

The whole purpose of the Credence mission is to get the willing public to move to a more natural way of living. One of the key indicators of a healthy diet is its nutrient content, and the most prevalent factor in this is whether the food has been corrupted through the cooking process or not. What cooked-to-raw ratio are you currently living on?

Remember when you were doing chemistry at school and the teacher set you an assignment? You took material, heated it with a Bunsen burner and created new substances. The same goes for food. There is a HUGE amount of rubbish written about how raw food is no better for you than cooked food. Food expert Wai Genriiu disagrees:

*“Most of these new substances come from proteins reacting with carbohydrates. Some of these substances cause cancer or brain diseases and impair neurotransmitter function and metabolism. Many of these new substances are heterocyclic amines (HCA). Many of these HCAs are directly or indirectly physically addictive. Due to the heat of cooking, these HCAs originate from the interaction between protein and carbohydrates and/or creatine (in red meat) or nitrate (in vegetables). Some examples:*

<i>tryptophan + form- / acet-aldehyde</i>	<i>= 1-methyl-1,2,3,4-tetrahydro-beta-carboline (<b>pro-mutagenic</b>)</i>
<i>tryptophan + glycolaldehyde</i>	<i>= 1-hydroxymethyl-tetrahydro-beta-carboline</i>
<i>tryptophan + sugars (by freezing)</i>	<i>= 1,1-ethyliden-ditryptofaan (<b>very toxic</b>)</i>
<i>serotonine + formaldehyde</i>	<i>= 6-hydroxy-tetrahydro-beta-carboline</i>
<i>serotonine + acetaldehyde</i>	<i>= 6-hydroxy-1-methyl-tetrahydro-beta-carboline</i>
<i>tyramine + nitrite</i>	<i>= 3-diazotyramine(4-(2-aminoethyl))-6-diazo-2,4-cyclohexadienone (<b>carcin.</b>)</i>
<i>salt + nitrite + protein / sugar</i>	<i>= 2-chloro-4-methylthiobutanoate (<b>mutagenic</b>).</i>
<i>glutamate + sugars</i>	<i>= 2-amino-6-methyldipyrdo-(1,2-a:3',2'-d)imidazole (<b>carcinogenic</b>)</i>
<i>glutamate + sugars</i>	<i>= 2-aminodipyrdo-(1,2-a:3',2'-d)imidazole (<b>carcinogenic</b>).”</i>

You get the picture. The work of Dr Paul Kouchakoff demonstrates that the immune system responds to cooked food as a toxin if the ratio of cooked to raw is more than 1:1. This means aiming for a diet that is 55% or more raw food to relieve any digestive leukocytosis. Cooked food can produce inflammation due to immune reaction. Grains are notorious for this (they break down into sugar). Dropping grains of all sorts for a few weeks can often see rapid reversal of reflux, arthritis, irritable bowel syndrome, colitis and other problems.

The recipes contained in my book *Food for Thought* are best regarded as transition meals as you move the family over to a more healthy/raw way of eating. This will include securing a reliable source of genuine organic produce grown in properly tended soils which come with all the requisite payload of enzymes, vitamins, minerals and fats. In short, your kitchen's going to look different, sunshine.

Juicing veggies, adding phytofood green mixes such as Green Qi ([www.neways.com](http://www.neways.com)) or Nature's Living Superfood (ours) gets nutrition into the body in a hurry. Remember that the top six causes of disease death in the western cultures are all diseases of chronic malnutrition. A lady asked me the other day what, in my view, is the leading cause of death. I said without hesitation – diet, and in particular, cooked food. Who discusses it in the newspapers or on TV? There's been zero mention of nutrition during the UK election debacle - no surprises there. Quite the opposite, in fact. Every night there's a foul-mouthed celebrity chef for every channel showing us more inventive ways of murdering our food. It's all taste, taste, taste with the gullible viewer preening: “Don't I look sophisticated marinating this aardvark in bay leaves in my Jimmy Choos?” What tosh. NOWHERE do we hear the scientific FACT that cooking kills enzymes, corrupts fats, destroys vitamin C, wrecks proteins, and creates toxic by-products from the cooking process that DO YOU IN, one mouthful at a time. I'll tell you how sophisticated we are. We're all driving around BMWs, Mazdas and Toyotas and dying of malnutrition diseases not even an aardvark dies from. Go figure, as they say in Las Vegas.

### **Organic versus commercial**

And here's another subject over which fatuous wars rage. Let me simplify. I'm a farmer's boy and I know this problem first-hand. Would you rather eat food which has been grown in minerally exhausted commercial soils, farmed year in and year out, where only the bare minimum of mineralization (fertiliser) is put back into the soil (usually nitrogen, phosphorus and potassium (NPK))? Not if you know what's good for you. Commercially grown produce will often be drenched in fungicides, pesticides and larvicides to kill bugs because the crops in question are so sick they have no natural defences of their own so they get attacked. That's the purpose of bugs: to attack and consume sick plants. And that's the purpose of bugs in your body: to attack and consume sick tissue. Healthy plants can look after themselves, sick plants cannot. A good percentage of these so-called healthy

commercial foods these days are also increasingly genetically modified. Now you can have fish genes in tomatoes. Why stop there? Why not put zebra genes into roosters? Now you can have four-legged chickens with their own barcodes. Who thinks any of this is a good idea?

Why not eat food grown in organically tended, mineral-rich soils where the plants are robust and healthy enough to fight their own battles. No GMO. No fungicides. Food as God intended. Do your own research and come to your own conclusions. In the end it's your body and you'll become the sum total of everything you've ever done to yourself. Is it really hard to accept? Healthy food makes healthy bodies, sick food doesn't. And there's another thing. How long has it taken your food to get to you? This has a major impact on the food's nutritive content. In a perfect world (which we do not live in), you'd grow the stuff in your back garden, harvest it and have it on the table by nightfall. These days a multi-trillion dollar industry (the food industry) has interposed itself between the plucking of the apple and the eating of it, and we'd better wake up to the scandals going on with this one. Geoffrey Cannon's *The Politics of Food* and UK veteran news reporter John Humphrys' *The Great Food Gamble* are two excellent titles which leap off my shelves as I write. I cover such tales of woe as they break in my monthly EClub bulletin.

### Summary

Diet is the No. 1 cause of disease. Eat food which is organic and know where it comes from. My wife Samantha and I get a regular delivery from UK organic food suppliers Riverford ([www.riverford.co.uk](http://www.riverford.co.uk)). This stuff is grown locally and turns up with the dirt still on it, so the best we can do is not flame it to death. Get skilled at putting salads together which taste great. You can be very adventurous with raw: seeds, nuts, fruit, etc. Many examples are given in *Food for Thought* but become an expert on all aspects of raw food cuisine and branch out on your own. Get familiar with the world's leading raw food sites. Here are two of my favourites:

David Wolfe at [www.davidwolfe.com](http://www.davidwolfe.com)

The Fresh Network at [www.fresh-network.com](http://www.fresh-network.com)

Naked Vegetables Rule, OK?

To purchase any of the items mentioned above please go to  
<http://interneka.com/affiliate/AIDLink.php?BID=11205&AID=34037>

Phillip Day

The Campaign for Truth in Medicine

<http://www.campaignfortruth.com>

EClub Weekly Tip – [Eclubcampaignfortruth.com](http://Eclubcampaignfortruth.com)

PM Taubert of Compusafe Consultancy – 47 Lachlan Avenue, Murray Bridge South Australia – 5253 –  
[cycom@camtech.net.au](mailto:cycom@camtech.net.au) tells us:

Mutagenic	An agent that tends to increase the frequency or extent of mutation
Carcinogenic	A large percentage of chemical that are known to cause cancer in animals or humans, also produce bacterial gene mutation in the "Ames Test", while only a few non-carcinogens do so. All known human carcinogens, except arsenic and possibly benzene, have been shown to cause cancer in laboratory animals. Occupational studies clearly show that repeated and prolonged exposure to even very small quantities of carcinogens can lead to cancer.