



[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

## April Newsletter

April 2011



### Haiku 俳句

*spring has come now  
the frogs emerge from the pond  
calling in the night*

春到来  
池の蛙は  
夜に鳴き

Japan and its people hold a very dear place in our hearts at Rawsome Living Foods. We believe an organic plant-based diet can heal the world as well as the individual. We also believe in the healing powers of positive thought and intent.

Imagine if there were thousands of people in each time zone sending their prayers to Japan at noon everyday, local time for one week. In other words, we are asking that whatever you're doing and wherever you are during this next week, stop at noon daily and simply "feel" the healing of the planet and Japan.

The most powerful prayer we can offer is the feeling behind the affirmation, or the energy and emotion that everything on the earth is perfectly aligned and that all those who are suffering are being perfectly provided for. In terms of the situation in Japan, you may choose to imagine a successful recovery effort, or that everyone who has been affected by the earthquake is receiving care and protection.

Imagine a scene in your mind, anything you choose, and then hold the energy as you say these words at least three times: **"May Peace Prevail in Japan and in the Whole World."** Feel the energy spread from your heart to the hearts of everyone involved, knowing that there are many thousands of people joining you. If we can create a wave of peace in every time zone at noon everyday for a week, then the energy we create will help settle the largest tsunami.

Please join us wherever you are, and if possible, help spread the word.

### **A thought from Rawsome Coaching:**

[Subscribe to the Rawsome Coaching Blog at: [www.rawsomecoaching.ca](http://www.rawsomecoaching.ca)]

*Every time you hear yourself making some blanket statement like, "I'm very insecure...I need a lot of attention and reassurance," I'd suggest that you add these three words, "up until now." Every time you do that, you're making a break with the past. You're giving yourself permission to change. - Anita Goldstein*

I love the suggestion of adding 3 words to all the sabotaging negative statements we come up with about ourselves. There is something empowering about it and it begins to hold us accountable to making a difference in our life.

- I never lose weight – 'up until now'.
- I have no energy – 'up until now'.
- Making meals is uninspiring – 'up until now'.

### **Self-Coaching Activity:**

Try this out. It helps to bring someone else in as a listener and observer, because we often don't recognize the habitually denigrating statements we make about ourselves.

1. The next time you are having a conversation with a friend let them know you want to add the words 'up until now' at the end of every self-defeating statement you make.
2. Pay attention to what negative statements keep coming up. Say them out loud and write them down. Is there a pattern to them?
3. Based on what you have heard and the list you've made, what changes do you want to make?

It is overwhelming – 'up until now'. Just take one step at a time. Before you know it, life is more than 'up until now'. Life is all about the potential of tomorrow.

Chris Gay of Rawsome Lifestyle Coaching provides coaching support to women who want more vitality, energy, and mental clarity. Contact Chris for a free 30-minute coaching session at **Rawsome Coaching** and her new e-book **Eating Raw for a Day**. [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email [chrisgay@shaw.ca](mailto:chrisgay@shaw.ca)

## ***Upcoming Workshops and Events***



**For more details visit:  
<http://www.rawsomelivingfoods.ca/events.html>**

### ***Coming in April***

- **Rawsome Kitchen is Open for Farm Gate Take Out for the Salt Spring Island Blossom Festival Tour** (<http://bit.ly/ssi-blossomfestival>)  
April 9<sup>th</sup> from 1:00 pm to 4:00 pm – 854 Long Harbour Road  
April 10<sup>th</sup> from 12:00 to 2:00 pm – 854 Long Harbour Road

***Hear Jean-Paul Maurice play an acoustic set at the Peace Park on April 9<sup>th</sup> over the noon hour and then early afternoon in The Rawsome Kitchen.***

- **Rawsome Living Foods at the Blossom Festival Taste of Salt Spring Event**  
Saturday April 10<sup>th</sup> from 3:00 pm to 5:00 pm – Harbour House Hotel

### ***Coming in May***

- **Chef Level 1 & 2 – Tokyo – Some Travel Required**  
May 3<sup>rd</sup> to 9<sup>th</sup> Full days
- **“Not Another Boring Salad” Workshop – Experimenting with Salads – Reservations Required**  
Sunday May 15<sup>th</sup> from 1:00 pm to 3:00 pm – 854 Long Harbour Road

### ***Coming in June – June 1<sup>st</sup> to September 24<sup>th</sup>***

- **Rawsome Kitchen Farm Gate Take Out and Demos**  
Every Wednesday and Saturday from 12 Noon to 3:00 pm – 854 Long Harbour Road

**For more information and to MAKE RESERVATIONS  
Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

## ***Transition Tips:***

### **Japan, Radiation, and its Health and Spiritual Implications**

We are in a period of earth changes as demonstrated by the major 9.0 earthquake that shook Japan, with all of its potential radioactive consequences that may affect the whole world.

The following disturbing facts about the health dangers posed by higher radiation levels have been gleaned from the international news: "Chief cabinet minister Yukio Edano said radiation levels near the stricken plant on the northeast coast reached as high as 400 millisieverts (mSv) an hour, thousands of times higher than readings before the blast. That would be 20 times the current yearly level for some nuclear-industry employees and uranium miners. Exposure to 350 mSv was the criterion for relocating people after the Chernobyl accident, according to the World Nuclear Association.

People are exposed to natural radiation of about 2 mSv a year. Exposure to 100 mSv a year is the lowest level at which any increase in cancer is clearly evident. A cumulative 1,000 mSv would probably cause a fatal cancer many years later in five out of every 100 persons exposed to it."

On the physical plane, we know that significant protection against these deadly radiation energies occurs through competitive inhibition. In other words, if the body is taking in natural wholesome elements from certain foods, it will not have space to take in the radioactive elements. The various elements compete at the receptor sites, and healthy food wins every time. To protect yourself from I-131 poisoning, take 5 **kelp** tablets daily. The body will absorb the kelp instead of the I-131. To protect yourself from cesium poisoning, consume plenty of high potassium foods, as potassium competitively inhibits cesium uptake. Foods high in potassium include **avocados, sea vegetables, and leafy green vegetables**.

To protect yourself from plutonium poisoning, eat lots of **dulse** and **consume iron from plant sources, namely sea algae such as spirulina, E3Live, and chlorella**, which provide more iron than red meat. **Miso soup** has also been shown to have a protective effect. Additionally, foods and supplements high in antioxidants, will also help the body cope with these higher toxic levels as radioactive materials cause anti-oxidant depletion and ill health. Eating alkalizing food is good.

*An excerpt from Gabriel Cousens, M.D. Facebook page, March 15*

**David Wolfe has an excellent podcast on how to protect yourself from radioactive fallout – I recommend you listen to it when you have a chance: [David Wolfe on Radiation](#).**

## ***Recipe of the month:***

### **Kapa Maki (Cucumber Roll)**

Makes 6 servings



- 6 sheets nori (seaweed)
- 2 tablespoons mellow white miso
- 1 cucumber, peeled, seeded, and cut lengthwise into thin strips
- 1 red bell pepper, cut lengthwise into thin strips
- 2 avocados, thinly sliced
- 1 cup Not Tuna Pâté [see next recipe]
- 1 cup carrot ribbons (see note) or Julienned
- Sprouts
- Nama Shoyu, for dipping

1. Lay one sheet of nori, shiny side down, on a bamboo sushi mat. Using the back of a teaspoon, spread 1 teaspoon of the miso in a single horizontal strip along the bottom third of the nori.

2. Along the edge of the nori closest to you, layer cucumber strips, red bell pepper strips, avocado slices, 2 tablespoons of Not Salmon Pâté, and carrot ribbons.

3. To roll, grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers, and press the filling back toward you with your other fingers. Using the mat to help you, roll the front edge of the nori over the filling. Squeeze it with the mat; then lift the mat and continue rolling.

4. Just before completing the roll, dip your index finger in water and run it along the far edge of the nori sheet. This will seal the seam of the roll.

5. Cut the roll into 6 pieces with a serrated knife.

6. Fill, roll, and slice the other sheets of nori the same way. Arrange on a plate and serve immediately, with a small bowl of tamari for dipping.

**Note:** To make carrot ribbons, use a vegetable peeler to produce long strips, rotating the carrot until there is nothing left to peel.

## “Save the Tuna” Pâté

Makes 4 servings

- 1 cup sunflower seeds, soaked 8-12 hours, drained, and rinsed
- 1/2 cup almonds, soaked 8-12 hours, drained, and rinsed
- 1/4 cup water
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup minced celery
- 2 tablespoons minced red onion
- 2 tablespoons minced parsley

Place the sunflower seeds, almonds, water, lemon juice, and salt in a food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a mixing bowl, and add the celery, onion, and parsley. Mix well. Stored in a sealed container in the refrigerator, Not Tuna Pâté will keep for five days.

**Not Salmon Salad:** Add 1/2 cup grated carrots to the food processor along with the almonds, sunflower seeds, water, lemon juice, and salt. Replace the parsley with 2 tablespoons minced fresh dill weed, or 2 teaspoons dried.