

THE INFLUENCE OF FOOD COOKING ON THE BLOOD FORMULA OF MAN

by

Paul Kouchakoff (Suisse), M.D.

of the

Institute of Clinical Chemistry, Lausanne, Switzerland

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The living organism is very sensitive to all harmful influences and reacts against them immediately.

We see this when we make an analysis of our blood during simple and infectious illnesses, when extraneous substances are introduced into our system, etc.

In such cases the number of white corpuscles changes and the correlation of percentage between them is disturbed. This is one of the indications of a pathological process going on in our system.

After every dose of food, we also observe a general augmentation of white corpuscles, and a change in the correlation of their percentage. This phenomenon has been considered, until now, a physiological one, and is called a digestive leukocytosis.

We use, for our food, raw foodstuffs, foodstuffs which have been altered by means of high temperature, and manufactured foodstuffs. How then does each one of these foodstuffs separately act on our blood formula?

We find that, after taking raw foodstuffs, neither the number of white corpuscles nor the correlation of their percentage has changed. Ordinary unboiled drinking water, mineral water, salt, different green foodstuffs, cereals, nuts, honey, raw eggs, raw meat, raw fish, fresh milk, sour milk, butter,-- in other words, foodstuffs in the state in which they exist in nature, belong to the group of those which do not call forth any infringement in our blood formula.

After the consumption of the same natural foodstuffs, altered by means of high temperature, we find that the general number of white corpuscles has changed, but the correlation of their percentage has remained the same.

After consumption of manufactured foodstuffs not only has the number of white corpuscles changed but also the correlation of percentage between them.

To this group belong sugar, wine, chocolate in tablet form, etc.

All our experiments have shown that it is not the quantity, but the quality of food which plays an important role in the alteration of our blood formula, and that 200 milligrams or even 50 milligrams of foodstuffs produce the same reaction as large doses of them. The experiments also show that the reaction in our blood takes place at the moment the food enters the stomach, while the preliminary mastication of food in the mouth softens

This law remains the same when the raw product is mixed with several overheated ones of the same critical temperature.

If several cooked foodstuffs are taken, each with a different critical temperature, along with raw food, reaction takes place, even if the raw product has a higher critical temperature than that of any of the cooked foodstuffs.

Now we pass on to the 3rd group of foodstuffs, such as sugar, wine, etc. obtained by complicated manufacturing processes, and producing double reaction in our organism. These products may also be consumed without calling forth any reaction, but only when they are introduced into our organism conjointly with no less than two raw foodstuffs of a different critical temperature. Even one raw product has a beneficial influence on this 3rd group, and deprives them of one of their properties, namely the power of altering the correlation of percentage of the white corpuscles.

As regards the proportions in which raw products must be added to cooked foods, there is an irreducible minimum. For water, for example, it is 50%.

CONCLUSIONS:

After over 300 experiments on ten individuals of different age and sex, we have come to the following conclusions;

1. The augmentation of the number of white corpuscles and the alteration of the correlation of the percentage between them which takes place after every consumption of food, and which was considered until now as a physiological phenomenon, is, in reality, a pathological one, It is called forth by the introduction into the system of foodstuffs altered by means of high temperature, and by complicated treatments of ordinary products produced by nature.
2. After the consumption of fresh raw foodstuffs, produced by nature, our blood formula does not change in any lapse of time, nor in consequence of any combinations.
3. After the consumption of foodstuffs produced by nature, but altered by means of high temperature, an augmentation of the general number of white corpuscles takes place, but the correlation of percentage between them remains the same.
4. After the consumption of foodstuffs produced by nature, but altered by manufacturing processes, an augmentation of the general number of white corpuscles as well as a change in the correlation of their percentage takes place.