

April Newsletter

April 2010



karlamassini.blogspot.com

“La vérité n'existe pas. Et si elle existait, elle serait fausse.”

Lose 50 pounds in 50 days!

Whenever I see ads for losing weight, I wonder how true they are, how healthy they are, how easy they are to follow, and will the weight stay off.

I do know that choosing raw will lead to losing weight. It can be as easy as just taking one day a week to do a “juice” day. You don't even have to change your normal eating habits, even though the benefits would be much more evident. All it takes is just one easy step at a time.

A thought from Rawsome Coaching:

"Life is either a daring adventure or nothing at all." ~Helen Keller

What is considered 'daring' varies from person to person. Regardless of the 'degree' of the dare, what we do know is that to live daringly, is to take a risk, to have the courage to try something, to respond to a challenge.

Almost 2 years ago I walked into Optimum Health Institute completely ignorant to the challenge I had set for myself, and the lifelong journey I had just embarked upon. I resisted the whole notion of eating 100% raw. I agreed to vegan only. That was easy. I had been there before. But totally raw? You've got to be kidding. In retrospect, I realize I wasn't up for the challenge at that point. I had many excuses – I'm traveling too much, I have grandkids to make food for, I love my cappuccino, etc.

What definitely supported me in making a total shift was having a partner who made a personal commitment to this change in our lifestyle. There was no pressure, just a desire to live and eat differently. I was invited along for the ride to whatever degree I 'dared'. I dared to live more healthfully.

"Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming 'WOO HOO! What a ride!'" ~Unknown

One thing I feel confident about is that the longer I eat raw the better preserved my body will be. I'm not only on this earth for a good time but for a long time. And knowing that making a living foods choice offers me the potential to stay on this earth longer, more vibrantly and with more vigor causes me to invite more challenges and opportunities into my life. I'm up for the ride. What about you?

Self-Coaching Activity:

What are 100 things you want to do before you die?

Write a list. Brainstorm. Apply no judgments. Be free with your list of desires.

1. What's exciting you?
2. Does one leap out ahead of the others?
3. What would it feel like to live your list everyday?
4. Commit to completing one thing on your list this month.
5. Find someone to share that with and provide feedback to at the end of the month.

Ok, I'll be realistic. I'm sure that eating 100% raw is not going to be in your list of 100. However, the exercise of dreaming big and making a commitment applies, no matter how big or small the challenge. So take that first step. It's easy to do especially if you consider support. Rawsome Living Foods is unique in that it

incorporates a coaching approach in assisting individuals with making the shift to a living foods lifestyle and other lifestyle shifts. Take advantage of this self-coaching activity **and** give Chris a call at **Rawsome Coaching** [<http://www.rawsomecoaching.ca/>] for a 30-minute free coaching session at 250-537-2048 or email chrisgay@shaw.ca

April Workshops and Events:

Saturday, April 10th

1-4 p.m. at 854 Long Harbour Road on Salt Spring Island

Survival:

How to survive one week on raw food with easy recipes and menu planning.

Enjoy a 7-course meal, receive handouts and recipes, and watch food-prep demonstrations.

\$55 per workshop or \$100 for couples

For more information contact us at: rawsome@shaw.ca

If you are coming from Victoria you can find the ferry schedule at this link: <http://www.bcf ferries.com/schedules/southern/>

The Salt Spring Island bus schedule can be found at this link:

<http://www.transitbc.com/regions/ssi/>

The Salt Spring Island Saturday Market is now on. Those from off island may want to make a day of it. Attend the **Market in the Park** then make your way to 854 Long Harbour for an afternoon of 'rawsome' food and demonstration.

Come enjoy dinner in the 'Not a Café' Rawsome Kitchen:

"The best diner in town."

April 17: **Rawsome 'Mediterranean' Night Out** – starting at 7PM. \$35 per person. **Reservations required – 250-537-2048.**



Coming in May

Rawsome 'Japanese' Night Out in the Rawsome 'Not a Café'
Saturday, May 8th prepared by Japanese students
at the Rawsome Living Foods Culinary School.

Transition Tips:

A “Shot” of Wheatgrass Juice Daily

Wheatgrass juice is perhaps the most powerful and safest healing aid there is. Not because it can attack and destroy bacteria or malignant cells, but because it has the ability to strengthen the whole body by supporting the immune system. It is full of enzymes that aid in digestion and metabolizing foods, promoting healthy intestinal flora and neutralizing and digesting toxins in the cells. As the chlorophyll molecule is structurally similar to hemoglobin, wheatgrass juice may help blood flow, digestion and general detoxification of the body.

When Ann Wigmore developed colon cancer and faced the loss of both legs after a traffic accident, her doctors recommended amputation. But Wigmore refused and set out to heal herself naturally. She discarded her traditional diet for a diet made of raw vegetables, grains, seeds and greens and she applied wild weeds and greens to her feet.

As Wigmore recovered from her wounds, she realized that she had stumbled on to something valuable. Wigmore believed that wheatgrass had contributed to the remission of her cancer and recovery from gangrene. Ann Wigmore went on to help thousands of others to regain their health.

Wheatgrass juice is a complete food, containing all of the known vitamins and nutrients, including calcium, sodium, potassium magnesium and a wide variety of trace minerals. It is high in protein and contains all 8 essential Amino Acids. As well as protein, Beta-carotene, Vitamin E, Vitamin C, Phosphorus, Magnesium, Calcium, Iron, and Potassium, wheatgrass juice contains Vitamin B12, a vital nutrient absent in other vegetables.

The average dosage of wheatgrass is a fresh squeezed 30ml (1 oz) shot once daily or for more therapeutic benefits a higher dose up to 60 – 120 ml (2–4 oz) taken 1-3 times per day on an empty stomach and before meals. It should be noted that consumers with a poor diet might experience nausea on high dosages of wheatgrass.

Regular ingestion of wheatgrass juice can:

- Improve the digestive system
- Cleanse the liver
- Help make menopause more manageable
- Help with skin problems
- Detoxify the blood and liver and remove toxic metals
- Strengthen the immune system
- Promote general wellbeing

For more information go to: <http://saltspringislandwheatgrass.ca/>

Recipe of the month:

This is a new recipe we are working on. If you try it and want to comment, we would love to hear what you think.

Poutine (A work in progress)

Serves 4

Fries

- 4 kohlrabies OR jicama
- 1/2 cups cold pressed olive or hemp seed oil
- 2 teaspoons curcumin
- 1 teaspoon sea salt

Cut the kohlrabies or jicama like French fries (julienne) with a knife or mandoline and put in a bowl. Mix the oil, curcumin (kurkuma) and salt in a bowl and pour over the fries. Let sit for at least 10 min. Drain and scoop onto some paper towels to remove excess oil.

Miso Gravy

- 1/4 cup miso
- 1/4 cup olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 clove garlic
- 2 dates, pitted

Blend all ingredients until smooth.

“Cheese” Curds

- 3 Tablespoons olive oil
- 2 Tablespoons apple cider vinegar
- 1 teaspoons salt
- 1 tablespoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 2 cups cashew cheese

Place everything but the cheese in the bowl and whisk together. Add cheese, stir, and let sit for at least an hour or spread on a Teflex sheet and dehydrate for approximately 8 hours.

Place the fries on the plate, pour gravy over fries and sprinkle “Cheese curds” over the entire dish.

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