

The Natural Diet For Excellent Health

The natural diet is also known as a raw food diet. In this diet the only foods you eat are uncooked and unprocessed plant foods, such as nuts, fresh fruit, sprouts, vegetables, dried fruit, seeds, beans, grains and seaweed. About 75% of all of the foods you eat should be live foods or raw foods.

The theory behind the natural diet is that important enzymes present in the raw food are broken down and become inactive when the food is cooked above 116 degrees Fahrenheit. These enzymes will help with digestion. Those that follow the diet believe that each food has a life force that will go away when it is cooked.

Some of the health beliefs that have made the natural diet popular is that it gives you increased energy, helps with weight loss, provides better digestion, improves your skin and reduces the risk of heart disease. There are almost no saturated or Trans fat in the natural diet because these fats are not found in nature.

Some of the foods you can eat in the natural diet include purified water, unprocessed natural foods, dried fruit, grains, seeds, fresh vegetables, fresh fruits, young coconut milk, juiced vegetables, juiced fruits, seaweed, legumes, beans and nuts. These foods should all be eaten raw and it is best if they are organically grown.

You can use some cooking techniques to help make some of the raw foods more palatable and easier to digest. Instead of eating the vegetables and fruits whole then you can juice them. Nuts and dried fruit can be soaked. Grains, seeds and beans can be sprouted and most foods can be blended and dehydrated.

Unlike most popular fad diets the natural diet does not have any harmful side effects. This diet will get rid of any toxin build ups in your body and the side effects are related to these toxins leaving your body. Most of these side effects include feeling tired, having nausea, mild headaches and specific food cravings. However these symptoms will go away in a few days.

About the Author

J. Bautista is a personal trainer that incorporates [natural diet](#) as part of his and his clients [health and fitness](#) goals. To read more health and fitness articles visit <http://www.easynaturaldiet.com> Get a totally unique version of this article from our [article submission service](#)

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