

Kaccha chaba jao

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**** YOUR HEALTH**



RAW POWER: You don't need to pop pills for aches and pains if you are on a raw and living food diet

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Dharam paaji's lethal warning has now become a new age maxim. YOUR LIFE shows you how the Raw and Living Foods Lifestyle (RLFL) can cleanse toxins from your body and leave you ripe and fresh

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The idea of eating uncooked food may seem bizarre, but you will be surprised to discover that uncooked potato curry or spring rolls prepared from raw cabbage, sounds yucky but is super-healthy and delicious too.

What is RLFL?

Inspired by the Hippocrates Diet composed by the legendary Greek physician, Raw and Living Foods Lifestyle is being accepted the world over as a natural form of healing. Simply put, it draws on the healing powers of raw fruits and vegetables to bestow physical and mental health.

"Fire is a destroying element, which alters the taste of food. Any food cooked above 100°C centigrade loses its nutritive value," says Priti Shroff, chairperson of Grant Road based Prisma Healing Institute, which conducts pro-

grammes on the subject.

Raw power

Raw food is not only good for your body but also for the mind, says Shroff. It cleanses toxins that have been accumulated from a cooked food diet. But the impact is not immediate. "If you are switching to a raw food diet, it will take 21 days to experience the full effect of the diet, though you notice visible changes by the end of 10 days," she informs.

Why avoid cooked food?

Unlike other carnivores, human beings possess molar teeth which are suitable for chewing only fruits and vegetables. This means that nature intended us to be herbivores who eat food raw. Also, food loses a portion of its essential nutrients in the process of cooking and forms a debris-like layer inside our colon," says Shroff. Milk

forms a mucus-plaque around our colon, which doesn't allow pro-biotics (essential bacteria) to enter our body.

Why non-veg is a strict no-no

"When an animal is slaughtered, toxic juices are released from its body due to the fear it experiences. These toxins enter our body when we consume a dead animal's cooked meat," explains Shroff. Besides, human saliva is alkaline in nature, making it unsuitable for digesting non-vegetarian food.

RLFL diet

Besides the highly nutritive wheatgrass and sprouts, an ideal RLFL diet recommends fresh fruits and vegetables salads, raw spinach soup, cabbage and juices. Organic food

produced with natural fertilisers — such as cow dung — are recommended, while any animal product including milk is a strict no-no.

"Drink natural milk produced from sesame seed and nuts. If you love cheese, opt for cashew nut paste cheese," advises Shroff. You don't have to deprive yourself of curries either. Blend spices, onion, garlic, paste, jeera, black rock salt and other spices with coconut milk — and your curry is ready. Ordinary fruits and vegetables should be washed with ozonated water to get rid of pesticides and other artificial fertilisers.



To know more about RLFL, enroll for a 10-day programme at Prisma The Healing Institute, Hornum Building, Sion Road. For registration, call: 23802170.



Priti Shroff who runs Prisma Healing Institute

Yummy raw food recipes

LASAGNE

INGREDIENTS
1/2 yellow and green Zucchini
1/2 cucumber
3 tomatoes
1/2 onion
2 cloves of garlic
1/2 red capsicum
1 tsp oregano
1/2 tsp red chilli flakes
2-3 tbsp olive oil
4-5 tbsp nut cheese

METHOD

Peel zucchini and cucumber. Blend tomatoes, garlic, salt, red chilli flakes, capsicum, and onion to prepare sauce.

Moisten the dish with olive oil. Place a layer each of yellow zucchini, tomato sauce and cheese. Top with a layer each of cucumber, tomato sauce and cheese. Finish with layers of green zucchini, tomato sauce and cheese. Sprinkle oregano and red chilli flakes. Serve.

VEGGIE KRAUT (INDIAN SPRING ROLLS)

INGREDIENTS
5 leaves of red cabbage
2 carrots, grated
Black rock salt to taste

Fresh green chillies, finely chopped
Coriander to taste
A few drops of lemon juice
1 tsp olive oil

METHOD

Mix grated carrot with 1/2 tsp olive oil and chopped green chillies. Add black rock salt and lemon to taste. Moisten red cabbage leaves with olive oil. Turn each leaf inside out and remove the hard stem. Stuff it with grated carrot. Garnish with coriander leaves. Roll the leaf and pierce with a toothpick to hold it together. Serve.