



Fruits and Vegetables - Nature's Healers

Natural healers have long known about the power of fruits and vegetables. Did you know that green leafy vegetables have almost 20 times more essential nutrients, ounce for ounce than any other food? Fruit (eaten properly) and vegetables contain all the vitamins, minerals, carbohydrates, amino acids and fatty acids the human body requires. Fruit is, without exception, the most cleansing and most easily digested food you can eat. Both fruits and vegetables are high in water and fiber which help the cleansing process. [vegan recipes](#) toxins from the cells and tissues of your body, and fiber keeps the eliminative system working.

I did previously mention the importance of eating fruit "properly". This means it should be eaten fresh and apart from any other food, with the exception of plain, unsweetened yogurt. The reason being, fruit takes less digestive energy than any other food. When you eat fruit with or after other food, the sugar ferments instead of being assimilated, creating gas. The body then has to work very hard to process the remaining food. Because yogurt is a cultured food, it is predigested by virtue of the live enzymes it contains, and is very easily assimilated. Fruit does not digest in the stomach, as other foods do. It is digested partially in the mouth when you chew it, bypasses the stomach, and is digested and absorbed in the small intestine. Cooking or canning fruit destroys its nutrients and its sugars turn acidic, making it of no benefit to the body.

There are studies that show that people who eat lots of vegetables have half the cancer risk of people who eat few vegetables. Fresh fruits and vegetables accelerate body cleansing and proper elimination of wastes, which in turn normalizes body chemistry. Fruits and vegetables are loaded with antioxidants like Vitamin C and mixed carotenoids (converts to Vitamin A in the body). Antioxidants support and protect your immune system.