



[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

## July Newsletter

July 2009



*"Wherever you go, go with all your heart." - Confucius*

Hello Dear Friends,

People often ask if eating Raw will help them with a health opportunity. These people are facing a myriad of health issues, such as cancer, chronic fatigue, obesity, depression, diabetes, hypoglycemia, allergies, migraine headaches, digestive and sleep disorders, arthritis, and addictions. My answer is always the same. What works for one person may not work for another. BUT, everyone can benefit from a healthy lifestyle.

Many people believe that disease comes from some unexplainable place "outside" the body. When asked what causes disease, the answer most often given is that germs, bacteria and viruses are the cause. This is the main principle of traditional western medicine. It may be true that germs, bacteria and viruses can lead to disease. But if we take a serious look at the real nature of disease, we discover that the modern concept of disease is actually far removed from the real nature and cause of disease. Disease doesn't come from outside, it comes from within. Disease is caused by toxicity and nutrient deficiency. It doesn't matter what disease or symptom you're facing. As long as your body is toxic and deficient in nutrients, it can't heal itself. When a body is healthy, the immune

system is strong, and the body can begin to heal itself.

Disease produces symptoms that act as “red flags”. Symptoms are warnings that arise from deficiencies: deficiencies that come when food is not digested and nutrients are not assimilated. The flow of energy that is needed for the body to function is being blocked and symptoms are the warning signs. Symptoms affect the weakest part of the body, and people have different constitutions and weak spots and so the symptoms may vary.

Traditional western medicine attempts to "cure" the disease by treating these crucial warnings. Often the symptoms get stronger and the body develops immunity to the treatment and the drugs. More treatments and stronger drugs are prescribed, when in order to regain health, the toxicity needs to be removed and the deficiency addressed so the body can begin to heal itself.

Everyone that I have had the good fortune of working with and teaching about Living Foods has had wonderful results when they practice what they have learned about eating a plant based diet. I have to say again that we are all different and what works for one person may not work for another. But, everyone will benefit from a healthy lifestyle that focuses on healthy food choices.

Inspired by an article from Living Foods Success Stories by Brenda Cobb: Director of the Living Foods Institute  
<http://www.livingfoodsinstitute.com>

### **July Workshops:**

Our last workshop was fantastic. I enjoyed the company of some great folks. Unfortunately it filled so quickly I had to turn people away. I had planned to take a break from doing workshops this summer. However, there has been such a demand for the workshops that I will be offering the Brunch workshop and the Takayama Raw workshops later this month. I will be posting dates for my workshops later in an email update. They fill up fast so if you are interested let me know as soon as possible.

We will be selling packaged Raw food at the Saturday Market at the SSI Wheatgrass stand. I am taking limited special orders through the summer while our demo kitchen is being built. More on our line of upcoming products in the next issue.

Contact [rawsome@shaw.ca](mailto:rawsome@shaw.ca) for more information

### **A Great Link:**

OrganicLives™ offers pure, nutritious organic foods produced using fair trade and sustainable farming practices. OrganicLives is committed to offering the highest quality foods at a fair price.

<http://www.organiclives.org/>

## Kitchen Tips

### Raw Food Conversion Chart

"Esme Stevens, is the founder of Raw Food Europe and Raw Food Netherlands. She has a great website for starters of a raw food diet: [bestofrawfood.com](http://bestofrawfood.com)."

You've decided you want to try the living food diet. You know what not to eat. But what can you eat? To help you with the transition to a raw food diet, here's a food conversion chart.

	Food		
	Bad	Better	Best
<b>Sugar</b>	All forms: - Dextrose - Corn syrup - Rice syrup - Malt	Raw honey Agave Maple syrup Raw fresh fruits Raisins and Dates	Stevia Vanilla Cinnamon
<b>Artificial Sweeteners</b>	All forms: - Aspartame - Splenda - Xylitol		Stevia Vanilla Cinnamon
<b>Salt</b>	Table salt	Unrefined sea salt Unrefined Himalaya salt	Organic salt from plants: Celery <a href="#">Seaweed</a>
<b>Flour</b>	White flours from: - Wheat - Corn - Rice, etc.	Organic whole flours from: - Spelt - Kamut - Quinoa - Buckwheat - Millet - Brown rice	Sprouted grains Almond flour Coconut flour

<b>Bread</b>	From supermarket	Home made: Yeast & Wheat free Sprouted	Dehydrated <a href="#">flax crackers</a> Essence bread
<b>Pasta</b>	White pasta	Organic spelt or buckwheat Sprouted pasta	<a href="#">(Raw) spaghetti</a> made from squash
<b>Fat</b>	Butter/ Margarine Shortening Trans fats Animal fats Fermented fats	Cold pressed coconut oil Olive oil Hemp seed oil Flax seed oil	Whole <a href="#">hemp seeds</a> Whole organic flax Seeds Nuts Fresh coconut
<b>Meat</b>	Cold cuts/ Processed meat: Hot dogs, Bacon Salami, etc	Organic raised Nitrites free MSG free, etc.	Vegan nut pate's Raw "meat" made from nuts/seeds
<b>Fish</b>	Farm raised fish	Wild fish	Cold smoked wild salmon
<b>Eggs</b>	Conventional eggs	Organic free range eggs	- Agar agar - Flax seed - Psyllium fiber
<b>Cheese</b>	Cheese From cow Pasteurized Not organic Homogenized	Organic raw goat cheese Organic raw sheep's cheese	Nut cheese Seed cheese

<b>Milk &amp; Yoghurt</b>	Milk, yoghurt From cow Pasteurized Homogenized	Organic Raw goat's milk Almond milk from store Rice/Coconut milk	Raw almond (or nut) milk Raw coconut water/milk
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### Beverages

	<b>Bad</b>	<b>Better</b>	<b>Best</b>
<b><u>Water</u></b>		Tap water, Bottled Spring Water	Distilled <a href="#">water</a> Low mineral spring water Bottled in glass
<b>Tea</b>	Black tea		Herbal teas
<b>Coffee</b>	Coffee Decaffeinated coffee	Coffee replacer	<a href="#">Raw "hot" chocolate milk</a>
<b>Soft Drinks</b>	Lemonade Jam Soft drinks Fruit juices	Organic fresh juices Flash pasteurized	Freshly squeezed juice: Fruit <a href="#">juice</a> <a href="#">Orange Juice</a> <a href="#">Vegetable juices</a> Green juice Coconut water <a href="#">Smoothies</a>

### Condiments and Spreads

	<b>Bad</b>	<b>Better</b>	<b>Best</b>
<b>Tomato Ketchup</b>	Manufactured	Organic, sugar free ketchup Home made	Raw ketchup
<b>Mayonnaise</b>	Manufactured	Organic, no sugar Home made	Raw avocado mayonnaise Raw nut/seed mayonnaise

### **Vitamix Affiliate Program**

An essential tool for any raw-foodist, or anyone interested in making an amazing array of delicious recipes. Vitamix makes a range of different blenders of the highest quality.

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Contact me for more information about the program.

## Recipe Of The Month

Almonds contain practically no [carbohydrates](#) and can be made into flour. The flour is [gluten](#)-free and replaces wheat flour for gluten-sensitive people and people with [wheat allergies](#) and [coeliac disease](#).

Almonds are a rich source of [Vitamin E](#). They are also rich in [monounsaturated fat](#), one of the two "good" fats responsible for lowering [LDL cholesterol](#).

Claimed health benefits of almonds include improved [complexion](#), improved movement of food through the [colon](#) (feces) and the prevention of [cancer](#).

## Granola

*Makes 2 cups or 4 servings*

Inspired by Jennifer Cornbleet

- 1/2 cups almonds, soaked
- 1/2 cup sunflower seeds, soaked
- 1/2 cup walnuts, soaked
- 1/2 cup raisins
- Dash sea salt
- 1/2 teaspoon ground cinnamon
- Fresh fruit, to serve
- Almond Milk, to serve

Place the almonds, sunflower seeds, walnuts, raisins, salt, and cinnamon in a food processor fitted with the S blade (or high speed blender) and process until coarsely chopped. Stored in a sealed container in the refrigerator, Granola will keep for 2 days. Serve with fresh fruits and Almond Milk.