



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

“Our mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive for a more healthy lifestyle. The struggle with health concerns can be daunting. Our goal is to convince anyone struggling with health opportunities to be passionately patient with yourself.”

## January Newsletter

January 2012



*“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”*

William Londen

Happy New Year Dear Friends,

Once more I am reminded of how truly fortunate I am.

It seems that each January 1<sup>st</sup>, we make great efforts to change those things that we know are not beneficial for growth and good health. Some years we are more successful than others. Perhaps this is the year to look at your diet and decide what is taking you forward and what is keeping you from being the truly vibrant person you could be. Is this the year you will make the shift from traditional processed foods to vibrant living foods?

I am not a nutritionist or medical practitioner. I am chef and a raw foodist. I know from my own and the personal experience of many people, eating affects our health. We are what we eat. Other important keys are lots of pure water, sleep, rest, exercise, laughter, and love.

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

*There are many ways of going forward, but only one way of standing still. - Franklin D. Roosevelt*

Do you find you are standing still? Are you looking for that one thing to propel you forward in life? Are you questioning if this is all there is?

The New Year is a perfect time to honour what's calling to you from your heart. **Rawsome Lifestyle Coaching** has a number of coaching packages. The emphasis is on making a transition to a raw food lifestyle. However, there is so much more than just changing the foods you eat.

Most importantly **Rawsome Lifestyle Coaching** helps you acknowledge what is calling by first looking at your *Wheel of Life*. From there, you can explore what will move you forward towards a vision you can call your own.

To learn more and to sign up for my weekly blog go to [www.rawsomecoaching.ca](http://www.rawsomecoaching.ca)



## **Upcoming Workshops and Events**

**For more details visit:**

**<http://www.rawsomelivingfoods.ca/events.html>**

**Coming in January – HURRY AND BOOK NOW!**

- **Cleaning House Workshop – Sunday January 8, 2012 – 1-4:30 p.m.**  
Learn about sprouting, fermentation, dehydration techniques and the key to light and lively living. \$55 + \$6.60 (HST) = \$61.60/person.  
RESERVATION AND PAYMENT REQUIRED IN ADVANCE. [Reserve your space now by contacting \[rawsome@shaw.ca\]\(mailto:rawsome@shaw.ca\) or by phoning 250-537-2048.](#)
- **Rawsome Living Food Retreat Packages - An immersion course into a raw plant-based diet and lifestyle.**  
Experience a day and a half raw educational retreat with all meals included. You will learn about shopping, equipment, growing and juicing sprouts and wheatgrass, making crackers and appetizers, planning and making meals, sampling a daily raw routine and enjoying the natural environment of Salt Spring Island.  
\$350 (+ \$42 HST) for one person OR \$500 (+ \$60 HST) for two people - One night accommodation and all meals and education included. For more information contact Jim or Chris at [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or by phoning 250- 537-2048.
- **Special Celebrations in the Rawsome Kitchen**  
Looking to have a unique dinner for two, a party for 12, or an intimate brunch or dinner for 6? Rawsome Living Foods will cater a gourmet living foods meal for you. Contact Jim or Chris for more information at [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or by phoning 250-537-2048.
- **Rawsome Kitchen Equipment**  
We still have a selection of raw food prep equipment to bring in the New Year: Vita-mixes, Excalibur dehydrators, and Lexen juicers. For more information contact Jim or Chris at [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or by phoning 250-537-2048.

- **Rawsome Kitchen Treats**

Place orders for granola, crackers, bagels, cream cheese, cheesecakes, shortbread cookies, and raw-colates. For more information and price list contact Jim or Chris at [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or by phoning 250-537-2048.

- **Rawsome Gift Certificates**

Looking to treat someone with a Rawsome dinner for two, a workshop, or a Rawsome Retreat or Spa Package – you’ve come to the right place. For more information and price list contact Jim or Chris at [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or by phoning 250-537-2048.

***Coming in February and March –***

- **Rawsome Living Foods will be taking a short break**

We are looking forward to a visit to Thailand to sample Raw Thai cuisine and explore a few raw retreats/cleansing facilities. In March, Jim will be in Tokyo teaching Raw Food Preparation, desserts and pastries to raw food chefs and educators.

## Transition Tip:

### Going Raw

“Raw” simply means uncooked, or unheated. Raw food is food that is **unprocessed, unrefined, and untreated with heat**. Technically, "living food" is a better description than "raw", mainly because raw suggests food grown wild in nature, whereas "living food" suggests food that is still **enzymatically** active - and that's what the "living food" diet is about - eating foods that are alive, where the enzymes, along with vitamins and phytochemicals are retained in abundance by not cooking the food.

### Living Food Facts:

- Plant Based. A diet of whole ripe raw organic fruits and vegetables, sprouted nuts, seeds, and grains will increase your chance of achieving optimum health.
- One of the most important keys to good health is good digestion.
- The human body requires enzymes to digest food. Nature has provided every food with exactly the perfect mix of enzymes to "digest" or break it down completely. For example, when fruits ripen, the enzymes change starches into simple sugars, which is why unripe fruit isn't as sweet.
- Sprouted nuts, seeds, and grains are living foods. When we soak nuts and seeds we break down the enzyme inhibitors to activate the enzymes, improve digestion and increase our ability to assimilate nutrients.
- Whole raw foods are rich in phytonutrients and micronutrients that give foods their colour. Research suggests that phytonutrients can help reduce your risk of heart disease, strokes, certain cancers, and type II diabetes, slow the aging process, and preserve eyesight and brain function.
- Organically grown living foods provide the highest quality of usable nutrition. They naturally support digestive and immune system functions, and allow the body to be more alkaline - another key factor in building good health.
- The Standard American Diet (SAD) of meat, bread, dairy, processed and cooked foods, caffeine, and alcohol creates an acid state in the body and can lead to a variety of health concerns. The human body requires a predominately alkaline state to absorb nutrients and oxygen efficiently and to have the ability to expel toxins.

### **Simple Steps to Adding Raw Foods to Your Diet:**

If you can put most or all of these steps into practise, you will be amazed at the difference.

1. Start the day with 16 oz of pure water. And drink lots of pure water between meals.
2. Try to start each day with a green or fresh fruit smoothie for breakfast instead of your usual toast, cereal or coffee. Eat or drink as much as you want of the raw stuff but keep it clean. What you eat first sets you up for the day - so make sure you step out on high-energy revitalising foods.
3. Begin lunches and dinners with a salad, perhaps including an avocado. Alternatively, have a raw soup as a starter. If you can make at least half of your plate consist of fresh living foods, such as, salads, nuts, seeds, sprouted seeds, sprouted beans you'll be doing really well and you will start to feel the difference within a matter of days.
4. Make sure that the raw foods you choose are mostly dark leafy green vegetables and fruits, as these are the most nutritious and the highest in water content. Handfuls of nuts just don't work the same - they're very dense and fatty, but in small amounts are very good for you.
5. For snacks, eat raw vegetable sticks, and/or green juices.

## Recipe of the Month:

### Cilantro Miso Soup



Cilantro has properties to aid in removal of heavy metals; i.e., mercury

- 1 bunch of cilantro
- 3 cloves of garlic (garlic is a natural antibiotic)
- 1/8 or more cayenne pepper
- 3 tablespoons of chickpea miso (miso is full of friendly organisms for healthy digestion)
- 3 cups of warmed water--preferably filtered water

Put all above ingredients in Vitamix (or good kitchen blender) and blend. If you want the soup to be a bit warmer, let it blend for up to 3 minutes or so.

#### ***Garnish with:***

- Coconut, flaked or shredded
- Red pepper flakes
- Saffron
- 1 tablespoon of coconut oil (antiviral, fungal and bacterial)
- Chopped green onion
- Red pepper and tomatoes

Doctor Gabriel Cousins explains the “whys of soups” in his book, *Conscious Eating*:

"Soups play an interesting and important role in our live-food cuisine. In the Conscious Eating Kitchen, soups are usually the entrée for the evening meal. This is important because the digestive powers decrease in the evening. Blended foods make a wonderful light meal which is easier to digest."

*The content found on these pages are the experiences of one individual and are not to be construed as a substitute for professional medical advice.*