

World Congress on

Nutrition and Obesity Prevention Source

November 16-18, 2017, Barcelona, Spain



Robert Rowen

California, USA

The Toxic Impact of Heat on Foods

Over many millennia, the human diet has been altered from a raw (Living Foods) plant-based (plus meat) diet to a diet not only processed but cooked. We are the only animal that not only eats products fully separated from the original source, but also applies heat. This presentation examines the toxic impact heat inflicts upon our food from both an observational and fully science based perspective. I intend to provide the most important foundation for maintenance and restoration of health through the quality of the food we ingest based on heat exposure.