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November Newsletter

November 2009



Winter is an etching, spring a watercolor, summer an oil painting
and autumn a mosaic of them all. ~Stanley Horowitz

“By any measure, America’s (and Canada’s) health is failing. We spend far more, per capita, on health care than any other society in the world, and yet **two-thirds** of Americans are overweight, and more than 15 million Americans have diabetes. We fall prey to heart disease as often as we did thirty years ago. The War on Cancer, launched in the 1970’s, has been a miserable failure. Half of all Americans have a health problem that requires taking a prescription drug every week, and more than 100 million Americans have high cholesterol.

To make matters worse, we are leading our youth down a path of disease earlier and earlier in their lives. One third of the children in this country are overweight or at risk of becoming overweight. Our kids are increasingly falling prey to a form of diabetes that used to be seen only in adults, and children now take more prescription drugs than ever before.

These issues come down to three things: breakfast, lunch and dinner.”

The China Study T. Colin Campbell 2006

Dear Friends,

Last month, I wrote about the state of food production in North America. More and more of us are becoming more and more aware of the need to rethink how we eat.

Our industrialized society has focused on producing more calories at a cheaper price. In our attempt to mass produce sterile food products, we have taken the

flavour out of food and the pleasure out of eating. We feel guilty about eating food that we know is not good for our bodies and yet we continue to eat it.

In my first newsletter, I wrote, “My mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Raw Food and reaching a more healthy lifestyle. The struggle with health concerns can be daunting. My goal is to convince all of you struggling with health opportunities to be passionately patient with your selves.”

I have tried to stay faithful to that ideal. Eating is not just about health; it is a communal and social activity. Eating is pleasure, sharing, family, spirituality, our relationship to nature and our planet, and about expressing our creative identity.

At Rawsome, we try to combine the health benefits of raw, living food with the pleasure of eating. Nutrition is not about what you put into food, as much as it is about what the food puts into you.

A thought from Chris

The mind can stay engaged with data forever but it's the heart that actually instigates change. – Dr. Christine Northrup

So what's stopping you?

I often hear comments about my complexion, my energy, my clear eyes, and my glow. And those comments are followed by ‘It must be because you eat raw.’ I agree that it has a lot to do with my diet. And with making such a conscientious dietary choice, comes a shift in how one perceives the world, how one interacts with the world, and how one will continue to spend time on this planet. It truly is an all-encompassing lifestyle shift.

If we consider all the segments of our life (health and well being, physical environment, career, relationships, fun and recreation, friends, family, significant other, money and finances, personal growth) making a significant change in even just one area will impact other areas of your ‘wheel of life’.

Instead I hear, ‘I could never do that.’ Then a litany of physical ailments and complaints follows: high blood pressure, perennial aches and pains, fatigue, weight gain, poor sleep, digestive problems, depression. Instead we wait until we reach the breaking point and pharmaceutical solutions are suggested as the cure, when in fact we could have taken a preventative approach curtailing a manifestation of illnesses.

So what's stopping you?

Taking the 30-Day Raw Challenge

Do you prefer to be introduced to making the shift to raw living foods in the privacy of your own home? Rawsome Living Foods invites you to take the next step with a little help from us. Chris will come into your home with groceries for a week and help you get excited about raw living food. Part of the 3-hour private session will include:

- Preparation of raw meals for a week
- Tips on how to prepare raw meals, simply and easily
- Ideas on how to shop for raw food
- Suggestions on how to stock your kitchen and set up your environment
- Ideas on kitchen equipment

Each session includes 2 complimentary 30 minute coaching sessions prior to and after the 3-hour private session.

Are you ready to make the shift? Why not take the 30-day raw challenge and give Chris a call at Rawsome Living Foods (250-537-2048) or just email for more information and fee structure - rawsome@shaw.ca.

Going Raw:

How can I go raw if I live in a cold climate?

As we move closer to winter, it's important to remember that raw foods don't have to mean cold foods. Below are a few timely tips for warming foods from Cherie Soria's latest book *The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy Feel Younger* by Cherie Soria.

- Enjoy a warming breakfast of Buckwheat Muesli or Oatmeal, with warm Almond Milk and bananas.
- For breakfast or an afternoon snack, have raw almond butter, with apples or bananas. If you're brave, sprinkle a generous dose of cayenne on top for an extra kick.
- Use hot water instead of cold water in your smoothies and blended soups.
- Wash your refrigerated produce in warm water or put it in a warm water bath for a few minutes before using it.
- Have a cup of warm miso soup or warm ginger tea before eating your cooler raw meal. This will also reduce your appetite without adding calories.
- Pour nearly boiling water over your refrigerated broccoli or cauliflower and let it rest for a few minutes to warm it up before using it in salads, pates, or other dishes that will be consumed immediately.
- If you are on an 80% raw diet program, add some baked or steamed root vegetables or cooked sprouted lentils to your soups and salads.
- Make a warm soup of finely julienned vegetables and hot water. Add mushroom powder, tamari, and grated fresh ginger to boost the flavor.
- Use a dehydrator to warm dishes like raw stuffed mushrooms and marinated kale. Be sure to use a covered glass dish so the item doesn't

dry out. Other foods, such as marinated vegetables, can be put in a jar and then immersed in hot water to warm them up quickly before serving.

- Drink a cup of warm ginger tea sweetened with a little agave syrup or stevia before bedtime. It will help you warm those cold sheets.

Remember that above 105°F/40°C, enzymes and vitamins begin to break down. That's the temperature of a warm bath. If your finger can be placed comfortably in your soup, the enzymes and vitamins are relatively intact. So feel comfortable in **heating up** to body temperature. That doesn't mean boiling your food and then **cooling down**.

November Workshops Update:

What better time of year to languish in visions of comfort food. How about a chocolate milkshake, burger, pizza, Caesar salad and apple pie and ice cream? All raw, nutritious and decadently comforting.

Workshop: Canadian Comfort Food

When: Wednesday November 18 or Wednesday November 25

Time: 6-9 p.m.

Place: 854 Long Harbour Road

Cost: \$65.00

Coming in December:

The **Rawsome Kitchen** opens.

Introducing a new line of Rawsome Living Food products for purchase.

- Raw-gels and Cream Cheese
- 'I Scream for Raw Cream' Ice Cream – Chocolate and Vanilla
- Crackers and Pates
- Granola with Gratitude

Coming in January:

Start the year with our **4-part '30 Day Raw Challenge' workshop series and coaching support.**

- Survival – how to survive one week on raw food with easy recipes and menu planning
- Cleaning House – physically, emotionally and environmentally – sprouting, juicing, de-toxing, rejuvenating
- Getting Creative – expanding into new territory with gourmet recipes and dehydrating
- I Made It. So Now What? – how to stay raw and love it

Each participant will receive a free 30-minute coaching session prior to the start of the workshop series and after the completion of the challenge.

More information in our next newsletter or by contacting: rawsome@shaw.ca

Recipe Of The Month

Coco Buckaroos

Inspired by Russell James

I use the word “about” a lot. Often you need to figure out what works best for you given temperature, freshness of ingredients and your own preferences.

2 1/2 to 3 cups buckwheat
3 apples
1 cup sunflower seeds
1 cup pumpkin seeds
1 cup date paste (about 7 to 10 soft dates)
1 cup raw cacao powder
3 tablespoons fresh squeezed lemon juice (about 2 lemons)
1/2 teaspoon vanilla powder or 2 teaspoons of pure vanilla extract
2 tablespoons ground cinnamon
A good pinch of ground cloves
1/2 teaspoon of sea salt (Himalayan or Celtic)

- Soak the buckwheat in 5 to 6 cups of water for about 6 hours. Rinse and drain well. Buckwheat needs to be rinsed well.
- Allow the buckwheat to sprout for about 1 to 2 days until “little tails “ about the size of the “kernel” develop. A large jar with a mesh screen secured over the mouth of the jar with a rubber band works great. Tilt the jar at about 45°. A kitchen drying rack works for this.
- Chop up the apples into 1/4” to 1/2” pieces.
- Rough chop pumpkin seeds and sunflower seeds in a food processor or blender.
- Place 1 cup of dates (I prefer Medjool) in a blender or food processor with 1/2 cup of water (or apple juice or orange juice) and blend until a paste is formed.
- Mix all the ingredients in a large bowl by hand.
- Spread onto a Teflex or parchment paper lined dehydrator sheet.
- Dehydrate at 105° F/40°C for 10 to 12 hours (overnight).
- Flip the mixture over and remove Teflex (or parchment paper) and continue to dehydrate for another 6 to 8 hours or until desired texture is achieved
- Serve with your favourite nut or seed milk and fresh fruit.

Low glycemic index. No sugar needed!