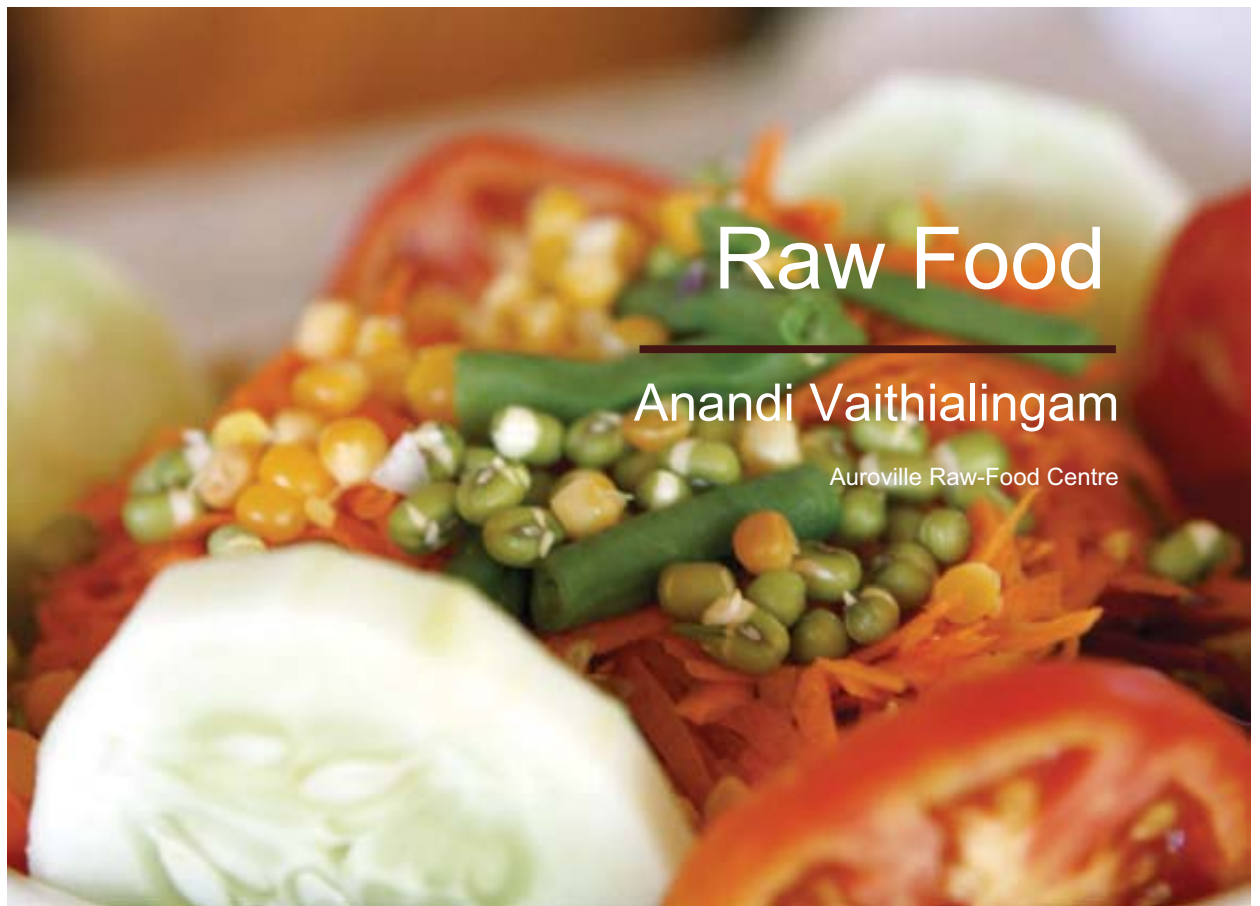


*Presented at*



# Auroville Green Practices

Seminar and Site Visits  
26-28 August, 2010



## Raw Food

Anandi Vaithialingam

Auroville Raw-Food Centre

# How Healthy or Green is Cooked Food?

- ✓ Destroys 50 to 85% of all nutrients (carbohydrates, protein, vitamins, minerals, fats etc.)
- ✓ Cooked grains depletes chromium in body tissues, leading to diabetes and accelerating aging.
- ✓ Cooked oils remain undigested, creating overweight, obesity, and heart diseases.
- ✓ Cooked foods promote acidity, causing digestive disorders.
- ✓ Cooking kills the enzymes, which are crucial for all body functions - including nervous system, detoxification, healing, RNA/DNA functioning - and are essential for emotional and mental balance.

# What is Raw Food or Live Food?

- ✓ Food that still contains all the life energy to nourish body, mind and soul.
- ✓ Consists of greens, vegetables, fruits, seeds and nuts.
- ✓ Some raw foods may be blended or dehydrated, but are never cooked.



# Benefits of a Raw Food Diet

- ✓ Rich in natural enzymes.
- ✓ Stimulates digestion, elimination, and detoxification.
- ✓ Strengthens the immune system, metabolism and regeneration.
- ✓ Maintains optimum weight.
- ✓ Increases longevity, while maintaining vibrant health.



“Enzymes preservation is the secret to health.” Dr. Ann Wigmore

## Raw Food Products are even better if...

- ✓ Organically grown
- ✓ Local
- ✓ Seasonal



# Towards a Healthy or Green Diet...

- ✓ Raw food supports green farming practices.
- ✓ Raw food creates healthy and happy people.
- ✓ Raw food stimulates conscious eating and spiritual growth.



Raw Food | Anandi Vaithialingam

Auroville Green Practices Seminar 2010

6 of 7

## Raw Food

Anandi Vaithialingam

Auroville Raw-Food Centre

**Contact:**

Email: [ananditrans@auroville.org.in](mailto:ananditrans@auroville.org.in)

Phone: 0413 2622778



[green.aurovilleportal.org](http://green.aurovilleportal.org)