

Excessive Heat Denatures Nutrients:
DO NOT FRY FOOD!

Burn your finger and skin tissue dies. Overly apply heat to food and nutrients are progressively destroyed. Fresh food prior to wilting or rotting sustains life to a high degree of wellness. Harvested food from field and orchard provides raw materials to replenish your cells and tissues. Overly cooking food destroys live plant and animal tissue and reduces the availability of individual nutrients. A diet containing an abundance of raw, unfired food maximizes well being.

In addition, heat also changes the properties of lipids (fats). High heat applied to oils during frying decomposes them into hydrocarbons (which are potentially carcinogenic) and reduces flavor and nutritional value. Heated oils raise rather than lower serum cholesterol levels and increase LDL cholesterol nearly as much as saturated fat will.

When cooking with oil, always choose organic extra-virgin olive oil in its unrefined and cold-pressed state. This form is the most nutrient dense. When oil is unrefined, it has a low "smoke point". This refers to the temperature at which visible gaseous vapor appears. In other words, the smoke point is when the decomposition of the oil begins to take place- which you want to avoid! For high-quality olive oil, a temperature of 200-250 reflects the most likely upper limit for heating without excessive damage.