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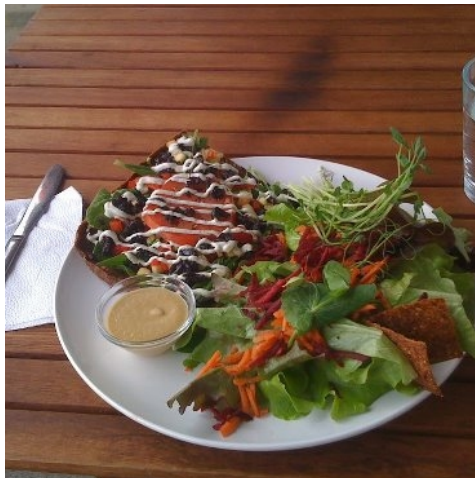
July Newsletter

July 2012

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

"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether or not to accept our destiny."

— [Paulo Coelho](#), [The Devil and Miss Prym](#)



David Miller pizza photo from Rawsome Living Foods Café and Juice Bar, June 2012

It has been an amazing month! [Paulo Coelho](#) certainly summed up this past month for Chris and me. We never expected to so radically shift our life at this point. It seemed as if we were comfortable and looking forward to a leisurely journey in the fall to visit parts unknown. But obviously life set us "a challenge to test our courage and willingness to change". There was never any point in pretending that this opportunity was something we didn't want or were not ready for. We were more than ready! We had been waiting most of our lives for just such a challenge. And a week has been more than enough time for us to decide to accept our destiny. And both of us have been giddy with joy and new found energy. Thank you Chris for sharing this journey.

It really isn't surprising that we opened Rawsome Living Foods Café and Juice Bar. We have been trying to share our passion for raw food for the last 4 years.

We both love teaching and making food. We love to eat and to share the joy of eating nutritious and delicious living food. Now we are able to do it in an environment that feels welcoming and a perfect fit.

“Be the change that you wish to see in the world.”

— [Mahatma Gandhi](#)

I suppose that all I have to say is thank you. I am so appreciative of everyone that came out to help so selflessly and share their knowledge and expertise.

Thanks to the folks from Benjamin Moore for helping with paint and flooring and Roderick for doing the painting. Thanks to Polaris Plumbing and Shure Electric. Thanks to David, our landlord. Thanks to Simon at Vancouver Used Kitchen Supplies. Thanks to Chris from VIHA. Thanks to Genevieve for helping with cleaning out many many years of grease. Thanks to Preet and Ray at Organic Lives for lots of great stuff. Thanks to Natureworks for being great neighbours and suppliers. Thanks to Steve at Thrifty's for being an amazing supporter with finding organic produce. Thanks to Imagine That Graphics for...well graphics. Thanks to Terri Bibby Productions for pulling off our website on short notice. Thanks to Carole Leslie for the beautiful artwork. Thanks to all the local farmers for their amazing fresh produce, sprouts, and wheatgrass.

Thanks to Amy for the practice run dinner. Thanks to Estela, a most extraordinary chef, friend, and colleague. Thanks to Rebecca for being an amazing systems person and cupcakerie. Thanks to Lulu and Paisley for all their support, love and incredible endless energy and knowledge. Thanks to Emily for being so open to trying out for the team.

Thanks to Kate and Kipp for being part of an amazing start-up with creative designs, art, juice creations, and elbow grease. Thanks to Kai and Kumi and Kobe for letting us borrow their mom.

Thanks to JP for coming along for the ride and fitting us in between his music.

Thanks to Salt Spring for being the place that would allow this to happen. Thank you to all of you who have stopped in and smiled and ate and went out happy.

Thank you to the Mother for all that is provided us and allows us to exist.

But most of all...thanks Chris for all your love, support, patience, and acceptance.

I am truly blessed.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca to get a free e-book]

Life is change. Growth is optional. Choose wisely. - Karen Kaiser Clark

We tend to be attracted to objects that have movement. Think of how long you can sit and stare at the ocean and be mesmerized by the rhythmic waves. A stagnant pond doesn't hold our attention to the same degree. Neither does a stagnant life.

We always have a choice. Sticking with what we know is comfortable. However, how many lives are so predictable that we don't get thrown a curve ball every now and then. When those balls are tossed your way, you have a choice - to stretch and try and catch the ball; to stand still and just juggle the balls; or to just toss it back and not see where it could take you. Whether you catch the ball or not, there is some opportunity waiting to be had, something to learn, and something to gain. The goal is to choose optimally so you can gain the most from the experience and ultimately grow in your understanding of your life's purpose.

The same can be said for the food we eat. We can make choices that are convenient which often come in packages and are heavily processed with little or no nutritive value. Or we can choose wisely and opt for those foods that are preferably local and organic as well as whole, fresh, and plant-based.

What we know about food that is nutritionally alive, is that you will experience changes in your health – for the better. There is clear evidence that those who eat a plant-based whole foods diet will reduce or eliminate many of the dis-eases that are plaguing our society today – obesity, heart disease, diabetes, and even cancers.

So if you are currently being presented with a health 'curve ball' view it as an opportunity to choose wisely. To not only stretch and make the catch but to throw the ball back to home plate and tag that challenge out of your life.

The ball is in your court. What will your choice be?

Rawsome Living Foods Juice Bar and Café

Raw, natural, organic, vegan, living food



#106-149-Fulford-Ganges Road,
Salt Spring Island, BC
250-537-2048

Open Monday to Saturday – 10:00 a.m. to 4:00 p.m.

Enjoy an ever-evolving menu of juices, smoothies, cold-pressed coffee, oatmeal, fruit bowl, coconut yogurt, burgers, bagels, crackers, pizzas, soups, chili, salads, and decadent desserts.

Made on site, all plant-based, all wheat and dairy free, using as much **local** organic produce as possible.

Join in on the **PHOTO CONTEST!**

Take a photo of your favourite dish from
Rawsome Living Foods Juice Bar and Café
Win a chance to have a free meal, dessert, or smoothie.

For more details visit:

<http://rawsome.ca/news-from-the-cafe/>

Coming August 10-12

**Click Below to Register for the Destination Event
of the Summer!**



Raw on the Rawk ~ Living Foods Festival
August 10 - 12, 2012, Salt Spring Island, BC

Transition Tip:

Juice Fasting:

Juice fasting is similar to pushing your body's "reset" button. Short juice fasts can provide a variety of health benefits including weight loss, rest for the digestive system, and providing essential nutrients to assist in cleansing and healing.

Weight loss can be achieved in different ways, including consumption of fewer calories. The number of calories used by our body each day is called our total energy expenditure. There are three main factors involved: basal metabolic rate, processing of food, and physical activity. Basal metabolic rate includes breathing, blood circulation, and repair of body tissues and cells, as well as brain and nervous system function. Basal metabolic rate accounts for between 50 and 70% of your daily calorie use. Processing of food includes digestion, absorption, and assimilation of nutrients. Food processing uses about 10% of your daily calorie expenditure. Physical activity accounts for the remaining percentage of calories used daily.

During digestion of plant foods, nutrients are separated from fiber and then absorbed and utilized by the body. Juicing of fruits and vegetables also separates fiber from the juice. Consuming juice can help decrease the body's need to expend energy to separate nutrients from fiber, providing leftover energy for other body functions such as cleansing, healing and energizing us.

Fresh juice made from whole natural plant foods contains many beneficial nutrients that support the natural detoxification processes of your body, including vitamin C, minerals, phytonutrients and antioxidants. Cherie Soria, Brenda Davis, R.D., and Vesanto Melina, R.D. in their book [The Raw Food Revolution Diet](#) suggest to "drink fresh juice immediately after it has been made...juices not ingested immediately will lose some vitamins due to oxidation".

With thanks and appreciation to Dr. Karin Dina, D.C. and Dr. Rick Dina, D.C.

Recipe Of The Month

Green Giant Juice



From *The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger!* by Cherie Soria, Brenda Davis, and Vesanto Melina

Green Giant Juice

Yield: 3 cups/750 mL (2 servings)

This powerful, nutrient-dense juice is especially valuable as part of a weight-loss program. It provides 200 mg of calcium per serving, which is as much as 2/3 cup (160 mL) of milk, plus it has 9 grams of protein and less than 1 gram of fat. In fact, the calcium present in kale is twice as available to the body as that in cow's milk.

- 1 bunch (about 8 ounces/220 g) kale, including stems
- 1/2 head romaine lettuce
- 1 cucumber, quartered lengthwise
- 1 apple (optional)
- 4 stalks celery
- 1 lemon, peeled
- 1" of ginger, optional

Juice all of the ingredients. Serve immediately.