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May Newsletter

May 2011



The circumstances of our lives have as much power as we choose to give them. - David McNally

Five years ago when I was diagnosed with a health opportunity, it appeared to be more of a death sentence than a second coming. Three years ago when we entered Optimum Health Institute in San Diego [<http://www.optimumhealth.org/>] we had no idea of the journey we were about to embark upon. Three years later, we have a thriving wheatgrass business, a raw food educational and coaching practice, and an international following in Japan. Apparently, we gave a raw food lifestyle a great deal of power in our lives.

Giving over our power to things that matter, that are of substance, and that give us 'juice' (no pun intended), sets a direction in motion that is enlightening and invigorating. Suddenly our values and actions are in alignment. Making a life style shift that is as rigorous and all encompassing as a raw living food life style requires such an alignment.

There is no magic pill. There is a conscientious belief in the value of one's journey. There is an honouring of one's body, mind, spirit and emotional compass, which all serve to support a life direction. It's all about choice. Make a conscientious choice for you – today and everyday. The power will be life altering and your potential immense.

A thought from Rawsome Coaching:

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

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy". They told me I didn't understand the assignment. I told them they didn't understand life." - John Lennon.

The True Meaning of Life

We are visitors on this planet.
We are here for ninety
or one hundred years
at the very most.
During that period,
we must try to do
something good,
something useful
with our lives.
If you contribute
to other people's happiness,
you will find the true goal,
the true meaning of life.

The XIVth Dalai Lama

Self-Coaching Activity:

Consider one way each day in which you can contribute to the happiness of others for a week. Keep a journal for the week and notice the following:

1. What were the reactions of the people you interacted with?
2. What emotions arose within you?
3. What has shifted for you this week as a result of these encounters?

In order to make a change permanent in our lives, we need to participate in the same activity for 21 days. Take the 'Happiness Challenge' for the month of May. If you want to share what has arisen for you, I'd love to hear from you at: chrisgay@shaw.ca

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



Upcoming Workshops and Events

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

Coming in May

- **Chef Level 1 & 2 – Tokyo – Some Travel Required**
May 3rd to 9th Full days

- **“Not Another Boring Salad” Workshop – Experimenting with Salads – Reservations Required**
Sunday May 15th from 1:00 pm to 3:00 pm – 854 Long Harbour Road

Coming in June – June 1st to September 24th

- **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 or call: 250-537-2048**

Transition Tips:

Your Relationship With Food

[Article found in Eating Raw for a Day e-book: chrisgay@shaw.ca]

Do you like to play with food?

Before making any recipe, think about how much time you like to spend in the kitchen. If making cooked food is a chore for you, then it will feel no different preparing raw living foods. You will probably find the recipes using minimal ingredients and only a blender or food processor to assist with the chopping and mixing will probably appeal to you.

If you love reading cookbooks and trying out new recipes and inventing your own, then tackling simple recipes will be a treat plus they will get your creative juices going. Recipes with a few steps may also be more up your alley.

If you prefer all your food to be ready as quickly as possible, then approaching raw living food in its purest form will be for you – that is having a nice fresh salad for lunch and dinner and plenty of fresh fruit for breakfast and snacks throughout the day.

We all need food. How we get the food into our bodies varies from person to person. How esthetically appealing the food is, as well as the variety of textures and flavours will depend on how adventuresome you are with food generally. Therefore, go with those recipes that appeal to your senses, for as we know, eating is a very sensual experience. How our food looks, tastes, smells, and feels is all-important and will determine to what degree we will stick with a particular diet and more importantly, enjoy what we eat.

Keep in mind that one of the finest gifts we can give ourselves is the gift of food.

- Pure unprocessed food.
- Food that is life giving.
- Food that comes directly from the soil onto our plates.
- Food that has an abundance of colour (dark greens, reds, oranges).
- Food that has a minimal amount of added seasonings and additives.
- Food that relies on naturally occurring sugars (e.g. fruit juice or dates) rather than fabricated sugars (white and brown).
- Food that has no animal products nor wheat and dairy (which are hard to digest and are acid forming).
- Foods that produce an alkaline environment – a healing medium for our bodies.
- And an abundance of clean water.

Recipe of the month:



Nutty Veggie No Meat Burgers

[From *Eating Raw for a Day* e-book: chrisgay@shaw.ca]

- 1 large carrot
- 1 large celery
- 2 cups soaked raw organic walnuts (you can use almonds instead or a combination of nuts and seeds such as sunflower seeds)
- 1/2 tsp salt
- 1 tsp curry (you can vary the flavour by adding other spices such as basil or dill)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/8 tsp cayenne
- 1 tbsp wheat free Tamari (or regular Tamari or Nama Shoyu)

First Step:

Preferably soak 2 cups raw organic walnuts for 8 hours. (Can work if you have forgotten to soak the nuts.) Drain and rinse.

Second Step:

Cut ingredients into chunks before adding to food processor using the S blade.

Chop finely after each addition until smooth:

1 large carrot

1 large celery stalk

2 cups soaked raw organic walnuts (you can use almonds instead or a combination of nuts and seeds such as sunflower seeds)

1/2 tsp salt

1 tsp curry (you can vary the flavour by adding other spices such as basil or dill)

1 tsp garlic powder

1 tsp onion powder

1/8 tsp cayenne

1 tbsp wheat free Tamari (or regular Tamari or Nama Shoyu)

Add more spices/salt/cayenne to taste, if too bland.
If it is too wet, you can process in more nuts to make it drier.

Third Step:

Form into round balls or patties or just spread on your leaf of lettuce like a pate.
Serve on top of a leaf of lettuce and garnish with a tomato and onion. Serve with green salad. Drizzle salad dressing on top for more flavour.

If you have a dehydrator, you can put into dehydrator on a teflex sheet for 2 hours or longer at 105 degrees. Flip after one hour.