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January Newsletter

January 2013



Chef Jim with his dear friend Chef Brenda

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." - Groucho Marx

Happy New Year!

I was at the café cleaning and getting ready to close up for the month. We display a weekly "Quote" card with thoughts and words to reflect upon.

This one seemed to be exactly where I am in life:

"Honour the man or woman that you are. Take the risk to express your dream. Taking action is about living fully and expressing what you are."

I am truly fortunate. I have been allowed to experience what can only be described as amazing. I have been allowed to dream and take the risk to express my dream.

I did not do it alone. I am truly fortunate. Many people were instrumental in the creation of RAWesome CAFÉ. But if had not been for the strength, faith and commitment of my life partner, it never would have happened. I am truly fortunate. Without Chris, I would still be dreaming. Thank you Chris for all you do and allowing me to dream. I am truly fortunate.

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 can be. Is this the year you make the shift from traditional processed foods to vibrant living foods?

Chris and I are neither nutritionists nor medical practitioners. We are collectively a chef, a life coach, and raw foodists. We know from our 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.*”

The beginning of a new year offers us an opportunity to reflect on all that is working or not working in our lives and to make some decisions and choices that will support our health and well being. We hope this newsletter offers some tips for considering one alternative approach – a live plant-based option – that may just be the change you wish to see.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca]

“Until you value yourself, you won’t value your time. Until you value your time, you will not do anything with it.” – M. Scott Peck

Part of running a business such as a café is the notion of service and giving to others before oneself. The customer comes first. The customer is always right. So for us to consider ourselves first was a monumental shift, one that came with a certain amount of dis-ease and discussion. However, our time and our health was something we truly value and we felt if we didn’t demonstrate that by taking time for us first, then we wouldn’t be honest champions of a lifestyle we support and encourage others to adopt.

As a result, ***Rawsome Living Foods Café and Juice Bar*** will be closed from December 23rd to February 14th. Granted all the time off will not be spent in warmer climes. Some of the time will be spent renovating our workspace as well as catching our breath as we plan more *Rawsome* opportunities in the café for our customers.

One of our foundational goals in running the café is to provide education and support for those who walk through our doors. We try to do that in a number of ways. First and primary is through our food. We endeavour to provide food that is nourishing, energizing, and esthetically pleasing. We also try to learn as much as we can about our customers’ dietary needs and preferences and will go out of our way to special order dishes on the menu with these requests in mind. And we make every effort to offer workshops. To share what we have learned along this lifestyle journey and encourage others as they contemplate adopting different aspects of a live plant-based diet.

Last summer we shared knowledge and expertise in a big way through the *Raw on the Rawk Festival*. We have given this a great deal of thought and realize that as fun and energizing as the Festival was, this year we will concentrate only on what we can offer through the café. For us, offering learning and sharing opportunities at the café offers us immediacy of response, provides us with an affordable venue, and introduces others to a community of like-minded patrons and visitors. We will continue to bring in products and books to sell, run Saturday workshops and demos, offer Friday Night Inspired Dinners, share our space for pizza and movie nights, and open our hearts to all who grace our café.

For us that is achieving balance – service, stimulation, solitude, and sustenance.

Self-Coaching Activity:

Where is one place you can find balance in your life? What does it look like? What does it feel like? How does it align with your values?

1. Declare it.
2. Live it.
3. Be true to it.

Contact Chris for a free 30-minute coaching session at ***Rawsome Coaching*** and her e-book ***EatingRaw for a Day***. [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email chrisgay@shaw.ca



Rawsome Café closed

from December 23rd to February 14th

Upcoming Workshops and Events

For more details visit:

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

Coming in February

- **Rawsome “Welcome Back” All-Day Valentine Dinner: February 14th** – Enjoy a Rawsome 3-course Meal for \$25.00 (plus HST) YET TO BE DETERMINED. So much to be thankful for at the Rawsome Café.
- **Rawsome Dinner Night Specials — Reservations Required**
Friday, February 22nd – **PIZZA & MOVIE NIGHT** – Rawsome Living Foods Café and Juice Bar will be open from Noon to 8 p.m. - #106 – 149 Fulford-Ganges Road Salt Spring Island, BC V8K 2T9- Come enjoy pizza, salad, a dessert AND a movie – ***Fat, Sick & Nearly Dead*** for \$25.00 (plus HST). Seatings at 6PM. **Reservations required. 250-537-2048.** Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.
- **Rawsome Workshops – JUICING for Health**
Saturday February 23rd from 10 a.m. -12 noon at– Rawsome Living Foods Café and Juice Bar - #106-149 Fulford-Ganges Road (Restaurant Row/Gasoline Alley) – learn about juicing, juicers, and sign up for the ***7-Day Juice Challenge***. Kickstart a whole new you with a juicing introduction, learn about the benefits of juicing, and form a community of fellow juicers, as you juice for your health. - \$20.00 (plus HST). **Reservations required. 250-537-2048.**
- **Rawsome Challenge – 7-Day Juice Challenge**
Starting Saturday February 23rd to Friday March 1st join the ***Rawsome 7-Day Juice Challenge***. For \$126.00 (plus HST = \$141.12) you receive 3 juices/day for a week **AND** get into the Juicing for Health workshop for **FREE**. Normally this would cost \$188.00 (+HST = \$210.56) but **you save \$69.44!** **Reservations required. 250-537-2048.**

For more information and to MAKE RESERVATIONS

Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tip

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:

1. If you can put most or all of these steps into practice, you'll be amazed at the difference.
2. Start the day with 16 oz of pure water. And drink lots of pure water between meals.
3. 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, revitalizing foods rather than charred bread, lifeless sugarcoated

grains, or caffeine-laden hot drinks.

4. 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.
5. 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.

In her article, "RX for Happiness" in **Pink Magazine** (July-August, 2008) Michele Cohen Marill offers 10 steps to a happier life:

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

Recipe of the month: Carrot Avocado Ginger Soup



The favourite soup at Rawsome Living Foods Café and Juice Bar is our carrot avocado ginger soup. We find for those new to a live plant-based diet, we will run the blender longer to add some warmth to the soup and we will warm up the bowl with hot water (and pour it out) prior to pouring the soup into the bowl. Just one of the tricks to eating a live plant-based diet during the colder months of the year.

Carrot Avocado Ginger Soup

- ↓ 4 medium size carrots
- ↓ 1 avocado
- ↓ 2 cups of water
- ↓ 2 garlic cloves
- ↓ 1 inch ginger
- ↓ 1 teaspoon of dill
- ↓ 1/2 tablespoon of thyme
- ↓ 1 teaspoon of sea salt (optional)
- ↓ 1 date
- ↓ 1/2 lemon juiced
- ↓ 1 green onion
- ↓ Pinch of curry or any other seasoning

Blend until warm and creamy makes about 42oz. Add diced avocado and sprouts as a topping.