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## **ABSTRACT**

The nutritional value of food substances is greatly reduced or even destroyed in the cooking process. The bioelectrical (energy) field is altered and greatly depleted. Health problems including allergies and digestive disorders can be the result.

This invention involves methods of creating an unlimited variety of dishes using only Raw Food.

There is currently no individual or organisation in Australia using these methods to create these dishes.

This represents an innovative step and an advance in the area of nutrition, catering and health services.

This concept differs markedly from existing nutrition, catering and health services. This is the first time that a program has been developed using only Raw Food.

The dishes/recipes provided are created from 100% Raw Food using unique ingredients and innovative methods of food preparation including dehydration, blending, fermentation and sprouting to ensure that the food is not heated to more than 45 degrees Celsius. These measures ensure that the food retains its vitamins, mineral and enzymes which are essential for optimum health and nutritional value.

As a result, the concept and the services provided make a substantial contribution to the field of nutrition, catering and health services

RAW FOOD AUSTRALIA  
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## EDITORIAL NOTE

There are 3 pages of description including the cover page.

AUSTRALIA  
Patents Act 1990

COMPLETE SPECIFICATION  
INNOVATION PATENT

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RAW FOOD

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The following statement is a full description of this invention, including the best method of performing it known to me:

## DESCRIPTION

Current, dominant methods of food preparation are based on cooking the food, that is, heating it using a variety of heating methods.

The food's life force and nutritional value is greatly reduced or even destroyed in the cooking process. The bioelectrical (energy) field is altered and greatly depleted.

Nutrients (vitamins, minerals, amino acids, etc.) are depleted, destroyed, and modified with the result that much of the food's nutritional value is lost and unable to be used by the body.

In addition, the digestion of cooked food is much more energetically demanding than the digestion of raw food. In general, raw food is so much more easily digested that it passes through the digestive tract in a half to a third of the time it takes for cooked food.

In order to preserve the food's maximum nutritional value, and to achieve optimal health, food should be eaten in as near as possible to its natural state, that is, raw.

Alternative methods or processes of food preparation are required which allow a wide variety of foods/dishes to be created, but which do not heat the food to temperatures where nutrients are lost.

The processes or methods which are the subject of this invention are called Raw Food processes. The processes ensure that the food is not heated to higher than 40 degrees Celsius and thus remains raw and close to its natural state, while allowing innovative and varied dishes to be created.

The dishes/recipes provided are created from 100% Raw Food using unique ingredients and innovative methods of food preparation primarily dehydrating, sprouting, blending and fermentation. There is currently no individual or organisation in Australia using these methods to create dishes.

This represents an innovative step and an advance in the area of nutrition, catering and health services.

Dehydration can be achieved either using a commercial food dehydrator or in an oven. It is a process of food preparation which removes most of the moisture from the food. Dehydrating foods intensifies the flavor and alters the physical composition while retaining the energy, mineral and vitamin content.

Sprouting is a process whereby nut, seed or legume food products are placed in humid conditions and allowed to germinate. In the sprouting process, the carbohydrate level of the food is reduced and the protein level of the food is increased, creating a protein rich food source. The vitamin level is also increased by

the process by which facilitating the “unlocking” of the vitamins stored in the nut or seed.

Blending can be carried out using a mechanical blender or by hand. This process may result in the altering of the physical appearance and texture of the food. The food can become smoother and more viscose or liquid which may contribute to ease of digestion of the food. Blending also allows different foods to be combined. The nutrient content of the food is not depleted by this process.

Fermentation is a chemical process by which the complex enzymatic structure of a food product is broken down into more simple substances. The resulting simple substances are more easily digested due to the increased enzymes released during the fermentation process.

By subjecting whole foods to these processes, either alone or in combination, an unlimited variety of healthy dishes (both savoury and sweet) can be produced. This process differs markedly from existing nutrition and food preparation processes and is the first time that a food preparation process has been developed using only Raw Food.

Most importantly, the natural nutritional benefits of the food are not altered or lost in the processes described above, with the result that the food retains the vitamins, minerals, proteins and enzymes which are essential for good health and optimum nutrition.

## EDITORIAL NOTE

There is only 1 page of claims.

## **CLAIMS**

The claims defining the invention are as follows:

1. Raw Food is a method of food preparation whereby the food is not heated above 40 degrees Celsius.
2. This method maintains and preserves the food's natural state ensuring that the vitamin, mineral and protein content of the food is not altered, depleted or degenerated in any way.