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October Newsletter

October 2012



Lasagna from Rawsome Living Foods Café and Juice Bar.

"We didn't build the Mac for anybody else. We built it for ourselves. We were the group of people who were going to judge whether it was great or not. We weren't going to go out and do market research. We just wanted to build the best thing we could build.

When you're a carpenter making a beautiful chest of drawers, you're not going to use a piece of plywood on the back, even though it faces the wall and nobody will ever see it. You'll know it's there, so you're going to use a beautiful piece of wood on the back. For you to sleep well at night, the aesthetic, the quality, has to be carried all the way through."

Steve Jobs

A recent study has found that genetically modified corn elevates the risks of cancer, organ damage and premature death in rats and demonstrates a health risk to Canadians.

The peer-reviewed scientific journal Food and Chemical Toxicology, also found health risks for rats exposed to Monsanto's herbicide Roundup, the widest-selling herbicide in the world.

The study of Monsanto's Genetically Modified (GM) corn NK603, approved by Health Canada in 2001 and engineered to withstand sprayings of the company's herbicide Roundup, found that rats fed the GM corn or Roundup developed tumors faster and died earlier than rats fed non-GM corn.

Up to 50 per cent of males fed GM corn or Roundup and 70 per cent of females died prematurely, compared with only 30 per cent and 20 per cent in the control group.

Most of our health regulations are based on very brief clinical trials, usually 90-day trials. This is another example of how the system that approves our food is not designed to look for the types of problems that can develop over a life span.

What do we need to heal?

First of all people speak about foods that heal. Actually the body does the healing not the food. The body is designed to actually heal itself. When we get a cut - it generally heals within a few days. Our bodies do the same thing, except in most cases our bodies are hindered in the healing process because our bodies do not have the enzymes necessary to heal. These enzymes come from our food. What you eat determines the quality of your health. If you are eating junk foods (and genetically modified foods) your body produces junk results like tumors, high blood pressure, diabetes, obesity and so on. Conversely if you are ensuring your body is receiving healthy foods your body effortlessly heals, as it was designed to do.

We need enzymes. Where do we get these enzymes needed for healing? The good news is very single piece of fruit, vegetable, nut or seed has the healing enzymes. Unfortunately, we tend to kill these enzymes before they even get a chance to enter our bodies. The enzymes die when they are heated over 118F. Cooking kills vitamins and enzymes. Cooked food is dead food. It still may have some nutrients but not healing enzymes.

We need to ensure we eat as much raw foods as we possible can. Cooked and processed foods lack healing powers. As a consequence we get sick; bodies full of toxins. The answer is a simple easy one - eat more Raw foods

Raw foods also enable our system to become alkaline. An acidic body is a perfect place for diseases to fester and grow.

A thought from Rawsome Coaching:

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

*The ability to simplify means to eliminate the unnecessary so that the necessary may speak.
- Hans Hofmann*

We are a consumer driven society that strives to clutter our lives with things. The food industry (for in fact that is what it has become – an industry) fills our packaged foods with additives. The more the better. Added vitamins, added fiber, added flavour enhancers. Added packaging to preserve the food. Added benefits that will make you stronger, leaner, faster. Added pluses to your life so you will be happier, have more time for other things, and have more friends.

What the food industry does not speak about are the added illnesses and diseases created as a result of all the additives, processing, and modified food-stuff, making the food virtually unrecognizable.

If there is a movement afoot, it is a 'whole foods' movement. There is an increased awareness of your local farmers and what can be produced in your

own backyard or planter box on the balcony. Food that is untouched, unmodified. Food that is fresh and alive. There is a simplification of the eating process down to its grass roots of simply finding food in its natural form and eating it. Stripping away the unnecessary additives so that the food itself speaks and the flavours pop out on their own.

Self-Coaching Activity:

1. Take a look in your fridge and your cupboards and make note of how many items you have that come in a bottle, box, or can.
2. Compare that list with one you create that is made up of those items that are foods in their simple, untouched forms. Food that is fresh, alive, and not processed in anyway.
3. Read the labels on the packages that you have and create a third list of the products you own that have items listed that you can't pronounce, let alone know what they mean.

Which list is the largest?

Which list feels easiest to manage?

What is the first thing you could do to simplify your kitchen cupboards and fridge?

Taking that first step to simplify your food sources will be the first step to enriching your health and wellness.

Contact Chris for a free 30-minute coaching session at ***Rawsome Coaching*** and her e-book ***Eating Raw for a Day***. [<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 October

- ↓ **Rawsome Thanksgiving Meal All Week Special**
– Enjoy a Rawsome Thanksgiving Meal all week long for just \$20.00 (plus HST) includes meatless nut loaf, mashed yams and salad plus a slice of pumpkin pie with vanilla ice cream. So much to be thankful for at the Rawsome Café.

- ↓ **Rawsome Demos**
Every Saturday from 11 a.m. - 12 noon at – Rawsome Living Foods Café and Juice Bar - #106 – 149 Fulford-Ganges Road (Restaurant Row/Gasoline Alley) – watch Chef Jim prepare one of the day's specials and learn about the benefits of a live plant-based lifestyle. Stay and enjoy one of the many entrees from the Rawsome menu or choose some of the prepared items ready to go in your own home.

- ↓ **Rawsome at Royal Roads**
Sunday, October 21 from 10 a.m. – 3 p.m. at – Royal Roads University – **Plant-Based and Alive for Life** - \$95.00 (plus applicable taxes). An interactive session on transitioning to a live, whole foods, plant-based lifestyle presented by Jim Maurice and Chris Gay. For more information, and how to register go to:
<http://cstudies.royalroads.ca/courses/PEHL3043-Y12.htm>

- ↓ **Rawsome Dinner Night Specials — Reservations Required**
Starting on Friday, October 12th – Rawsome Living Foods Café and Juice Bar will be open from Noon to 8 p.m. - #106 – 149 Fulford-Ganges Road Salt Spring Island, BC V8K 2T9- Come enjoy a set 3-course dinner menu for \$25.00 (plus HST) from 5 to 8 p.m. Final seating will be at 7 p.m. Reservations required. 250-537-2048. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.

For more information and to MAKE RESERVATIONS
Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tips:

Your Relationship With Food

[Article found in *Eating Raw for a Day* e-book: chrisgay@shaw.ca]

Do you like to play with food?

Before making any recipe, think about how much time you like to spend in the kitchen. If making cooked food is a chore for you, then it will feel no different preparing live plant-based foods. You will probably find the recipes using minimal ingredients and only a blender or food processor to assist with the chopping and mixing will probably appeal to you.

If you love reading cookbooks and trying out new recipes and inventing your own, then tackling simple recipes will be a treat plus they will get your creative juices going. Recipes with a few steps may also be more up your alley.

If you prefer all your food to be ready as quickly as possible, then approaching live plant-based food in its purest form will be for you – that is having a nice fresh salad for lunch and dinner and plenty of fresh fruit for breakfast and snacks throughout the day.

We all need food. How we get the food into our bodies varies from person to person. How esthetically appealing the food is, as well as the variety of textures and flavours will depend on how adventuresome you are with food generally. Therefore, go with those recipes that appeal to your senses, for as we know, eating is a very sensual experience. How our food looks, tastes, smells, and feels is all-important and will determine to what degree we will stick with a particular diet and more importantly, enjoy what we eat.

Keep in mind that one of the finest gifts we can give ourselves is the gift of food.

- ‡ Pure unprocessed food.
- ‡ Food that is life giving.
- ‡ Food that comes directly from the soil onto our plates.
- ‡ Food that has an abundance of colour (dark greens, reds, oranges).
- ‡ Food that has a minimal amount of added seasonings and additives.
- ‡ Food that relies on naturally occurring sugars (e.g. fruit juice or dates) rather than fabricated sugars (white and brown).
- ‡ Food that has no animal products nor wheat and dairy (which are hard to digest and are acid forming).
- ‡ Foods that produce an alkaline environment – a healing medium for our bodies.
- ‡ And an abundance of clean water.

Recipe of the month:



Soft Tortillas

*Adapted from a recipe by Chantale Roy in Rawfreshing Cuisine
<http://www.rawstafloaorganics.com/html/aboutUs.html>*

Makes approximately 10-12 wraps

- 1/3 3 cups tomatoes
- 1/3 2 cup red peppers
- 1/3 3 cups zucchini
- 1/3 1 carrot
- 1/3 1/2 tsp salt
- 1/3 1/8 tsp cayenne
- 1/3 1/2 tsp garlic powder
- 1/3 1 tsp chili powder
- 1/3 1 avocado
- 1/3 1 Tbsp psyllium

1. Blend tomatoes, red peppers, zucchini and carrot. Add seasoning and blend. Add avocado to smooth consistency. Add psyllium and blend briefly (no more than 20 to 30 seconds).
2. Spread 2 cups on to dehydrator tray with non stick sheet.
3. Dehydrate at 108° for up to 8 hours or until dry.
4. Store until ready to use.

For Wrap

Cut the tortilla into quarters and lay on a flat surface. Spread about 1 to 2 tablespoons of your favourite sauce or pâté on the first 1/4 to 1/3 of the tortilla. Place any selection of veggies that you like - sprouts, julienned carrots, red peppers, cucumbers, etc. on the tortilla. Roll it up! You may need to moisten the edge of the tortilla. Serve with a dipping sauce.