



www.rawsomelivingfoods.ca

April Newsletter

April 2012

"Our mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive toward 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 themselves."



Pâtisserie Course Level 1 -Tokyo March 2012

"One of the dysfunctional patterns of the mind is the assumption that the Now needs to be filled with something all the time. Of course you have to do things, but see if you can also experience the spaciousness of this moment, the inherent goodness of this moment, regardless of what it contains." -Eckhart Tolle

The first two weeks of March were spent in Tokyo teaching Chef Level 1 and Pâtisserie Level 1 courses for Japan Living Beauty Association (<http://www.rawfood-kentei.com/>). Here is the link to photos on Facebook: <https://www.facebook.com/media/set/?set=a.358538460858127.86181.132249160153726&type=3>

With each and every trip, I am more impressed by the level of commitment, creativity and cultural awareness of my Japanese students. After spending time with them in the kitchen playing with our food and sharing recipes and experiences, I come home wiser, more humble and happy knowing the world is a wonderful place and people that live on this planet can be inspirational.

I truly experienced the spaciousness of the moment and the inherent goodness of the Japanese people. With gratitude and appreciation- **Chef Jim**

Nutritional Sharing

Health Benefits of Cayenne

Thanks to Laura Formaggia, PhD. HN, B.Ed.(Arg), Dipl TCM, R. Ac, RNCP,RLT- *Naturamedica*

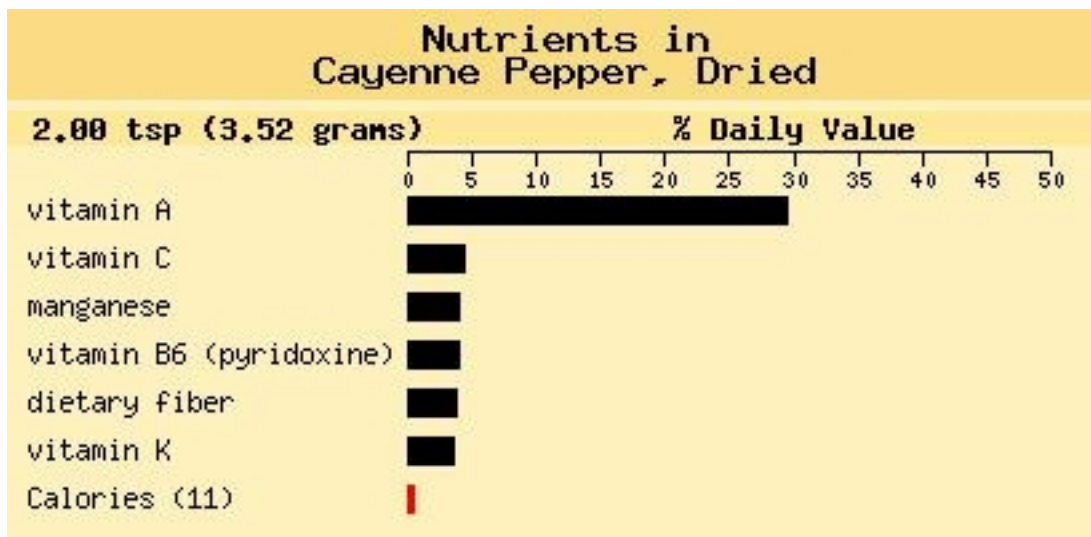
Cayenne is an interesting food and incredibly beneficial. It can, however create problems in some people. As in all things, do the research and do what works best for you.

The heat produced by cayenne is caused by its high concentration of a substance called capsaicin. Capsaicin has been widely studied for its pain-reducing effects, its cardiovascular benefits, and its ability to help prevent ulcers. Capsaicin also effectively opens and drains congested nasal passages. For hundreds of years, Native Americans have used cayenne pepper to treat stomach pains and constipation and mixed it with other substances for pain relief.

Cayenne peppers are an excellent source of Beta-carotene, which is not only a potent antioxidant but can be converted in the body to vitamin A. Beta-carotene may be helpful in reducing the symptoms of asthma, osteoarthritis, and rheumatoid arthritis. In addition, its antioxidant activity make it useful in preventing the free radical damage that can lead to atherosclerosis, colon cancer, and diabetic complications, like nerve damage and heart disease.

Cayenne is also beneficial for:

- Reducing Inflammation
- Natural Pain Relief
- Cardiovascular Benefits
- Clearing Congestion
- Boosting Immunity
- Preventing Stomach Ulcers
- Weight Loss



From the World's Healthiest Foods: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=140>

Individual Concerns

Cayenne Pepper Belongs to the Nightshade Family!

The nightshade family also includes eggplant, tomatoes, bell peppers and white potatoes. Anecdotal case histories link improvement in arthritis symptoms with removal of these foods; however, there are no scientific studies to date that confirm this information.

Some people are genetically unable to process solanine, a mildly toxic chemical found in all plants in the deadly nightshade family. Symptoms of nightshade toxicity can be rashes, stomach upset, headaches, joint pain, muscular weakness, pain or spasms. For those who suspect that their symptoms might be caused by nightshade sensitivity, staying away from those foods for a few weeks or months should allow the body to clear out the solanine.

Hot off the Press: Cayenne pepper

Cayenne is a pure stimulant and activates the process of expelling toxins. During a detox, it may not be recommended to use cayenne. The addition of cayenne, as a stimulant, might cause nausea and stomach upset. It is better to use it with caution.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca to get a free e-book]

Chris Gay of Rawsome Lifestyle Coaching provides coaching support to those who want more vitality, energy, and mental clarity in their lives. Contact Chris for a complimentary 20-minute exploratory coaching session at **Rawsome Coaching** [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email chrisgay@shaw.ca

The Boomerang Effect of Kindness

Excerpted from The Power of Kindness by Mac Anderson

Call it karma or the laws of the universe, whatever kindness you share with others comes back to you. There's nothing like the feeling you get when you are kind to someone else...without the slightest expectation of anything in return. In fact, taking the time to be kind can actually be good for your health. In his book, *The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others*, Allan Luks documented the physical and mental benefits of kindness after surveying more than 3,000 volunteers of all ages at more than 20 organizations throughout the country.

Luks, the former executive director of the Institute for the Advancement of Health and executive director of Big Brothers/Big Sisters of New York City, shared some of the key findings from his study:

- A rush of euphoria, followed by a longer period of calm after performing a kind act, is often referred to as a "helper's high," involving physical sensations and the release of the body's natural painkillers, endorphins. This initial rush is then followed by a longer-lasting period of improved emotional well being.
- Stress-related health problems improve after performing kind acts. Helping reverses feelings of depression, supplies social contact, and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, etc. A drop in stress may, for some people, decrease the constriction within the lungs that leads to asthma attacks.
- Helping can enhance our feelings of joyfulness, emotional resilience and vigor, and can reduce the unhealthy sense of isolation.
- A decrease in both the intensity and the awareness of physical pain can occur.
- The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered.
- An increased sense of self-worth, greater happiness and optimism, as well as a decrease in feelings of helplessness and depression, is achieved.

In hindsight, it may seem that your prior kindnesses were for naught, and that in the end, they were too high a price to pay for the pains you've endured. That is, of course, until you get a little further into the future, when the pendulum has been allowed its full swing, and all the seeds you've sown have begun blooming in more gardens than you ever knew existed. - The Universe



Upcoming Workshops and Events

For more details visit:

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

Coming August 10-12

A promotional poster for the "Raw on the Rawk" festival. The top half has a blue background with the text "Salt Spring Island's Raw Living Food Festival" and "Rawsome Living Foods" in the top right. The main title "RAW on the RAWK" is in large, colorful letters, with "RAW" in green and "RAWK" in red. Below the title is a bowl of fruit. The bottom half has a white background with a photo of a food display on the left. Text on the right includes the dates "August 10-12, 2012" and a list of activities: "MARKETPLACE VENDORS", "SPEAKERS • PANEL DISCUSSIONS", "RAW FOOD PREPARATION DEMONSTRATIONS", and "LIVE MUSIC • AMAZING RAW FOOD". At the bottom, there is contact information and a "COMING SOON" notice.

**Salt Spring Island's
Raw Living Food Festival**

Rawsome
Living Foods

RAW on
the **RAWK**

August 10-12, 2012

- MARKETPLACE VENDORS
- SPEAKERS • PANEL DISCUSSIONS
- RAW FOOD PREPARATION DEMONSTRATIONS
- LIVE MUSIC • AMAZING RAW FOOD

Choose one session to attend or come for the FULL weekend & make it a destination event to remember!

FOR MORE INFORMATION CONTACT:
rawsome@shaw.ca or phone
250-537-2048
or visit: rawontherawk.ca

COMING SOON
Look for our Facebook Page with
all the festival details & reservation info.
Early bird prices, accommodation links & more.

Click Below to Register for the Destination Event of the Summer!



Raw on the Rawk ~ Living Foods Festival
August 10 - 12, 2012, Salt Spring Island, BC

Coming in April

- **Rawsome Living Foods will be offering two workshops in April**
- **Rawsome Kitchen Make It and Take It Cheesecake Workshop – Saturday, April 21st – 1:00 – 3:00 p.m.**
Learn how to make a Rawsome Blueberry Cheesecake. Make it and take it home and wow your friends. All you need to do is reserve your space now by contacting rawsome@shaw.ca or by phoning 250-537-2048. Payment in advance is required to hold your spot - \$15.00 per person.
- **Rawsome Kitchen Make It and Take It Dinner Workshop – Sunday, April 29th – 3:00 – 5:00 p.m.**
Make falafels, tabouleh, humus, and ice cream and take it home to eat. All you need to do is reserve your space now by contacting rawsome@shaw.ca or by phoning 250-537-2048. Payment in advance is required to hold your spot - \$22.00 per person.

Transition Tip

Making the move to RAW:

The three most common questions we are asked are:

1. How raw are you?
2. How long have you been raw?
3. Where do you get your protein?

The last question is the easiest. Everywhere! All foods contain protein and I will address this in next month's newsletter.

The first two are harder to answer. Trying to give a percentage of raw is extremely difficult. 100% should be your goal, but how is it measured? By portion, plate, meal or total food consumption? How practical is it? How many meals do you eat as opposed to grazing or snacking? And how balanced is your diet? 100% raw can be 100% unhealthy if your diet consists of only nuts and raw sugars.

Your goal is to move toward a 100% balanced, plant-based, organic and as natural as possible diet. The key word being a "balance" of leafy green vegetables, other vegetables, fruits and nuts.

But your lifestyle might make 100% an impossible goal. Again "balance" enters the occasion. Make sure your life is a balance of nutrition, exercise, meditation or prayer, positive thinking and joy.

There is no reason to feel bad because you cannot reach a goal that is not practical.

The following affirmations are an attempt at reminding myself of my humanity,

- I have come a long way in forgiving others and myself.
- I have come a long way in understanding who I am and where I want to be.
- I have come a long way in learning to accept that no one including myself can ever possibly live up to my expectations.
- I have come a long way in learning to love others and myself.
- I have come a long in realizing that I am not responsible for how people see the world.
- I have come a long way in learning to accept the moment.
- I have come a long way. I am ready for the next stage in my journey.

*"So let us be loving, hopeful and optimistic. And we will change the world." –
Jack Layton*

Recipe of the Month:

Red Velvet Chocolate Cake

*Makes one 9 inch double layer cake
Adapted from a recipe by Russell James*



CAKE

- 1 1/4 cups peeled zucchini
- 2-2 1/2 cups coconut flour
- 1 cup oat flour
- 1/2 cup beet pulp
- 3/4 cup maple syrup
- 1/3 cup raw organic cacao
- 1/4 cup Irish moss paste
- 1 teaspoon vanilla extract
- 1/4 cup flax meal
- 1/2 teaspoon salt

Process all ingredients in a food processor.

Divide mixture into two spring form pans and place pans in freezer to harden.

ICING

- 1 cup coconut meat
- 1/2 cup coconut oil
- 1/4 cup Xylitol
- 2 Tablespoons lemon juice
- 1 teaspoon lecithin or Irish moss paste
- 1/4 teaspoon apple cider vinegar
- Pinch of salt

Blend all ingredients in Vita-mix or high-speed blender until smooth. Add oil and lecithin last.

ASSEMBLY

Remove layers from freezer. Ice first layer with half of frosting. Place second layer on top and ice entire cake. Return finished cake to freezer. Remove from freezer 10 to 15 minutes before serving.