

Gwinnett Daily Post

lifestyle



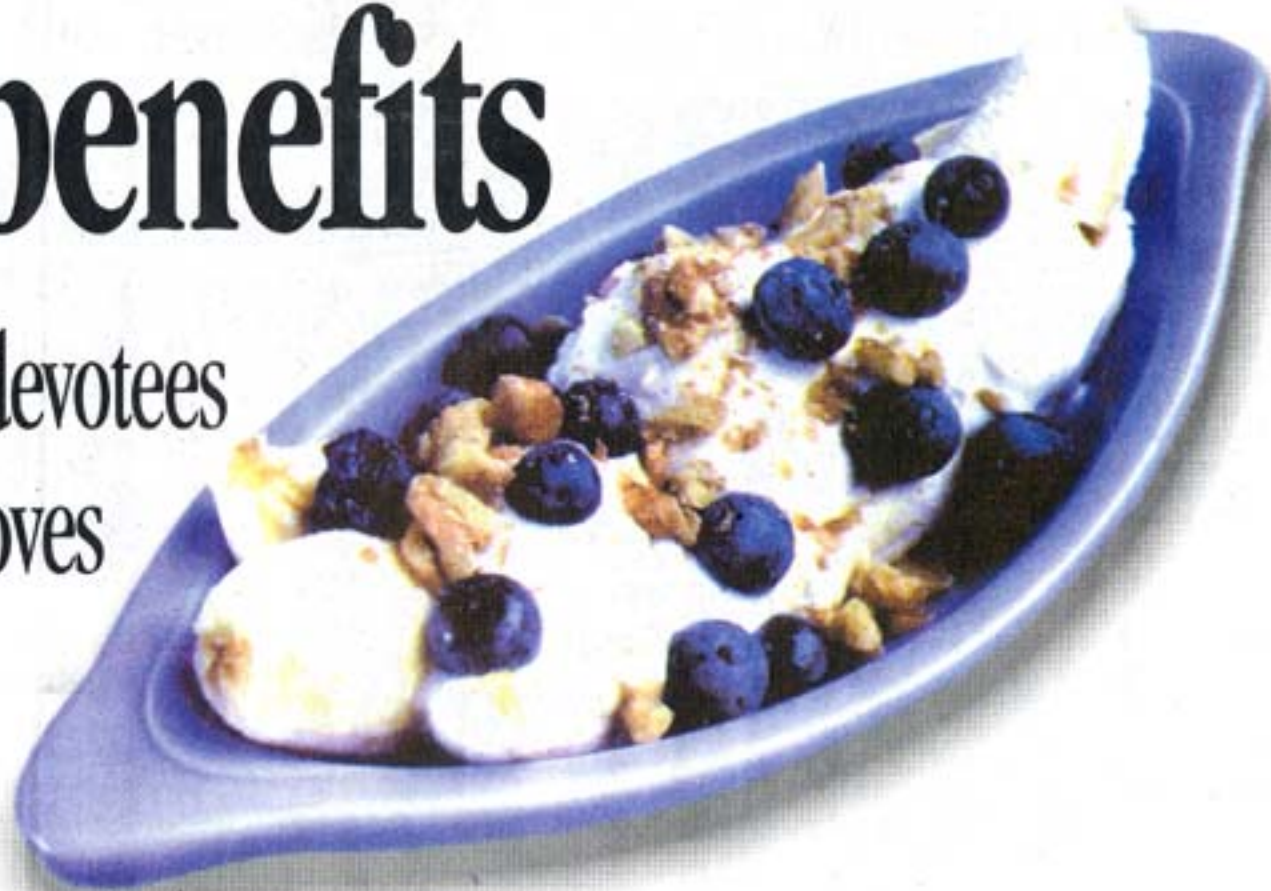
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Page design: Corinne Nicholas

Raw benefits

'Living' food devotees
say diet improves
their health



By Jackie Watson
Staff Correspondent

LAWRENCEVILLE

Alyson Antle was diagnosed with late stage 2 breast cancer three years ago.

Today, the Lawrenceville mom is cancer free, 80 pounds lighter and living a more fruitful life. She doesn't owe her health and well-being to painful chemotherapy or radiation. Her healing came when the former smoker decided to go raw — eating only raw and "living" foods.

"I don't call myself in remission; I call myself cured," said Antle, who is a certified colon hydrotherapist and certified detox specialist at North Atlanta Wellness Center in Lawrenceville. "If I had done the chemo, it would have killed me. I didn't have an immune system to fight with."

The Raw Food Diet has been making headlines recently, but it's not just the latest fad diet craze. According to Antle, it's a way of life. And it's made a world of difference in hers. "I've never felt better in my whole entire life."

More than just fruits and vegetables, foodists eat a diet of veg-



Special Photo

The Sprout Café serves all plant-based uncooked food. Menu items include sandwiches, wraps, banana splits and smoothies.

etables, fruits, nuts, seeds, grains and sprouts. People devoted to this way of life consider these to be "live" foods. There's only one way that they describe the food the rest of us eat — dead.

"Raw food is raw living food. You don't cook it in any way," said Antle. Proponents of this diet say that by keeping food temperature below 106 degrees, the

important enzymes within it remain alive so that the body can absorb them. Cooking and boiling renders food toxic to the body, they claim.

The food options for people on the raw food diet are not completely limited.

"It's not just raw fruits and vegetables, and it's not just salad," Antle added.

FOR MORE INFO

Alyson Antle, CDS, CCHT, is the owner of North Atlanta Wellness Center in Lawrenceville and hosts seminars on the benefits of raw food. She can be reached at 770-995-2383.

On the Web

www.healthycolon.org
www.sproutcafe.com
www.living-food.com

"You can actually make real food out of this stuff," she said.

Imitation cheese is made from macadamia nuts and pine nuts. Breads and crackers are made from barley sprouts. Along with a steady menu of large salads and dehydrated fruit, Antle even eats mock lasagna, pizza and banana splits.

Eating out, raw food style

Even raw foodists have to eat out sometimes. Where do they go? The Sprout Café, located in Roswell, has been drawing a steady crowd of raw food diners from Gwinnett and throughout the metro area since it opened in June. Antle, a regular at the eatery, said people would be

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Benefits

Promoters of raw food say benefits go beyond physical

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amazed at the creative dishes that can be whipped up with raw food.

"People would be so shocked at the wonderful dishes made from nuts and seeds," she said.

The restaurant serves all plant-based, uncooked food. They specialize in imitations of traditional foods like sproutghetti, nutloaf with pineapple chutney, meetloaf and mashed cauliflower and mushroom gravy — the restaurant's equivalent to mashed potatoes and gravy. Menu items consist of plant-based sandwiches, wraps and organic juices and smoothies as well as an all-natural food bar. The "Nice Cream Bar" offers an organic banana split, carob brownies and shakes made from macadamia nuts and raw honey.

Jackie and Gideon Graff opened the cafe with the goal of helping spread the word about the health benefits of eating raw foods. They have experienced the benefits firsthand. It took the couple three years to adopt the raw food lifestyle, which was prompted after Jackie's brother came to live with them while recovering from an auto-immune disease.

Raw food benefits

The medical community has yet to give a thumbs up to the

raw food diet. A balanced diet containing selections from the five basic food groups is what is universally recommended. However, 57-year-old Jackie, who was a nurse at Northside Hospital for 30 years, believes that raw food is the cure for any ailment.

"By eating raw, I believe you can prevent every disease unless it is an inherited deformity," she said. "Over the past six years that Gideon and I have been eating raw, we have lost 150 pounds between us and have gotten off blood pressure medicine and anti-depressants. Gideon no longer has high cholesterol. I no longer have chronic headaches or hot flashes."

Promoters of the raw food diet believe that the benefits of going raw go way beyond just physical health. Depression is gone. Abundant energy and a zest for life take its place. Fatigue becomes a thing of the past, they say, with less sleep required by their energized bodies.

Though the diet is considered a hot topic, for Antle — a mother of two who was just trying to stay alive — the benefits are crystal clear. "I don't have any cancer in my system. I have mammograms that are clear; my CT scans are clear; my bone scans are clear."

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