

RAW FOOD DIET HEALTH BENEFITS

A comparison of physiological impacts: Raw vs. Processed Nutrition

Health Category	Raw Food Advantage	Physiological Impact
Enzyme Activity	High Live Enzymes	Reduces pancreatic strain; aids in more efficient nutrient breakdown and absorption.
Digestive Health	Intact Fiber & Moisture	Improves peristalsis and hydration of the colon; supports diverse microbiome.
Heart Health	Low Sodium / High Potassium	Natural electrolyte balance helps regulate blood pressure and reduces cardiovascular strain.
Energy Levels	Complex Carbohydrates	Eliminates "sugar crashes" from processed additives; provides sustained glucose release.
Skin & Vitality	High Antioxidant Load	Neutralizes free radicals; Vitamin C and E retention supports collagen production.

Health Category	Raw Food Advantage	Physiological Impact
Weight Management	Caloric Density	Lower calorie-to-volume ratio allows for satiety with fewer calories consumed.
Alkaline Balance	Ph Regulation	Most raw fruits and vegetables promote an alkaline environment, reducing systemic inflammation.

Note: This chart is for educational purposes only. Consult a healthcare professional before making significant dietary changes.