

Raw Alive Vital Energy



Jim and I were fortunate to attend seminars with both David Wolfe and Don Tolman, whilst they are probably polar opposites in their presentation they share the same message. 'You are what you eat and Food matters.'

It is such an awesome feeling to have everything we live & believe in confirmed by the best in the field.

I can only describe David as a young visionary of his time, at the tender age of 10 years he informed his parents, who both happened to be medical doctors that, he would no longer be taking any medication nor would he be eating any dairy. He has positioned himself firmly as the Raw Food, Nutritional healing and Super Foods leader. David presented an incredibly inspiring evening, keeping us entertained and educated in all respects. And anyone who loves chocolate (Raw of course !!) as much as he does has to be doing something right.

Jim's Jungle Green Smoothie

Make a fresh juice of your choice & blood type

Celery, apple, carrot, wheatgrass, grape, turmeric, pineapple, etc.

Add juice to blender

Then add, fruit & green leaves of choice & blood type and

Chlorella, spirulina, green powders, goji berries, maca powder, flax &/or hemp seed oil, fresh or powdered turmeric, blend until smooth

Add cacao beans at the end for crunch.

Drink & enjoy over the day :-)

Chocolate - Cacao

- Chocolate causes irrational behavior in anyone, who doesn't eat it.
- Chocolate activates genius.
- Chocolate will save the world.
- You can do anything for a reward, especially if the reward is chocolate.
- We have stock of Raw Chocolate bars @ the Co-op, come & check it out

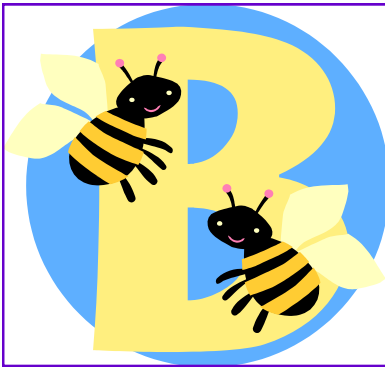


Don Tolman came to the Sunshine Coast last Saturday for a free seminar. Don shared his own personal story on how he came to embrace whole foods and how he has spent his whole life researching the benefits of eating nutritional rich foods, breathing fresh air, drinking water, getting into the sunshine (without sunscreen), walking, getting rid of toxic relationships and embracing passion in your life.

Phillip Day will be in Caloundra in March, this is a seminar not to be missed. For more information check out this link.

<http://www.campaignfortruth.com/Eclub/170210/>

EAT RAW FOOD



Bee Pollen - Super Food

Western Australia has a high density of unique plant species that produce high-quality pollens. These are harvested free of chemicals from pristine forests and conservation reserves. New health properties have been identified and should excite conscious consumers.

What is Bee Pollen?

In the original state, bee pollen is a fine dust composed of thousands of microscopic particles that enable a plant to reproduce via seed. Pollen is discharged from the anther of a flower and is the major food source for bees and other insects. Worker bees (all female) travel from flower to flower collecting nectar and pollen as they move around. As the pollen covers the bee's body, she brushes and packs it into specialized hairs on her hind legs to take back to the hive.

Worker bees collect more pollen than the hive needs, so beekeepers are able to collect surplus in a mesh trap, as the bees enter a hive, they pass through a bank of specific-sized holes where the pollen is gently removed and falls into a collection trays.

Bee pollen is a biologically active compound rich in vitamins, amino acids, proteins, lipids, carbohydrates, minerals, enzymes and up to 73 fatty acids can be found in pollen. Bee Pollen is the most complete Super food found in nature. Containing vitamin B-9 and all 22 essential amino acids, it is a delicious tasting, energy-rich source of complete protein and a good source of iron, zinc, manganese and copper. Pollen is also low in fat.

Eucalyptus pollens are dominated by an essential fatty acid know as linoleic acid, which plays a role in weight loss. Linoleic acid can decrease the amount of fat that is stored after eating. It can also increase the rate of fat breakdown in fat cells. The human body cannot manufacture linolenic acid and so it must be consumed.

Suggested usage for raw bee pollen: Start by using one tablespoon of bee pollen each day for children over five or adults. Increase serving if desired. Bee pollen blends well with smoothies or juices. It may be eaten plain as a snack food by the spoonful. A blend of Goji berries, Cacao and Bee Pollen creates magic in your mouth. You could try grinding this combination together in a coffee grinder.

Food Warning: On first trying pollen, some people may occasionally experience minor gastrointestinal irritation and laxative effect due to the richness of the substance. Another potential, yet rare, allergic reaction can involve swelling, heart palpitations, and minor to moderate difficulty in breathing. For those who are new to enjoying pollen it is wise to start out with a small dosage, about 1/4 teaspoon, and work up from there.

We are currently stocking Western Australian Bee Pollen in the R.A.V.E. Co-op, members price per kilo \$60 normal retail \$75 another huge saving !!

Super Foods

- * Goji Berries
 - * Cacao
 - * Maca
 - * Bee Pollen
 - * Spirulina
 - AFA Blue-Green Algae
 - Marine Phytoplankton
 - Aloe Vera
 - * Hempseed Oil
 - Camu Camu VII C
- * Available from the R.A.V.E. Co-op

Miss a meal - But never miss your reading

- * The Sunfood diet success system
- * Superfoods

Two great reads from David Wolfe



Our much loved Movie Director Des pictured (left) with Kitchen Angel Yolunda.

Thank you Des for capturing our Raw Alive Vital Energy taste sensations on DVD. You bring an extra dimension to our day.

You have made our memories last forever.



Hi and welcome to an amazing product named ENJO

For those of you who are not familiar with Enjo, it is way of cleaning everything in your home without the need to use harmful and expensive chemicals.

I was introduced to Enjo, through my partner's mother, who knew that I was very conscious of chemicals and toxins being present in my food and home and if you are reading this newsletter I am sure you are too.

When I first heard about the product I was sceptical. However, after I saw Enjo in action and started using in my home I was impressed, and I wanted to spread the word.

Enjo uses microfibre technology to remove dirt and particles from all crevices. Leaving a surface clean, dry and chemical free, which means bacteria cannot multiply.

A group or private demonstration gives you the perfect opportunity to meet up with your friends to see the fibres in action, try before you buy, and the opportunity to save your friends and family from wasting their money on chemicals. Also if you would like to get some great products for free, all you need is you and 2 friends at your place for a cup of coffee (or green tea!) to watch someone else clean your home, not a bad offer I think.

Thank you for taking the time to read,

Warm regards,

Kate Ramm Aka Kitchen Angel :-)

If you would like any more information please don't hesitate to call me on **0422 455 283** or email me at **kate_r31@hotmail.com**

The GREAT news is this beautiful, intoxicating oil blend has finally arrived in Australia and let me say – IT IS AMAZING!! **Stress Away** Roll-On Essential Oil blend from Young Living is a great way to relax through the use of nature's essential oils. On the days that you may feel a bit overwhelmed **Stress Away** Roll-On can help you to relax and bring the peace that you need to respond to life's opportunities (so often disguised as challenges).

Stress Away is a blend of Copaiba, Lime, Cedarwood, Vanilla, Ocotea and Lavender Oils – and it smells DELICIOUS!! You can enjoy the benefits that these essential oils in this roll-on can provide:

- Copaiba and Ocotea have anti-inflammatory properties
- Cedarwood acts as a calming and sedative agent
- Vanilla planifolia assists with moods
- Lime and Lavender assist in reducing stress and have relaxing effects

Are you experiencing signs of stress? Quite possibly, yes. To experience the benefits of this delicious oil blend first hand or to book a blood analysis consultation, simply call me on the numbers below.

Here's to RELAXING!!

Maria Waldock (Diploma of Health Sciences – Pathology)

Practitioner Support Services - **(07) 5452 5395 / 0421 210 136**



Raindrop Technique Massage - Therapeutic Essential Oils

Raindrop Technique begins with the feet with a Valor balance followed by a Tibetan Reflex which is performed on the spinal points of your feet using 7 essential oils - sending pulses to the spine and directing electrical energy to where it is needed in the body. Raindrops - nine different oils are then dispensed like drops of rain on your back. The oils are feathered and fanned which increases the energy flow along the nerves to internal organs, activating neurons in the body, to receive messages and stimulate the nerves.

Oils used in the Raindrop Technique: Valor - balances energy and realigns the spine, Oregano - dissolves petro chemicals in the body, anti-inflammatory, Thyme - fights against bacteria & viruses, Basil - Cypress - assists in circulation, Wintergreen - helps bone tissue (broken bones, arthritis etc) Marjoram - Relaxes muscles 'Happy Herb' relieves sore muscles, Peppermint - anti-inflammatory.

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➤ **Jim and Roslyn
Uttleymoore**

Leaf Cuisine

Please do yourself a favor and check your diaries.
The next R.A.V.E. Food day is on **Sunday 28th March**
It promises to inspire you with loads of new recipes to
tempt the taste buds and heal your body.
You will need to book NOW as there are only a few
places left.

The cost of the day is \$95 this includes a
Leaf Cuisine Luncheon Buffet and **Recipes**
plus a whole lot more.



Testimonials



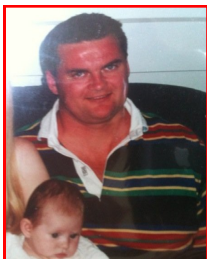
Dear Ros and Jim,

I had such a great time at your Raw Food Luncheon, it totally exceeded my expectation. It was so professional and at the same time yummy and fun. Thanks also for bringing such lovely people together!

James and I went straight to Forest Glen to buy the rest of the ingredients we needed and have been experimenting every day with new raw food recipes. We've been having a jungle Jim smoothie every morning and feeling amazing!

Thanks so much guys for your efforts and for putting this on. Thanks also for the cool write up in your newsletter about Food Matters YAY!

Regards Laurentine ten Bosch



They say picture tells a thousand words. In my case, the following pictures would need a lot more words to describe the difference in how I feel since adopting the health advice of Roslyn and Jim. It has been a long journey before more recently meeting Roslyn at a cancer workshop seminar. You can see from the photos that my daughter is growing up, but my own body has got a lot smaller (and actually a lot younger at a cellular level).

Few health practitioners are walking testimonies to the health advice that they preach. Walking into a health workshop, retreat or spending any time at all with Roslyn or Jim will allow you to experience first hand the love, joy and laughter that these health and harmony practices can bring to your own life. These practices incorporate the latest as well as the most ancient in nutrition and wellbeing, ranging from nutrient dense wholefoods and superfoods to optimising to your blood group and DNA to the holistic medicine and practices of ancient cultures. These cultures have proven that they can live well over 100 years with youthful, joyful and energetic exuberance.

Roslyn and Jim could easily be described as the practitioner's practitioner. You will say.. "I'll have what they are having".

Tim Shaddock

