

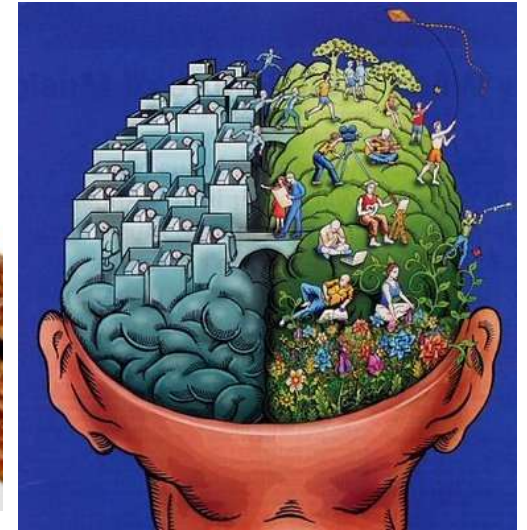
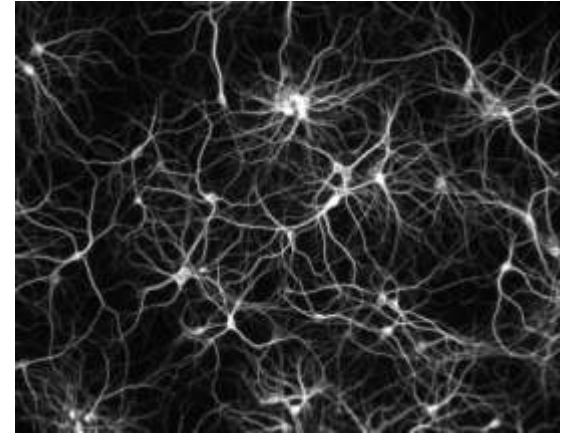
Move Right



Eat Right



Think Right

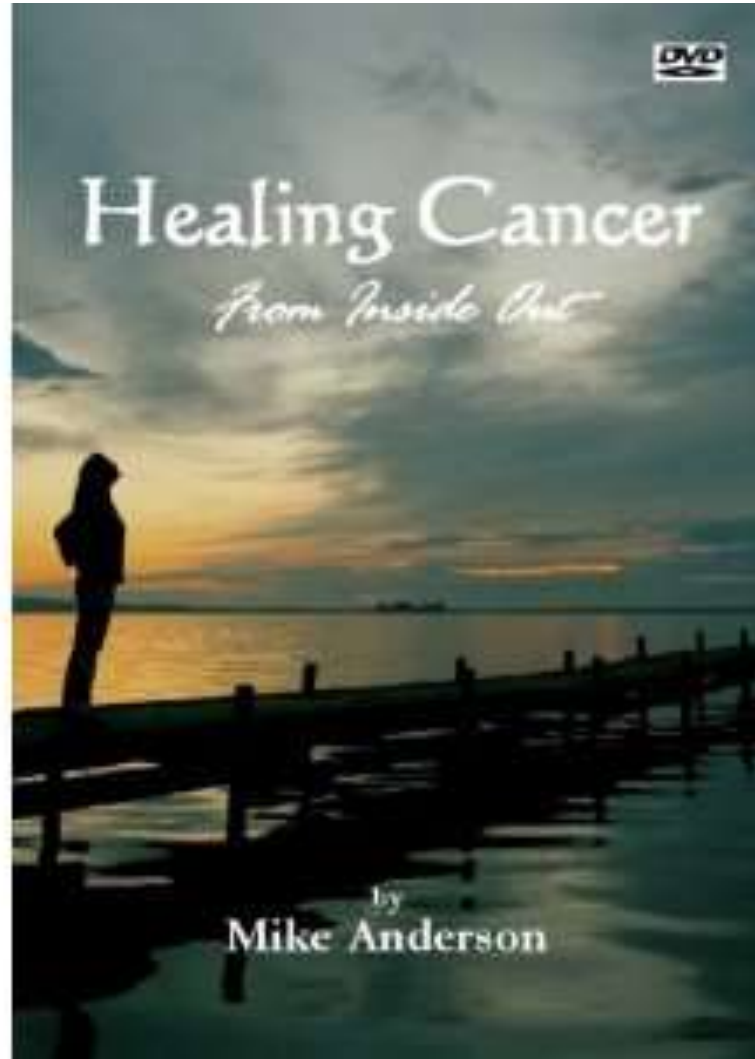


**“The 3 Pillars”
Of CORE WELLNESS**

WHY RAW?



Experiments? Trials? What Will We Do?



The First Introduction To Raw



Search

Bro

Comprehensive Cancer Care Pt. 1 - Thomas Lodi, MD

ThomasLodiMD

42 videos

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The Journey Begins In Mesa, AZ

www.anoasisofhealing.com



An Oasis of Healing
Comprehensive Cancer Care



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It's not often difficult
getting rid of cancer,
the problem is
keeping it gone!

Back Home Again Looking For Support... So I Created Some!

The Louisville Area Raw Food Meetup Group

[Home](#)[Members ▾](#)[Sponsors ⓘ](#)[Photos](#)[Pages](#)[Discussions ▾](#)[More ⓘ](#)[Group Tools ▾](#)

[Change photo](#)

Jeffersonville, IN

Founded Mar 3, 2009

[Read more about us](#)

Raw Food Advocates 207

Group reviews 32

Upcoming Meetups 2

Past Meetups 26

Our Calendar

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Steve

Organizer of The Louisville Area Raw Food Meetup Group

[✎ Edit group profile](#) [✉ Edit communication settings](#) [Step down as Organizer](#) [Leave this Meetup Group](#)

[Intro](#)[RSVPs](#)[Photos](#)[Greetings](#)

Location

Jeffersonville, IN
(Hometown:
Jeffersonville)

[Edit location](#)

Member of this

Meetup Group since

March 3, 2009

Organizer of this

Meetup Group since

March 3, 2009

Introduction

To gain more insight that will help my patients, my family, and myself experience optimal energy and vitality and I look forward to learning and sharing what works for me.

Link

Core Wellness

What Steve is saying about this Meetup Group

To learn the power of energetic, healing food, thoughts, and movement in a supportive environment. It's an It's the IMMERSION IN POSITIVE ENERGY that you're craving but just aren't getting in "the matrix".

[Manage all group reviews](#)

207

Can We Speak For YOUR Group?



CNN Story...Millions of Hits

Angela Stokes Releases 160lbs with

Raw Food Diet



COURTESY ANGELA STOKES

Get To Your Core!

Natural Pain Relief and Healthy Living Through EDUCATION Not Medication

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Home > Raw Food, Weight Loss > Internationally Renowned Raw Food Diet Gurus Visit Louisville Area

Internationally Renowned Raw Food Diet Gurus Visit Louisville Area

August 12th, 2009

Edit

[Raw Food Diet Louisville Resource](#)

Core Wellness and the Louisville Area Raw Food Meetup Group Welcomes America's Favorite Raw Food Couple, Matt Monarch and Angela Stokes-Monarch For An Afternoon of Health Transforming Stories, Inspiration, And Motivation To Incorporate More RAW LIVING Energizing Food Into Your Lifestyle!

Get To Know Matt and Angela With The 2 Videos Below!

(More Info on Raw Food and The Upcoming Oct.24th Event Below)

Angela Stokes on CNN News: Raw Food Weight.



YouTube

Search

RSS feed

What Is
Crossed Posture Syndrome?

FREE VIDEO SERIES

Reveals How To Detect and Eliminate This Damaging Muscle Tension Pattern And Enjoy A Pain Free, Energetic Life!



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- February 2011
- January 2011
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- November 2010
- October 2010
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- May 2010
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- grass fed
- Imagery
- immune system
- mindset
- Movement Pattern Adjustments
- Nutrition
- omega 3
- omega 3 fats



WHY RAW??????

Slow Aging With
Anti-Oxidants

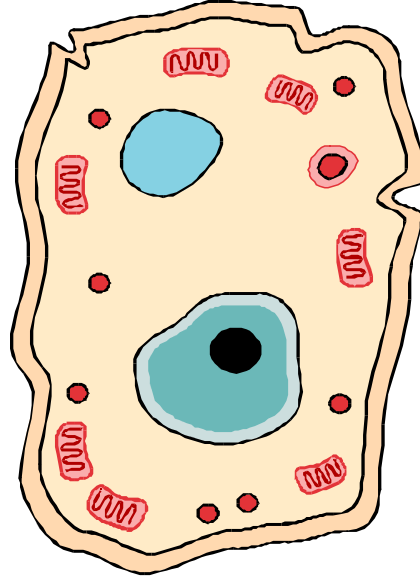


Free radical
theory of
aging

Denham

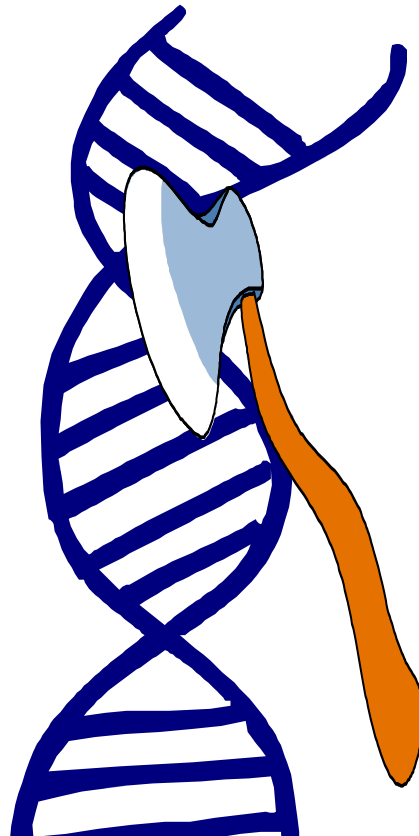
Harman,

M.D., Ph.D. (1954)



Aging occurs
as cells are
permanently
damaged by
continual
attacks from
chemical
particles known
as free radicals.

(Oxidation)



Each 24 hours,
approximately
1 trillion molecules
of oxygen pass
through every cell
of the body.
This results in
100,000 free
radical hits or
wounds on
the cellular DNA.

Dr. Bruce N. Ames, geneticist;
University of California at
Berkeley.

Vitamins	Freeze	Dry	Cook	<u>Cook+Drain</u>	Reheat
Vitamin A	5%	50%	25%	35%	10%
Retinol Activity Equivalent	5%	50%	25%	35%	10%
Alpha Carotene	5%	50%	25%	35%	10%
Beta Carotene	5%	50%	25%	35%	10%
Beta <u>Cryptoxanthin</u>	5%	50%	25%	35%	10%
<u>Lycopene</u>	5%	50%	25%	35%	10%
<u>Lutein+Zeaxan thin</u>	5%	50%	25%	35%	10%
Vitamin C	30%	80%	50%	75%	50%
Thiamin	5%	30%	55%	70%	40%
Riboflavin	0%	10%	25%	45%	5%
Niacin	0%	10%	40%	55%	5%
Vitamin B6	0%	10%	50%	65%	45%
<u>Folate</u>	5%	50%	70%	75%	30%

“These all dovetail with findings that in every species from worms to monkeys, calorie restriction increases longevity. The leanest animals also look and act younger. In the only calorie analysis of people, “The results clearly suggest that humans react to such a nutritional regimen similarly to other vertebrates.””

Fumento M. Study feeds public a myth about fat

<http://www.detnews.com/2005/editorial/0505/18/A13-181615.htm>

ARTICLE BELOW

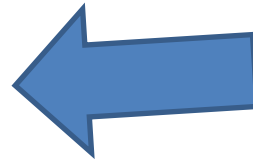
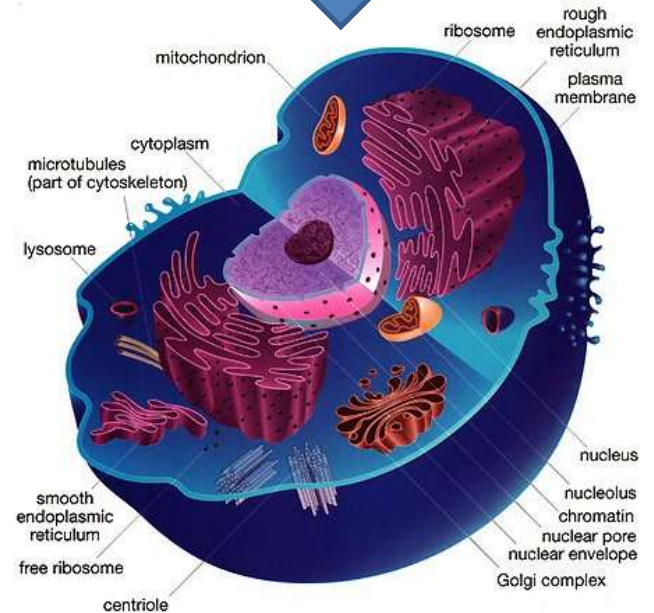
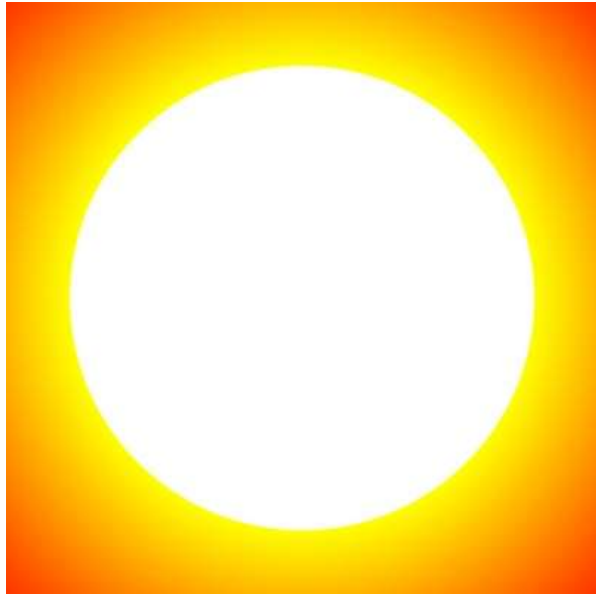


Eat Less

Live Longer

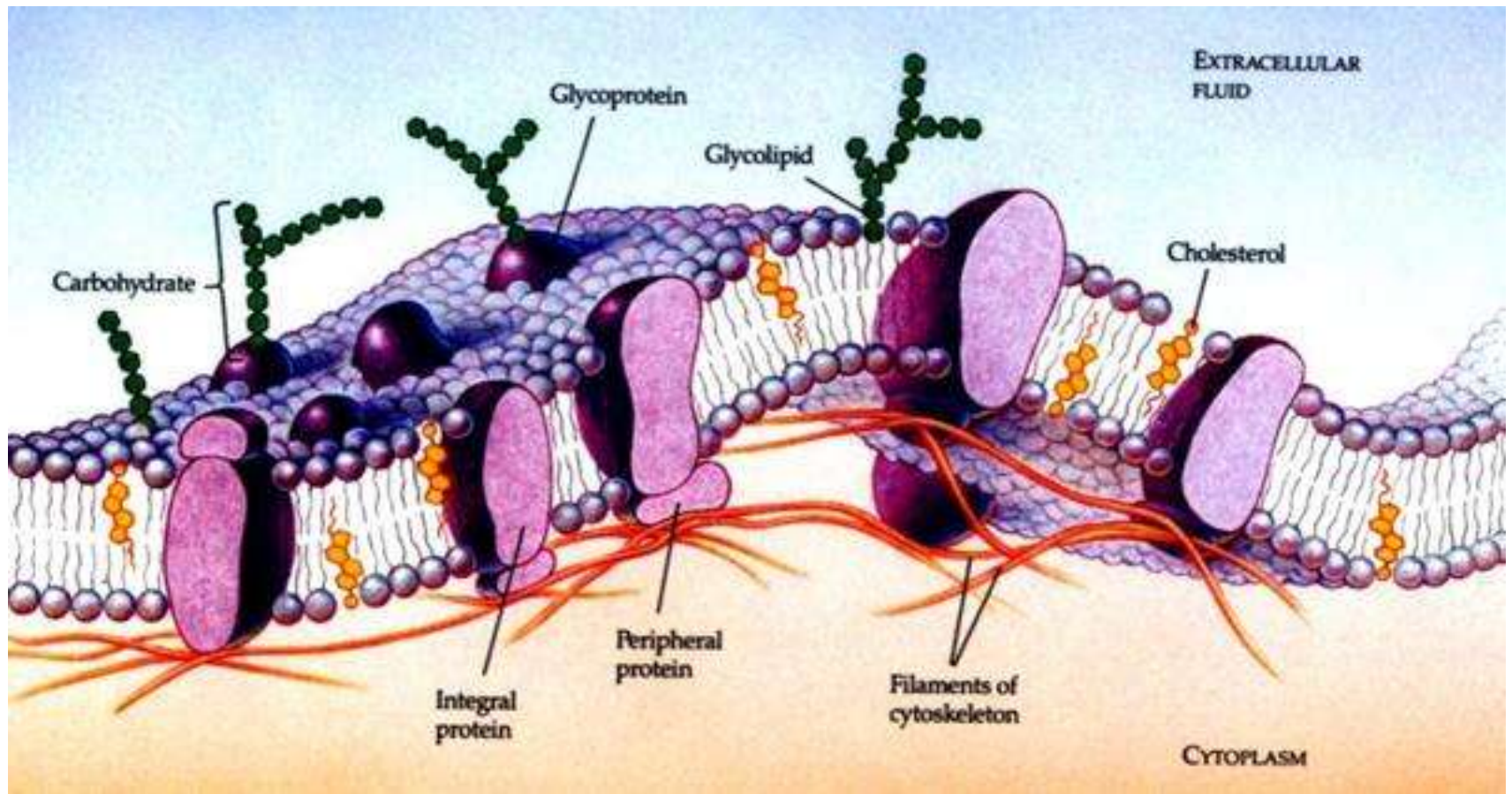
Feel Better!

MORE ENERGY!!!!



ENERGY

- Cooked food uses more energy to digest
- Makes immune system go to work and expend more energy (digestive leukocytosis)
- Nutrient Density with lots of green and brightly colored foods builds strong cell membrane = better battery with more CAPACITY to store a charge.
- GOOD FAT builds the framework (omega 3's from green food/flax/walnuts/hemp seed/pumpkin seed chia/



The Brain of Your Cells Is...

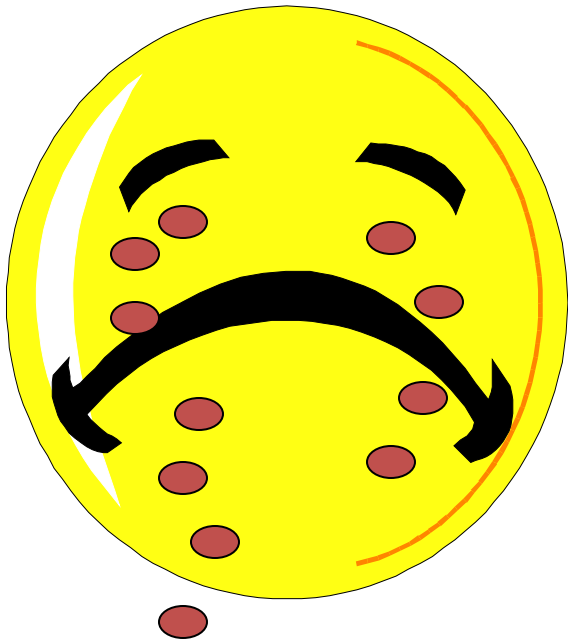
The Cell MemBRAIN! It interprets the environment and tells DNA what to do!



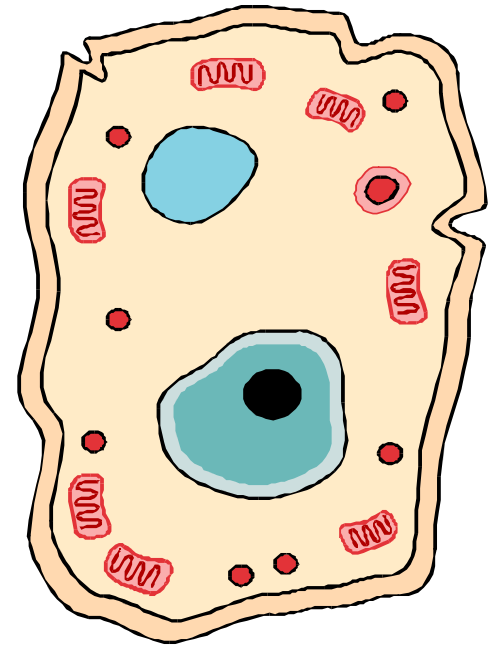
Voltage

- **Electrical potential**

- Normal cells have an electronegative potential across the cell membrane at -20 to -25mV
- Young healthy cell functions are about -30mV
- -10 mV = sick and tired
- Chronic disease is Low voltage
- Cancer (-5 to $+50\text{mV}$)
- **Alkaline Foods / Anti oxidants donate electrons = more voltage**



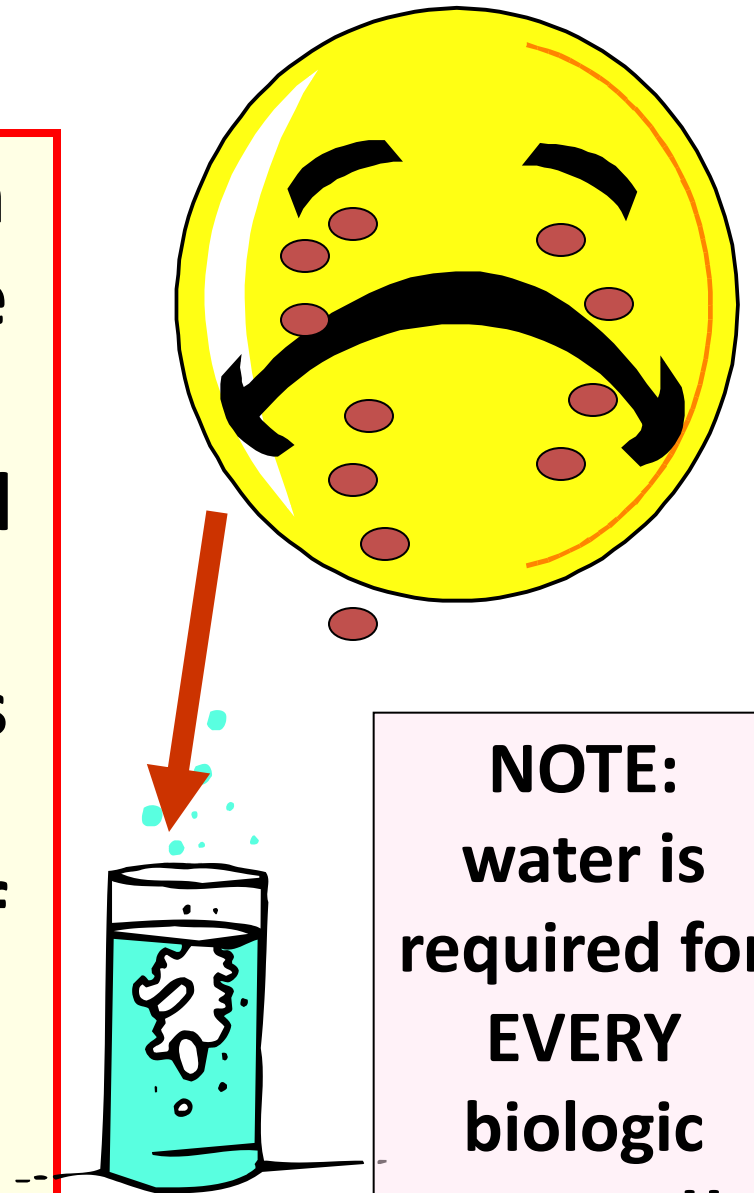
I don't have energy to maintain fluid balance.



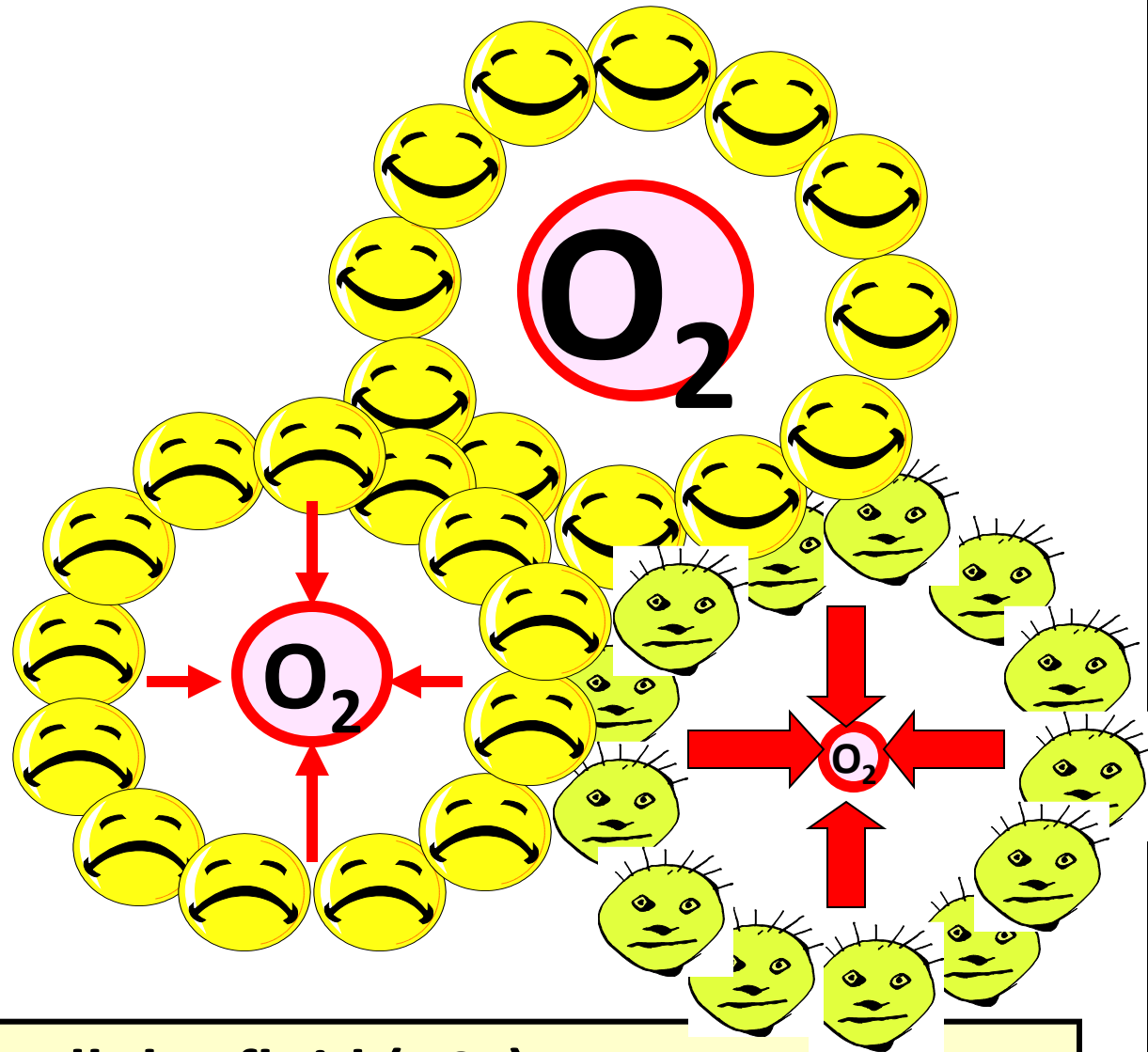
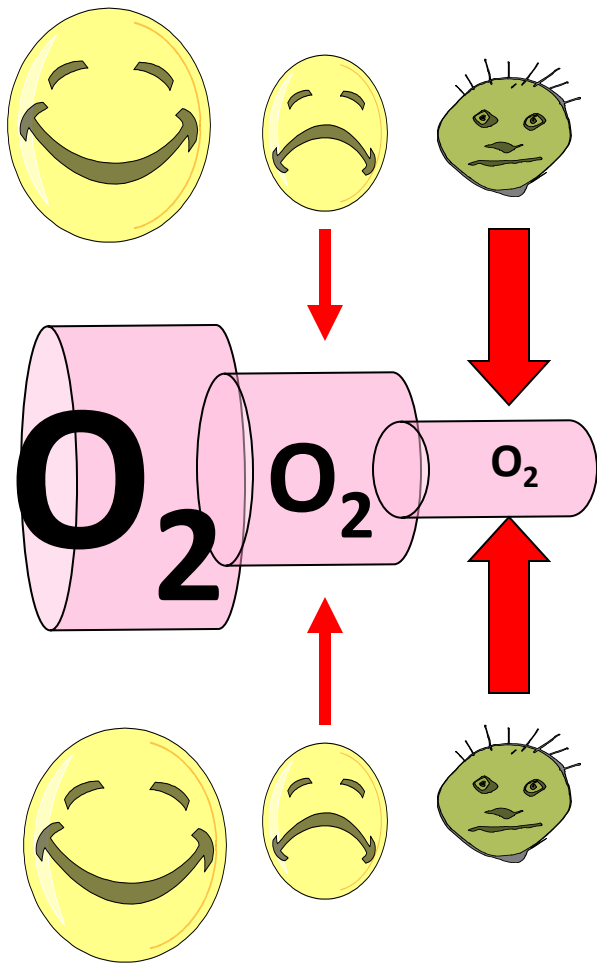
Cellular Necrosis - *The cause of death is usually insufficient cellular energy* to maintain the membrane pumps that keep certain ions inside of the cell and water out.

William R. Clark, Professor Emeritus of Immunology at UCLA, [A Means to an End The Biological Basis of Aging and Death](#). Pg 26.

Since 1970 there have been over 2000 studies that have utilized Impedance Plethysmography (Fluid and Nutrition Analysis). The overwhelming conclusion is that **THE FIRST SIGN OF FAILING HEALTH** is a shift of fluid from the inside of the cell to the outside of the cell.



NOTE:
water is
required for
EVERY
biologic
process!!



Increased extra- cellular fluid (ECF) compresses the blood vessels and reduces the amount of oxygen and nutrients delivered to the cell.



3 outcomes of low oxygen:

According to
1932 Nobel Prize Winner
Dr. Otto Warburg.

1. Fatigue or Atrophy

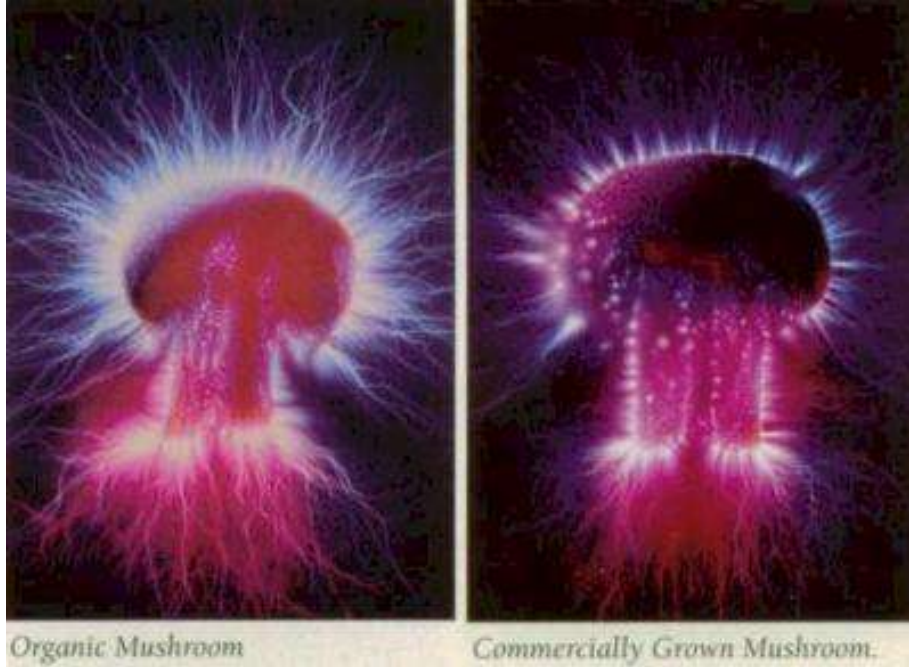


2. Death of tissue or organism



**Toxic
ECF**

3. Mutation (Cancer)



The food's life force is greatly depleted or destroyed when it is cooked. The bioelectrical energy field is altered and greatly depleted, as is graphically [demonstrated with kirlian photography](#). Live and bioactive raw food is severely diminished.

Body's Reaction To Cooked Food

- Kouchakoff, Paul, M.D.; "The Influence of Cooking Food on the Blood Formula of Man"; First International Congress of Microbiology; Paris, 1930.
- It was found that after a person eats cooked food, his/her blood responds immediately by increasing the number of white blood cells. This is a well-known phenomena called "digestive leukocytosis"

“Pathological Leukocytosis”,

In 1930, Swiss researchers of the institute of Chemical Chemistry studied the influence of food on human blood and made a remarkable discovery. They found that eating unaltered, raw food or food heated at low temperatures did not cause a reaction in the blood. In addition, **if a food had been heated beyond a certain temperature (unique to each food), or if the food was processed (refined, added chemicals, etc.), this always caused a rise in the number of white cells in the blood.**

The Worst Offenders

- The worst offenders of all, whether heated or not, **were processed foods that had been refined** (such as white flour or white rice), or **homogenized** (a process in which the fat in milk is subjected to artificial suspension), or **pasteurized** (also seen in milk, flash-heated to high temperatures to kill bacteria), or **preserved with chemicals** added to food to retard spoilage or to enhance taste or texture).

Plant ENZYMES!!!!

- All of the enzymes present in raw foods are destroyed at temperatures as low as 118 degrees Fahrenheit.
- These enzymes, named "food enzymes" are important for optimum digestion. They naturally aid in digestion and become active as soon as eating commences.
- Cooking destroys 100% of these enzymes.

PLANT ENZYMES!

- The digestion of cooked food uses valuable metabolic enzymes in order to help digest your food.
- Digestion of cooked food is much more energetically demanding than the digestion of raw food.
- In general, raw food is so much more easily digested that it passes through the digestive tract in a half to a third of the time it takes for cooked food.

LESS HUNGER!!!!

- Cooked foods cause malnutrition at the cellular level. Because cooked foods are lower in nutrients individual cells don't receive enough of the nutrients they need.
- Cooked foods cause a tendency towards obesity through overeating. **Because the cells don't get enough nutrients they are so to speak "always hungry" and hence "demand" more food.**

WHAT'S NEXT???

- www.Meetup.com/louisville-area-raw - Potlucks every THIRD TUESDAY of the month
- www.GetToYourCore.com – Dr. Hoffman's blog
- www.CoreWellnessInstitute.com – online coaching course focused on reversing pain and posture of unhealthy aging
- www.Youtube.com/posturedoc TONS (79 to date) of FREE educational videos
- Referral Rate Evaluation With Dr. Hoffman