

RAVE

RAW ALIVE VITAL ENERGY

EAT RAW FOODS

R.A.V.E. Festive Feasting

What a fabulous chance to share and spread the message of Raw Alive food, with like minded, enthusiastic 'Roody's - Raw Foody's'. The 20 beautiful people that came to learn more about the benefits of preparing and eating raw food are repeat and new participants in seminars and food days that we have held here at Aloha Mana. The message is clear, this program of eating raw, alive foods works .

The menu for Sunday's program was bigger than Santa's stocking, taking advantage of the Christmas season to demonstrate some tasty snacks and treats suitable for festive feasting. The best part of eating raw is you can eat guilt free, knowing every morsel that goes into your mouth and body is healing and building a healthier you. Whilst a lot of the food was prepared using the normal methods of slicing, dicing and presenting food in it's purest form of Raw,

other recipes used the dehydrator to enhance the taste and texture and also add the other quality not usually associated with raw food, that being warm food. This is an excellent way to enable raw food virgins to transition from cooked to raw.

Sunday's Menu

- Nawri Rolls
- Living Lasagna
- Pumpkin Bread
- Macadamia Ricotta
- Basil Cheese
- Zucchini Pasta
- Olive Tapenade
- Tomato Marinara
- Turmeric Butter
- OMG Cacao Mousse
- Chocolate Bars
- Alive Apple Pie
- Macadamia Cream
- Walnut slice
- Coffee Nut slice
- Syrup Nuts



Above: Roslyn and Julie show off their original t/shirt designs

Below: Some of the luscious festive feast shared on Sunday



A Spontaneous Moment



Rebecca Lee [pictured left] enjoying her Jaffa OMG Cacao mousse. It was a spontaneous moment, while Roslyn was making the mousse, to add the therapeutic healing properties of Young Living Essential Oils, Peppermint and Orange oils were added to give added get up and go to the already amazing mousse.

Cacao is a #1 anti oxidant super food, it was not called the food of the gods for nothing. Feel free to indulge your taste buds with this decadent taste sensation, knowing it is healing your body and soothing your soul.

R.A.V.E. Co-op

“ Life is what happens while you are busy making other plans”

John Lennon

Roslyn and Jim have established the Roody's Raw Foody's Co-op in order to assist the members to purchase raw, alive foods at wholesale prices. There is no longer any excuses not to eat the most abundant nutrient rich foods at a price you can afford.

The co-op is a 12 month membership from the time you join. There is a \$50 membership fee. To order and purchase your products simply phone 54562060 or email manabuilt@inet.net.au to arrange a suitable time to collect your shopping.

As with other ecological programs, please bring your own shopping bags.



Jim was in charge of the Co-op shop, assisting every one in their wholesale purchases of raw, organic, wholesome foods. Some of the co-op range includes almonds, macadamia's, pecans, peanuts, walnuts, flax seeds, flax oil, agave, maple syrup, Himalayan salt, vital greens and super foods maca, goji berries and cacao beans.

Left: Jim, Liz and Ronda

Kitchen Gadgets

The veggie twister is a definite must in the raw food kitchen. It enables anyone to present the most fabulous food creations so simply and easily. You will certainly impress your friends and family with a gourmet finish to your meals using this little gadget

Zucchini pasta was featured on the menu on Sunday. The Veggie Twister was the secret tool used to make the pasta spirals.

A V-Slicer or Mandolin is another wonderful kitchen gadget, it will cut the time you spend slicing and dicing fruit and veggies in half whilst adding a professional chef's presentation.

The Alive Apple pie and Living Lasagna were brought to life with the use of the V-Slicer. No amount of knife skills will replace this kitchen gadget. (You can purchase both these gadgets @ King of Knives, Sunshine Plaza)

Right: Roslyn and Kitchen Angel Yolunda using the Veggie Twister



Blood Type Program– Testimonial

'My experience with the Poo Fairy has been an exciting one, one way or another. Had about six colonics with nutritional consults which I found very interesting - has changed my life I've lost about 8kg and kept it off which is great, I think most of us believe we don't have a bad diet until it is explained to us about the blood group diet, I wasn't a junk food eater don't drink, don't smoke, felt like crap, ate plenty fruit & veggies meat etc the norm, but once I changed to the blood type diet it has made a huge difference, the cravings have gone, don't need to eat nearly as much and I tend to put my meal on a bread and butter plate. As far as the cooking classes go (WOW) Ros deserves 10/10 for her effort I thoroughly enjoy them and get so much excitement from trying them at home. **Did strawberry coated chocolates –hubby loved them**'. Julie B

"Let food be your
medicine and medicine
be your food"

Hippocrates

Turmeric

Jim shared the nutritional qualities of turmeric: antioxidant, anti inflammatory, anti bacterial, aids digestion function, and has heart protecting properties. Turmeric benefits liver health, tests suggest turmeric protects the liver from the damaging effects of certain toxins including alcohol.

He had dug fresh turmeric from the garden on Sunday for every one to taste. It was a bonus to be able to give away pieces of the plant so people could grow it in their own gardens.

Please remember just how yellow this plant is, you may want to glove up while handling it. It is also available in powdered form.



Winners are grinners



Liz Mayne was our winner of the most creative T/Shirt competition. The theme of the T/shirt competition was Raw food. Liz travels all the way from a small town called Comet, 3hours drive from Townsville, then a 1 hour plane trip to get to share the day with us. Congratulations Liz



Diana and Jim draw the raffle for the wonderful prize of a tray of Wheat grass. Diana grows these very special trays for us to enjoy at our R.A.V.E. days. She generously donated a tray to be raffled. Craig Goddard was the lucky winner.

Wheat grass has so many essential vitamins and minerals. At Aloha Mana we make our juice by adding small pieces of lemon, with the skin on and water to the wheatgrass. This makes a pleasant drink that can be tolerated by most wheat grass virgins.

Any one interested in purchasing trays of wheat-grass can contact Diana m: 0411 187 801

Aloha Mana is the perfect venue to sit back, enjoy and learn many new skills to improve your healing journey.

Specializing in Colon/Liver Hydrotherapy, Lomi massage and Nutritional consultations.



R.A.V.E. Raw Alive Vital Energy Food Days to put in your diaries for 2010

Sunday's 24th January - 28th March - 25th April - 30th May

The format of these R.A.V.E. Days may vary so watch this space for up and coming new programs.

Aloha Mana Health Retreat

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