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January 2009 Newsletter



“My mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive for a more healthy lifestyle. The struggle with health concerns can be daunting. My goal is to convince anyone struggling with health opportunities to be passionately patient with yourself.”

January 1st, 2009

Happy New Year Dear Friends,

This morning I am reminded of how truly fortunate I am.

It seems that each January 1st, we make great efforts to change those things that we know are not beneficial for growth and good health. Some years we are more successful than others. Perhaps this is the year to look at your diet and decide what is taking you forward and what is keeping you from being the truly vibrant person you could be. Is this the year you will make the shift from traditional processed foods to vibrant living foods?

I am not a nutritionist or medical practitioner. I am chef and a raw foodist. I know from my own and the personal experience of many people, eating affects our health. We are what we eat. Other important keys are pure water, sleep, rest, exercise laughter and love.

In ***Conscious Eating***, Gabriel Cousens writes:

“Because each one of us is a unique individual possessing his or her own distinct biochemical variations and functional capacities, there is no set, rigid diet that applies to everyone. In order to develop an appropriate diet that gives maximum support to every aspect of our lives, we need to individualize it so that it is totally functional on all levels.”

Going Raw:

“Raw” simply means uncooked, or unheated. Raw food is food that is **unprocessed, unrefined, and untreated with heat**. Technically, “living food” is a better description than “raw”, mainly because raw suggests food grown wild in nature, whereas “living food” suggests food that is still **enzymatically** active - and that's what the “living food” diet is about - eating foods that are alive, where the enzymes, along with vitamins and phytochemicals are retained in abundance by not cooking the food.

Living Food Facts:

- A diet of whole ripe raw organic fruits and vegetables, sprouted nuts, seeds and grains will increase your chance of achieving optimum health.
- One of the most important keys to good health is good digestion.
- The human body requires enzymes to digest food. Nature has provided every food with exactly the perfect mix of enzymes to “digest” or break it down completely. For example, when fruits ripen, the enzymes change starches into simple sugars, which is why unripe fruit isn’t as sweet.
- Sprouted nuts, seeds and grains are living foods. When we soak nuts and seeds we break down the enzyme inhibitors to activate the enzymes, improving digestion and increasing our ability to assimilate nutrients.
- Whole raw foods are rich in phytonutrients and micronutrients that give foods their colour. Research suggests that phytonutrients can help reduce your risk of heart disease, strokes, certain cancers, and type II diabetes, slow the aging process, and preserve eyesight and brain function.
- Organically grown living foods provide the highest quality of usable nutrition. They naturally support digestive and immune system functions, and allow the body to naturally be more alkaline - another key factor in building good health.
- The Standard American Diet (SAD) of meat, bread, dairy, processed and cooked foods, caffeine, and alcohol creates an acid state in the body and can lead to a variety of health concerns. The human body requires a predominately alkaline state to absorb nutrients and oxygen efficiently and to have the ability to expel toxins.

Simple Steps to Adding Raw Foods to Your Diet:

If you can put most or all of these steps into practise, you'll be amazed at the difference.

1. Start the day with 16 oz of pure water. And drink lots of pure water between meals.
2. Try your best to eat fresh fruit or a dairy-free smoothie for breakfast every day instead of your usual toast, cereal or coffee. Eat or drink as much as you want of the raw stuff but keep it clean. What you eat first sets you up for the day - so make sure you step out on high-energy, revitalising foods rather than charred bread, lifeless sugarcoated grains or caffeine-laden hot drinks.
3. Begin lunches and dinners with a salad, maybe including an avocado. Alternatively, have a raw soup as a starter. If you can make at least half of your plate consist of fresh living foods, such as, salads, nuts, seeds, sprouted seeds, sprouted beans you'll be doing really well and will start to feel the difference within a matter of days.
4. Make sure that the raw foods you do choose are mostly of fruits and vegetables, as these are the most nutritious and the highest in water content. Handfuls of nuts just don't work the same - they're very dense and fatty, but in small amounts are very good for you.
5. For snacks, eat raw vegetable sticks, and/or green juices.

Research/Links of Interest:

In her article, "RX for Happiness" in [Pink Magazine](#) (July-August, 2008) Michele Cohen Marill outlines "10 Steps to a Happier Life":

- Count your blessings. Name three things that went well today.
- Consider what you have. List three things that you appreciate about your life.
- Express thanks. Write a letter to someone who made an impact on your life.
- Play to your strengths. List your top three strengths.
- Make love count. Set aside time to spend with your partner.
- Look on the bright side. Write a story about your "best future self."
- Find meaning in your work. List three reasons you feel passionate about your work, or how your work contributes to the greater good.
- Do a good deed. Practice acts of kindness to those you care about as well as to strangers.
- Make positive connections. Smile at someone you pass on the street or in the elevator.
- Do what you love. When you do something you enjoy, you will naturally drift into a satisfying "sense of flow".

Recipe of the Month:

Cilantro Miso Soup

Ingredients:

- 1 bunch of cilantro (cilantro has properties to aid in removal of heavy metals; i.e., mercury)
- 3 cloves of garlic (garlic is a natural antibiotic)
- 1 jalapeno (jalapeno is a substance to acclimate the body to warmer climates)
- 3 tablespoons of chickpea miso (miso is full of friendly organisms for healthy digestion)
- 3 cups of warmed water--preferably filtered structured water

Put all above ingredients in Vitamix (or good kitchen blender) and blend. If you want the soup to be a bit warmer, let it blend for about 3 minutes or so.

Garnish with:

- Coconut flaked or shredded Red pepper flakes
- Saffron
- 1 tablespoon of coconut oil (antiviral, fungal and bacterial)
- Chopped green onion
- Red pepper and tomatoes cut cleanly for crisp presentation

Doctor Gabriel Cousins explains the whys of soups in his book, **Conscious Eating:**

"Soups play an interesting and important role in our live-food cuisine. In the Conscious Eating Kitchen, soups are usually the entrée for the evening meal. This is important because the digestive powers decrease in the evening. Blended foods make a wonderful light meal which is easier to digest."

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. - William Londen

"The content found on these pages are the experiences of one individual and are not to be construed as a substitute for professional medical advice."