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Sergei's Party In Your Mouth Green Smoothie

- 1 small pineapple, peeled, cored, and chopped
- 1 large mango, peeled, cored, and chopped
- ½ head romaine lettuce
- 1 sliver of fresh ginger about the size of half a pinky finger

Blend all ingredients in blender. If your blender is having difficulties blending the ingredients, add some water. Pour into fancy glasses and decorate with mint and thinly sliced orange slices.

Serves 3-4

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**Sergei & Valya's new DVD
"An Interview With Sergei Boutenko"
has received the award for
"Most Entertaining Film"
at The Very First Ever Raw Film Festival
in West Hollywood, California**

For detailed information on this festival please go to
<http://www.serenityspaces.org/spring.asp>

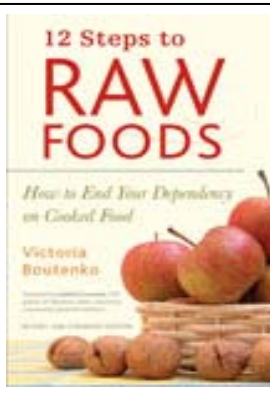
To watch a trailer of this DVD Click here: **CLICK**

Now available at: www.rawfamily.com

The movie is 45 minutes long and the price is \$14.95

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**Victoria's announcement about new edition of
12 Steps to Raw Foods:**



Dear Friends:

As I told you in our previous newsletter my newest book is in print and will be available in about two weeks. It is being published by North Atlantic Books. This book started out as an attempt to revise the original version of "12 Step to Raw Foods." While working on this project I found so much new data that I ended up writing a totally new book. Since I kept 25% of the material from the original version, I kept the title the same. You may view the table of content of the new book by clicking here: [CLICK](#)

In addition, please enjoy another excerpt (below) from one of the new chapters.

You may preorder new edition of "12 Steps to Raw Foods" now from our website – www.rawfamily.com.

The old version of "12 Steps to Raw Foods" will still be available on our web site at a discounted price until we run out of stock.

In Health, Victoria

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Excerpt from Victoria's new book.

...Recently, my daughter Valya and I conducted some interesting research.

We decided to investigate what foods different people crave in response to stress. Valya and I interviewed 60 people with specially made questionnaires.

The majority (52 out of 60) of the participants reported that they craved sweets in stressful situations. From this result we concluded that humans are programmed to crave sweets in response to stress. However I was more interested in the additional, unexpected information we received from our experiment. We discovered that there is a strong correlation between how people were brought up and their methods of coping with stress:

- The participants of our research who were reared on a mainstream diet admitted strong cravings for cakes, pies, cookies, candy and other potentially hazardous sugary foods.
- People who were brought up on a vegetarian diet craved raisins, dates, and other dried fruits along with some light vegetarian desserts such as vegan whole grain muffins and licorice sticks.
- A small number of our participants grew up on a raw food diet. I was thrilled to hear that in moments of distress, these people craved sweet fruits, such as grapes, figs, and bananas.

This investigation reminded me of the great role that childhood education plays in the development of our lifelong food preferences. My own sweetest childhood memories are always blended with pictures of eating with my family. When we look at certain food, the desire to eat it stems from our recollections of previous experiences with this food. Enjoyable memories may reinforce

undesirable cravings with the longing to re-live pleasant moments once more. For example, at times when I see advertisements for pancakes, I remember my childhood and how pleasant it was to wake up on Sunday mornings to the smell of mamma's freshly made pancakes covered with melting butter. I cherish these memories but every time they pass through my mind I experience momentary pain. I briefly feel the conflict between the subconscious urge to revive the sweet moments from the past and the notion that I won't have pancakes again because I have been eating solely raw food for many years now. It amazes me how many strong emotions can be triggered by the mere thought of food. I asked my daughter if any of her happiest childhood memories were tied to food. With a smile, she began recalling how we were picking delicious grapes together in Michigan, and how the California persimmons were so yummy, that even our basset hound Dashka overate them to the degree that it was difficult to move, and how we tasted our first durian fruit, and so on. Clearly, even though humans are programmed to crave sweets in response to stress, the sweets don't have to be made with white sugar. Fresh fruits are perfect fuel, packed with nutrients, and don't have any negative consequences.

When I began collecting scientific data on bread I experienced a big shock and even felt pain from discovering how addictive bread really is. I lived most of my life in Russia, where bread is considered a sacred food. One can never find a piece of bread laying on the ground or on the street in Russia as it would be considered disrespectful to all those who suffered from the shortage of bread,

such as in Leningrad's Blockade*. Traditionally, a sufficient supply of bread is one of the most important pleas that the Russian government makes to its people.

Throughout history, various breads have been a staple food for the majority of people. In the United States, November is celebrated as The National Bread Month, in recognition of the importance of this product. "More than 75 million Americans enjoy a piece of toast every day ... In fact, Americans like their toast so much that nearly 10% of adults surveyed indicated that they would rather eat toast in the morning than have sex. More than half (52%) of respondents would choose toast over candy in the morning, and nearly 40% over chocolate."¹

Have you ever wondered why bread is so popular? It may be hard to believe but scientific research demonstrates beyond any doubt that even raw wheat contains addictive substances:

- "A novel opioid peptide was isolated from ... wheat gluten. This peptide was named gluten exorphin C."²

* On Sept. 8, 1941, a little over two months into the invasion of the Soviet Union, German troops surrounded Leningrad. Unable to take the city by direct assault, they set about starving it into submission. Before the siege was ended on Jan. 27, 1944, as many as a million civilians had died from shelling, cold or hunger. The fascist blockade of Leningrad lasted 900 days but the city did not surrender.

¹ *Toasting the Toaster: The Original Comfort Food Remains a Breakfast Staple for Americans.* Study conducted by Grain Foods Foundation in 2005. Rochester, NY. <http://www.grainpower.org>

² Fukudome, S. *Gluten exorphin C. A novel opioid peptide derived from wheat gluten.* FEBS Letters, 1993, #316(1):17-9

- "... peptides derived from wheat gluten proteins exhibit opioid-like activity in vitro tests."³

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To view current schedule of Victoria's lectures please [click here](#).

About our up-coming new book, "The Green Smoothie Revolution."

Dear friends,

My work on "Green Smoothie Revolution" has taken longer than I originally expected. As I began to explore edible greens, I kept coming across more and more new plants that I had been previously unaware of. For example, my friend, Dr. Ed Kellogg, has introduced me to Japanese knotweed plant. Its leaves are rich in resveratrol (also found in grape leaves), a phytonutrient that triggers the longevity genes. Since this plant is not well known, in order to experiment with it, we had to wait for it to be in season. This also gave Valya a chance to make drawings of it.

My very good friend, Gabrielle Chavez, is growing over 60 varieties of greens in her own garden solely for using in smoothies. I absolutely had to include her valuable insight in this book so that everyone can benefit from increasing the variety of greens they consume. By the way, Gabrielle is the host of a wonderful spiritual raw food gathering in Oregon and you can learn more about it at: www.rawandlivingspirit.org This Gabrielle is a true fountain of ideas. Just last week, she taught me how to make a smoothie with an avocado pit!

My other friend showed me how to add Douglas Fir to green smoothies, yet another one shared his know-how in using a variety of cactuses. I'm so grateful that people are conducting their own research and coming up with new ideas. Greens used to be an essential part of the human diet. Together we can relearn this forgotten information quickly and more efficiently than doing it alone. The length of time it's taken to complete this work may have tested your patience.

³ Huebner, F. *Demonstration of high opioid-like activity in isolated peptides from wheat gluten hydrolysates*. Peptides, 1984, #5(6):1139-47

However, I believe that with all of the input I've received over the last few months, this book will be an invaluable resource for everyone.

Finally, I have enough information to present a vast variety of greens that can be used in green smoothies. I am now working on this book full-time and expect it to be completed sometime this summer. I'd love to finish it as quickly as possible so that you can play with new combinations before the fall.

Greenly Yours,
Victoria

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

If you have signed up before but are not yet receiving the newsletter, it may be because of your anti-spam program.

Every time we send the newsletter out, we receive over 100 returns due to the anti-spam programs. Make sure we are added to your address book!
