



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

## March Newsletter

March 2009



Hello Dear Friends,

I am getting excited! In a month we leave for Japan. My Japanese friends have set up a full itinerary for us. Here is the overview:

- Apr. 2: Arrive in Japan. Stay at hotel near Narita airport.
- Apr. 3: Move to Tokyo, staying at a Japanese Ryokan in Asakusa. Asakusa is the most famous and popular place in Tokyo for foreigners.
- Apr. 4: Visit Masae and Makiko's school. Meet about our trip & demos, get aromatherapy treatment and give their therapists a short speech.
- Apr. 5: Day trip to Nikko, a very famous place with a temple designated as a World Heritage site.
- Apr. 6-9: We will try to visit our friend Kiyoe and Mt. Fuji.
- Apr. 10: Get ready for Tokyo demo!
- Apr. 11/12: Demo in Tokyo - One class a day.
- Apr. 13: Move to Hida Takayama.
- Apr. 15: Move to Kyoto where we will stay overnight at a temple. It is probably the best season to visit and enjoy very beautiful cherry blossoms.
- Apr. 18/19: Demo in Kyoto & Osaka - One class a day at two different places.
- Apr. 24: Move to Fukuoka. Get ready for Fukuoka demo!
- Apr. 25: Demo in Fukuoka - One class.
- Apr. 27: Move to Hiroshima. This will be a very moving experience.
- Apr. 28: Return to Tokyo.
- Apr. 29: Say farewell to my Japanese friends.
- Apr. 30: Leave Japan for home

As we travel through Japan, we will try to share a few thoughts about "traveling

raw”, interesting recipes or food experiences, unique and special places we come across, comments from you, answers to questions, and feelings of wonderment.

I have created a “blog” (actually my friend and webmaster Terri Bibby of Bibby Communications set it up). I will attempt to learn how to post photos and a running journal of our trip. If you’re interested, go to my website ([www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)) and look for the tab that reads “Blog”. I think there is away to go with this technology, but this is where I will begin.

Stay connected. Your connection to technology, email and instant messaging, will never replace your connection with those you love. Always remember that it's whom we love and who loves us that matters most at the end of our lives.

### **March Workshops:**

6PM – 8:30PM every Thursday  
\$35 per person

Space is limited to 6 people per session

#### ***Raw Italy***

March 12<sup>th</sup>

Simple substitutions allow you to enjoy this classic cuisine.

#### ***Divine Desserts***

March 19<sup>th</sup>

You can make any dessert you can imagine-- cookies, cakes, or candies-- without refined carbohydrates, sugars, dairy products, or unhealthy fats

Visit [www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca) for more detail of upcoming workshops in May and June.

- Breakfast and Brunch
- Canadian Comfort Food
- Mexican Fiesta
- Divine Desserts

**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.

**Research/Links of Interest:**

We came across this audio clip on the importance of wheatgrass on "youtube" delivered by Dr. Brian Clement of The Hippocrates Health Institute. Be warned, it's about 7 ½ minutes long, but well worth the listen.

<http://www.youtube.com/watch?v=9-PATGkxLII&feature=related>

**Recipe of the month:**

This one is a big hit at the **Forget Cooking** workshop. The “secret” ingredient is avocado. The taste is chocolate!

**Chocolate Mousse**

(Thanks to Jennifer Cornbleet)

Makes 6 servings

1/2 cup pitted medjool dates, soaked for at least 20 minutes

1/2 cup agave nectar or maple syrup

1 teaspoon vanilla extract

1 1/2 cups mashed avocado (about 3 avocados)

3/4 cup organic cacao (or carob) powder

1/2 cup water\*

\*Add more water (to 1 cup) for a chocolate sauce or fondue or less water for a frosting.

Place the dates, agave nectar, and vanilla extract, in a blender and process until smooth. You can use a food processor for a fluffier texture. Add the mashed avocado and cacao powder and process until creamy. You may need to stop and scrape down the sides with a spatula a few times. Add the water and process until smooth. Serve at room temperature or chilled. Store in a sealed container in your refrigerator, and your Chocolate Mousse will keep up to 3 days. You can freeze it for about 2 weeks in the freezer.

Variation on a theme:

Freeze the Chocolate Mousse in ice cube trays to create Fudgesicles. Thaw for 5 minutes before serving.