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March Newsletter

March 2011



There are two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle. - Albert Einstein

With March comes spring. There is a promise of lightness and hope. New beginnings. For some it is an opportunity to start over. Gardens beckon. We begin to turn over the soil and plant the seeds we eagerly anticipated sowing, when we were poring over seed catalogues and attending 'Seedy Saturdays' during the month of February.

Now is a time we can think about lighter foods; fresh local organic foods. We can think about what we want to plant. Whether you have acreage or a pot on a windowsill, we can all grow something. Perhaps it is lots of lettuce and dark leafy greens like kale and chard. Don't forget zucchini which is the queen of a raw food kitchen. Or it may be a pot of basil. Even a jar of sprouts is a way to be hands on with the foods you eat.

That is what it is all about. Being in touch with our food, nurturing the soil, enriching the environment, and witnessing the miracle of life around us.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca]

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. - Barbara Kingsolver

We all have a life purpose. We all know what we were made to do. It may be hidden in our heart aching to come out. Some of us are better at paying attention to the signs than others. Some of us take longer than others to pay attention. Some of us find it easier to ignore the signs that come our way, than to listen and be left to make a decision and possibly a change. This applies to all aspects of our life. Whether it means changing jobs, moving to a new location or country, following a spiritual path, or eating and living differently.

Self-Coaching Activity (from Coaching Questions by Tony Stoltzfus. 2008):

This activity examines how your real life aligns with your ideal. Take a piece of paper and make 3 columns with the following headings: Take It, Leave It, and Take It or Leave It. 'Take It' are the things you value and want more in your life in the future. 'Leave It' are the things in your life that drain you or crowd out what's important. 'Take It or Leave It' are the things you have no strong feelings about one way or another.

Take It	Take It or Leave It	Leave It

After you have filled in the chart answer these questions:

1. When you look over your list, what stands out?
2. How does your life now align with your ideal? Where is there a good match and where are things out of alignment?
3. How well does your daily lifestyle support your life purpose? Where does it help, and where does it get in the way?
4. What one thing on the 'Leave It' list would make the most difference if you changed it?
5. What would it take to deal with your entire 'Leave It' list? What stops you from doing that?
6. What step could you take now to better align daily life with your life purpose?

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**

[<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email chrisgay@shaw.ca

Rawsome Coaching now has a new e-book called ***Eating Raw for a Day***. Find out how to access this book by emailing chrisgay@shaw.ca



Upcoming Workshops and Events

For more details visit:

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

Coming in March

- **Green Giant Workshop – Green Smoothies, Green Juices, Sprouts – Reservations Required**
Saturday March 12th from 1:00 pm to 3:00 pm
- **Salt Spring Island Craft Bazaar – We will be serving treats!**
Mahon Hall 114 Rainbow Road
Saturday, March 19 · 11:00am - 5:00pm
- **Chef Level 1 – Tokyo – Some Travel Required**
March 25th to 27th Full days

Coming in April

- **Blossom Festival – More information to come**
Saturday April 9th
- **“Not Another Boring Salad” Workshop – Experimenting with salads – Reservations Required**
Saturday April 30th from 1:00 pm to 3:00 pm

Coming in May

New territory!

For information and to MAKE RESERVATIONS
Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tips:

Angry? It might be something you ate

Adapted from an article by Jenn Gearey in The Ottawa Citizen

“You are what you eat.” Our moods and emotions can be affected by what we eat. There is a correlation between good food and good mood. Anger is a behaviour that many food experts say can be altered by diet. Food is not just something to put in our stomachs. It is chemically and biologically active. Our bodies need vitamins; protein and other nutrients to make the brain chemicals that help us think clearly, maintain a good mood and act in socially acceptable ways. What we eat can affect our sense of right and wrong.

Among the foods that cause aggressive behaviour are trans fats or "junk fats". Sixty per cent of our brain is fat, so if we consume “junk fats”, we're adding a high percentage of these junk fats into our brains, impeding the way brain cells communicate with each other.

While the science of food and mood is still evolving, foods linked to allergies are suspect aggressor foods. Casein, which is found in dairy, and gluten in wheat are foods being investigated. Some research links food allergies to the creation of a substance in the body that leads to aggression or the inability to control behaviour.

Manufactured chemicals like aspartame and monosodium glutamate (MSG) can also be temper igniters. Instant soups and sauces that contain MSG, plus foods with artificial colouring and low-cal sweeteners should be avoided.

Aggressive behaviour can also be related to low blood sugar, so try eating more small meals of vegetables, fresh fruit and nuts to keep levels in balance and avoiding refined carbohydrates such as bread, fruit juices and pastries that cause levels to rise and fall.

And while some foods may lead to anger, some foods dissipate it. There is evidence that omega-3 fats help improve depression and aggression.

If you are concerned about whether you have food-related aggressive feelings, try keeping a journal. Jot down what you eat and when, and your patterns of aggression and anger during the day. Record if improvements in mood are tangible when your diet is altered.

FOODS LINKED TO AGGRESSION

- *Sugar*: While carbohydrates initially boost mood by activating serotonin, there is also a “crash” that quickly follows after consuming them. This results in feeling cranky.
- *Chocolate*: While rich in antioxidants that decrease bad cholesterol, added sugar is quickly digested.
- *Caffeine*: While caffeine improves alertness in the short term, caffeine can make you irritable.
- *Alcohol*: Alcohol weakens brain functions that normally restrain impulsive behaviours such as excessive aggression.
- *Wheat and milk*: The main allergic response to wheat and casein in milk products is possible brain inflammation, which can cause hostility.
- *MSG and artificial sweeteners*: Their ingredients can heighten reactions, including aggressive feelings.

FOODS THAT COMBAT AGGRESSION

Pumpkin seeds, almonds, artichokes, spinach, peaches, red peppers, papaya, corn, sunflower seeds, lentils, carrots, turnips, yogurt, squash, broccoli, oats, avocado, potatoes, bran, banana, kidney beans, peas, tomato juice, and, walnuts.

Recipe of the month:

Tomato Veggie 'No Nut' Stew

This recipe is from the new Rawsome Lifestyle Coaching e-book: *Eating Raw for a Day*. To find out how to get your copy contact chrisgay@shaw.ca.

- ¼ cup sun dried tomatoes
- 1 Medjool date
- 1 large carrot
- 2 large celery stalks
- 1 red pepper
- 1 large Portobello mushroom
- 2 tomatoes
- 1 tsp salt
- 1 tsp basil (or other spices - e.g. curry and cumin, chili powder, fresh dill, etc.)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp cayenne

First Step:

Soak ¼ cup sun dried tomatoes and 1 Medjool date for 1 hour.

Second Step:

Cut ingredients into chunks before adding to food processor using the S blade. Pulse chop after each addition:

1 large carrot

2 large celery stalks

1 red pepper

1 large Portobello mushroom

Place into a large bowl.

Third Step:

Drain pre-soaked sun dried tomatoes and date (or juice of 1 orange) and place in blender along with:

2 Tomatoes

1 tsp salt

1 tsp basil (or other spices - e.g. curry and cumin, chili powder, fresh dill, etc.)

1 tsp garlic powder

1 tsp onion powder

1/4 tsp cayenne

Blend until a thick smooth consistency. Pour over vegetables in bowl and stir until mixed.

Add a variety of bite sized cut veggies (zucchini, corn, beans, peas, cauliflower, etc.) and stir into the stew.

Dehydrate for up to an hour if a warmer stew is desired and serve in bowl topped with nutritional yeast and hemp seeds. Serve with green salad.