



www.rawsomelivingfoods.ca

February 2010 Newsletter

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You must see your goals clearly and specifically before you can set out for them. Hold them in your mind until they become second nature. - Les Brown

February 2nd is Groundhog Day and is my favourite holiday. For me, it represents a time for making choices and new beginnings. Do we come out of the hole we are in and start fresh or do we retreat to our old habits?

Through the month of January we launched our first ever 4-part workshop series, "The 30-Day Raw Challenge". We had a consistent group of 7 individuals go through the series, in which they not only experienced raw living foods cuisine, they learned about preparation techniques, appropriate tools and equipment, menus and recipes, and the theoretical and nutritional background to support a raw living foods lifestyle. In addition, participants were supported with free coaching, activities, and suggested ways to support making the shift – physically, emotionally, mentally, and spiritually. At the end of the series we received the following feedback:

1. Possibly make the workshops 4 hours long to allow for a break, as well as more opportunities for participants to interact.
2. Keep it at 4 workshops - one a week to support the participant's learning.
3. The handouts were extremely helpful and packed with good information.
4. Jim and Chris have good facilitation styles and work well together.
5. Think about setting up a "cafe style" evening once a month to offer an alternative eatery for Salt Spring Island - (talk about a 'raw challenge!').

Each participant brought a vision to this series of workshops – a vision of improved health and wellbeing. Everyone found ways to move forward in

achieving that goal. One participant stated she came to the workshops as a skeptic and left believing in the benefits of raw living foods and the positive impact it was having on her health. Another spoke to the flexibility of such a diet in supporting her wheat (gluten) and dairy intolerance. At the end of the 4 workshops all the participants had increased their raw living foods intake, with some moving close to 100% raw. That is an amazing accomplishment and extremely gratifying for us at Rawsome Living Foods.

We thank our inaugural participants and we will deliver the 4-part series again in the near future. We hope this month's newsletter inspires more of you to consider what your goal is and to provide you with some of the tools to enable those goals to simply become second nature.

A thought from *Rawsome Coaching*:

The reason self-awareness is so difficult to achieve is that it involves an ongoing assessment of our assumptions, beliefs, values, and mental models that shape our behavior and guide our actions, both at work and in our personal lives. The goal of this kind of reflection is not merely to see who we are and better understand ourselves today, but to envision what we might become tomorrow. It is a life-long process — a journey of self-discovery, meaning making, and identity shaping. It is the journey of becoming a self-mentor. - Paula Jorde Bloom

I love the term – 'self-mentor'. Who better to mentor you towards your vision than you! You have the values and the inherent strengths to direct you towards your future self – a self who is an embodiment of the wisdom, passion and beauty that is you. Sometimes we become lost and lose sight of our ideals in the busy-ness of everyday life. We fall trap to lingering gremlins. We play the old tapes, even though they are painful – but familiarity breeds security, whether it is beneficial for us or not.

It is not necessary to suffer in order to give birth to desire. But when you have suffered and you have given birth to desire, so what? You've got a desire. Turn your attention to the desire. Think about where you're going and never mind where you've been. Don't spend any more time justifying any of that stuff. - Abraham

Clarifying your values will assist you in speaking your truth and getting on with your vision. Without living in alignment with your values you are dis-honouring all you believe to be true.

Self-Coaching Activity:

- Write the values that guide you in your life – up to 10.
- Once you have your list go through each value and stream out words from each primary word which further defines what that value means to you. E.g. Integrity/honesty/congruent/whole
- Now order the values in order of importance in your life.
- Finally rate each value on a scale of 1-10 – to what degree do you honour/adhere to/live that value – personally and professionally.
- Ask yourself the following questions:

1. What surprises you?

2. What do you want to explore further?
3. What will you do differently?

Rawsome Coaching <http://www.rawsomecoaching.ca/> can help you to bring your actions and values into alignment. If you are curious to learn more, **Rawsome Coaching** provides a 30-minute free coaching session. Call Chris at 250-537-2048 or email chrisgay@shaw.ca

February workshops:

Sweet Desserts Workshop

1pm – 4pm Sunday February 14th, 2010

Why not spend Valentine's Day with a special friend or just pampering yourself learning how to make Raw desserts. They are ideal for anyone who loves sweets but is trying to avoid refined carbohydrates and sugars, dairy products, and unhealthful fats. These treats taste as rich and sweet as their traditional counterparts, but the bonus is they're healthy!

In Sweet Desserts you will learn:

- How to make easy no-roll, no-bake piecrusts, tart shells, and crisp toppings.
- How to use coconut oil to replace butter in chocolate truffles.
- How to make foolproof dairy-free ice cream.
- How to make a gourmet chocolate cake in 10 minutes flat.

To register or for more information visit our website (www.rawsomelivingfoods.ca) or contact us by email:

Jim Maurice - rawsome@shaw.ca

Menu:

*Kiwi Lime Tart,
Chocolate Hazelnut Cake with Fudge Frosting,
Turtle Truffles,
Orange Cranberry Cookies,
Blackberry Crisp with Vanilla Ice Cream
Special Treat! Jim's own raw chocolates.*

Brunch On The Island

11am – 2pm Sunday February 21st, 2010

Enjoy a healthy and hardy Sunday brunch with juices and smoothies for maximum vitality, people-pleasing granola and oatmeal, decadent crepes and cinnamon rolls.

Transition Tips:

“Why Do I Feel So Bloating?”

“Thanks so much for the other night, I learned so much good stuff! My stomach was very different; I actually did not sleep too well (gas), two large bowel movements in the morning (which I thought were large). At this point I would like to learn more and implement this into my life.”

This is a pretty common response to raw food – “gas and bowel movements”. So why?

The raw diet consists primarily of vegetables, fruits and nuts in that order. The food is uncooked, unprocessed, organic and live.

Transitioning to a Raw Foods/Living Foods diet can be difficult for some people. They may experience a variety of effects of the changeover, as the body gets adjusted to the new type of food. There may be some detox effects too, and bloating and gas may be a couple of them.

Digestive distress like gas, bloating and abdominal pain can occur after eating a raw meal. It is important to be connected to what you eat and see how you feel after eating anything.

Some people for various reasons have difficulty digesting raw food (their digestive systems are simply too weak to digest raw vegetables). And some raw vegetables are easier to digest than others.

It may be beneficial to lightly steam your vegetables to make them more digestible. At the same time, focus on strengthening your digestive ecosystem by eating cultured vegetables (sauerkraut). Cultured vegetables have an abundance of enzymes and contain beneficial bacteria that are very helpful at digesting all the foods eaten in your meals.

Some key ways to make digesting raw vegetables easier:

- **Chew your food well!** – Chew your vegetables completely – at least 20 times per bite.
- Eat fruits before vegetables.
- Include fermented foods and drinks in your diet to help you digest your food and assimilate the nutrients.
- Sauté or lightly steam your vegetables to make them more digestible.
- Blend your vegetables in a raw green smoothie.
- Take digestive enzymes (probiotics) to boost your digestion.

As your digestion improves, raw vegetables should become the bulk of your daily diet. However, there are some vegetables that you may want cooked or fermented. These include broccoli, cauliflower, cabbage, kale, collards and brussel sprouts – all members of the cruciferous family that in their raw state are considered to be "cooling" and suppress the thyroid.

Here are a few vegetables that most people can comfortably handle raw:

- Cucumbers
- Celery
- Carrots
- Red, yellow and orange bell pepper (not green, which is immature and difficult to digest)
- Summer squashes (yellow squash and zucchini)

Links:

<http://www.hippocrateshealthlifestyle.com/359/improper-food-combining-causes-abdominal-bloating-stomach-gas/>

New Products

We are pleased to be able to offer our clients great deals on the best of the best kitchen appliances. We are now authorized retailers for the Excalibur dehydrator and continue to offer Vita-Mix blenders.

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9 Tray deluxe model
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Recipe of the month

Fruit Sorbet

Going raw doesn't have to mean giving up dessert. And you may just learn to appreciate the light, happy feeling you get when you're living on what nature intended!

Ingredients:

- 10-15 frozen strawberries (fresh, ripe)
- 2 frozen bananas
- ¼ cup water

Optional:

- Substitute for other fruit you like
- 1-2 tablespoons raw honey; or
- 1 tablespoon of agave
- Sprig of fresh mint, for garnish
- ¼ cup dried unsweetened coconut

Directions:

1. Before placing fruit in the freezer, slice into small pieces.
2. Place fruit in freezer, making sure that it's spaced far enough apart that the fruit doesn't freeze in big clumps.
3. When completely frozen, remove the fruit from the freezer and allow the fruit to thaw slightly, about 10-15 minutes.
4. Put frozen fruit in high-speed blender with ¼ cup of water and blend slowly. *You may need to place the fruit in small batches, because frozen fruit can be difficult to blend in one large "chunk." Add a little more water to keep things moving. Continue this process until the fruit is completely blended. You will know it's done when the mixture has a smooth, creamy texture.

Serve the sorbet in small cups, 1-2 spoonfuls per person.

Garnish with a fresh piece of sliced strawberry or a sprig of mint.

This dessert is light and surprisingly "creamy." It's a great dish to serve after a heavier meal like raw Fettuccini Alfredo or other entrees containing lots of seeds and nuts. And the fruit sorbet will more than satisfy your sweet tooth.