

Dr Oz raw food challenge

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The raw food diet is based on unprocessed and uncooked plant foods, such as fresh fruit and vegetables, sprouts, seeds, nuts, grains, beans, nuts, dried fruit and seaweed. It is believed that heating food above 116F destroys foods' natural enzymes that aid in the digestion and absorption of food. Even if you don't want to eat 100% raw increasing the percentage of raw food does help.

Health benefits of a raw food diet include:

- Increased energy
- Improved skin appearance
- Better digestion
- Weight loss
- Reduced risk of heart disease

While maintaining a raw food diet for a prolonged period of time is difficult for most, this food challenge is a fantastic reboot for your body. Tips to make it easier at

<http://www.doctoroz.com/challenges/raw-food-challenge>.