

Raw Foods for Healing and Health

The authors of The Healing Patch Cookbook, who operate an online seed store and blog of the same name (www.rawhealingpatch.com), understand those concerns. They've made that difficult transition themselves, coming from totally different directions. Julie Hoffenberg got hooked on the raw vegetarian lifestyle after working seven years in the natural health field. Sarah Woodward's switch in diet was made under more dire circumstances: She has survived a bout of ovarian cancer.

About our Guests

Julie Cara Hoffenberg and Sarah Woodward, authors of *The Healing Patch Cookbook*, come from different backgrounds and have vastly different experiences, yet they all suit The Healing Patch perfectly! While Julie has seven years experience in health and nutrition that fuels her interest in The Healing Patch, Sarah is a survivor of ovarian cancer which fuels her continued interest in health. They are both talented in the visual arts; however Sarah is the multi-media whiz and Julie likes to dabble in fine arts of all sorts.



They both come from families who avidly cook. Sarah learned much of her cooking skills through her Sicilian family who seemed to be in the kitchen 24 hours a day! Julie watched her family cook for hours during family gatherings, and was never big on cooking, yet somehow seems to like "uncooking." The challenge of creating flavors of cooked food in a raw format sparked her creative fire.

One will generally find Julie jumping around with customers, conversing, intuiting, and creating. Sarah is most often found chopping, chopping, and chopping some more as the aromas waft from the kitchen! She will silently intuit a new gorgeous recipe with no care for measurements as her daughter dreams up new smoothie recipes.

To learn more about Julie Cara Hoffenberg and Sarah Woodward go to:

www.rawhealingpatch.com

www.youtube.com/rawhealingpatch

About raw foods

Many natural foods experts these days are telling us that at least 51% of the food on your plate should be "raw" – that is, never heated beyond 115 degrees centigrade. Since 212 degrees is boiling, that means never boiled nor heated above what would be comfortable in a shower.

Pasteurization requires heating to nearly boiling in order to kill the germs. This has solved a number of public health issues in the past, and has led to longer shelf life, a convenience that we modern shoppers have come to expect. However nutritionists are now realizing that in addition to killing the bad bacteria, it also kills the good bacteria and the enzymes that we need. For example, it kills the lactase we need to digest lactose, leading to a marked increase in the number of people who are unable to digest milk. Many people who are considered lactose intolerant can in fact digest raw milk.

People who find a vegetarian diet boring should take a look at Julie and Sarah's book and/or website. They have focused on creating recipes that taste like the cooked foods they love, while staying with the raw foods program that they have found so beneficial for them.