

## HEALTHY CELL CONCEPT II - Cell Food

BY Dr. Rowen S. Pfeifer

Next, let's discuss Cell Food. Here are some questions we will address that may help us understand some critical principles for building health. What types of food nourish your cells and what foods clog up your cells and cost your body energy to clean up the mess? How can you beat disease? Why is juicing so important?



### **Raw Food is Cell Food**

To start with, I'd like to define what "cell food" is in its simplest form. *Cell food is Raw Food!* This is the food that nature provides in as close to its' natural state as possible. Essentially this is raw fruits, raw vegetables, raw nuts and seeds. A program of 85% raw and 15% cooked foods is a good balance for best results. Lightly steamed vegetables, beans and legumes, soups and broths, etc. make up the cooked portion of this program. Let's look at an example of the tremendous difference between raw food and cooked or processed food.

Imagine you have two carrots, complete with the green tops, just like they come from the garden. Take one carrot and cut the green top off. Then cut the top 3" off the carrot and put it in a glass of water on the windowsill. What will happen to the carrot? If you said it would begin to sprout and grow new life you are correct. Congratulations!

Now, what would happen if you just changed one thing in the process? Instead of putting the carrot in the water in its' raw state, you do one of the following: steam it, boil it, bake it, fry it, microwave it or broil it. Now place it in the glass of water in the window. What would happen in this case? Yes, it would sit there and rot! How do we explain these two very different outcomes?

In the first case the carrot was raw, and all the life factors were present (vitamins, minerals, enzymes, amino acids/proteins, fatty acids, phytonutrients, etc.) so it was able to generate new life because it was alive. In the second case there was no life left once it was cooked in any one of the above ways. You killed it!

One of the most important things that was destroyed was the enzymes. Without enzymes nothing happens. Enzymes are the life of the food. Enzymes begin to be destroyed at a temperature of 106 degrees and are destroyed (inactivated) at a temperature of 118 to 122 degrees (depending on the source). These enzymes will no longer promote life-giving functions when taken into the body. How difficult would it be to build vital, vibrant, healthy cells from dead and devitalized (cooked) foods? Impossible! Try to build a million-dollar mansion from junk yard scraps and see what you get. You can't build a million-dollar body with "dead" food scraps either. When you eat mostly cooked, processed and junk foods your body cannot perform its' life sustaining functions and they add to the body's toxic burden. This leaves you with a weakened immune system and in a more debilitated state, therefore, more susceptible to disease. To use an analogy to an automobile – initially you may just have some "pinging and knocking" (frequent colds or flu, tiredness, foggy thinking, etc.), later you may "blow the engine" or have transmission problems (develop cancer, heart disease, diabetes, high blood pressure, high cholesterol, etc.). The fuel used makes a huge

difference. You wouldn't pour cups of sugar into the gas tank of your car, would you? What would happen? You would do damage to the engine; it would cease to operate efficiently. We need to understand that dumping sugar down our throats damages many functions and processes in our body.



### **We are Fearfully and Wonderfully Made**

The human body is a living organism made up of 100 trillion cells that are constantly in the process of dying off and being replaced with new cells. These living cells require proper fuels and building materials in order to function optimally and reproduce themselves accurately. Even slight alterations of the natural fuels and raw materials, which your cells need to be nourished, can lead to disease, and eventually, premature death. Fresh vegetable juices are one of the keys to improving your health if your body has already experienced some degree of breakdown. These juices are almost like injecting high quality nutrition directly into your blood stream without the energy cost of the digestive process. It takes a lot of energy to digest a meal. Even if you have an extremely healthy digestive tract, you may still only get up to 35% of the nutrients from that food into your blood stream. Most people in this country have very compromised digestive tracts as witnessed by the massive amounts of digestive aids sold (Tums, Rolaids, Tagamet, Pepcid AC and others are the top selling group of drugs in the U.S.). These people may only absorb from 1% to 5% of the nutrients from the foods they eat. Contrast this to the 92% nutrient absorption when drinking fresh vegetable juices without the high energy cost of the digestive process! Drinking freshly extracted vegetable juice is truly why many chronic degenerative diseases can be, and have been, reversed. I personally experienced this healing process. I recommend either the Champion or the Green Star juicers for the highest quality juices possible.

When we provide our bodies with the pure, nutrient dense, high quality, toxin-free foods and fluids it needs, its energy and vitality can then be focused on detoxification, healing and re-balancing your physiology and biochemistry so true healing can take place. I know it sounds quite amazing, but when conditions for healing are created, your miraculous self-healing body can prevent, and even reverse, almost any disease process. This has been proven thousands of times with everything from cancer to diabetes, from arthritis to heart disease, from fibromyalgia to allergies.

### **My personal health challenge**

I am, in fact, a case in point. My diet was horrible for the first 25 years of my life. I ate virtually no fruits or vegetables and, as a result, I was chronically constipated. Every trip to the bathroom was a 30-to-45-minute ordeal, many times with little to no results. In my late 20's I began seeing blood in my stool. This went on for years and continued to worsen. The stress of returning to school (working full time while taking a full time pre-medical and Chiropractic curriculum) after being out of high school over 13 years, and then working to build a new practice after graduation from Chiropractic College, not only increased the bleeding, but I also began to see a lot of mucus in my stool as well. The chronic constipation eventually turned into explosive diarrhea. I sat at

home unable to do anything until I was so bad off my wife finally took me to the emergency room. I spent a total of seven days in the hospital with fluids and electrolytes being replaced via an intravenous line. I had been so out of it I didn't realize how bad off I was. I was at death's door. I wouldn't have lasted long without getting to the hospital.

They did a colonoscopy and a biopsy. They then diagnosed me with Ulcerative Colitis (bleeding ulcers in the colon/large intestine). Medically speaking, this is an incurable disease for which a lifetime sentence of taking prescription drugs is the only answer. Since I was so far gone by the time I was diagnosed, I felt forced to take the medications to save my life. They prescribed Prednisone, a drug with a long list of side effects, to get the inflammation under control. Then I was put on maintenance drugs like Azulfadine, Dipentum, and Asacol. The problems would always return when I went on these maintenance drugs. Finally, after a year of going the medical route, I chose to get serious about making the dietary and lifestyle changes I'd been researching for the previous 15 years. The result was that the Ulcerative Colitis was gone in only two months! I had a couple of flare ups in the next few years when under greatly increased stresses of some kind, but I have been able to resolve these through dietary measures and managing my stress levels. It has now been over 34 years since I have been to a medical doctor for anything health related or taken any drugs, prescription or over the counter. To state this in another way, I have not even had an aspirin or a cold or flu formula in the last 34 years! At this writing I have completed my 71<sup>st</sup> year. The incurable disease was cured by just changing my diet, the type of fuel I gave my body to operate on!

Some will think that this is ridiculous. It can't be that easy. With all the "best minds" in medicine and research telling us that all these hundreds of diseases are incurable and that only their medicines and surgeries can help us and there is nothing else that we could do without their help. In fact, we are told that we are fools if we choose any approach other than theirs. We are told with arrogant certainty (I call this arrogant ignorance) that the very things that will do the most to help us heal or prevent disease will not have any effect on us at all.

### **The Truth is usually too simple to accept**

My goal is to help as many people as possible learn that, not only are there other options available, but these options are far more effective, will help more problems and have little to no side effects. In fact, the only "side effects" of these diet and lifestyle changes are additional and, many times unexpected, improvements in health. Why is this so hard to believe? Again, it seems too simple, especially to the medical mind. Food is too simple a concept for disease prevention and healing for those who rely so much on the "scientific" method. Truth, however, is always simple. Even the most complex processes can be boiled down to simple principles. The point is that there are some basic laws of biochemistry and physiology that work for us when we understand them and work with them, but that work against us when we don't. For instance, gravity is a great force for keeping our homes, our cars, even ourselves on planet earth. This same gravity can work against us if we step off the top of a 50-foot-tall building. Gravity works whether you believe in it or not, just like the laws that govern the functioning of our body.

The wellness community works WITH the healing powers of the body, whereas medical treatments, while many times quite heroic in life and death situations, tend to work against the

body's own healing powers. All medicines have "side effects" and none have any healing or repair properties. No drug has any nutritive value. No drug was ever intended by our Creator to have any place in the body of a human being. Albert Einstein was quoted as stating, "You can't solve a problem with the same level of thinking that created it in the first place". This means we need to understand how we may have contributed to our health problems. Once we take ownership of this fact, we are empowered to change. If we are willing to learn and implement the principles of health, then our body has a good chance of healing and overcoming dis-ease.

### **Our System is Broken**



On a broader scale, a new paradigm is needed to understand why we have some of the worst health statistics in a country where we spend more on medical care than any other country, we have the best trained medical personnel and the best in medical technology. Does this make sense to you? It doesn't to me either. Our medical system isn't working when it comes to health and chronic degenerative diseases. I do understand that

there are times when life-saving drugs must be used. But making a lifestyle out of taking drugs is where I see a problem. Why not rather, after the life has been saved, use that as a wakeup call to make sweeping changes on how we manage our diet and lifestyle.

### **Take Charge of Your Health**

So, what can we do? We can learn to take responsibility for our own health. Get back to the basics of health principles; eat at least 85% raw (live) fruits and vegetables and some raw nuts and seeds, drink freshly extracted vegetable juices, clean water and breathe clean air, engage in regular and appropriate exercise, have a positive attitude, be spiritually connected, keep your home and work environments as free of toxic chemicals as possible, learn all you can, reinforce this new direction, get your spine and nerve system evaluated to be sure that your body is functioning at its peak and that your immune system is at its best, and finally, find a good health coach to help encourage you and guide you in your quest for abundant health. And remember, there are no real shortcuts. There are only detours that will lead you from your goal with false promises. Simply follow the basics of generating health and health will follow – you reap what you sow. Start sowing wisely.

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