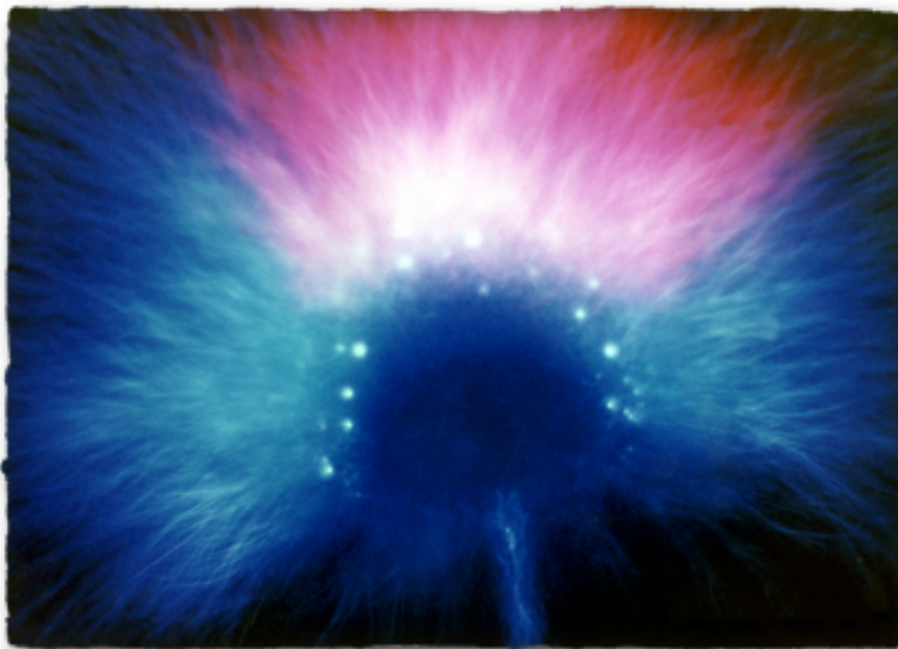


Kirlian Photography – The Gateway to Energetic Nutrition



www.TheAlkalineDiet.org

What is Kirlian Photography?



Kirlian photography is an art of photography where the electric discharge of an object is captured as images. Live things such as birds, trees, humans, fruits, vegetables and other raw foods when connected to a voltage source produce an image on the photographic plate. The image produced is the coronal discharge that occurs in the presence of moisture and these images were used as an evidence to demonstrate the energy fields present in living objects.

The Kirlian art of images is observed like lightning or static discharge on all kinds of organic or biological objects as well as inorganic objects. Kirlian photography is currently used in legitimate science as well as in pseudoscience and paranormal studies.

What does Kirlian Photography reveal about foods?

Kirlian photography captures the images of bio-energy in living objects. Proponents of Kirlian photography have investigated the characteristic glow of different objects including that of water and food to understand their healing powers. The understanding of this aspect helps to get gainful insights in the field of therapeutic nutrition and healing/alternative medicine.

Researchers have identified that certain foods and plants have healing energy that are emitted in a harmonious rhythm and pattern. These energetic rhythms are believed to have positive influence on our health and well-being.

The Kirlian point of view- raw foods vs cooked foods

According to the Kirlian photography researchers there is a difference in the emission of energy from raw food and cooked food. All of us are well aware that raw foods are nutritionally rich and better when compared to cooked foods and processed foods.

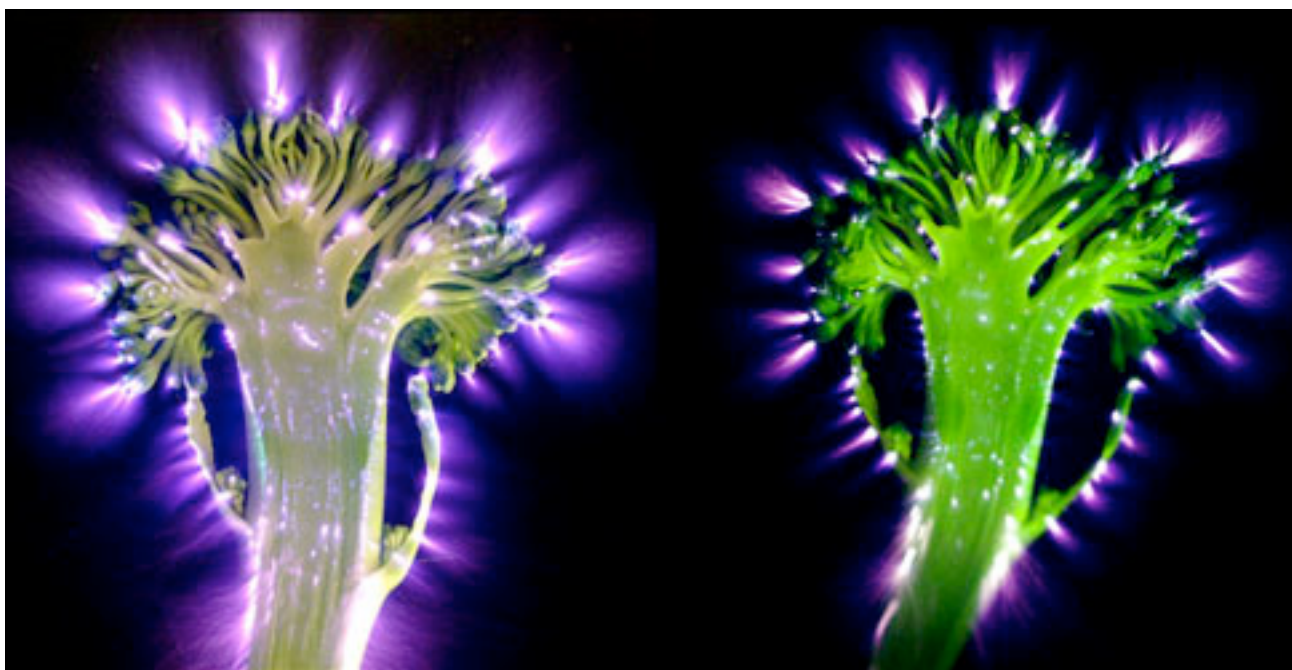
The Kirlian photographs of raw foods and cooked foods reveal a significant difference in the pattern of corona exhibited by these foods. Raw foods demonstrated an even energy flow that was vibrant while on the other hand cooked foods showed uneven energy flow and imbalances. The energy fields of raw foods were uniform and complete unlike the cooked foods.

How can we trust the claim on the energy fields of raw foods?

Many view the bio-energy field of raw foods with skepticism and may not have favorable opinion on the same. But from scientific point of view the moisture contained in the raw foods and their alkaline pH account for their better conduction of electricity. This could be the reason why a freshly picked carrot exhibits an uniform electric field as opposed to a cooked carrot in which the moisture content as well as the alkalinity is altered due to cooking.

In addition to this, according to food researchers cooking denatures the property of the enzymes naturally present in fruits and vegetables. This in turn is believed to increase the work load of the digestive system and produce more bodily enzymes for digesting the ingested food.

Proponents of raw foods also believe that enzymes present in natural raw food aid in digestion as well as in absorption of certain nutrients. Over consumption of cooked foods creates digestive disorders, unnecessary weight gain and poor quality of health on the long run.



Cooked broccoli (left) and raw broccoli (right)

**[How to HyperBoost Your Digestive System
Even If You Seldom Eat Raw Food?](#)**

Benefits of Raw foods

Raw foods benefit our system in many ways. The nutrients from raw foods directly influence the structural and functional aspects of human body and hence have a significant role in our everyday health. Some of the well-known benefits are listed below:

- Boosts energy levels
- Maintains healthy blood sugar levels
- Provides adequate fiber and promotes weight loss
- Nutrient dense in vitamins, minerals, antioxidants and other important phytonutrients
- Reduces the risk of diseases such as cancer, heart problems etc.
- Excellent detoxifier and promotes liver health
- Maintains skin health
- Slows the process of aging because raw foods yield fewer glycation products
- The alkaline property of raw foods enables better absorption of nutrients such as calcium from foods and decreases the risk of nutritional deficiency.



Raw food promotes clearer and firmer skin



Some examples of raw food include vegetables such as raw carrots, celery sticks, green leafy vegetables, lettuce, cabbage, cucumber, tomatoes, green onion etc.

Fruits such as bananas, grapes, blueberries, peaches, apples, kiwi, avocado etc are also few examples among the wide variety of raw foods that can be enjoyed in our everyday meal.

How to incorporate more raw foods in your everyday meal?

Consuming raw foods is not a new diet fad that appeared just a decade ago it has prevailed ever since mankind came into existence. Early humans consumed their food raw and barely cooked them for consumption. For instance, fossil remains from Paleolithic time period clearly indicate that cavemen consumed a diet that was predominant in fruits, wild berries, vegetables and other greens lived a relatively superior health that was disease-free.

However, consuming raw foods has resurfaced as a modern trend in the past years. Here are some ways ways to include healthy raw foods in our diet:

Change your pantry: Replace all the junk and processed foods with fresh produce from farmer's market. This is the first step as it makes reaching for raw foods easier.

Snack healthy: Choose healthy alternatives for snacks such as bowl of salad containing fruits and vegetables instead of fries or a bag of hips.



Begin your day with raw juice / fruit blend: Making an effort to start your day with raw food will not only keep your energy levels high but also helps you stay on the raw food track all through the day.

The concept of Kirlian photography in the field of energetic, super nutrition is novice but promising research studies are emerging pertaining to the same. The future for this niche seems empowering and there is no doubt there will be more evidence on the positive effects of raw foods supported by the technology of Kirlian photography.

The scientific approach to the concept of Kirlian images of vegetables clearly indicate that the alkalinity of fruits and vegetables translates into better conduction of electricity. This accounts for the health benefits associated with Kirlian images. The combination of therapeutic effects of the raw foods with that of supernatural appeal of the Kirlian images makes it all the more enticing to reach for raw foods and increase their intake in our everyday diet.

Kirlian and the Enzymatic Link

Kirlian photography is not just a cool technology, but provides proof as to why going raw is great. Despite its benefits, many of us have never considered going fully raw due to many restrictions and our hectic lifestyle, depleting our body of the entire enzymes. The great news is I'm going to share with you how you can reverse the situation - and lose weight healthily in the process!

[How to HyperBoost Your Digestive System Even If You Seldom Eat Raw Food?](#)

Warmest Regards,
Emma Deangela