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# COR LIVING

## Eating Your Way To Health

### Chemical Free ~ Organic ~ Raw

• **Chemical Free** means foods free of chemicals added by humans.

• **Organic** means produce and meats free from chemicals or drugs added by humans.

• **Raw** means foods eaten in their original or unaltered state, from the local farm to your table.

A hot meal ready in five minutes.

Fruits and vegetables that stay fresh for weeks.

Bread that doesn't mold.

Although convenient these foods have this in common: chemicals and processing. Processing foods to extend shelf life and improving its appearance translates into extended shelf life in our bodies. Our bodies are not able to metabolize much of the chemicals in the preservative laden foods we eat.

There is a move by large agricultural companies to expand the use of genetically altered seeds and feeds. The impact of *GMO* (genetically modified organisms) produce and grains may not be

known for generations to come. It makes sense to eat foods that have been developed naturally and avoid any potential risk. There is a big difference between selective breeding or grafting to enhance certain characteristics and modifying foods at a molecular level.

Meats and fish that we eat should be free from antibiotics and growth hormones. Those antibiotics and growth hormones injected into the animals invariably end up in our system.

What is missing in most people's diets these days is an abundance of fresh vegetables and fresh fruit. Increasing your intake of these fresh, raw foods have an immediate impact on your energy levels, fibre intake, sugar cravings, carbohydrate cravings, cholesterol levels, digestive functions, you name it. Eating too much fresh vegetables and fruit is like having too much money ~ it can never hurt. Worried about protein? Add some nuts.

### Food shopping: The 'COR' principle

**Chemical Free** Read all the ingredients on the label of the packaged foods. If you cannot pronounce the ingredient, if the ingredient is not a food that you recognize, or if it sounds like a chemical - don't buy it.

**Organic** Buy produce grown locally. Try to buy food that is organic. Organic does not have to mean more expensive. Do not buy produce that is *GMO* (genetically modified organisms).

**Raw** Buy most of your food in raw form - vegetables and fruits. Strive to make 80% of your shopping cart vegetables and fruits. It will save you money and save your health. The only thing it won't save is your weight!