



www.rawsomelivingfoods.ca

May Newsletter

May 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."



"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating." -- Luciano Pavarotti

On a recent trip to Vancouver to assist with Raw Fundamentals, Lulu, Paisley, Chris, and I stopped into Organic Lives to visit our dear friends Preet and Amarit Marwaha. As usual, we talked about food and nutrition. The discussion centred on Dr. Douglas Graham's 80-10-10 low-fat, plant-based Diet. Graham proposes that the ideal ratio of nutrients to support health is 80% carbohydrates, 10% protein and 10% fat.

Other low-fat vegan diets rely on cooked starches such as rice, bread, and potatoes as the main source of calories. Starches and grains are low in nutrients and because they taste bland we usually add sugar, salt, and fats which compromises their potential health value.

Graham overcomes this problem by basing his program entirely on raw foods with fruit forming the foundation of the diet. He states that fruit is the ideal food for humans and supports his claims with convincing arguments and scientific research.

Ideally, we should eat mono meals of fruit where a single fruit is eaten in large quantities. For example breakfast might consist of 4 pounds of watermelon. Graham explains that it is necessary to eat fruit in such amounts in order to

obtain adequate calories, which is necessary to thrive on this diet. In order to take in my 2500 calories a day, I need to eat 15 lbs of fruit a day or the equivalent of 30 bananas!

Graham also advises dieters to consume approximately a pound of leafy greens each day such as lettuce, spinach, and celery. Foods high in fat such as avocado and nuts are generally limited to a small serving every second day or so.

Although the diet is the foundation of the program Graham emphasizes the importance of addressing other lifestyle factors, which include exercise, sunlight, adequate sleep, and emotional balance.

The key to all of this is to slowly transition into this change in food consumption. One way to approach it would be to start every meal with fruit. Overtime, increase those portions until you begin to feel satiated with just fruit as a meal. The remarkable thing is that you don't gain weight from eating predominantly fruit. It's the fats that cause us to gain weight.

As we have often suggested to people who are trying to eat more live plant-based foods in their diet, consider eating 'raw before 6 p.m.' Perhaps consider eating just fruits for breakfast and lunch and save your vegetables for dinner. Have fun with this. It's a learning process as each one of us attempts to find the balance that assists us to maintain optimum health and wellness.

- **Chefin**

Check out Chris' blog at <http://rawsomecoaching.ca/> for more great info on the 80-10-10 Diet.

A thought from Rawsome Coaching:

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

This excerpt from ***The Strangest Secret: How to live the life you desire by Earl Nightingale*** provides a wonderful analogy with planting and the fertility of the mind.

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them." - George Bernard Shaw

Well, it's pretty apparent, isn't it? And every person who discovered this believed (for a while) that he was the first one to work it out. We become what we think about. Now, it stands to reason that a person who is thinking about a concrete and worthwhile goal is going to reach it, because that's what he's thinking about. And we become what we think about.

Conversely, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety, fear and worry — his life becomes one of frustration, fear, anxiety and worry. And if he thinks about nothing ... he becomes nothing.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make a decision. We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't care what you plant.

Now, let's say that the farmer has two seeds in his hand — one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds — one corn, the other nightshade. He covers up the holes, waters and takes care of the land ... and what will happen? Invariably, the land will return what was planted. As it's written in the Bible, "As ye sow, so shall ye reap."

Remember, the land doesn't care. It will return poison in just as wonderful abundance as it will corn. So up come the plants — one corn, one poison. The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn't care what we plant ... success ... or failure. A concrete, worthwhile goal ... or confusion, misunderstanding, fear, anxiety, and so on. But what we plant it must return to us.

You see, the human mind is the last great, unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.



Upcoming Workshops and Events

For more details visit:

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

Mother's Day Special for a Special Mother

Rawsome Living Foods is taking orders up to May 9th for decadent treats for Mother's Day (or any one special). Dairy and wheat free – do contain nuts/seeds

RAW. VEGAN and ORGANIC!

Order your cake no later than Wednesday, May 9th

6" Cake - \$35

Individual size torte - \$6

250-537-2048 or rawsome@shaw.ca

New York Style Cheesecake



Indulge in the flavour and aroma of fresh squeezed organic lemons. This decadent dessert will be the highlight of a special meal. Crafted with only the finest organic ingredients, including raw coconut meat and the juice of 4 lemons. This zesty New York Style Cheesecake will satisfy even the most discriminating taste. One of our favourites!

Individual Torte	Small Cake
Diameter: 2 in	Diameter: 6 in
Servings: 1	Servings: 4-8
Approximate Calories per serving: 300 cal.	Approximate Calories per serving: 300 cal.

Ingredients: Walnuts, Cashews, Coconut, dates, fresh squeezed lemon juice, almond milk, maple syrup, coconut sugar, coconut butter, vanilla, sea salt and lemon zest.

Red Velvet (nut-free)



There's something about a red velvet cake that always makes me feel good inside. And it's not just the taste. It's the memories it brings of family and holidays and home. This dark red cake layer cake is paired with a creamy coconut "cream cheese" icing.

Individual Torte	Small Cake
Diameter: 2 in	Diameter: 6 in
Servings: 1	Servings: 4-8
Approximate Calories per serving: 300 cal.	Approximate Calories per serving: 300 cal.

Ingredients: Zucchini, coconut flour, oat flour, beets, maple syrup, cacao powder, Irish moss, flax, vanilla, young Thai coconut fruit, coconut oil, birch sugar, lecithin, fresh squeezed lemon juice, and sea salt.

Triple Chocolate Torte



Wanting something chocolate...very chocolaty, something smooth and delectable with every bite then this dessert is for you. The crust is made up of pecans, dates and cacao. The filling is made with chocolate, cashews and young Thai coconut fruit. Finished off with a topping made from our signature raw chocolate, this torte is just too damn good not to eat in one bite. It is satisfying and mouth watering.

Individual Torte	Small Cake
Diameter: 2 in	Diameter: 6 in
Servings: 1	Servings: 4-8
Approximate Calories per serving: 300 cal.	Approximate Calories per serving: 300 cal.

Ingredients: Pecans, dates, cacao powder, vanilla, cashews, young Thai coconut fruit, coconut oil, maple syrup, cacao paste, cacao butter and sea salt.

All raw, all natural, all living food



Coming in May

- **Order a special Mother's Day Cake by May 9th. Ready for pick up by Saturday May 12th. See special Mother's Day flyer for more info.**
- **Rawsome Kitchen June and July Take Out Thursdays**
Pre-Order by Tuesday at noon and your take out meal will be ready to go by Noon on Thursday – Be sure to be on our mailing list and a friend on Facebook at Rawsome Living Foods in order to learn about our weekly specials.
- **Rawsome Kitchen Catered Dinners**
You choose the day, the time, and the menu. We'll make a 3 or 5 course meal for you and anywhere from 4 - 10 friends. Cost is \$25 to \$35 per person (+HST). Choose from Thai, Mediterranean, Japanese, Italian, Mexican, Indian, or North American. All raw, all plant-based, all wheat and dairy free. Does contain nuts and/or seeds.

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

Recipe of the Month:

Wakame and Vegetable Coleslaw

Serves 4



This is a very nice salad that is quick and easy to make, very enjoyable and fits nicely with our 80/10/10 diet.

- 20 cm (8 inch) piece of Wakame, soaked in cold water until soft
- 3 cups cabbage (red and green), sliced in strips
- 3 medium carrots, shredded
- 1 cup yellow or green zucchini
- 4 radishes, sliced finely
- 1 red pepper, julienned
- 1 or 2 green onions, sliced finely
- 2 Tbsp apple cider vinegar
- 2 tsp maple syrup
- 2 tsp. Dijon mustard
- 1 tsp sesame oil

Combine vinegar, oil, mustard, and maple syrup in a large bowl.
Add remaining ingredients and toss.

Chop Wakame into small pieces and add to slaw. Toss well. Garnish with dulse or kelp flakes.

One serving contains: 82 calories; 4 g protein; 2 g total fat (0.5 g sat. fat, 0 g trans fat); 25 g carbohydrates; 8 g fibre; 185 mg sodium