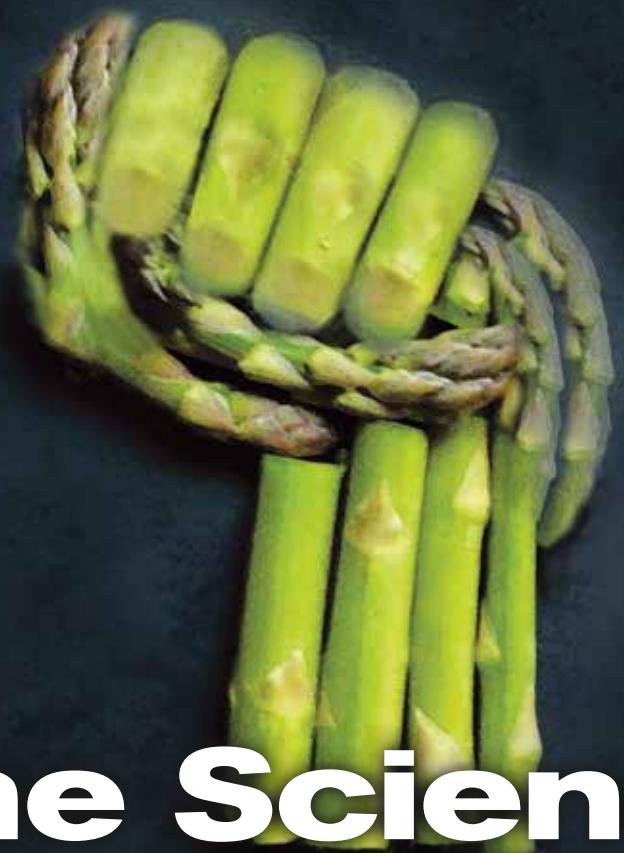


HEALING OUR WORLD



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The Raw Truth: Pass or Fail

by Mark Mathew Braunstein

Life is a journey, and our bodies our vehicles. With proper maintenance, our travel along life's way can be made more comfortable and our destination become more distant. Car drivers know not to pump low octane fuel into high performance engines, yet most people care better for their cars than for themselves.

Few nutritionists agree upon what foods we should feed our bodies. We can devote years to studying and pondering their writings and lectures, or we can ignore all their friendly advice and eat only foods that are natural. But by what standard are foods natural? Simply this: foods are natural if they appear on your plate not much differently than how they looked in nature.

We eat the foods we crave, and we crave the foods we eat. Once you choose foods in order to nourish your body rather than merely to titillate your tongue, eventually only foods that you know are good for you will taste good to you. But until then, follow this simple rule: Eat foods as **Fresh**, as **Raw**, and as **Whole** as possible. The phrase 'as possible' does allow for diversion and diversity. And the word 'Fresh' encompasses also the recent dietary buzzword 'Local.'

Here then is a food grading system ranging from A (for Alive) to D (for Dead). *See inset graphic.*

For example, let's give a grade to Essene Bread. Made of highly viable whole grain kernels that you sprout at home and then grind and shape into wafers and sun dry and then serve the same day for dinner, though grinded, those sprouted grains still are recognizable in the wafer. Such an

UnDead Bread deserves an A (Fresh, Raw, and Whole). Whole Wheat Bread, maybe baked locally but from flour from a faraway mill, garners a distant C (only Whole). And white flour Blunder Bread (it's a wonder they can even call it bread!) flunks out with a D (not Fresh nor Raw nor Whole).

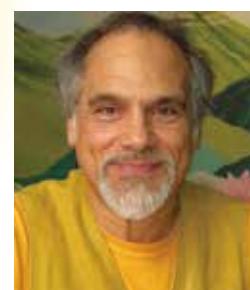
- A** for **ALIVE** if all 3 criteria:
Fresh and Raw and Whole
- B** if only 2 criteria: *for instance, Fresh and Whole, but not Raw*
- C** if solely 1 criterion: *only Fresh, or only Raw, or only Whole*
- D** for **DEAD** if no criteria are met: *not Fresh, and not Raw, and not Whole*

While eating 100 percent Raw is best, that hardly means 99 percent is bad. In a 55 m.p.h. traffic zone, the real risk of a speeding ticket begins when driving at 62 m.p.h., not at 56. Should you maintain a diet of wholly whole foods and solely fresh foods, your health might be little affected whether you eat 99 percent raw foods, or 90 percent. How about 85 percent? Or 82.59? I, for one, eat 100 percent

raw...80 percent of the time.

If I seem an apologist for compromise, it is because worry over what we eat can cause us more harm than whatever we eat. The person who drinks and eats beer and franks with cheer and thanks just might happen to stay healthier than someone who eats sprouts and bread with doubts and dread. Food, after all, is only the third most important factor contributing to human health. The second most important is exercise. And the first most important is peace of mind.

Our goal is not just to eat all raw foods. The raw truth is that our real goal is to nourish our bodies to enable us to nurture our minds to enable us to become wise. 



Mark Mathew Braunstein, a high raw vegan since 1970, is the author of *Sprout Garden* and of *Microgreen Garden*, published September 2013. Read his six previous articles in *HOW* and download his free sprouting and microgreens resources from MarkBraunstein.org.