

March Newsletter

March 2012



Banana flower in Chiang Mai

“Our mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive for 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 yourself.”

Some interesting facts about bananas...

Ever heard that rubbing an insect bite with the inside of the skin of a banana will take away the itch and heal the bite rather quickly?

Bananas pack a powerful nutritional punch. They are considered one of the first superfoods. They contain vitamins A, B, C, Calcium and Selenium.

They contain Dopamine. Dopamine is a chemical in the brain that enhances learning, memory, motivation, and even helps with sleep and attention. It's also what promotes the feeling of pleasure and a sense of well-being and a good mood. Bananas also contain tryptophan, serotonin, and epinephrine help to alleviate depression.

Bananas assist in the production of nitric oxide, which lowers blood pressure and helps the body to relax. They also contain Gallocatechins 2 which are antioxidants found in green tea and dark chocolate.

Many athletes eat bananas because they contain a good mix of all three natural sugars – fructose, sucrose and glucose – plus fiber, so they provide an energy boost while minimizing muscle cramping.

Bananas also contain potassium. Potassium acts as an electrolyte in the body, which helps in maintaining the heart, brain, kidney, muscle tissues and other organs stay healthy. It plays a role in increasing the body's metabolism to use proteins, carbs, and fats for energy.

Benefits:

- Adding a banana to your diet each day can help prevent illnesses such as heart disease, while also preventing a thinning of the bones due to a high-salt diet and will also improve brain functioning and a properly functioning nervous system.
- The standout nutrient found in bananas is vitamin B6, which reduces swelling that can lead to many obesity and diet-related illness that include heart disease, type II diabetes and even obesity. Vitamin B6 protects your body against infection and disease by aiding the production of white blood cells.
- The fiber content in bananas contribute to good health by aiding regular digestion and keeping blood sugar low so you don't choose a high-calorie snack when hunger strikes. Finally, because fiber is so satisfying, enjoying a banana prior to a meal can prevent overeating that leads to weight gain.

Caloric breakdown in the different sizes of bananas:

1. Extra small (up to 6 inches) 75 calories
2. Small banana (6-7inches) 90 calories
3. Medium size (7-8inches) 105 calories
4. Large (8-9 inches) 120 calories
5. Extra large (over 9 inches) 135 calories

Nitric Oxide (NO), a “messenger molecule” with anticancer properties is produced in the biological system by the action of various forms of nitric oxide synthase (NO). Extracts of various edible fruits were tested for their effect on the stimulation of NO synthesis to determine the anticancer property of these fruits, if any, in animal model. Of all the fruit extracts tested, aqueous extract of ripe banana was found to contain the most efficient stimulator of NO synthesis in human erythrocyte membrane. It was found that a daily banana resulted in the prevention of development of the malignant ascites induced by Ehrlich carcinoma cells in 30% of the animals that survived the carcinogenic assault when compared to appropriate control, where 100% of the animals died due to the carcinogenic challenge.

You may not be aware of the importance of nitric oxide in your life but it's quite essential for proper functioning of the human body. When released, as a result of

sudden stress, it helps the arteries expand and thus allows blood to pass faster through the body.

Unfortunately, Americans eat a lot of meat, which increases levels of bad cholesterol in the body, the LDL variety. They coat the arterial walls with plaque, subsequently lessening the effectiveness of nitric oxide. That's why, for instance, so many men have heart attacks shoveling snow as the heart unsuccessfully attempts to push ten gallons of blood through a five-gallon hose.

As though that's bad enough there's another down side, literally, to reduced levels of nitric oxide and it's in men's pants. Certain "parts" also have arteries and excess amounts of bad cholesterol means plaque build-up there, as well. Reducing your intake of meat will not only help you live longer, it will make you love longer, too!

So have a banana – live and love.

A thought from Rawsome Coaching:

After traveling to Thailand and witnessing the challenges that are prevalent in a developing country that has experienced periods of environmental devastation and political strife, I found a remarkable resiliency among the people. I encountered a generally happy population that expressed genuine caring for and appreciation of others. As travel often times does, it put into perspective the annoyances and stress that consume us here to a level of relative insignificance.

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." - Denis Waitley

I am thankful for...

- The mess to clean after a party because, it means I have been surrounded by friends.
- The taxes I pay because it means that I am employed.
- A lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.
- My shadow who watches me work, because it means I am out in the sunshine.
- The spot I find at the far end of the parking lot because it means I am capable of walking.
- All of the complaining I hear about our government because it means we have freedom of speech.
- My huge heating bill because it means I am warm.
- The lady behind me (in church) who sings off key because it means that I can hear.
- The alarm that goes off early in the morning hours because it means that I am alive.
- The piles of laundry and ironing because it means my loved ones are nearby.
- Weariness and aching muscles at the end of the day because it means I have been productive.

Excerpted from The Road To Happiness by Mac Anderson and BJ Gallagher

Chris Gay of ***Rawsome Lifestyle Coaching*** provides coaching and transition support to those who are looking to incorporate more live plant-based foods into their diet and lifestyle. Contact Chris for a free 20-minute information session at ***Rawsome Coaching*** [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email chrisgay@shaw.ca



Upcoming Workshops and Events

For more details visit:

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

Coming in March –

- **Rawsome Living Foods will be taking a short break**

In March Jim will be in Tokyo teaching Raw Food Preparation, desserts and pastries to raw food chefs and educators.

Services from Rawsome Living Foods and Rawsome Lifestyle Coaching –

RAWSOME LIVING FOODS and **RAWSOME LIFESTYLE COACHING** are a unique pairing. A one-stop location where you have access to **FIVE** great services:

1. Education
2. Products
3. Catering
4. Retreats
5. Coaching

Everything you need to make the transition to a plant-based living whole foods diet and lifestyle. You have access to expert consultation and support from **Jim Maurice**, certified raw food chef and educator and **Chris Gay**, certified lifestyle coach.

You have a request, we will respond. Just book a reservation for a workshop, a dinner, a retreat, some products, or coaching support and we will see how best to meet your needs. Choose just one or mix and match and combine the services that make the most sense for you.

We will create the workshop, retreat, dining experience, coaching session that works for you!

Dinners: Prices range from \$25 for a 3-course dinner to \$45 for a 5-course dinner (per person and HST included).

Workshops: Prices range from \$25 for a 2-hour 'make it and take it' hands-on workshop to \$60 for a 3-4 hour educational workshop (per person and HST included).

Raw Immersion Retreats: Prices range from \$375 (+ \$45 HST) for one person OR \$525 (+ \$63 HST) for two people - includes accommodation and all food and education.

Raw Products: Order bagels, cream cheese, ice cream, cakes, granola,

cookies, chocolate - all raw and plant-based. Prices are item specific.

Lifestyle and Transition Coaching: Prices range from \$200.00 to \$500.00 coaching packages (per person and HST included).

Go to: <http://rawsomecoaching.ca/coaching-services/> for a full description of coaching services offered.

RESERVATION AND PAYMENT REQUIRED IN ADVANCE. Reserve the service you are looking for NOW by contacting rawsome@shaw.ca or by phoning 250-537-2048.

MARK YOUR CALENDAR

August 10-12

Salt Spring Island's first ever – **RAW LIVING FOODS FESTIVAL!**

RAW ON THE RAWK

Come to Salt Spring Island and enjoy a weekend of expert keynotes, expert panel discussions, expert raw food prep demonstrations, marketplace vendors, live music, AND **AMAZING RAW FOOD!**

Pick one session to attend or come for the full 3 days and make it a destination event to remember.

LOOKING FOR: vendors, presenters, volunteers, participants

COMING SOON: A dedicated Facebook page and website with all the festival details and reservation information. Early bird prices, accommodation links, and more.

FOR MORE INFORMATION CONTACT: rawsome@shaw.ca or phone 250-537-2048

Transition Tip

Making the move to RAW:

Setting Up Your Kitchen

Inspired by Best of The Raw
www.thebestofrawfood.com

Making the transition from cooking to preparing raw food requires you to take a look at your kitchen appliances. Choices of equipment should be guided by the following criteria:

- Easy to operate
- Easy to clean
- User friendly
- Not too big (counter space is premium real estate)
- Not expensive
- Practical and Fun!

When it comes to getting your kitchen appliances together, ask yourself, "Will I actually use them?" Think about what kind of recipes you're likely to make most and that should help guide your decisions.

In raw food preparation there are some basic tools that will make preparing food quick, fun and a lot easier. Some kitchen appliances you could use a lot or hardly at all, depending on your favourite recipes, available time and budget.

Your first choice is a high-speed blender. This is to a raw foodist, what a stove is to a cook. It's used to make smoothies, shakes and soups in minutes and you'll use it several times a day. The two most recommended brands of blenders are the Vitamix and Blendtec. They're equally good. The Blendtec is easier to find and more economical in Canada. It has a bigger motor and is programmable.

The best raw food juicer depends on what you expect to be juicing most. Carrots are easiest in a centrifuge juicer, whereas green leafy vegetables are best in a twin gear juicer. If you buy a centrifuge juicer, make sure you'll buy one where you can juice whole apples and carrots (so no precutting). The best centrifuge juicers are Breville and Solis and the best twin gear is the Greenstar Juicer (which will juice Wheat Grass). The Greenstar is great for making bread.

A dehydrator is a useful tool, but you can get by without it when you're just starting out. The appliance is big and takes up space. So select a size that works for you. As a last resort, you can use an oven. Turn it to its lowest setting and try to keep it at 115°F/45°C and the door left slightly ajar. It takes a bit of monitoring and turning it on and off (electricity cost). For intermediate to advanced raw foodists, the dehydrator is necessary and used to make "breads", crackers, cookies, and travel snacks. The Excalibur dehydrator is the most popular brand.

A water purifier is a must and more economical than buying bottled water. You can buy a good tap filter, have a water system installed, or buy a water distiller.

If you have a good blender, then a food processor is not really necessary. Cuisinart is a good brand.

A coffee grinder is great for finely grinding nuts, seeds and cacao beans in smaller quantities. A grinder is small and relatively inexpensive. This way you don't have to clean the Blendtec or Vitamix blender for just grinding nuts.

Other Great Tools

You should have the basics such as a good 10" Chef's knife and a cutting board. Once you have the basics, you might consider a Mandoline and a nut milk bag.

Recipe of the Month:

Banana Bites



Banana bites are crunchy on the outside and chewy on the inside. The longer you dehydrate them the crunchier they will be. A great way to use up over-ripe bananas. This recipe can be used to make banana bread.

Ingredients:

- 1 banana, ripe
- 1 cup almond pulp
- 3/4 cup ground flax
- 1/4 cup date paste
- 1 1/2 tbsp cacao nibs
- 1/4 cup chopped walnuts
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

Directions:

1. Mix almond pulp, flax and spices.
2. Mash bananas. Mix with date paste until a sticky dough forms. Add water as needed if too dry.
3. Stir in cacao nibs and walnuts.
4. Use a tablespoon to form bits and place on a Teflex sheet.
5. Dehydrate at 105°F for 1 hour. Flip onto the unlined screen and continue dehydrating until desired texture is achieved.

Storage:

Store in fridge in an airtight container.

“The content found on these pages are the experiences of one individual and are not to be construed as a substitute for professional medical advice.”