

Retreat to HEALTHY LIVING in Barbados

February 25, 2010

Start Living with the Power of Live Food

Healthy living is an energy investment. When you spend even a little time doing the right activities and eating the right foods, the energy you produce has a far greater return than your original investment.

Our health experts at the “Retreat to Healthy Living in Barbados” will teach you everything you need to know to be most effective with your efforts. Our Live Food feature is an example of this, and in this article we explain why it’s one of ‘the right foods’ and how it yields the most energy.

Living Food

Living (a.k.a. live and raw) food is all-natural and uncooked.

Generally, heating food over 46° C (116° F) destroys naturally occurring enzymes and alters the molecular structure of the food, creating toxic elements which must be eliminated or stored to protect the body from damage (aging).

Live foods contain high concentrations of enzymes while raw foods contain enzymes in a dormant state. Raw foods when sprouted, like nuts and seeds, will activate their enzymes and become “living food”.

Enzymes: the Life-Force or Energy of Food

Enzymes are catalysts which activate chemical reactions. Food enzymes, specifically, assist in digestion and nutrient absorption.

Health Benefits of Living Food

The healing powers of nature are undisputable. Even modern medicine is based on natural substances, and then “supped up” in a lab to create more immediate results for the consumer.

Here are just a few benefits of live and raw food:

- **More Nutritious.** Living food has **higher nutrient densities** and **bioavailability** (ability of the body to absorb nutrients).
- **Increases immune function** and **aids digestion** through beneficial bacteria and micro-organisms (gut flora).
- **Maintains youth** as fruits and vegetables are high in antioxidants, cleansing the body of toxins.

To learn more about the health benefits of living food, and dine on heavenly living cuisine, [contact](#) Asuwish and reserve your ticket today for April’s “Retreat to Healthy Living in Barbados”!

About Chantel Selman

Chantel assists people with their health and vitality through natural medicine and her Barbados health food store with Live Juice Bar and Live Food Menu, Organic Earth. Chantel dedicates her life to the study and development of old and new (but always natural) ways of dealing with the health problems that scour our societies at large. In her weekly radio show, “Naturalivin”, she teaches the importance of living close to nature by eating live foods, complemented with natural teas and products.