



Raw Family Newsletter, October 2005

In this issue:

1. Raw Family Favorite Salads Recipes
2. Igor's book is becoming popular
3. A Chapter from Victoria's new book *Green For Life*
4. Coping Techniques Help to Stay on Raw Food Diet. By Victoria Boutenko
5. New book *Green For Life* is on its way

Please note: Previous issues of the Raw Family Newsletter are now available free of charge on our website: www.rawfamily.com

Also the calendar of our lectures can be accessed at:

<http://ashlandindex.com/rawfamily.com/calendar-view.php>

Raw Family Favorite Salads

Thai Salad

This simple salad is one of our favorites. It always turns out delicious! Thai salad is a permanent hit at potlucks.

- 4 large cucumbers
- Juice of 1 large lemon
- 1 bunch cilantro
- 1 medium onion diced
- 3 teaspoons hot curry powder
- 1 teaspoon salt (or to taste)
- 3 Tablespoons honey
- 1/4cup olive oil
- 1 cup sunflower seeds (soaked for 2 hours)

Peel and slice the cucumbers into thin circles and transfer to a bowl. Finely chop the cilantro and mix with the cucumbers. Add the onion, lemon juice, and olive oil. Add the rest of the ingredients and mix well.

Serves 5-8

I Can't Believe It's Just Cabbage

This salad is super fast, super easy, and super delicious.

- 1 head white cabbage
- 1/4cup olive oil
- 1/4cup lemon juice
- 1 teaspoon salt
- 1 Tablespoon nutritional yeast

Mix all ingredients in a bowl and decorate with your favorite herb.

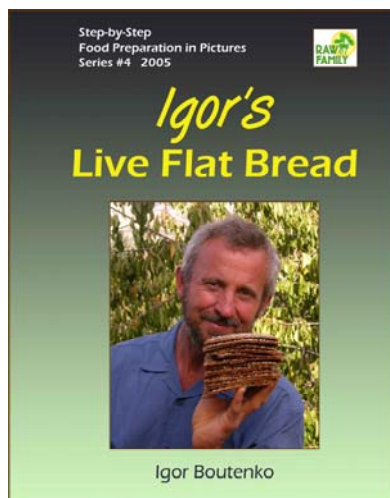
Serves 5

IGOR'S LIVE FLAT BREAD book is becoming very popular:

-I purchased Igor's Book. It works!!! I have finally made good crackers. The step-by-step system made all of the difference for me. The crackers really tasted like Igor's from the classes I have attended. I am so excited! I have been telling all my friends about this book. (E. from San Francisco)

-I made my best crackers ever using Igor's book! Thank you Igor for such a helpful guide! (L. from San Jose)

- I'm ADDICTED to Igor's crackers! Thank you! (S. from Vancouver)



\$15.00 US

Available now at www.rawfamily.com

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A Chapter from a new book *Green For Life:* Greens: a New Food Group.

I wonder how greens, such as kale, romaine lettuce, spinach, carrot tops, and others got classified as vegetables? Why do we call many completely different food groups *vegetables*, when they look different and contain different sets of nutrients? A produce manager from a local health food store complained to me that his customers often got confused when looking for a particular ingredient among 150+ pieces of produce all gathered under the single name: vegetables. This man had worked in the produce section for more than ten years. He suggested that the produce section be divided into several different smaller groups of plant foods with specific similarities, like roots (carrots, beets, daikon, etc.) flowers (broccoli, cauliflower, artichoke, etc.) and non-sweet fruit (cucumber, zucchini, squash, tomato, etc.). Combining foods with similar nutritional values would not only help shoppers to find necessary ingredients faster, but also would help them become familiar with more plant foods and increase their variety of vegetarian food consumption.

Obviously, people have never considered plants to be important enough to be classified properly. Even at the regular supermarket one can see that other food departments have more detailed classifications. For example, the meat department is divided into poultry, fish, and meat, which in turn is subdivided into smaller sections, like veal, ground meats, bones, sub-products. Every item is carefully categorized, specifying which part of the carcass it is from. Cheeses have their own specification. Nobody would ever classify cheese and meat together in one group like "sandwich food", because it would be inconvenient and unclear. Yet this kind of confusion and error continually occurs in the produce section. Some errors are quite serious, to such a degree that they could cause health problems. As an example of this, placing starchy roots in the same category with tomatoes and rhubarb could prompt customers to make improper food combining choices. Many nutritionists believe in the benefits of proper food combining.¹ For example, starchy tubers combined in one meal with sour fruits or vegetables can create fermentation and gas in our intestines.

Placing greens in the same category as vegetables has caused people to mistakenly apply the combining rules of starchy vegetables to greens. Driven by this confusion, many concerned people wrote to me inquiring if blending fruits with greens was proper food combining. They had heard that "fruits and vegetables did not mix well." Yes, to combine starchy vegetables with fruits would not be a good idea. Such a combination can cause gas in the intestines. However, **greens are not vegetables** and greens are not starchy. In fact, greens are the only food group that helps digest other foods through stimulating the secretion of digestive enzymes. Thus, greens can be combined with any other foods. In addition, it has been recorded that chimpanzees often consume fruits and leaves off of the same tree at the same feeding time. In fact, Jane

¹ Shelton, Herbert M. Dr. Shelton's Hygienic Review. Pomeroy: Health Research, 1996

Goodall and other researchers have observed them rolling fruits inside of leaves and eating them as "sandwiches."

Yet, there is another great misconception, which results from placing greens and vegetables into the same category. Such inappropriate generalizations have lead researchers to the erroneous conclusion that greens are a poor source of protein. Contrary to this popular belief, greens are an excellent source of protein, as you will see in the following chapter.

I propose that we separate greens from vegetables, now and forevermore. Greens have never received proper attention and have never been researched adequately because they have been incorrectly identified as vegetables. We don't even have a proper name for greens in most languages. The name "dark green leafy vegetables" is long and inconvenient to use, similar to "the animal with horns that gives milk."

We don't have complete nutritional data about greens. For this book I had to collect bits and pieces of information out of books and magazines from different countries and I still don't have all the parts. I have not, for example, been able to find the complete nutritional content of carrot tops anywhere. Nevertheless, I have enough to draw some essential conclusions: **greens are the primary food group that match human nutritional needs most completely.**

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We receive many questions from our readers, similar to the following:

-My husband, and I have been trying to stick with raw food eating for the last five years, off and on. We keep falling off. We really need to stay with the raw food style of eating permanently. At one time with God's help and staying mostly with raw food we reversed high blood pressure and type-2 diabetes. Well, sorry to say, from eating incorrectly we are now battling high blood pressure and type-2 diabetes again. Any help or advice would be greatly appreciated. (J. from USA)

- I hope, to find powerful new advice in your books, that would give me the strength to become a true, strong raw -vegetarian. (N. from Germany)

By Victoria Boutenko

Coping Techniques Help to Stay on Raw Food Diet

I often receive emails from people who feel better on the raw food diet, but have a hard time staying raw. I believe that it is impossible to avoid eating cooked food through will power alone for significant periods of time. Over the past eleven years, I have been exploring the topic of how to stay off cooked foods. I have come to the conclusion that cooked food is highly addictive. I have

observed that most people are unaware to what degree they cannot manage their eating habits. To illustrate what I mean, I offer you a simple test.

Please answer the following three questions honestly, yes or no:

1. Have you ever overeaten?
2. Did you like how you feel after overeating?
3. Can you promise here and now to never overeat again?

Based on your answers you can conclude whether or not you are able to control your eating habits.

The raw food diet has proven to have colossal values for physical health. However, many people cannot stay on raw food. They blame their lack of will power, yet if cooked food was not at all addictive, they would not even need to exercise their will power. Recognizing the addictive potential of cooked food has helped me to create multiple coping techniques that enable anybody to be strong on the raw food diet in this "cooked" world.

We live in a very stressful environment, and as a result of this, we often become unable to relax. When we feel stressed, we cannot feel joy and happiness. To numb our stress, we have created countless ways to escape. Food is the most common form of escape because it is readily available and affordable. Sometimes our lives get so stressful, that food becomes the highlight of each day. At this point, food gradually begins to push the most meaningful aspects of our life to the secondary place. I am sure that the awareness of how cooked food can run our lives will prompt even more people to consider the raw food lifestyle.

My program is called 12 Steps to Raw Foods. It consists of multiple steps, questions, and leads that slowly shift participants towards a better understanding of their personal relationship with cooked food.

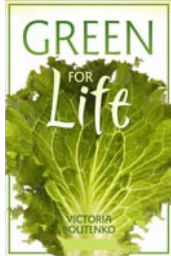
Over the years I have taught more than 200 "12 Steps to Raw Food" weekend workshops in different parts of the world. I don't know if I will be teaching them ever again because one can run the same show with inspiration only a certain number of times. By watching how many people were helped through my program, I realized how practical and helpful these materials were. That is why I made an effort to videotape my last seminars. I picked the best workshop ever recorded and am selling it on my website. I have heard only positive feedback about this set of three tapes. Considering the upcoming holidays, I am announcing a special deal this month – 20% off. I recommend taking advantage of this sale to those who seriously consider staying all-raw.

12 Steps to Raw Foods Workshop VIDEO
Victoria teaches coping techniques that help you stay raw in this "cooked food" world..

**Set of 3 tapes, 5 hours total.
Canada, October, 2003.**

Order this 3-video set for only **\$47.96 SPECIAL PRICE 20% OFF** (Normally \$ 59.95)

The new book, Green For Life is now available for pre-orders
by Victoria Boutenko



We are excited that the new book is finally on its way from the printing plant in Quebec. It will be delivered by truck sometime next week.

Almost 2,000 envelopes with printed labels for all pre-ordered books are ready to be shipped as soon as books arrive.

We recommend pre-ordering this book now to avoid waiting. Your orders will be processed in the order they were received.

\$14.95

-Pre-orders only-

www.rawfamily.com

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REMOVE in Subject line.**

**Important: Please, specify which e-mail address you would like us
to remove from our database!**