



www.rawsomelivingfoods.ca

January 2010 Newsletter

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If you wish to make an apple pie from scratch, you must first create the universe. - Carl Sagan

When we think of our experience with raw living food and what other folks have shared, there is a spiritual aspect to eating raw. The quote from Carl Sagan seems to say it all. There is a greater force at play in order to provide the apple we require to make apple pie. That is the case with whatever we eat. And for that, we need to be eternally grateful, mindful and respectful. And by virtue of that pause in our thinking about our food, raw living food, becomes much more of a slow food movement. It isn't about how fast we can make something and get it into our mouth but rather, how considerate we can be of the wonder of it all and put the right kind of energy and thought into our food preparation in order to honour the gift we are about to receive.

Thank you for allowing us to grow and learn and share with you, another way of thinking about life. Here's to a healthful and energetic start to 2010.

A thought from Rawsome Coaching

We keep moving forward, opening new doors and doing new things.
Our curiosity keeps taking us down new paths. - Walt Disney

Traditionally, our society looks at January 1st as the day to create and activate our New Year's resolutions. Inevitably there is one about diet and another about exercise and usually a third about work/life balance. The degree to which we actualize our desires is another. It isn't uncommon for well-intentioned commitments to lose their luster by February. In order to maintain our commitments to ourselves, it often is useful to invest in the services of a coach. Jokingly, I tell people that when I took coaching training I ended up coaching myself out a job and lifestyle that I wasn't happy with. But in all seriousness, I wouldn't be on the path I am today without coaching.

Coaching is not about solving problems, although problems will be solved. Coaching is about discovery, awareness, and choice. Coaching empowers people to find their own answers, encouraging and supporting them on the path

as they continue to make important choices. A coach cares that people create what they want and that they follow through on their choices. A coach holds people accountable and keeps them moving forward towards their dreams and goals. (Whitworth, Kimsey-House, and Sandahl, 2007)

At Rawsome Coaching <http://www.rawsomecoaching.ca/> what brings people in the door may initially be about making a shift in one's diet to more raw living foods. However, by exploring ones 'Wheel of Life', by defining a future-self vision, by ensuring values and actions are in alignment, the steps that move you forward may be surprising – 'like opening new doors and doing new things.'

So to start you on your New Year's resolution path, here's a '**self-coaching**' **activity** (With thanks to Karen Knowler, 2009):

On a scale of 1-100 how clean and strong do you feel in your body?

On a scale of 1-100 how loving and peaceful do you feel in your heart?

On a scale of 1-100 how keen and alert do you feel in your mind?

On a scale of 1-100 how connected and grateful do you feel in your spirit?

Write the first number that comes to your mind for each question. This gives a good snapshot about where you are in your life. Regardless where you want to make changes in your life, a balanced foundation is essential in order to make the change stick. Rawsome Coaching can bring that balance into focus:

<http://www.rawsomecoaching.ca/>

And if you are curious to learn more, Rawsome Coaching provides a 30-minute free coaching session. Call Chris at 250-537-2048 or email chrisgay@shaw.ca

Living inspired is born in the awareness that this is it! We have one chance at life. And the wonderful gift we are given every morning is the choice of how we are going to live that moment, that day. - Sally Cofer-Lindberg

January workshops:

'30 Day Raw Challenge' Series

January 9, 16, 23, 30

Workshops are Saturdays – from 1:00 p.m. to 4:00 p.m.

The workshops (*can be taken individually*):

- January 9 **Survival:** how to survive one week on raw food with easy recipes and menu planning
- January 16 **Cleaning House:** physically, emotionally and environmentally — sprouting, juicing, de-toxing, rejuvenating
- January 23 **Getting Creative:** expanding into new territory with gourmet recipes and techniques
- January 30 **I Made It! Now What?:** hands-on meal preparation and Rawsome tips on how to stay raw and love it

\$55 per workshop

(Workshops are limited to 6 people)

Enroll in all 4 workshops for \$200 (\$50/workshop)

Receive 2 30-minute personal phone-coaching sessions valued at \$100 – FREE

Total Valued at \$320 - FOR \$200

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

Health Tip (with thanks to Dr. Karin Dina, D.C. and Dr. Rick Dina, D.C.)

Have you ever considered doing a short juice fast? Short juice fasts can provide a variety of health benefits including weight loss, rest for the digestive system, and essential nutrients to assist in cleansing and healing.

During digestion of plant foods, nutrients are separated from fiber and then absorbed and utilized by the body. Fiber is left in the digestive tract and eventually excreted. Juicing fruits and vegetables separates fiber from juice, which may increase the bioavailability of the nutrients from plant foods similar to digestion. Consuming juice can help decrease the body's need to expend energy to separate nutrients from fiber, potentially providing extra energy for other body functions such as cleansing and healing.

Fresh juice made from whole natural plant foods can contain many beneficial nutrients that support the natural detoxification processes of our body, including vitamin C, minerals, phytonutrients and antioxidants, and many others. Recent research indicates that consumption of juice containing beneficial antioxidants may help reduce free radical damage to cells and that the consumption of fresh kale juice favorably affected the antioxidant and blood selenium levels of study participants.

There are many types of fresh juices you can try. Our regular morning green drink contains kale, celery, and cucumber. We have provided a variety of healthful and appetizing juice recipes in our recipes section. Salut!

Kitchen Tips

When it comes to juicing, there are basically two types of juice machines that are available for you to choose from: centrifugal juice machines or masticating [juicers](#).

A centrifugal juicer is the most common type of juicer you see in stores and on [TV](#). A centrifugal juicer spins at high speeds and during the spinning motion; the [vegetables](#) are ground to a pulp. The spinning motion then forces the juice away from the pulp. The juice then pours into a bowl.

A masticating juicer grinds vegetables and literally squishes out the juice. Since a masticating juicer works at low speeds and with no spinning action, it tends to juice many vegetables more efficiently.

Centrifugal juicers work at high speeds and the high-speed action of a centrifugal juicer may produce too much heat, which can then damage or possibly destroy the enzymes in the juice. In most situations, the low speed action of a masticating juicer allows you to juice more vegetables with greater efficiency.

A masticating juicer is especially good at juicing the very important green leafy vegetables such as wheatgrass, spinach, [parsley](#), cilantro, kale, and Swiss chard. A centrifugal juicer can juice green leafy vegetables, but is nowhere near as efficient as a masticating juicer.

One significant benefit of a masticating juicer is that it requires fewer vegetables, in many situations, to create more juice. As a result, you spend less on vegetables than you would with a centrifugal juicer.

A masticating juicer is more versatile, compared to a centrifugal juicer. Since a masticating juicer squeezes the items you put into it, you can also use a masticating juicer to make baby food, fresh pasta, and to make [nut](#) butter.

Our preference is a masticating juicer. They are simple and versatile. Easier to clean, the quality of the juice produced is better and they are reasonably quiet.

Links and resources:

Soria C, Davis B, Melina V. *The Raw Food Revolution Diet*. Summertown, TN: Book Publishing Company, 2008.

Recipe of the month

Some Favourite Juice Recipes

Juice is one of the most important additions to healthy eating, because it is the easiest way to maximize your nutrient intake.

Jogger's Paradise

3 oranges
2 hard pears
1 small yam

A muscle-blasting, power-pushing juice recipe for runners. Clean blood, clean muscles, and enzyme-rich, nutrient-packed, fuel make for intense aerobic activity. Try this juice out on a 5k run.

The Pain Remover

1 lemon
1 orange
3 hard pears
3 apples

A toxic bloodstream and a high-protein diet can irritate bruises, aches and sprains. A low-protein, natural diet lessens irritation and reduces inflammation.

The Brain Stimulator

1 oranges
1 hard pears
1 yam
1 grapefruit
1 apple

Scientists have determined that we use only 10 percent of the brain. Living on coffee and donuts reduces that percentage to 2 percent. This juice can be effective, but you need to clear the coffee, donut and junk food residues out of the bloodstream. This wide-spectrum, nutrient-rich juice will stir the brain into super-activity.

The Cancer Killer

1 beet
1 carrot
1 celery stick
1/2 potato
1 radish

Rudolf Breuss's, anticancer mixture has helped thousands of suffering people. This juice blend, during fasting, exerts a deathblow on cancer (attested to by over 24,000 patients who wrote him describing relief from their diseases). His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John's wart, marigold, artemisi and monarda was also given. By "starving out" the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. (Rudolf Breuss died in 1989 at 93 years of age.)

Its composition is: 55% beet root, 20% celery root, 20% carrot, 3% potato, 2% radish.

Apple-berry Better Bladder

2 apples

1 1/4 cups of cranberries

Cranberry juice is a powerful healing tonic, filled with quinine, which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder. An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women. Cut apples into wedges, seeds and all.