



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

## November Newsletter

November 2010



*It is a mistake for anyone to think he has lived too long in his old, unsatisfactory ways to make the great change. If you switch on the light in a dark room, it makes no difference how long it was dark because the light will still shine. Be teachable. That is the whole secret.*

*- Vernon Howar*

I spent two weeks in Tokyo presenting my Raw Chef training to 25 enthusiastic and dedicated students. It was great to have Moeko as my lead assistant and Makiko as my translator. They made the classes so successful. We will eventually post photos from the classes on our Facebook page.

We began teaching about raw living foods in Japan over 18 months ago to very small groups. The interest in raw food has expanded exponentially. We had over 60 people attend our two dinners developed and presented by the students. Small cafes are opening up all over Japan and the media is starting to spread the word and excitement as more and more Japanese experiment with living food.

We look forward to returning to Tokyo in April to teach another group of raw food converts. And we will be offering a group from Japan the opportunity to come to Salt Spring to study in August or September. We are grateful for Masae, Itoh san and the Japan Living Beauty Association for including us in their vision of raw living foods in Japan.

## ***A thought from Rawsome Coaching:***

*Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours. - Swedish Proverb*

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.

### **Self-Coaching 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!

*It's up to us to determine our happiness. No one else is in charge. No one else is to blame. No one else gets the credit. Our happiness is tied to our willingness to be responsible for our own moods. That's a certainty — one of few in this life. - Karen Casey*

Want to learn more ways to surprise yourself?

Give Chris a call at **Rawsome Coaching** [<http://www.rawsomecoaching.ca/>] for a 30-minute free coaching session at 250-537-2048 or email [chrisgay@shaw.ca](mailto:chrisgay@shaw.ca)

## ***Upcoming Workshops and Events to post on your calendar:***

- **‘Not A Cafe’ at the 2nd Bi-annual "Not your average Craft Bazaar"**  
Saturday November 6<sup>th</sup> from 10:00 am to 5:00 pm  
Mahon Hall, 114 Rainbow Road, Salt Spring Island
- **Dessert Workshop – Beginner – Reservations Required**  
Saturday November 20<sup>th</sup> from 1:00 pm to 4:00 pm
- **A Seasonal Dinner at the ‘Not A Cafe’ – Reservations Required**  
Saturday December 4<sup>th</sup> from 7:00 pm to 9:00 pm
- **Cleaning House Workshop – Start The New Year Healthy – Reservations Required**  
Sunday January 9<sup>th</sup> from 1:00 pm to 4:40 pm
- **A Groundhog Day Brunch at the ‘Not A Cafe’ – Reservations Required**  
Wednesday February 2<sup>nd</sup> from 12:00 pm to 3:00 pm
- **A Valentine’s Day dinner at ‘Not A Cafe’ - Reservations Required**  
Saturday February 12<sup>th</sup> from 7:00 pm to 9:00 pm
- **Bake Shop Workshop – learn to make crackers, bread, cookies – Reservations Required**  
Saturday February 26<sup>th</sup> from 1:00 pm to 3:00 pm
- **Green Giant Workshop – Green Smoothies, Green Juices, Sprouts – Reservations Required**  
Saturday March 12<sup>th</sup> from 1:00 pm to 3:00 pm
- **Not a Boring Salad Workshop – Experimenting with salads – Reservations Required**  
Saturday March 26<sup>th</sup> from 1:00 pm to 3:00 pm
- **‘Not A Cafe’ opens Each and Every Thursday until September – Drop-in**  
Thursday May 5<sup>th</sup> from 12:00 pm to 3:00 pm

**For information and to MAKE RESERVATIONS**  
**Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

**You are also welcome to visit our website at:**

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



All raw, all natural, all living food

The "Not-A-Cafe" is back!



A living food, organic vegan restaurant  
854 Long Harbour Rd.  
250-537-2048

On Saturday, November 6th at  
***The 2nd Bi-annual "Not your average Craft Bazaar"***  
Mahon Hall 114 Rainbow Road  
10:00am to 5:00pm

**Look for us in the back corner In the Bazaar caferoom**

We will be serving our famous gourmet RAW food.

Smoothies, salads, chili, enchiladas, pizza, bagels and chocolates, as well as shots of wheatgrass, and other raw treats.

Zoë Dubien and Kathryn Burke have teamed up again to create another great Salt Spring tradition the Bi-annual "Not your average Craft Bazaar". It is always a joy for us to be able to share our food with old friends and new. Rawsome Living Foods continues to explore new territory and it would not be possible without the support and we receive from all of you. Thank you each and everyone for your heartfelt support.

See you there. Lot's of fun for all!

For questions and info about the Craft Fair, contact Zoë or Kathryn:  
[handmakersandnoisemakers@gmail.com](mailto:handmakersandnoisemakers@gmail.com)

"Dedicated to the enablement and support of our local art industry."

### **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.

This is fun and a bit scary also. <http://www.youtube.com/watch?v=Buo-bTsYeZk>

### **Raw food diet danger: How to avoid**

*From the "The Best of Raw Food"*

*"Esme Stevens is the CEO of Raw Food Europe and has a great website for starters of a raw food diet: [thebestofrawfood.com](http://thebestofrawfood.com)."*

Raw organic foods are alive and full of enzymes and easy to absorb minerals; it's [alkaline](#) and a life force. But it may support bacteria as well. Normally, this isn't a problem. But sometimes these bacteria can be harmful. Getting food poisoning can be avoided.

#### **Food Poisoning**

Bacteria or other toxins in food cause food poisoning. Symptoms of food poisoning are typically vomiting and diarrhea. It is usually caused by these three pathogens:

- Bacteria
- Parasites
- Molds

#### **Bacteria**

Animal based foods are the main source of bacteria, for example: salmonella in eggs or chicken, listeria in pate's or cheese and e-coli in meat. When you prepare raw food it's important to be hygienic, store your edibles safely and separately from animal based food. When you are preparing raw food in a kitchen where animal based foods are also prepared, you need to take extra care when using cutting boards, knives and plates. Make sure you wash your hands before preparing all food.

#### **Parasites**

Parasites live primarily in animal based foods products. Cooking doesn't destroy all parasite eggs and cooking is no guarantee to avoid parasite eggs.

#### **Molds (fungus and yeasts)**

Most are relatively harmless but some can make you very sick. They are found in

mushrooms, cheese, sprouts, peanuts, other nuts, seeds and grains, etc. As with parasites, cooking them is not a guarantee for avoiding them.

### **How to avoid food poisoning?**

When preparing [raw food](#) it's important to be hygienic, store your edibles safely and separately from animal based food.

- Always wash hands before preparing and eating your meals.
- Buy only foods from sources you trust.
- Refrigerate your food.
- Don't leave edibles out of the fridge for more than two hours (especially the pate's, nut milks and animal foods).
- Use food grade hydrogen peroxide to disinfect your food (1 drop is more effective than cooking).
- Consider using a water ozonator or ionizer to disinfect your food.
- Don't eat in restaurants where food isn't prepared fresh, hygiene is practiced strictly or where few people choose to eat.
- Do a parasite cleanse at least twice a year.

Hygienic practice in handling food is important, especially washing your hands. Raw fruits and vegetables are a lot less likely to cause distress than animal based food products, but if you use good hygiene and store your edibles safely, you should be able to enjoy your raw food safely.

### ***Recipe of the month:***

#### **Kale Tahini Salad**

*With gratitude to Russell James*

- 300g/10oz kale
- 1/4 cup tahini
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- 2 cups baby tomatoes, halved
- 2 tablespoons hemp protein powder (optional)
- 2 tablespoons olive oil
- 1 cup sprouted buckwheat
- Pinch cayenne
- 1 teaspoon maple syrup

Combine the kale, lemon juice, salt and olive oil in a large bowl and massage with your hands until the kale starts to wilt but remains springy.

Add the remaining ingredients and thoroughly mix by hand until completely combined.

Serve immediately.