



www.rawsomelivingfoods.ca

May Newsletter

May 2013



"I love my pizza so much, in fact, that I have come to believe in my delirium that my pizza might actually love me, in return. I am having a relationship with this pizza, almost an affair."

-From Elizabeth Gilbert's 'Eat Pray Love'

As we approach our 11th month of having the cafe, I am amazed at by how fast this year as gone. It was a choice to open a cafe and at my age I have to sometimes remember to rest a little more. But then I am reminded that it was a choice and suddenly I am energized once more.

Everyday I try to set aside 2-3 minutes to give thanks for all I'm grateful. I close my eyes and take three deep breathes. This one act has made a huge difference in my life.

When someone does something nice for me, however small, I try to remember to say thank you. And really mean it. I even try to give thanks for "negative" things in my life. It is a great way to remind myself that there is good in just about everything. Problems can be seen as opportunities to grow, to be creative.

Expressing gratitude reminds me of all the positive things in my life. It can turn bad things into good things. It reminds me of what's important. And it reminds me to thank others. The simple act of saying "thank you" to someone can make a difference in his or her life. We all like being appreciated for who we are and what we do. It costs me very little, but I know that if it makes someone else happy that makes me happy.

Mother's Day Special for a Special Mother

The Rawsome Living Foods Cafe is taking orders up to May 8th for a decadent cake for Mother's Day (or any one special). Dairy and wheat free – contains nuts/seeds

RAW. VEGAN and ORGANIC!

**Order your cake no later than Wednesday, May 8th
Ready for pick up on **Friday, May 10th** or **Saturday, May 11th**
6" Cake - \$45**

Reserve at: 250-537-2048 or rawsome@shaw.ca

Oh Mother Goddess – OMG!



A decadently delicious creamy cake with a delightfully smooth pairing of caramel and chocolate flavours. OMG! will be the first words out of your mouth when you take your first bite. What better way to celebrate the Mother Goddess in your life by saying it with a cake designed with her in mind.

Small Cake
Diameter: 6 in
Servings: 8
Approximate Calories per serving: 300 cal.

Ingredients: Pecans, cacao, dates, salt, vanilla, cashews, maple syrup, almond milk, lemon juice, lecithin, coconut oil, yacon syrup

Reserve at: 250-537-2048 or rawsome@shaw.ca

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca]

People don't resist change; they resist being changed. - Peter Senge

So why do you keep getting in the way of yourself?

It's not uncommon for us to sabotage our well-laid plans; to find any excuse we can to not make a change. Do any of these statements sound familiar?

It's too expensive. It's too time consuming. It would never work for me.

Fear can be paralyzing. It can also be a motivator. If there is an emotion, there is energy and motion = e-motion. It's energy that wants to move, to be brought forward to our consciousness. If the emotion is uncomfortable, we often will have something to eat – eating for comfort – as a way to diminish or eliminate that emotion. The heavier the food, the greater the ability to deaden the emotion. The emotion doesn't go away. It's still there, until the next time the emotion gains energy and starts moving about wanting to come to the surface.

Activity

1. Write down one new thing you would like to undertake (e.g. change your diet, start an exercise program, change jobs, etc.).
2. Now write down the strongest emotion that is popping up for you – (e.g. excited, depressed, insecure, overwhelmed, happy, etc.).
3. Beside that emotion write down what action (motion) you want to take when you feel that emotion (e.g. jog, write, eat, sleep, hide, etc.).
4. Rather than Do – Be. Take no action other than feel the strongest emotion that is coming up for you. What is this emotion telling you?

You can still go ahead and eventually do what you historically do when you feel that emotion, but first do yourself a favour and get clear on what is triggering the emotion. Experience it. By getting out of the way of yourself, you may be surprised by what shows up. You just may take action, where you've never dared go before. Now wouldn't that be a surprise!



Upcoming Workshops and Events

For more details visit:

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

Coming in May

- **Order a Special Cake for the special Mother Goddess in your life**
The Rawsome Living Foods Café is taking orders up to **May 8th** for a decadent cake for Mother's Day (or any one special). Dairy and wheat free – contains nuts/seeds – Call Rawsome Living Foods Café and Juice Bar to reserve your cake – 250-537-2048
- **NOW OPEN MONDAYS**
As of May 6th Rawsome Living Foods Café and Juice Bar is open again 6 days a week. Monday-Friday from 10-5 and Saturdays from 9-4.
- **Special Days**
Rawsome Living Foods Café and Juice Bar has **Special Days** with you in mind – **Smoothie Tuesday** – all smoothies for **\$6.75**. **Juicy Wednesday** – all juices for **\$6.75**. **Pizza Thursday** – pizzas for **\$6.75**. **Burgerlicious Friday** – burgers for **\$6.75**. Come be treated like someone special. It's on us.
- **Salt Spring Saturday Market**
Rawsome Living Foods Café and Juice Bar welcomes the return of the Salt Spring Saturday Market every Saturday from 9-4. Come check out our ever-amazing juices, smoothies, entrees and desserts.
- **Jean-Paul Maurice House Concert on May 25th**
Rawsome Living Foods Café and Juice Bar is hosting another House Concert with Jean-Paul Maurice and guests on May 25th from 8-10. \$10. Check out JP's site and sample his music and videos. Simply Rawsome: <http://www.jpmauricemusic.com/music>

For more information and to MAKE RESERVATIONS

Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tips:

What is the source of illness, and why are so many people sick? Is it because we have found reasons to be in conflict with wellness? We are not accepting health and well-being. And when we don't accept wellness, the absence of it creates illness. We believe that there must be a source of our illness and we begin the search for a cure. We process our food more. We add more chemicals. We alter the structure of our diet. We take more pills.

People learn through trial and error, and eventually we must come to realize that there is a better way, a simpler way, and a healthier way to live. We can change the patterns of living and eating that allow our bodies to heal themselves.

While entering into a state of wellness is highly based on emotions and mindset, sometimes we can consider ingesting additional foods that can boost our immune system. Here are 6 Superfoods to consider consuming to assist with building up your body back into a state of wellness.

Raw Chocolate

The benefits of raw chocolate:

- A major source of magnesium. Therefore a great laxative, it releases PMS symptoms, it's good for the brain and heart.
- The number 1 anti-oxidant source. 30X as much as green tea and 10X that of blueberries.
- Does not contain caffeine.
- Does contain theobromine (a sister molecule of caffeine). This makes raw chocolate the best medicine against asthma.
- Contains serotonin and triple defense. Together they protect us from the damage of stress.
- The number one weight loss food. It's so nutrient dense. If you eat a few beans you feel fantastic and satisfied. You won't feel hungry and you can go for hours without food.

Goji Berries

Tibetan Goji berries are extremely rich in anti-oxidants, which help protect the cells in our bodies from diseases like cancer. They're also an excellent source of Vitamin C and soluble fiber. They have more amino acids than bee pollen, more beta-carotene than carrots, more iron than spinach and 21 trace minerals. Goji Berries contain 13% protein. It's been used to treat eye problems, skin rashes, allergies, insomnia, liver disease, diabetes, cervical cancer, to lower blood pressure and cholesterol. It's a powerful anti-fungal and anti-bacterial food.

Maca

Maca is a radish like fruit that grows in Peru. It's one of the top 5 super foods enjoyed by raw foodists. It's extraordinary rich in nutrients: 10% protein, 60% carbohydrate and full of fatty acids, phytonutrients, vitamins and minerals trace.

Maca is famous for its amazing health benefits and used to boost, energy, strength, libido, sexual function and fertility in both men and women. It's a natural Viagra with no side effects and it's said to relieve symptoms of menopause within days. The Peruvian root works gradually, not instantly. You need to eat Maca continually to receive the full benefits. For the best results look for organic raw Maca powder. Maca balances the body's systems: it will raise low blood pressure and lower high blood pressure as needed. Maca boosts immunity and harmonizes the body's overall vitality.

Bee Pollen (not vegan)

Bee pollen contains more than 96 different nutrients, including every single nutrient that you need to live. It's made up of 40% protein. It's a natural energizer, slows down the aging process, and lowers cholesterol levels.

This super food relieves discomfort from PMS, prevents prostate problems, improves sperm count, boosts the immune system, and detoxifies your body. It alleviates allergies, improves endurance, strength and mental clarity. It promotes weight loss: the rate at which your body burns fat and it reduces cravings. It regulates your mood and helps control stress in your life.

Hemp Seed

Hemp is one of the purest, most complete plants on earth. It has the perfect balance of Omega 3 and 6 for sustainable human health. This makes raw hemp seeds incredibly powerful against cancer. It might be the single best food to prevent it. It's a high quality, complete raw food protein and has a massive trace mineral content. It's the only seed that doesn't need to be germinated before eating: it has no enzyme inhibitors. Therefore it's easy to absorb.

Wheatgrass Juice

Wheatgrass contains most of the vitamins and minerals needed for human health. It's a whole meal and complete protein with about 30 enzymes. It has up to 70% chlorophyll (which builds the blood). It's an excellent source of calcium, iron, magnesium, phosphorus, potassium, and zinc. Wheatgrass cleanses the body (natural raw detoxifier) and it eliminates body and breath odors. The natural value of wheatgrass juice is so high that many people don't feel the "cravings" that lead to overeating. It's great for the skin and first and second degree burns.

Rawcolates



Making Chocolate: Tempering Chocolate

There is currently no strict definition for raw food and that includes raw chocolate. Most Raw Foodists typically quote the upper limit for “RAW” as 104°F (40°C) - 115°F (46°C). The upper temperature recommended when tempering chocolate is much higher.

Tempering is essentially a process of heating then cooling liquid chocolate, which changes the structure and properties of the finished product. Most of the raw chocolate made misses this tempering stage.

Chocolate is tempered for the following reasons:

- To produce a glossy sheen that is maintained over time. As untempered chocolate begins to degrade, a mottled white surface, known as chocolate bloom begins to appear.
- Texture, so the chocolate does not turn grainy or crumbly over time. This doesn't generally affect the taste but it does affect appearance.
- Does not need to be kept in the fridge to maintain shelf storage

Tempering:

1. Chop your chocolate butter and paste into small pieces. This will help to speed up the melting.
2. Melt chocolate by placing it in a dehydrator, on top of a double boiler, set over simmering water, or use a bowl of hot water. Use a chocolate or instant-read thermometer to monitor the chocolate's temperature.
3. Melt chocolate to 118 - 120°F (47-49°C). Try not to exceed this temperature.
4. Stir gently but steadily as the chocolate melts and heats up. A rubber spatula works best.
5. Remove from the heat, wipe the bottom of the bowl, and set it on a heat-proof surface.
6. Add sweetener and stir.
7. Add chunks of tempered chocolate and stir gently to incorporate. This will bring down the temperature of the warm chocolate.

8. Continue stirring and monitoring the temperature. Once the chocolate reaches 80°F (26°C), remove the remaining chunks of chocolate. They can be cooled and saved for another batch.
9. Reheat the chocolate briefly until the temperature reaches 88-89° F (30°C) degrees and stir. Don't allow the mix to exceed 91°F (33°C).
10. Do a spot test by spreading a thin spoonful over an area of waxed paper and allow it to cool. If the chocolate is shiny and smooth, it is properly tempered. If it is dull or streaky, it has not been tempered correctly and you will have to start over.

In all truth...

When making raw chocolate at home, tempering isn't worth the effort and the results of un-tempered raw chocolate are actually quite good. If you keep your raw chocolates somewhere cool, such as in the fridge, then you will not suffer from degrading before you eat all your chocolate.