Cooked Food or Raw Food for Dieting

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It is always difficult to decide which type of diet plan you should follow and therefore the majority of people end up confusing. There is a big hand of gurus as well in enhancing this type of confusion, because whenever you read any guruâ€™s book on diet, they always seem backing up their logical argument with solid science.

With experience you come to know that all these gurus were wrong most of the times if not totally. No doubt, some of them are providing very useful and authentic information in their books and articles but even then due to some reasons, this useful information does not seem to be working at all for many of us.

No matter, how many books you read about dieting, but still you will feel short of segregating truth from the falsehood. After failing in one diet plan, you move on to another diet plan and the things keep on going in that way without any considerable results.

However, there is good news especially for the people who have been victimized of the fake diet plans and generally for the people who want to improve their health.

After lots of research, it has been revealed that no diet plan is better than intake of raw foods, vegetables, fruits (fresh and dry), beans, nuts etc. You will feel betterment of your general health just in a single day if you replace 50% of your food with raw food.

There is another kind of diet known as the Zone Diet, in which you are required to eat 40% of carbohydrates, 30% of protein and 30% fat at every meal time. The writer of the Zone diet claims that stone aged humans used to take food in this way.

A little thinking will make it clear to you that early humans used to eat whatever they get. How can they have any sense of carbohydrates, fats and proteins? They were compelled to pass nomadic life without having any source of secured food supply. It is unimaginable that the early humans were eating food in the ratio of 40/30/30. Itâ€™s ridiculous.

On the other hand, cooked food cannot be considered as natural or useful for humans. You might have observed that animals never cook their food before eating and thatâ€™s why they are also not having the same kind of diseases that humans have. But you may be wondering that why our pets get the same diseases as we humans do.

It is just because of the fact that we also feed them cooked food.

Cooking of food may make it delicious, but in reality in destroying the nutrients necessary for the human growth and survival because it destroys minerals, vitamins, enzymes from the food and makes it a poison.

The cooked food increases the white blood cells in the body, which are very much required for the betterment of your health and survival as well.

People, who have made raw food as the part of their meal, have reported their arthritis has been recovered due to eating of raw food. It proves that age is not the factor behind Arthritis but the unnatural food is.

Remember, you can never lose weight or attain perfect health if you keep on eating cooked foods. Think about it, can you ever attain health or lose weight if you are taking poison with the cooked food?

The only answer for losing weight or acquiring better health is taking raw vegetables and fruits (dry and fresh) with some nuts and beans. They are the natural and healthy foods for every person to take without any fear of any kind.

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