

Triangle Raw Food and Super Food Resources

The idea here is to let food be your medicine, so to speak. Isn't that what Hippocrates said over 2,000 years ago?

Raw, organic foods grown/raised by caring, passionate, consciously motivated individuals (rather than huge conglomerates) are superior to anything bottled, canned, powdered, or put into pill form. The extra life force alone is enough of a reason to switch. There is nothing that comes close to fresh, high-quality raw foods. You can go with solely vegetarian sources, or focus on animal sources, or a combination of both. I prefer not to exclude anything.

The Divine does not set any limits, so why should we? If you are open to listening to the body's wisdom, it will guide you. Enjoy it! But don't make food into a religion. Your diet should not be another dogmatic belief system.

Be flexible and open. I still love pizza, hamburgers, boiled crawfish, and my mom's gumbo, and I don't plan on giving those up! -- Tim Armantrout, BA, LMT

[Triangle Raw Food Co-Op](#) - Contact Katy Williams, (919) 387-9932 NCHFCC@gmail.com.

Amish raw/organic meat, milk, cheese, butter, fermented vegetables from Pennsylvania.

Delivery fees have been running between \$12 and \$18 per order, prorated by order size.

All of the information about joining and ordering can be found here:

<http://katywms.googlepages.com/>.

[Raw Milk & Cream from South Carolina](#) - \$6 per gallon plus small delivery fee. Email

katey.crist@gmail.com for more information. It is legal in SC to sell raw milk. NC has not caught on yet, but there's always hope...

[The BEST raw, unfiltered, unheated Honey and Bee Pollen](#) - 5 lbs wildflower or orange

blossom honey (\$15), 1 lb bee pollen - keep in freezer (\$12), 1 ounce royal jelly - keep in fridge (\$8). Email beekeeper Gary Stockin at: garystockin@verizon.net in Pennsylvania.

[Raw nuts, seeds, cacao powder & nibs \(raw chocolate\), agave syrup, Maca, goji berries, etc](#)

Maca is a power superfood from Peru. Goji berries are "happy food" from China/Tibet.

Agave Syrup is a low-glycemic nutritional sweetener made from the agave cactus (where

tequila comes from). Raw cacao ("ka-cow") is mind-body-spirit food from whole, unroasted cacao beans. Try the raw cacao butter for a chocolaty skin softener - smells incredible. See

www.NaturalZing.com and www.SunFood.com.

Note: A Raleigh guy, Walker Traylor, is a rep for both of the above sites, as well as others.

He is a great resource for super foods and super smoothie ideas. Try his real vanilla beans

or super energy cacao. Plus, you can possibly save on shipping charges. Email him at:

alive@livingwisdomfoods.com. He is a wealth of raw food info. He also does super-smoothie demos and lectures for groups/parties.

[Dulse & Kelp Seaweed from Maine](#) - www.SeaVeg.com. Vitality from the ocean. Excellent

source of trace minerals. The regular whole and applewood smoked dulse are excellent. Eat

dulse right out the bag. All seaweeds are high in natural iodine, but kelp even more so. It is

a bit grainy, but you can eat it off a spoon or mix in soups. A seaweed nutritional comparison chart is on the site.

[Raw, green papaya powder](#) - www.LiveSuperFoods.com Green papaya is excellent for digestion on all levels. This site has the best price I have found so far. Mix a teaspoon or more in a little water before a meal or anytime. Enzymes are key to good health. From LSF website: *Evidence suggests that raising one's digestive enzyme levels can strengthen the immune system. Papaya enzymes also have the ability to penetrate the tissues and help dissolve injured and hardened tissues, and thus may help alleviate hardening of the arteries. Papaya powder can be taken with meals to enhance the digestion, or between meals to maximize enzymatic action outside of the digestive system.*

[Kombucha](#) - see www.happyherbalist.com/ for detailed info. We have extra cultures sometimes available (email blissfulsunny@gmail.com). We use the Continuous Fermentation Method as listed on the HH website. We purchased a 2.5 gallon ceramic container with spigot from Harmony Farms on Creedmoor or you can use a smaller 3 qt. sun tea jar from WalMart. From the HH site: *According to **T**raditional **C**hinese **M**edicine, Kombucha tea was referred to as the Tea of Immortality and the elixir of life. (Qing Dynasty, China 250 BC) Kombucha balances the Middle Qi (Spleen and Stomach). By aiding the stomach to better digest food and by assisting the spleen to deliver more nutrition, the body heals itself. Kombucha helps to break stagnation, reduces damp and phlegm and expels toxins from the body. Hence the Chinese reference to kombucha tea as the **Immortal Health Elixir**.*

[Kefir](#) - is somewhat analogous to a liquid type yogurt, only better. The grains (culture) look like cottage cheese. We sometimes have extra kefir grains or you can find them on Ebay and many other places. *"Real kefir (not store bought) made from live grains are a virtual factory of nutrients that actually take up residence and promote health and longevity. Even the grains are edible and there is some belief of health achieved from eating the grains as well."* See the Happy Herbalist website for more information or do a search.

[Wheatgrass and Green Foods/Vegetable Juices](#) - grow your own or juice store bought fresh, organic vegetables. If not, the next best thing may be to try any of the many excellent green food powders available. When it comes to powders, be choosy - all are not created equal. Talk to Harmony Farms or Walker Traylor for ideas. Harmony Farms has frozen wheatgrass juice cubes, which have more vitality than powdered.

[Sprouted Seeds](#) - Go to www.WheatgrassKits.com and get anything you need for sprouting. All kinds of seed blends are available. Make your own sprouted breads. Use the **Easy Sprouter** to do the sprouting. It is so easy to do. My secret is to add $\frac{1}{2}$ teaspoon of liquid kelp extract to the soaking liquid. The added nutrients from kelp make the sprouts really come alive. The left over soaking liquid is great for watering plants.

[Fermented Foods](#) - Naturally fermented vegetables like cabbage and cucumbers provide probiotics as well as a multitude of healing compounds. There are some products commercially available like Bubbies Saurkraut that are raw & unheated, but it is way more fun and interesting to make your own. Just about anything can be fermented this way. See www.WildFermentation.com for ideas and how-tos.

[Magnesium](#) - Okay, so this is not a whole food. But is it worth mentioning, since most of us are so magnesium depleted. We are bombarded with calcium fortified foods, when it may be a magnesium deficiency that is the problem. Lack of magnesium can create kidney stones and hardening of the arteries, among other things. Many foods like avocados are high in magnesium, but in a case of depletion, foods may initially not be enough. Magnesium Oil is a concentrated solution of magnesium that can be applied to the skin or added to a bath. See www.life-enthusiast.com for more information. Standard medical tests for magnesium levels are not accurate. To test for magnesium levels, Dr. Norman Shealy advocates a test called Intracellular Spectroscopy: *The lab is: Intracellular Diagnostics, 553 Pilgrim Drive, Suite B, Commerce Park, Foster City, CA 94404, 800-874-4804.*

Local Raleigh, NC Suppliers:

Harmony Farms on Creedmoor has many things Whole Foods does not and is full of happy, knowledgeable people. See <http://www.harmony-farms.net/> (919) 782-0064.

Whole Foods has a nice selection.

Earp's Seafood - fresh, not frozen, sushi grade Tuna steaks (\$10/lb) and many others - 1414 S Saunders St. (919) 833-3158. For greatest benefit, fish should not be frozen.

Grand Asia Chinese Market on Buck Jones Road near Crossroads Plaza. 919-468-2988 - it is a whole cultural experience. Want to see what Taiwan is like? Stop by and see. The Prince of Peace brand of Goji berries in particular are great quality and priced low. Also try the whole green (young) coconuts. If you like radishes, pick-up a daikon root - spicy. Fresh (cooked) authentic Chinese food available, like roasted duck. Worth a trip.

NC Farmer's Market on Lake Wheeler Rd - not the place for really raw/organic, but you can get hormone free beef and chicken. Most food is processed with pesticides, but it's not all bad. Have to be picky and talk to the sellers. NC sourwood honey (has a maple flavor) sold here tastes good, but it may not be raw/unheated.

Raw Foods Books: (This is only a few - there are so many...)

[We Want To Live](#) and [The Recipe for Living Without Disease](#) by Aajonus Vonderplanitz. See www.PrimalDiet.com

[Naked Chocolate: The Astonishing Truth about the World's Greatest Food](#) by David Wolfe - David's website is www.SunFood.com.

[The Hibernation Diet](#) - why honey is so good for you. Lose weight, better workouts, sleep better with raw honey. Try 1-3 tsps just before bed. See www.HibernationDiet.com

The Wheat Grass Book by Ann Wigmore. She made wheat grass what it is today.
Power Juices, Super Drinks by Steve "the sproutman" Meyerowitz. Great recipes for veggie drinks. See www.Sproutman.com.

The Magnesium Miracle by Carolyn Dean, MD, ND. Everything you would want to know about magnesium. See www.drCarolynDean.com/.

Informational Websites:

www.Mercola.com - Dr. Mercola's website. Do a search for articles on raw milk (or anything else for that matter). Lots of useful info about why raw is better for you. This site is a bit top-heavy and highly commercial, but still useful. About Mercola: *I am an osteopathic physician, also known as a DO. DOs are complete physicians who, along with MDs, are licensed to prescribe medication and perform surgery in all 50 states. But DOs bring something extra to the practice of medicine. Osteopathic physicians practice a "whole person" approach to medicine, treating the entire person rather than just the symptoms. With a focus on preventive health care, DOs help patients develop attitudes and lifestyles that don't just fight illness, but help prevent it, too.*

www.WestonPrice.org - The website for information on natural and unprocessed foods. Interesting background on the legal issues surrounding unprocessed food. From the website: *The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.*

Raw Food Smoothie Recipe Ideas:

Anything can go into a smoothie. Over the years, I have included raw eggs, raw liver, raw milk, bee pollen, baby greens salad mix, whole parsley, whole cilantro, frozen berries, maca, fo-ti powder (Chinese herb), goji berries, whole vanilla bean, cacao powder, dulse powder/flakes, wheat grass juice, veggie powders, etc. The list goes on... When you get a vital energy buzz/rush, you know you have a good combination. You can't get these at Smoothie King.

Try this one next time (not totally raw, but close - blend till smooth):

Handfull of fresh/frozen blueberries (from Trader Joe's)

Handfull of fresh/frozen mango (from Trader Joe's)

$\frac{1}{2}$ -1 organic banana

1-2 cups raw cow/goat milk or coconut milk (from Trader Joe's)

2-3 tablespoons raw organic cacao powder

Handful of salad greens/greens of choice

Sweetner to taste: organic maple syrup/agave syrup/raw honey/yacon syrup