



www.rawsomelivingfoods.ca



Newsletter December 2008

"My mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Raw Food and reaching a more healthy lifestyle. The struggle with health concerns can be daunting. My goal is to convince all of you struggling with health opportunities to be passionately patient with your selves."

Hello Dear Friends

This is exciting! My website should be up and running very soon! I want to thank Terri Bibby at *Bibby Communications* (www.bibbycommunications.ca) for building the site and the folks at *Solar Energy Host* (www.solarenergyhost.com) for hosting us. I chose Solar Energy Host because of their commitment to being GREEN and reducing the production of greenhouse gases by removing their client's websites from the energy grid. They commit to planting a tree in the "Gardens of Hope" project in Lesotho, Africa for each of their clients.

Each month I will try to share a few thoughts about "going raw", one of my favourite tried and tested recipes, some interesting research or links I have come across, comments from you, answers to questions, and information about upcoming events.

Stay connected. Your connection to technology, email and instant messaging, will never replace your connection with those you love. Every now and then pick up the phone and call a friend, or visit a loved one rather than send an email or an instant message. Always remember that it's whom we love and who loves us that matters most at the end of our lives.

Finally, remember at the time you were born you were given an amazing gift - a gift that most of us forget about, as we grow older. It's the power to design your own unique life. You are an artist. The canvas is your life. From this moment on, take ownership of this gift and use it wisely. If you do, your life will become an extraordinary work of art.

Going Raw:

How can I go raw if I live in a cold climate?

As we move deeper into the cold months, it's important to remember that raw foods don't have to mean cold foods. Below are a few timely tips for warming foods from Cherie Soria's latest book *The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy Feel Younger.*

- Enjoy a warming breakfast of Buckwheat Muesli or Cinnamon Oatmeal, with warm Almond Milk and bananas.
- For breakfast or an afternoon snack, have raw almond butter, with apples or bananas. If you're brave, sprinkle a generous dose of cayenne on top for an extra kick.
- Use hot water instead of cold water in your smoothies and blended soups.
- Wash your refrigerated produce in warm water or put it in a warm water bath for a few minutes before using it.
- Have a cup of warm miso soup or warm ginger tea before eating your cooler raw meal. This will also reduce your appetite without adding calories.
- Pour nearly boiling water over your refrigerated broccoli or cauliflower and let it rest for a few minutes to warm it up before using it in salads, pates, or other dishes that will be consumed immediately.
- If you are on an 80% raw diet program, add some baked or steamed root vegetables or cooked sprouted lentils to your soups and salads.
- Make a warm soup of finely julienned vegetables and hot water. Add mushroom powder, tamari, and grated fresh ginger to boost the flavor.
- Use a dehydrator to warm dishes like raw stuffed mushrooms and marinated kale. Be sure to use a covered glass dish so the item doesn't dry out. Other foods, such as marinated vegetables, can be put in a jar and then immersed in hot water to warm them up quickly before serving.
- Drink a cup of warm ginger tea sweetened with a little agave syrup or stevia before bedtime. It will help you warm those cold sheets.

Research/Links of Interest:

I thought it might be of interest to share this tidbit from *Psychology Today* (January, 2005; www.psychologytoday.com):

“The secret of losing weight and keeping it off may be linked to Albert Einstein, who taught us to think relatively. Research conducted at the University of Western Australia reveals that people who diet often have an all-or-nothing mentality. They see the results of their diets as either a success or a failure.... Most people on diets stop losing weight after around 20 weeks. Those who haven't yet reached their weight goal tend to consider themselves a failure and slide back into old eating patterns. A more relative view of the world, taking account of the grey areas in between black and white, and between fat and slim, is an important condition for keeping pounds off.”

Recipe of the month:

Chili San Carne

2-3 bowls

A chunky chili with veggies and no beans. Rich tomato flavour with a crunch from the peppers. The avocados lend a smooth and creamy texture.

Ingredients

- 2 Medium Tomatoes
- ½ Avocado
- ¼ cup Sundried Tomato, soaked until soft
- 1 clove Garlic
- 1 Handful of Cilantro
- 1 tablespoon Chili Powder
- 1 teaspoon Ground Cumin
- ½ teaspoon Salt
- ½ Red Pepper, diced small
- ½ Green Pepper, diced small
- ¼ cup Green Onion
- ½ Avocado, diced large
- ½ Tomato, diced
- 1 Handful of Cilantro, chopped
- 1 tablespoon Olive oil
- 1 teaspoon Lime Juice
- 1 dash Salt to taste

Preparation

Puree tomato, half of the avocado, sundried tomato, garlic, and a handful of cilantro in a food processor until smooth. Blend in spices. Add chili powder being sure to taste as you add, chili powders may vary. Dice peppers and green onion and put into a bowl. Add pureed ingredients and stir to blend. Add the avocado and tomato and mix in to the chili. Add olive oil and lime juice, stirring well.