

Raw food

Raw food is very hard on the immune system as it always has bacteria. Cooking kills bacteria, viruses, parasites and fungi.

Any food that is susceptible to rot MUST be sprayed with anti-rot, anti-bug spray that is most often neurotoxic. Many older people become numb in the feet from these toxins. Pineapple and banana are significant sources of these toxins as is any "fresh" food that is not tough on it's own. A good tough food are ones like brocolli, carrots, potato, green beans and ones that have a long shelf life. This in general makes them less expensive in the market and they are less fragile.

In generaly, if you don't cook it, don't eat it. I eat cooke blueberries as a jam and not "fresh" blueberries. Foods in cans do not require bug spray but the outside of the can has significant amounts of rat poison as the wearhouses have rats. The most common rat poison is vitamin D as this calcifies the arteries and they die in two weeks. When humans take vitamin D they then need prescriptions to control blood pressure, good for business.