

Enzymes & Aunt Flora's Secret to Longevity

This past December my wife and I were blessed with a visit from my 95-year-old Aunt Flora. She lives in Florida with her daughter, Jeanette. Ursula and I learned so much about “quality of life” from her. She is a woman who is thankful for each day she has and everything God has bestowed upon her. When asked how she feels, her reply is, “I feel beautiful inside”. I’ve never known anyone to answer that question in that way, but after spending some quality time with her, I think I’ve learned what she means. Mind you, at 95, she has a few minor ailments, but says that complaining about them or anything for that matter would only make people reluctant to be around her. A positive outlook and the ability to silence her negative thoughts have always been important to her.

We spoke often, with much interest regarding what she feels has attributed to her longevity. Her answer to us was family and fresh food. While staying with us, my aunt cooked dinner for us each evening. A sit-down family dinner is so important for good nutrition and mental wellbeing. Unfortunately, this is now being replaced by less healthy ways of eating. I feel that this general lack of nutrition is the underlying cause of our health care crisis. Health care cost has increased beyond belief over the past ten years. The premium for a family today is often 25% of their annual income. At the same time, only 5% of their income is being spent on the families’ food intake. In comparison, there is not another civilization on earth that spends so little of their income on food. Perhaps if we would start “Eating Fresh” we would not have to wait for our government to revise our health care system.

So Aunt Flo, what do you eat? “I EAT FRESH”, she says. Jeanette shops at least two times per week, always returning with fresh fruit and vegetables, never frozen or canned. As Aunt Flora reminds us, eating fresh and local food is imperative to staying healthy. By eating fresh, uncooked produce daily, our bodies are getting the live enzymes that are needed for proper digestion. These live enzymes are necessary in breaking down the food to a level that can be used to nourish all the cells throughout our bodies.

When we eat “dead food”, (heavy processed, microwavable, canned, etc.) our bodies are not capable of breaking down the food properly, due to the lack of living enzymes. When our cells are not receiving the proper balance of minerals and vitamins, the signal to stop eating is not sent to the brain. The cells have not received what they really need, therefore, we keep eating. This is why the youth of America are heavier than ever before. I believe that this cellular starvation is a major cause in the escalation of chronic illnesses in our society today. Even cooking fresh produce will kill the vast majority of living enzymes. This is why it is so important to try to eat some sort of raw produce with each meal. The enzymes that are present in living foods can actually assist in the digestion of cooked foods that are lacking the enzymes, making those meals more nutritious.

Studies now out are actually stating that our children may be the first generation in the history of mankind to experience a shorter life expectancy than their parents. In the old days when my dad and Aunt Flora lived in the Bronx, the vendors used to come down the street with fresh produce that they sold from their wagons. Unfortunately, this is not possible for us these days, but we can try to do the next best thing for ourselves and our families, “EAT FRESH”!

From all of us at Harvest Moon Farm & Orchard, thank you so much for your business. Good luck and good health for the future.

Robert Covino

