

Enemies of Nutrition



WATER – (even a little)
dissolves vitamins
and minerals

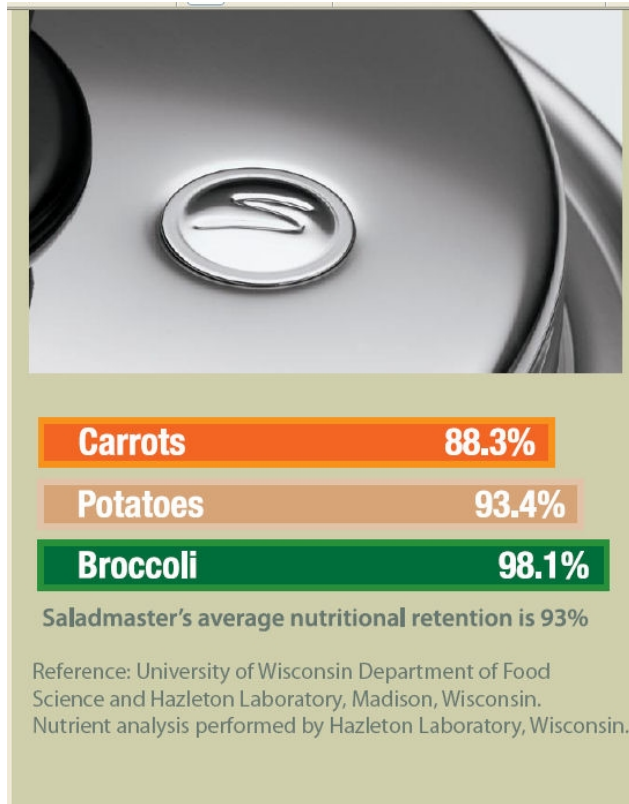
EVAPORATION – flavor
and
nutrients are lost in the steam
and down the drain



HIGH HEAT – temperatures
above 200°F: i.e. boiling /
steaming / microwaving all
destroy nutrition

OXIDATION – light and
air destroys vitamins





Saladmaster retains up to of 98% of the foods Nutrients

Much research has been done on how to get the most nutrition from the foods we eat.

“The U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University indicates that maximizing the **nutritional quality of your diet may slow down age-related problems** that are otherwise thought of as inevitable.” As far back as 1982, the New York Times recognized this, and said, “The three R's for nutrient preservation are to reduce the amount of water used in cooking, reduce the cooking time and reduce the surface area of the food that is exposed.” Saladmaster cooking does all three!

Saladmaster cookware design allows vegetables to be cooked without water. Vegetables simply tenderize in their own natural moisture and natural juices. This in turn **locks in** up to 98% of the minerals and vitamins, instead of losing up to 42% of the food's vitamins and minerals by normal boiling. Boiling dissolves water soluble minerals and sterilizes your food - destroying the color and flavor. This is why you need to add butter and salt to make your food taste good.

Our sealing effect occurs at a lower temperature. 180-187 degrees F. versus boiling (212°F), steaming (232°F) temperatures all other waterless cooking companies.

The World's Healthiest Foods has long recommended quickly steaming or healthy sautéing as the best ways to cook vegetables to retain their nutrients. Several recent studies have confirmed this advice. The way you cook can dramatically impact the amount of nutrients your vegetables deliver. For more information on healthy cookware go to:

<http://www.phmiracleliving.com/saladmaster.htm>

[More about Saladmaster Health and Nutrition: http://saladmaster2.0video.info](http://saladmaster2.0video.info)

Broccoli Study

A study published in the Journal of the Science of Food and Agriculture investigated the effects of various methods of cooking broccoli. Of all the methods of preparation, steaming caused the least loss of nutrients.

Microwaving broccoli resulted in a loss of 97%, 74% and 87% of its three major antioxidant compounds- flavonoids, sinapics and caffeoyl-quinicderivatives.

Study co-author, Dr. Cristina Garcia-Viguera, noted that 'Most of the bioactive compounds are water-soluble; during heating, they leach in a high percentage into the cooking water. Because of this, it is recommended to cook vegetables in the minimum amount of water in order to retain their nutritional benefits.' A second study, published in the same issue of the Journal of the Science of Food and Agriculture, provides similar evidence. In this study, Finnish researchers found that blanching vegetables prior to freezing caused losses of up to a third of their antioxidant content. Although slight further losses occurred during frozen storage, most bioactive compounds including antioxidants remained stable. The bottom line: how you prepare and cook your food may have a major impact on its nutrient-richness. For more information of how to cook food without losing its electrical potential go to:

<http://www.phmiracleliving.com/saladmaster.htm>

A third study, published in the British Medical Journal, checked to see how much of the B vitamin, folate, was retained after broccoli, spinach or potatoes were boiled or steamed.

Boiling for typical time periods caused a loss of 56% of the folate in broccoli, and 51% of the folate in spinach, while boiling potatoes caused only minimal folate loss.

Cook Food Below 190 degrees

Most researchers indicate at least a 50% loss of vitamin B in cooked foods. Some losses, such as thiamine, can be as high as 96% if food is boiled for a prolonged time. Biotin losses can be up to 72%, folic acid up to 97%, Inositol up to 95%, vitamin C up to 70 to 80%. Cooked proteins have only 50% bio-availability compared to uncooked proteins. As other food-quality factors decrease with time, foods also lose nutrients during storage and shipping. Exposure to light and heat breaks up the sensitive vitamin molecules; they are destroyed and cannot be regenerated. The anti-oxidant vitamins, especially vitamins E and C, are destroyed by oxygen in the air. Some nutrients are volatile and evaporate during normal drying.

The calculated intake of vitamins based on standard nutritional tables is inaccurate. Nutritionists normally take the values for raw foods and reduce them by 25%. This is not a true representation of the nutrient loss. Dr. Paul Kouchakoff of the Institute of Clinical Chemistry studied the influence of cooked food on our blood. Human bodies are very sensitive to harmful influences and react against them immediately. This is easily demonstrated by the analysis of blood during an infection, following trauma, and with exposure to noxious chemicals. The blood's response to these challenges to the *homeostasis*, or natural balance of the body, is to increase the number of *leucocytes* (white blood cells), to fight the invader. This phenomenon in relation to food had been known before the landmark work of Dr. Kouchakoff: the ingestion of food would cause a rise in the number of leucocytes in the blood. It was called *digestive leucocytosis* and was considered to be a normal physiological response to eating. But Dr. Kouchakoff went beyond the simple observation of the digestive leucocytosis and made a remarkable discovery. He found that unaltered food (i.e., not been overheated or refined in any way) caused no reaction from the blood.

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Excessive Heat Causes Digestive Leucocytosis

But food that had been heated beyond a certain temperature (unique to each food), or food that was processed, always caused a rise in the number of white cells. He called this not a *digestive leukocytosis*, but a *pathological leukocytosis*, a reaction to a foreign invader. Kouchakoff tested a great variety of foodstuffs including water, salt, vegetables, cereals, nuts, honey, raw eggs, raw milk, raw fish, raw meat, butter, sour milk, etc. None of these, if fresh, unrefined, and not overheated, caused any reaction, but were seen as friendly foods not to be fought. These same natural foods, altered only by heating, caused a rise in the white blood count (leucocytosis), an expected reaction when dangerous foreign invaders invade the body. But the worst offenders, heated or not, were the processed foods--those foods that had been extracted, purified, stabilized, enriched, homogenized, sterilized, or otherwise changed from their natural state. These not only caused a *reactive leukocytosis*, but they elicited a change in the numerical relationship of the various types of white blood cells, a mobilization of the killer cells to fight a dangerous enemy! This included pasteurized milk, chocolate, margarine, candy, white flour, various concentrates, and any other processed food extant at the time, which was minuscule compared to what we eat today. Dr. Kouchakoff found that one way to at least soften the blow to the system of eating altered foods was to chew them thoroughly.

Each food has a critical temperature above which the food is no longer seen by the body as friendly. Some of the findings are highly significant, as they help to answer questions that have bemused us for years. Does boiling water (distillation), for instance, decrease its nutrient value? If Kouchakoff's findings have significance in relation to our health, then our methods of preparing and cooking food are clearly detrimental. The critical temperature for water is only 191° F, far below the 212° F used to distill water. The critical temperature for milk is also 191° F, but in the sterilization process now used to make packaged milk as free from deterioration as steel ingots, the milk is flash sterilized to a temperature of 281° F! That's almost 100 degrees over the temperature where the destruction of nutrients begins.

Protein

Six of the eighteen essential amino acids (*Phenylalanine, Lysine, Threonine, Histidine, Tryptophane, Methionine*) are *heat labile* meaning that when a certain amount of heat is applied (as in cooking), these particular amino acids are first *denatured* (unraveled) and then *coagulated* to an insoluble state in which they cannot be utilized by the body in the formation of polypeptide chains needed for cellular repair or replacement.

Even the denaturation involves structural changes in the protein molecule, which results in a loss of *species specificity*. The denaturation alters viscosity, surface tension and replicative utilization of biologically active proteins, which includes hemoglobins, myoglobins and enzymes as well. Digestive enzymes attack denatured proteins much differently than undenatured proteins and coagulation renders the protein irreversibly insoluble. So a source of raw protein with all the natural amino acids is helpful...properly balanced and readily available to the cells.

Cooking protein foods destroys four-fifths of the protein value. Heat, acids, trypsin and hydrolysis all cleave polypeptide chains, which make up enzymes--the functional units of cellular metabolism. As a result, some of the amino acids are denatured or lose their characteristic folding and the important catalytic activity is lost. So cooking of protein foods, prior to ingestion, can denature or unfold some of the amino acids required for cellular enzyme biosynthesis. A deficit of Iron, Copper, Zinc, Magnesium, Manganese, Potassium, Nickel, Molybdenum or Selenium, impairs enzymatic production and or function. Another remarkable finding was that if a cooked foodstuff is eaten along with the same food in the raw state, there is no pathological reaction. The raw food will neutralize the detrimental effects of the altered food.

Cooking Below 190 Protects You from Digestive Leucocytosis

If you cook foods at a temperature of **190°F or less**, you will not elicit the digestive pathos's reaction in the blood. Saladmaster cooking system insures that food will cook below 190f. with the vapo- valve technology. When foods are cooked, the energy fields are not able to resonate immediately with the body, so the body responds defensively until it can reorganize the energetic fields of the cooked food into patterns it can resonate with and absorb.

If a food is commercially processed and then cooked, not only does the white blood cell number increase, but there is a change in the ratio of the different white blood cell types to each other. He found that the critical temperature for initiating leukocytosis was when food was heated at around 191° F. Interestingly, the leukocytosis needed as little as 50 milligrams of cooked food to be initiated.

What Happens to Food when you Heat it?

"Dr. Paul Kouchakoff of the Institute of Clinical Chemistry studied the influence of cooked food on our blood. While the blood response to cooked food doesn't prove that cooking food is detrimental to your health, if the blood reacts in the same way that it would to noxious elements, it is an indirect indication of this. The human body, and that of all living things, is very sensitive to harmful influences and reacts against them immediately. This is easily demonstrated by the analysis of blood during an infection, following trauma, and with exposure to noxious chemicals.

"The blood's response to these challenges to the "homeostasis," or natural balance of the body, is to increase the number of leucocytes, white blood corpuscles, to fight the invader. Before the landmark work of Dr. Kouchakoff, it was known that the ingestion of food would cause a rise in the number of leucocytes in the blood. It was called digestive leucocytosis and was considered to be a normal physiological response to eating. "But Dr. Kouchakoff went beyond the simple observation of the digestive leucocytosis and made a remarkable discovery: he found that unaltered food (i.e., food that had not been overheated or refined in any way) caused no reaction in the blood. But food that had been heated beyond a certain temperature (unique to each food), or food that was processed, always caused a rise in the number of white cells. He called this not a digestive leucocytosis, but a pathological leucocytosis - a reaction to a foreign invader.

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"These same natural foods, altered only by heating, caused rise in the white blood count (leucocytosis), a reaction that is expected when the body is invaded by a dangerous foreign invader."

So science itself has the proof that cooking alters food at the molecular level to turn it into a poison. The body reacts to cooked food the same way it would react to a dangerous substance. Such experiments might reinforce our belief that raw-plant food is the only diet fit for humans, but don't you think that simple common sense is enough? We obviously cook food in order to alter it, so either the process improves the food, or degrades it. And I think simple logic shows us which option is the right one.