

This book delves into the science of the mind, how food affects the mind, and how changing what we eat, changes our mind. What we eat has a powerful impact on the way we feel; how we think, how we act and what we do. Many people these days turn to pharmaceuticals to control emotional swings—What's misunderstood is that these swings are created through consuming foods which contain substances that affect our brain function on such a serious level, we often require medication to counteract them. Our knowledge of which foods create these imbalances and negative perceptions of life, coupled with our understanding of just how prevalent they are in the diet, is what will arm us to take back control over our emotional state.

What I share with you in this book comes from what I've learned through direct experience in the lab of my own body, coupled with years of research to understand the science of what is happening in the body when we consume certain foods. It took about two years more, (after copywriting the book) for me to gain a full understanding within myself just how complex the impact of food, on our mental function, actually is. For many, it causes panic, depression, anger, frustration, rage, bi-polar swings and mental illnesses like schizophrenia; all of which can be made to lie dormant by taking the offending foods out of the diet. In this book you'll find detailed charts listing the various foods that can cause these reactions. These foods can be found not only in a Standard American Diet, but in a Raw and Super Food diet as well. This book contains important information for both the beginner-to-raw and the expert-in-nutrition alike. It contains vital pieces to the puzzle of understanding the cause of almost every major illness out there, and is a catalyst for new insights and in understanding how to more effectively approach health protocols for every area of illness. This information is needed by those who have alcohol or drug addiction, autoimmune, lupus, epilepsy, Alzheimer's, any neurodegenerative disease or malfunctioning adrenal issues such as Parkinson's or Addison's disease; the same information can be applied in each case. This book is written on a subject that I am very passionate about. It's not my intention to offend anyone; only to convey a new understanding of the complexity of our emotion, and how what we eat impacts consciousness. 'Raising Consciousness Using Live Food; Harnessing the Power of Raw Food on the Mind' was written to inspire change; change within ourselves, and change for the world. Our emotions, our thoughts, our ideas and our choices create in us a vibration that electrically impacts our environment and those around us. By making changes in diet that purify our bodies, we effect changes in the psyche impacting not only our own life in the positive, but also the lives of others. Learning which foods create distortions in thinking, and by turning to foods that lift us out of these distortions, we can more easily transmute long held negative belief patterns, emotions and traumas; where sadness turns to inspiration, and anger at injustice turns to urgency to be part of the creative force that serves the planet. We have the power to impact the future of our world. Learn the science of eating to raise consciousness. Your purchase benefits projects and foundations devoted to serving and saving the planet - for more information visit <http://www.heroicminds.blogspot.com> \* \* Kate Markham, working publisher for Getting the Word Out Media says, ...a book that could change lives... \* Cher Til of Healthy Shots Blog Talk Radio says ...an incredible piece of work...you are so full of life -I know you will help so many people!! \* Mandy Creighton of Within Reach Movie says, ...an epic read that needs to be shared!

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