

# The Energy of Live Foods

by Dr Sir Gabriel Cousens M.D.

There is a tremendous amount of extra levels of energy in live foods. One of the studies that most demonstrates this was done in Russia by Dr. Israel Breckman. The experiment was simple. He fed the same mice cooked food and live-food at different times. This was the exact same food and the exact same mice, the only difference was, the food was either cooked or uncooked. He measured the amount of energy and endurance the mice had when they were eating only live foods, and when eating the exact same amounts of food in its cooked state. The mice had three times more energy and endurance on the live-food than when they were eating cooked food. If nutrition were a simple matter of calories, there should not be any difference in endurance and power between eating the live and the cooked food. However, there clearly was a difference in the effect. This is because foods are not simply calories. This calorie paradigm, developed in 1789, is completely out of date, even though it is still being used by people in the nutritional sciences. What is the difference?

Food has subtle nutrients, general nutrients, electrical energies, phytonutrients, enzymes, vitamins, and minerals. The electrical potential for our tissues and cells is a direct result of the liveness of our cells. Live foods enhance the electrical potential in our cells, between the cells, at the interface of the cell membranes, and at the interface of the cells with the microcapillary electrical charges. When cells have the proper microelectrical potential, they have the power to rid themselves of toxins and maintain their selective capacity to bring appropriate nutrients, oxygen, and hydrogen into the cell, into the nucleus of the cell, as well as to feed the mitochondria. This helps to maintain, repair, and activate the DNA. Professor Hans Eppinger, who was the chief medical director of the first medical clinic at the University of Vienna, found that a live-food diet specifically raised the microelectrical potential throughout the body. He discovered that a live-food diet increases selective capacity of the cells by increasing their electrical potential between the tissue cells and the capillary cells. He saw that live-food significantly improves the intra and extracellular excretion of toxins, as well as absorption of nutrients. He and his co-workers concluded that live foods were the only type of food that could restore microelectrical potential to the tissues. In essence we can say that by restoring electrical potential to cells, live-food rejuvenates the life force and health of the organism.



The Whole Person Healing & Wellness tests provide you clarity on:

- Biological Terrain Assessment (BTA) – The BTA measures pH, redox and resistivity
- Bio-Brain-Balance Test (BBB) – Helps to determine your metabolic/autonomic constitution and therefore your optimum dietary pattern.
- Glucose Tolerance Test (GTT) – Measures blood glucose and tests for hypoglycemia or elevated blood sugar as it occurs in diabetes.
- Dark/Dry Field Blood Analysis – The health of the blood is an indicator of the health/toxicity of the body.
- OxiData Test (ODT) - The ODT determines the level of free radical activity in the body. High levels of free radicals damage cells, creating disease and increased aging.
- Heavy Metal Test (HMT) - Heavy metals lead to disease by changing body chemistry to create uncontrolled oxidative stress. This test is done by request.
- Uri-Scan Test - A dipstick test to check for indicators such as blood, leukocytes, ketones, nitrites, proteins, and bilirubin in the urine.

Health aspects; Interesting to know and search for

The fully ripe banana produces a substance called TNF which has the ability to combat abnormal cells.

So don't be surprised very soon the shop will go out of stock for

bananas.

As the banana ripens, it develops dark spots or patches on the skin.. The more dark patches it has, the higher will be its' immunity enhancement quality .

Hence the Japanese love bananas for a good reason.

According to a Japanese scientific research, banana contains TNF which has anti-cancer properties.

The degree of anti-cancer effect corresponds to the degree of ripeness of the fruit, ie the riper the banana, the better the anti-cancer quality..

In an animal experiment carried out by a professor in Tokyo U comparing the various health benefits of different fruits, using banana, grape, apple, water melon, pineapple, pear and persimmon, it was found that banana gave the best results. It increased the number of white blood cells, enhanced the immunity of the body and produced anti-cancer substance TNF.

The recommendation is to eat 1 to 2 bananas a day to increase your body immunity to diseases like cold, flu and others.

According to the Japanese professor, yellow skin bananas with dark spots on it are 8 times more effective in enhancing the property of white blood cells than the green skin version.