



# COOKED FOODS

(Critical Temperature)

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## FOODS COOKED ABOVE CRITICAL TEMPERATURE CAUSE DIGESTIVE LEUKOCYSTOSIS, GI DYSFUNCTION, INFECTIONS, IMMUNE DISEASES and LEADS TO OTHER DEGENERATIVE DISEASES

### Digestive Leukocystosis

In the 1930's, Dr. Paul Kouchakoff at the Institute of Clinical Chemistry in Lausanne, Switzerland, discovered when foods eaten that were heated at or above their critical temperature for more than 30 minutes, the blood responds immediately by increasing the number of these white blood cells. This was a well-known abnormal biochemical response called, "digestive leukocystosis." \*\* In other words, this means that after eating these foods, there was a rise in the number of leukocytes (or white blood cells). Increased white food cells are always a sign of infection and immune system stress.

Until this discovery, this response was typically seen only when the body is reacting to infection, trauma or toxic chemicals. Dr. Kouchakoff discovered, however, that the body also had this response when reacting to how highly the food had been heated. Over-heated foods causing the reaction called, "Thermotoxins." When raw food was eaten or foods heated below their critical temperature, this response did not occur.

### The Critical Temperature

Critical temperatures for heating foods vary between 87°C (189°F) and 97°C (207°F) depending on the food, with boiling temperature no higher than 212° F. Each food, including every grain, has a "critical temperature." For example, the critical temperature of a potato is 200° F; a fig is 206° F; and whole wheat is 192° F. Since we do not have information on the critical temperature of all foods, when heating foods, I recommend you heat at temperatures no higher than 190° F to 200° F.

Note: Critical Temperature for a fig has been provided as an example for your information. As you know from your Dietary Consultations, fruit is one of three types of food that should not be consumed if cooked. Fruit is to be eaten in its raw, whole food form. Juicing occasionally is also acceptable.

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### **\*\*References:**

1. Dr. Paul Kouchakoff, Institute of Clinical Chemistry, Lausanne, Switzerland, [1937, pp. 330-332],
2. "The Effect of Heat Processed Foods and Metabolized Vitamin D Milk on the Dentofacial Structures of Experimental Animals," Journal of Orthodontics and Oral Surgery, August, 1946, Vol. 32, No. 8, pp. 467-485.
3. "Nutrition and Physical Degeneration," W. A. Price, D.D.S., Price-Pottinger Nutrition Foundation publisher, La Mesa, Ca., Eleventh Printing 1982.
4. "The Influence of Food on the Blood Formula of Man," P. Kouchakoff, M.D., First International Congress of Microbiology, Paris, 1930.