

We welcome your journey with living foods.

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I will start mine. Reading the RAW Family was a wonderful inspiring simple book. Also, promptings on my mission to learn to listen to my body were a key part of this change in food and diet.

I am not a health professional. I am a lay person who has learned some invaluable lessons from inspired teachers and from the spirit. Lessons regarding the divinely inspired Word of Wisdom, and many other scriptures that refer to food and our bodies.

What are living Foods?

I believe the language of Joseph Smith's time referred to them as foods in the season thereof. Meaning fresh.

Plant based foods that have not been processed over 115 F still have vital enzymes within them. Keys that unlock the energy of food into the colon. The colon is smart and knows how much it needs of various foods, and has the ability in most cases to dump what is not needed out. Not the case with more processed foods, or prescriptions.

There is a wonderful development on living foods found on this website which range from making chocolate cake without heating over 115 F, to soups, imitation meats, and crackers and breads that are living foods.

Why aren't more people eating these foods?

These foods are very cleansing to the colon and emotionally to the body. Many people experience some depressing feelings when they fast or eat mostly plant based foods at first. This is the body cleansing and dumping both toxins and emotional history we might say. Issues may come up and you may become aware of more emotional pains or history that you were unaware of before.

Learning to learn from this cleansing experience with the centers of the body and your personal and family history coming up, is key to the ability to transition.

Letting the spirit guide this process can be key to all healing and health. I found desires change and new desires grow. I have found issues come up that I was not aware of early in life and that I needed to learn lessons about.

I have also found I returned to energy levels I felt in my late twenties or thirties.

The increase in spiritual awareness grew significantly with these foods. Revelation from within and from others increase. On my mission we were of the top baptizing missionaries finding people were attracted to us more and more.

Once set up in a living food kitchen (herbs are living foods in most cases) meals can be prepared simply and quickly when needed and other times I take days to sprout or dehydrate and make meals that interest me.

This journey can lead to issues coming up in our own life and then our generational issues. I have learned to listen to what my family wants more carefully. What living foods and herbs, and when I am stuck, find new creative ways and seek for foods for particular needs.