

## August Newsletter

August 2013



*“Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun.” - Kent Nerburn*

Ever wonder if perhaps we over react to “Health Opportunities”.

My 91-year old mother-in-law recently broke her arm. There is no doubt in my mind that she required medical intervention. She was taken to Emergency and her arm was set and a cast applied.

In July issue of Common Ground (<http://commonground.ca/2013/07/diabetes-mongering/>), Alan Cassels writes about the latest move by the diabetes industry to get everyone – especially older people who are otherwise healthy – and their doctors to start worrying about this disease. The Canadian Diabetes Association (CDA) notes there are currently almost nine million Canadians with diabetes or pre-diabetes and they say that by 2020, 9.9% of Canadians will be living with diabetes – a ‘disease’ that is largely, but not completely, altered by diet and exercise.

As Cassels writes, “The pharmaceutical industry has been investing heavily in diabetes research, banking on the fact that it’s relatively easy to sell people on the idea they need to alter their blood sugars with insulin or drugs. In addition to investing in drug research, they’ve also been very heavily investing in marketing

rhetoric, playing the refrain that uncontrolled blood sugars (like high cholesterol or high blood pressure) is a road to the grave, ignored at your peril.”

Cassels goes on to discuss insulin, which helps glucose (a type of sugar) enter your cells. If your pancreas doesn't produce enough insulin, you've got Type I diabetes. If your body can't respond to the body's production of insulin, it's Type II diabetes, in which glucose levels in your body rise.

You should never ignore the signals of extreme thirst, excessive urination, or unexplained weight loss, which could be a sign of diabetes. Yet if you feel fine and are sent for a blood test and then told you are diabetic or 'pre-diabetic,' do you really have to follow the paradigm of “intensive glucose control?”

Cassels lists diagnoses considered by experts to be disease-mongering:

- *Androgenic alopecia*: is simply male pattern baldness
- *Erectile dysfunction*: is a normal sign of aging, also called impotence
- *Female sexual dysfunction*, also called Female Orgasmic Disorder: has been named by pharmaceutical companies as they attempt to produce a "female viagra"
- *Menopause*: a stage that affects every woman who reaches her 50s and grows older, is medicalized as if there should be a way to control it or change it. This is supported, too, by the medicalization of pre-menopause
- *Pizza Mouth Burns*: because a drug in the form of dissolvable strips has been developed
- *PMDD (pre-menstrual dysphoric disorder)*: an example of a pharma-invented disease that has now moved into diagnostic manuals with a drug assigned to it
- *Social phobia*: otherwise known as shyness
- *Testosterone deficit syndrome*: identified on TV as "Low T" - is also a normal course of a man's aging
- *Wrinkles*: which appear naturally as we age, are treated by [injecting poison into our bodies](#) (Botox) or by surgery

It's up to each one of us to appreciate what our body is telling us and to be vigilant in weighing our options with integrity. When confronted with a diagnosis it behooves each one of us to ask our health practitioner for options in care. The easy solution is a pharmaceutical approach. However, what is the alternative? If your doctor only can prescribe and not describe your symptoms within the context of practical alternatives, then it just may be time to look for a new practitioner. Remember, opportunities come as reminders that we not in balance. Whether we are just undergoing a natural part of aging or something more significantly disruptive such as high blood sugars or high blood pressure, there always is a point in which we need to confront the underlying message and consider our options, often successfully addressed by diet and lifestyle changes.

## **A thought from Rawsome Coaching:**

[Subscribe to the Rawsome Coaching Blog at: [www.rawsomecoaching.ca](http://www.rawsomecoaching.ca)]

In its annual report, "The World in 2011," The Economist asked a number of experts in different fields what the world will be like in 2036. Here is what Chef, Jamie Oliver, said:

*"...In the countries I visit regularly - Britain, America, Germany, Australia, and the Netherlands - the impact of rising obesity levels and diet-related diseases are causing a terrible, unsustainable strain on health care and other social services. A lack of food knowledge and cooking skills, coupled with the rise of cheap, processed foods, is definitely to blame for this new epidemic.*

*"I'm also aware that global food production is having a huge impact on the environment. There will be many more people on the planet in 2036, and... not enough food to go around if we continue consuming and wasting food the way we have been. And, when you add over-farming and over-fishing and climate change to the mix, you have to wonder if many of today's ingredients will even be around 25 years from now.*

*"I'm convinced the best way to face the future and tackle these diet-related problems is to arm people with knowledge and skills. The more people understand food, the more likely they are to respect it. The beauty of knowing how to cook is that it makes you resilient, adaptable and resourceful, no matter what ingredients you have in front of you."*

## **Activity**

Do you like to play with food?

1. **Time:** Before you embark on making a dietary change, 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 more appealing and easier.
2. **Creativity:** 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 some additional steps will be more up your alley. Choose those recipes that nourish the chef within.
3. **Simplicity:** 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 sensuous 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.



### ***Upcoming Workshops and Events***

**For more details visit:**

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

#### ***Coming in August***

- **Rawsome \$1 Off Weekly Special**  
Every week Rawsome has one item on the menu that is \$1.00 off the regular price. Ask us what's on special for the week and consider adding a half salad or dessert for a complete meal.
- **Salt Spring Saturday Market**  
Rawsome Living Foods Café and Juice Bar is located in the heart of the Salt Spring Saturday Market every Saturday from 9-4. Come check out our ever-amazing juices, smoothies, entrees and desserts.
- **Made to Order Dinners and Cakes**  
Do you have a special event coming up that you'd like to celebrate with a catered dinner or made to order cake? Give us a call and let's see what we can create with you in mind. Rawsomely delicious.

**For more information and/or to MAKE RESERVATIONS**

**Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

## ***Transition Tips:***

### **How Much Protein is Enough?**

From an article by Frederic Patenaude (<http://www.fredericpatenaude.com/>)

As long as you eat enough calories to meet your body's needs for energy, you'll probably never experience anything close to a protein deficiency.

A newborn baby is growing rapidly and their nutrition requirements are higher than any other time in their lives. Nature clearly intended for humans to be able to provide breast milk for their infants. This should give us a clue to the proper amount of protein required to remain healthy. Breast milk contains a meager 6% protein.

A look at the protein content in various raw food choices shows:

#### Fruits

Banana:	4%
Papaya:	7%
Peach:	7%
Avocado:	5%
Orange:	9%
Watermelon:	7%

*Average protein content of fruit: 5%*

#### Vegetables

Tomatoes:	17%
Cucumber:	21%
Lettuce:	59%
Celery:	25%

*Average protein content of vegetables: 20%*

#### Nuts & Seeds

Almonds:	15%
Sesame tahini:	12%
Sunflower seeds:	15%
Pumpkin seeds:	17%

*Average protein content of nuts and seeds: 15%*

**Average protein content of a low-fat raw food diet: 7-8%**

In fact, some cultures that survive on root-based diets actually obtain less than 5% of their calories from protein, yet remain in better health and live longer than the average North American.

As long as you eat enough to meet your caloric needs and you eat a good variety of foods, there is absolutely no need to fear any protein deficiency. A raw-food diet of fruits and vegetables, even if it doesn't include a lot of nuts and seeds, provides about 7-10% of protein a day.

Excess protein, like excess fat, is not healthy.

## Chunky Chocolate Walnut Cookies

Yield: approximately 4 dozen cookies

*Inspired by a recipe of Cherie Soria's*



### **Cookie Dough:**

- 3 cups almonds, soaked 8-12 hours, rinsed and drained
- 2 cups walnuts, soaked 6-8 hours, rinsed and drained
- 2 cups date paste
- 1 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon

### **Optional:**

- 2 cups walnuts, soaked and dehydrated, roughly chopped
- 8 ounces raw chocolate chopped into small pieces

This is a large batter. Make in two batches.

1. Combine ingredients for cookie dough in food processor, using the "S" blade to process until the mixture begins to stick together.
2. Place the mixture in a large bowl, adding chopped walnuts and half the chopped chocolate. Mix well by hand.
3. Form the dough into cookie-size rounds 2 inches in diameter and 1/4-inch thick (45 g). Sprinkle the remaining chocolate on top of the cookies and gently press in place.
4. Place cookies in a dehydrator set at 105°F for 8-12 hours (overnight) or until desired texture.
5. Serve warm from the dehydrator, at room temperature or chilled. Reheat chilled cookies by putting them back in the dehydrator for 1 hour, if desired.

Cookies may be stored in a sealed container in the refrigerator or freezer for up to 2 months.