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August Newsletter

August 2009

"Nature does not hurry, yet everything is accomplished." -Lao Tzu



Raspberries (Nutritional value per 100 gram edible portion)

*Water: 81-84%
Fat: 0.5-1.4 %*

*Protein: 1.2-1.5 %
Carbohydrates: 14-16 %*

*Calories: 57-73
Crude Fiber: < 1%*

% of US RDA (Recommended Daily Amount)

*Vitamin A: 3-4
Vitamin C: 40-56
Sodium: <1*

*Thiamin, B1: 2
Calcium: 3-4
Potassium: 4*

*Riboflavin, B2: 3-6
Phosphorus: 2.5*

*Niacin: 2.5-5
Iron: 9*

Hello Dear Friends,

I was struck by this quote, "Whatever you're thinking about is like planning a future event. When you're worrying, you are planning. When you're appreciating the moment you are planning for future moments."

This last week my neighbour took a bad fall down a hill on his property and received a large gash on his head. I spent several days talking about balance and a lot about falling.

On Friday, as I was rushing about preparing for a busy weekend, I decided to water my Camilla. Of course when we hurry, we make errors. My error resulted in a 360° back flip off two tiers of a 5-foot terrace. Needless to say, I hurt myself. Yet, I am amazed by my good fortune and now 3 days later I have only a very sore upper leg muscle and minor whiplash with which to complain.

The long story short is too often we need a crisis in our life to motivate us to change. Too often people decide to change their diet or lifestyle **after** they are confronted by illness. A health opportunity is often cited as the prime motivator for change, when in fact, everyone can benefit from a raw diet.

5 Reasons to Choose More Raw Food in Your Diet

Thanks to Vicky White

<http://www.beautifulonraw.com>

1. Weight management: Many of the nutrients in cooked food are destroyed at temperatures over 40° Celsius. You feel less satisfied when you eat cooked food and tend to eat more as your body tries to get the nutrients it needs. Eating more **RAW** vegetables and fruit provides your body with the nutrients it requires. You will feel more satisfied and tend to eat less.

2. A vibrant life: The Standard American Diet of cooked and processed foods (meat, dairy, and grains) lacks the vitamins and enzymes for vibrant health. The SAD diet creates an acid state in the body that opens the body to health problems. When you eat raw you get the enzymes you need for digestion and good health. Adding just one green smoothie every day will improve your general health. Building your immune system is especially recommended when people warn of coming pandemics.

3. Improved mental clarity, focus, and creativity: Removing the toxins from your body allows you to connect with your true self. You'll feel more positive, emotionally balanced, and inspired.

4. Environmental concerns: More than 70% of the grain produced in North America is fed to cattle and cattle are energy guzzlers. In the U.S. alone, 157 million metric tons (350,000,000 lbs.) of cereal, legumes and vegetable protein suitable for human consumption are fed to livestock to produce 28 million metric tons of animal protein that humans consume annually.

5. It's cheaper to shop the outside aisles at the supermarket - even when you select organic. The sugar filled, highly packaged foods add on the dollars.

And while I am on the topic of environmental concerns Gabriel Cousens' is organizing an event to be held sometime next year, **Juice Fasting To Stop Global Warming**. For more information go to: <http://www.juicefastforpeace.com/>

Consultation Services

Living Food Phone Consultations

Since so many of you live too far for a private consultation, we've been giving thought to phone consultations. I wish that you lived closer so that I could see you in person but a Skype call is the next best thing. For those of you that are having trouble finding a raw food consultant in your area and need some assistance on this path, send me an email at rawsome@shaw.ca and I'll send you the details about phone consulting and Skype (Skype is a free on-line long-distance service). You can sign up for Skype at www.skype.com

The Benefits of wheatgrass

What would my day be like without my two ounces of wheatgrass every morning? Wheatgrass is part of a complete living foods diet, as is my green juice, every morning. They get me started and connected to my health and daily activities. Juicing should be part of everyone's transition to optimum health.

So how do you choose the "right" juicer for you? There are many sites on the Internet to get you started. But you need to ask yourself some questions about your commitment to optimum health and how much of an investment in space, time and money are you able to afford. If you are going to buy a juicer, we recommend buying a juicer that is affordable, dependable and versatile. We love the Green Star juicer for its ability to make great quality juice, its great juice yield and its strength at doing a great job of juicing almost anything. If you have the budget and are serious about the health benefits that you want to receive from your juicer then you should definitely consider it. Please contact us for details.

Green Star GS1000 Wheatgrass Juicer

From <http://www.happyjuicer.com>



The Green Star GS1000 is a heavy duty, twin gear juicer that creates juice that is high in nutrients. Twin gear juicers are the best domestic juicers for those who are looking to gain maximum health benefits out of their juicing routine.

The Green Star is well known as a high quality juicer and has probably won more awards than any other juicer. It is very versatile and will juice vegetables, wheatgrass, fruit, herbs and leafy greens.

The produce is fed into the twin gears that crush and press the produce to break the plant cell walls. This releases the juice and the nutrients the cell contains.

The twin gears operate at the slow speed (110 RPM) and introduce little air or heat into the juice. This helps preserve enzymes and nutrients in the juice and the energy giving properties.

It also means oxidation of nutrients is reduced and juice (except for wheatgrass) can be stored in the fridge until next day and still retain a high proportion of its nutrient content.

The twin gears contain bio-magnets to increase the level of nutrient extraction and help to extend the period of time the juice can be stored before nutrient and enzyme content is lost.

The juice yield from this machine is excellent. The pulp is very dry which means you get the most from the ingredients that you put through the juicer making it a good long-term investment.

The Green Star can also be used as a whole food processor, with different screens making it possible to make sorbets, nut butters, pates, baby foods, frozen fruit desserts and much more. It is a favourite in the kitchen of people who follow a raw / living food diet as it can be used for so many other things, not just juicing.

And If You Don't Have A Juicer...

One of the things we do here at **Rawsome Living Foods** is grow wheatgrass for local juice bars. You can find organically and vegan grown wheatgrass in Victoria at **Rebar** in Bastion Square, in Vic West at **Booster Juice** at the Save On Plaza, in Saanich at **Booster Juice** at the Shelbourne Plaza, in Nanaimo at the two **Booster Juice** outlets (Brooks Landing is one) and beginning September 1st in Duncan at **Duncan Booster Juice** in the Cowichan Commons complex. If you're in Duncan for the Grand Opening stop in and say hello and try some Salt Spring Island Wheatgrass and tell them I sent you.

Recipe Of The Month:

This creamy soup is delicious served chilled, at room temperature, or warmed gently on the stove or in the dehydrator. Garnish with sprouts, red pepper and avocado.

Cream of Zucchini Soup

Thanks to Jennifer Cornbleet

Serves 2

1 medium zucchini, peeled and chopped (about 1 cup chopped zucchini)
1/2 cup water, plus additional water to thin
1 stalk celery, chopped
1 Tbsp lemon juice
1 Tbsp extra virgin olive oil
1 teaspoon light miso
1/2 small clove garlic, crushed
1/2 avocado, cut in chunks- reserve remaining 1/2 for garnish
2 teaspoons minced fresh dill (1/4 tsp dried)
1/2 teaspoon sea salt, or to taste
Dash cayenne pepper

Blend the zucchini, celery, lemon juice, miso, garlic, and water in a blender until smooth. Add the avocado and olive oil and blend briefly. If necessary, add additional water to thin the soup. Add dill and blend briefly. Season to taste with sea salt and cayenne pepper.

"Let all souls rest in peace for we shall not repeat the evil."

This is the prayer you will find on the memorial cenotaph in the Hiroshima Peace Park. This year, on August 6th, 64 years will have passed since that fateful day. Three days later an atomic bomb was also dropped on Nagasaki. In the Nagasaki Peace Declaration they say: "The citizens of Nagasaki wish that they be the last ones to suffer from the damage and tragedy caused by an atomic bombing and nuclear weapons."

Best wishes today and every day for peace

Jim