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Love Your Liver Salad

This delicious salad is a great liver cleanser!

- 2 bunches dandelions (from the store or from your backyard)
- 1 large avocado
- ¼ cup lemon juice
- 1 teaspoon dulse flakes (optional)

Chop the dandelions and avocado into a bowl, then mix in the rest of the ingredients.

Serves 2-3

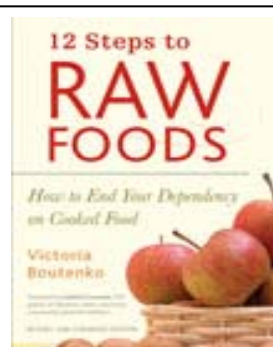


Sergei offers several nature hikes this summer. These excursions will involve exploring wild edibles and survival skills. For details, follow this link:

ROBERT!!! 😊😊😊

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Victoria's new edition of 12 Steps to Raw Foods is here!



Dear Friends:

As I told you in our previous newsletter my newest book is 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 order 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.

The Addictiveness of Common Foods

"Forget love - I'd rather fall in chocolate!"

-Attributed to Sandra J. Dykes

I consider a cooked food dependency to be the cruelest of all addictions because it stems from the most desirable and even sacred foods of all humans.

Bread, milk, meat, sugar, and salt are probably the most addictive of all common foods. Ironically, that is why these foods have been used for millenniums and have become an essential part of human life and culture. Throughout history, whenever humans discovered an addictive substance, they never voluntarily stopped using it; furthermore, its consumption progressively continued spreading among more people. That is why all addictive matter, be it tobacco, cannabis, chocolate, or other, once discovered by one person in one country, eventually makes its way to the rest of the world. As a result, today we know of so many addictive substances that altogether they kill thousands of people and present immense social problems. We have accumulated so many foods with addictive properties that our eating choices are largely ruled by the amount of pleasure we derive from food as opposed to nutrition.

With the fast development of new technologies, scientists have become aware of progressively more new particles in different products, including a number of addictive substances in some common foods such as for example, sugar. Sweets taste good because eating them literally makes us feel good—sweets induce pleasurable sensations in the body. “Research indicates that sweet receptors in the mouth are coupled to brain areas that release endogenous opiates—those natural morphine-like chemicals that induce a sense of pleasure and well-being. The taste of sweet in itself is enough to activate pleasure centers in the brain.”¹

That is why most people like to consume foods that contain sugar, such as chocolate, candy, ice cream, cola, cake, and others. White sugar (or sucrose) is an

¹ Eliot, L. *What's Going On In There? How the Brain and Mind Develop in the First Five Years of Life*. Bantam Books, NY, 1999

unnatural molecule that is completely devoid of any nutritional value. At the same time, white sugar has concentrated energy and is often referred to as a source of "empty calories." Over time, ingestion of large amounts of refined sugar can lead to a "nutrient debt" wherein a person has sufficient energy to fuel the body, but lacks other essential nutrients. This can lead to undernourishment even in overweight persons.

In addition to eating white sugar, most people consume sucrose from cooked starchy vegetables. "In the process of cooking sweet potatoes ... nearly all of the starch present becomes converted into sugar. Thus our concept of the sweet potato as a starchy food should be revised, since when consumed by man it really is sugary rather than starchy."² Starchy vegetables such as potatoes, squash, carrots, broccoli, and others in a cooked form add even more sugar to our diet.

White bread, cereal, pasta, and other foods made from white flour also contain a lot of sucrose³. Bearing in mind that these three sources of sugar constitute the most popular fragment of the typical human diet, our consumption of sucrose is extraordinarily high, especially considering that human consumption of table sugar alone increased 4.2 times in the last 100 years.⁴

The human body is trying to cope with such an enormous consumption of

² *Industrial and Engineering Chemistry* Vol. 15, No. 9. Formation of Maltose in Sweet Potatoes on Cooking' By H. C. Gore. Washington D.C. 1923

³Higdon, J. *Glycemic Index and Glycemic Load*. Oregon State University, 2005

⁴ United States Department of Agriculture.

<http://www.usda.gov/factbook/chapter2.htm>

⁵ Kaplan, A. *Medical Issues and the Eating Disorders*. New York, Brunner/Mazel, 1993

sugar by increasing its insulin production just after eating begins.⁵ The continuous overeating of sugar inevitably leads to the condition known as hypoglycemia, when we constantly have increased levels of insulin present in our bloodstream keeping our body ready for sugar consumption at any time. Having additional insulin pumped into the blood causes abnormally low levels of blood sugar. Hypoglycemia is dangerous for the brain that constantly needs an adequate supply of glucose. People who have hypoglycemia continuously feel the urge to eat sweets in order to level the blood sugar. Attempts to stop eating after consuming a relatively small amount usually fail due to the voracious appetite caused by this insulin-produced hypoglycemic state, thus making a binge almost inevitable. As you can see, consuming sugar in the form of sucrose inevitably leads to a dependency on sugar...

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EDUCATIONAL PACKAGE



Books

- 12 Steps to Raw Foods (New!)
- Green for Life
- Raw Family - A True Story of Awakening
- Eating Without Heating

DVDs/CDs

- New!** Interview with Sergei
- 12 Steps to Raw Foods

Total Price:	\$ 170.55
You Pay:	\$ 112.95

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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!
