

This Element in Foods Is Almost Miraculous

How can such a simple thing make such a huge difference?

Raw juices and living foods are packed with a cornucopia of nutrients, including biophotons—those light rays of energy the plants get from the sun. When we cook food, those beautiful rays of energy are destroyed or shrink way down.

Two researchers have found that the light energy in biophotons is an important aspect of food. The more light a food is able to store, the more beneficial the food. Naturally grown fruits and vegetables that are ripened in the sun are strong sources of light energy. Numerous minute particles of light—biophotons, the smallest units of light—make their way into our cells when we eat these foods. They provide our bodies with important information and control complex processes, such as ordering and regulating our cells.

When you drink a tall glass of fresh veggie juice and your day is focused on more live foods than cooked or processed fare, your whole internal environment changes. As you consume more living foods, you require fewer calories because biophotons help rev up the mitochondria of your cells—the little energy furnaces that pump out ATP (adenosine triphosphate, the energy that is used by cells).

They also feed your DNA, which stores about 90 percent of the biophotons found in your cells. Because biophotons carry biological information of the plant into your body, it's kind of like getting a software download or having a computer technician take over your computer remotely to fix things you can't begin to correct. Just as the computer tech fixes errors on your computer, the biophotons help to fix errors that have taken place within the body.

Voilà! You start feeling better, lighter and more energized as time goes on. Your sleep improves, and you may need less of it. Your mind becomes more alert and creative. No longer will you find yourself in a disorganized fog because biophotons help your mind and body to come alive. You will experience more mental energy, and your creativity improves as well because of the electrical stimulation of the biophotons.

(Could this be the boot for dementia or early Alzheimer's disease?)

Your metabolism also ramps up, and you burn more calories, which helps you get fit with greater ease. And in the process, your overall health improves. Symptoms of poor health, ailments and chronic diseases begin to heal. Your whole life changes!

Adapted from Cherie Calbom's *The Juice Lady's Remedies For Thyroid Disorder* (Charisma House, 2015).

Cherie Calbom, M.S., C.N., *is the author of more than 20 books, including The Juice Lady's Big Book of Juices and Green Smoothies and Remedies for Stress and Adrenal Fatigue. She holds a Master of Science degree in whole foods nutrition from Bastyr University. Cherie and her husband, John, offer juice health retreats throughout the year, along with health and healing conferences. For more information, visit .*