WHAT IS THE MAIN CAUSE OF DISEASE?
Human beings have been continuously looking for cures and answers for many ailments that have been forthcoming almost daily. Yes, there are many things to blame for the cause: cooked food, additives, pollution, and drugs, which all contribute to major toxins in the body. The two root causes of disease are deficiency and toxemia.

The main problem humanity is dealing with is the lack of balanced elements in food, which cause deficiencies. Every person is different and requires individual care regarding nourishment needs. What is the most prevalent cause in contributing to a toxic body? It is constipation. The colon, our largest eliminative organ, is very important in keeping the body free of toxic build-up. When it is not working properly due to deficiencies and build-up of excessive waste from a faulty diet, constipation results.

Remember, these cells need easy-to-digest nourishment, organically grown in rich, life-giving and balanced earth.

WHY ARE SO MANY AFFECTED WITH ALLERGIES?
Allergies are digestive problems. Dr. Doris Rapp, the allergy expert in Buffalo, New York, found that children she worked with had developed depression, headaches, bedwetting, coma-like sleep and even arthritic pain in the joints. When Dr. Rapp suggested that their mothers eliminate foods such as meat, milk, eggs, chocolate, sugar, salt, and foods containing additives, the problems disappeared. These kinds of foods cannot be digested, due to the lack of enzymes. The cells that need enzymes for action also need nourishment in its natural state as the body is not able to assimilate or eliminate unnatural food. The body, as a result of a denatured diet, begins to degenerate, upsetting the immune system.

THE VALUE OF SPROUTS
Sprouts are far superior to any other food because their nutritional value is increased from 100 to 300 percent. They are easy to grow at home for pennies per serving, and yet they contain incredibly high levels of all vitamins, minerals, proteins and enzymes. Unlike cooked foods, they provide quick energy by converting their own proteins, fats, and starches into amino-acids, fatty acids, and simple sugars that are easily digested, even with a weak digestive system, when eaten. The chlorophyll content also cleanses the blood and rejuvenates new cells for a more youthful body.

The magical component of sprouts that enables them to digest themselves when eaten is their natural abundance of enzymes. Enzymes are Nature's basic building blocks of life. They are the basic cause for every process of life. One molecule of the enzyme called "catalase", found in the blood, will split five million molecules of hydrogen peroxide into molecules of water and oxygen in a mere 60 seconds. Some intestinal enzymes can break up a million times their weight in sugar and fat. Sprouts are vitally growing, living organisms when we eat them, and this is precisely why they are filled with vital enzymes. When blended or chewed and mixed with the gastric juices of the stomach, these enzymes naturally digest the nutritional elements of the sprout, hence the term, easy-to-digest nourishment.

WHY SHOULD WE FERMENT FOODS?
Fermentation is an important key to health and youth, for it is an easy-to-digest way to nourish with enzymes. Fermentation is the decomposition of organic substances, produced by the action of microscopic living organisms. During the process of fermentation, complex proteins, starches, and fats in foods are broken down into simple compounds. These are called predigested or partially digested foods, which are easily assimilated by the body with a minimum of digestion effort. The effort usually expended for the digestion of food can be used for other needs, resulting in a more alert mind and more physical energy.

Fermented foods are utilized in the Living Food Program. The most popular fermented foods are Rejuvelac, Vegetable Kraut, and fermented seed dishes, which provide protein of great value. These foods are included in the program for three reasons: They are rich in enzymes, predigested protein, and in lactic acid. Enzyme foods are easier to digest even when not chewed well. The enzymes provide for balanced digestion and hence nutrition, needed for a balanced and healthy body and mind.