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Stinging Nettle Pesto

- ½ cup of stinging nettle leaves
- ½ cup of pine nuts
- 2-3 cloves of garlic
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- ½ teaspoon sea salt
- ¼ cup of sun dried tomatoes (optional)

Blend nettles in blender to destroy spines. Add remaining ingredients and blend thoroughly. Add more lemon juice if necessary. Serve like regular pesto on crackers, bread, pasta, etc.

Serves 3



An Invitation from Sergei

*Hello friends,
I have been spending my days in the Oregon woods leading hikes and teaching people about wild greens. Most of you are familiar with my family's concepts about greens and their immense health benefits. However, you may not be aware that the best, most nutrient-rich greens are growing around your feet for FREE! Wild edibles have never been touched by agriculture and remain in their natural form. The root systems of these hardy plants can reach much further than commercialized plants. At those depths, roots collect valuable trace minerals that our bodies crave. To make a long story short, wild greens are the true super food, only instead of charging an arm and a leg, mother nature offers her premium nutrients at no charge!*

Robert:

If you are interested in learning more, check out my website www.harmonyhikes.com
There, you will find a schedule of hikes that I lead as well as a description of wild edible retreats that I have planned for this summer. During these retreats we will be trekking for four days through beautiful southern Oregon and eating lots of tasty forest foods. If this is something that you are interested in, hurry as I only have six more spots available!

And now, to give you a better idea of how amazing wild plants are, I have compiled some information about stinging nettles!

Enjoy!

Happy Trails,

Sergei Boutenko



Common Name: Stinging Nettle

Latin Name: *Urtica dioica*

(Picture of nettle) **Robert!**

Description: Stinging Nettle is a green plant with finely serrated, heart-shaped leaves. The small, greenish flowers that grow on the Stinging Nettle grow in clusters and droop from its leaves. The nettle can grow up to 7 feet tall and is covered with tiny stinging hairs, which give the plant its name.

Habitat: Nettles prefer cool, moist places that get limited sun exposure. Plants can be found growing in thickets near forest clearings and alongside streams and rivers. The plant can be found across North America, Europe, Asia, and Africa

Food: The whole plant is edible, but it tastes best when young and under 2 feet. The plant can be eaten raw, however, this can be uncomfortable as you are likely to get stung by its spines. The spines, which contain formic acid and histamine compounds, will irritate the skin upon contact. Traditionally, nettles have been steamed to avoid the stinging sensation, however, blending the plant destroys its needles and enables consumption in the raw form!

Nutrition: Nettle is one of the most mineral rich plants on earth. Particularly high in calcium, iron, protein, and vitamin C, nettle is a delicious food as well as a medicine. Nettle strengthens and supports the whole body, and is nourishing, diuretic, tonic, astringent and antihistamine. Nettles have been used for hundreds of years to treat arthritis and other joint problems. They have anti-inflammatory properties.

can lower blood sugar, calm allergies, and relax sore muscles. Being one of the best sources of iron on the planet, nettle is extremely beneficial for people suffering from anemia. Tea made from nettles is a great hair rinse, promotes hair growth, and eliminates dandruff.

Fun Fact: The same chemical compound produced by the nettle plant, which causes irritation, soothes the skin! If you are stung by stinging nettles applying fresh stinging nettle juice to irritated area will completely neutralize the itch!

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Excerpt from Victoria's new book [12 Steps to Raw Foods](#)

Humans Have Been Consuming Processed Foods for Less Than 200 Years, only for Several Generations.

"I would cook dinner, but I can't find the can opener!" (-Author Unknown)

For thousands of years, while early humans ate predominantly raw food, they were making food choices solely by applying their instincts, which kept their diet as nutritious as possible; and that is why they were able to survive through millions of years, despite all the famine, predators, and drastic climate changes.

We know that the process of cooking is a chemical reaction that alters the components in food. As a result, cooking produces toxic molecules that could act as stimulants and create false cravings. When humans increased their consumption of cooked food, they followed their bodily cravings and not their instincts. Consequently, humans were slowly becoming increasingly malnourished. Certain groups of people who sustained themselves mostly on cooked or processed products developed such severe diseases as scurvy, rickets, beriberi, and pellagra. These ailments continued taking many thousands of human lives year after year. For example, in 1915, more than 10,000 people died of pellagra in the United States alone¹.

While throughout most of human history, the majority of people have eaten primarily raw plant foods, with the development of civilization, this pattern quickly began to change. The most dramatic increase in consumption of cooked and highly processed foods occurred quite recently, during the

¹ <http://www.hbci.com/~wenonah/new/howfindv.htm>

end of the eighteenth and the beginning of the nineteenth centuries, when three major industrial developments took place almost simultaneously.

- In the late eighteenth century, a Swiss miller invented a steel roller mechanism that simplified the grinding process and led to the mass production of white flour. In 1784, American inventor Oliver Evans developed the first automated flourmill².
- In 1813, British chemist Edward Charles Howard invented a method of refining sugar³.
- In the nineteenth century, the process of canning started. It was Napoleon who announced a competition for the best way of preserving food for his army. In 1795, French chef Nicholas Appert won the prize of 12,000 francs for inventing a method of canning meats and vegetables in jars sealed with pitch. For a while, it was a French military secret but soon it leaked across the English Channel. In 1810, Peter Durand, an Englishman, patented the use of metal containers for canning and one year later, there were several canning factories in operation. The troops that faced Napoleon at Waterloo had canned rations.

The demand for canned food was so great that canning technology began developing quickly. By the 1860's, the time it took to process food in a can had been reduced from six hours to 30 minutes. Canned foods were soon commonplace. Tin-coated steel is still used today. All canned foods were thoroughly cooked; preservatives and salt were added to enhance shelf life. Typically, canned products have a shelf life of a good two years or more.

These inventions were embraced by everyone - by people who appreciated the convenience and lesser costs, by merchants for the chance to make more profits, and by the governments for an opportunity to provide cheaper food to people. In the course of the nineteenth century, the majority of people in civilized countries began to consume a drastically larger percentage of highly processed food.

² Tallyrand, *History of Cooking*. Tallyrand's Culinary Fare, New Zealand, 2005

³ Wikipedia, the free encyclopedia on internet, <http://en.wikipedia.org/wiki/Sugar>

⁴ Wikipedia, the free encyclopedia on internet, <http://en.wikipedia.org/wiki/Canning>

⁵ U.S. News and World Report, Dec. 27, 1999.

⁶ <http://seer.cancer.gov>

⁷ Harow, Benjamin. *Casimir Funk-Pioneer in Vitamins and Hormones*. Dodd, Mead & Company, New York, N. Y., 1955

⁸ Carpenter, K. *A Short History of Nutritional Science*. The British Journal of Nutrition, 2003

⁹ Magee, H. Application of Nutrition to Public Health: Some Lessons of the War. 1946. British Med. Journal, issue #475-481

and, accordingly, lowered their percentage intake of nutritious foods.

I appreciate many wonderful and brilliant discoveries made by humanity during the years of the Industrial Revolution. Yet, the radical transformation of the human diet was rather destructive. Life habits and instincts that had been practiced by the collective effort of millions of previous generations were lost in virtually no time. While the human body was still the same, the food was quickly and so changed.

Meanwhile, devitalized foods in shiny cans, puffy white breads, and various confections were not only appreciated for their low costs and high convenience but became a symbol of human progress. New products liberated women from hours of cooking every day and even from nursing their infants. For the first time in human history, babies were fed with formula, which was considered equally fine or superior to breast milk. Nearly all foods for adults turned into formula, too. In place of naturally nutritious products, people now consumed a large assortment of canned foods, which they opened with a special device (can opener), accompanied by wide selection of cheeses and sausages on slices of snow-white bread, concluding their meals with an ever growing amount of candy, wrapped in fancy foils.

It is no surprise that at the same time cancer death rates and incidents of other degenerative diseases started to explode. By the year 1900, 64 people out of 100,000 died from cancer. These high numbers continued to grow and in fact had tripled by the year 2000⁵. In the United States, during the last few years, cancer surpassed heart disease and became the number one cause of death. The American Cancer Society estimated that 1,399,790 men and women will be diagnosed with and 560,000 men and women will die of cancer of all types in 2006⁶.

In the twentieth century, nutrition began to emerge simultaneously in several countries as a new science. With the formulation of the general concept of vitamins in 1912⁷ and discovery of Vitamin C in 1931, scientists started conducting more research on the human diet. During the first part of the twentieth century, public nutrition programs generally recommended increasing the consumption of practically everything in the usual diet, applying the idea that "excess is preferable to limitation."⁸ The surprise came "during the second world war, when supplies of food and particularly of animal food in European countries were severely restricted, the incidence of some diseases was generally reduced."

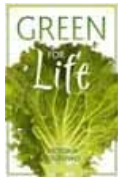
The science of nutrition is very young, less than a century old; but it is developing incredibly fast. Almost daily, we hear of discoveries of totally new, yet vitally necessary nutrients. For centuries humans didn't know which components of diet were the most essential for their health. Many p

considered tasty foods to be the healthiest. Such ignorance has taken scores of lives. At the same time, a properly balanced diet can ensure optimal health performance for all people. Yet we consume tons of highly processed foods today, more than ever before in human history. What is even more alarming is that we love our processed foods to such an extent that we prefer them to natural products. This causes a dependency on cooked food. I believe that our ability to end this dependency can change the future of humankind.

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William Menzin, M.D. about Victoria's book Green For Life



ROBERT!!

In more than thirty-five years of practice as a psychiatrist affiliated with the Harvard Medical School, I have learned one thing well: Human behavior is very hard to change.

Now Victoria Boutenko is persuading me otherwise. Because this remarkable woman has developed a strategy for helping ordinary Americans (the ones who love ice cream and steak and fries and pizza) introduce green living foods into their life in a delicious and habit-forming way. Now she says in her book, Green for Life -- about our bodies' ability to restore itself to good health if given the right nutrients to work with -- is exactly new in itself. And yet Green for Life is a groundbreaking achievement because Mrs. Boutenko has understood that the way to encourage her readers to trigger their natural mechanisms for cleaning cholesterol, fat and toxins from their bodies -- and thereby to improve first their physical, and then their mental and spiritual, lives -- is not to lecture her readers on the need to consume more living plant life, but to make it easy and pleasant for them to do it.

The green smoothie -- or, to be more specific, the quart of green smoothie with which Mrs. Boutenko recommends in this book that we all start our day -- is in and of itself a tremendous injection of chlorophyll, vitamins, minerals, enzymes and antioxidants into the typical American diet. A quart of smoothie a day also discourages consumption of denatured and greasy foods. For one thing, it's hard to stuff yourself with refined starches and sugars when you're full of one of Mrs. Boutenko's tasty and energizing concoctions. (Check out one of the seventeen tempting recipes for Sweet Green Smoothie on page 159.) And if another seductive green smoothie is waiting for you in the refrigerator when you come home from work, the dinner you prepare and consume after sipping it will almost certainly be somewhat possibly healthier, too.

Thirty days of green smoothies will also change how you feel, and how you feel about yourself. That's no small achievement for one small book.

I salute Mrs. Boutenko. I recommend that you take Green for Life very seriously.

I believe it can help you change your life.

A. William Menzin, M.D.
Department of Psychiatry
Harvard Medical School
Former consultant to the World Health Organization (WHO)

Available at our website: www.rawfamily.com Robert!!!

Three handy books for people leading an active life

With the growing popularity of the raw food diet in the world, hundreds of new books on the subject have been published in the last several years. Out of curiosity, I entered the words "raw food books" into a search engine on Amazon.com and received **195 titles**. Then I entered, "Live food books" and received **a list of 342 books!** That is only on Amazon. Considering an additional number of unpublished books and e-books, there are probably thousands of books, written about the raw food diet.

Sharing feedback about books that we read becomes helpful, especially for beginning raw-fooders. I decided to share some of my opinions. Today I have picked three books that I believe would be instrumental for people leading an active life.

[Raw Food Made Easy For 1 or 2 People](#)



by Jennifer Cornbleet

Victoria's comment: I like that this book has a variety of simple recipes for different occasions. The author has come up with some quite simple recipes and yet managed to cover most of the "classic" raw food dishes. All recipes in this book seem to be carefully measured to insure a tasty outcome. I consider this to be a good first recipe book for a novice raw-fooder.

[Raw Foods for Busy People: Simple and Machine-Free Recipes for Every Day](#)



by Jordan Maerin

Victoria's comment: The name of this book says it all. The author squeezed out the very essence of raw food preparation. I found in this book several useful tips even for myself, despite the fact that I have been teaching classes about raw food for many years.

[Raw Foods for Busy People 2: Green Magic](#)



by Jordan Maerin

Victoria's comment: In this book the author emphasizes the importance of greens in our diet and provides multiple tips of how to incorporate more greens into a vast variety of dishes and makes consuming greens an enjoyable experience. I myself, love eating greens and consider this book exceptionally useful for beginning and advanced raw chefs.

ROBERT!!! Please put the first two books in frame 😊😊😊

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This year is abundant in exciting raw food gatherings:

July 27 - 29, 2007

Mount Shasta First Annual Living Food Expo

<http://www.shalomarproductions.com/First%20Annual%20Living%20Food%20Expo%202007/livingfoodexpo/>

August 24-27, 2007 9AM-6PM, Fort Bragg, California

The Third Annual Vibrant Living Expo

http://www.rawfoodchef.com/html/vibrant_living_expo.html

September 6 – 9, 2007 - Portland, OR

The 2007 Raw and Living Spirit Retreat

<http://www.rawandlivingspirit.org>

October 12-14, 2007 - Sedona, AZ

The Raw Spirit Festival

<http://www.rawspiritfest.com>

Our most popular buy! 34% savings!



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
Greens Can Save Your Life
Is Raw Food for You
Raw Gourmet Dishes Simplified
Spiritual Awakening with Raw Food

Total Price: ~~\$ 170.55~~

You Pay: \$ 112.95

Two free bonuses with each Package:
One 9oz pack of Igor's freshly made crackers
One Poster, The Ten Benefits of Green Smoothies

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Dear Ladies,

My friend Peggy McDonnell introduced me to facial resistance training call FlexEffect. This system was invented by Deborah Crowley, physical therapist from Eureka, California.

I salute Deborah for this incredible system. And I congratulate all women for the opportunity to keep their faces naturally young and beautiful. Robert:

Her website: <http://www.flexeffect.com/research.htm>

I would carry her DVD in a heartbeat, but they are not available at a whole price.

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!

1- <http://www.springerlink.com/content/mg87152qw422g611/>

2 - Facciola. S. *Cornucopia - A Source Book of Edible Plants*. Kampong Publications 1990 ISBN 0962808709

3- Hippophae Rhamnoides L. M. C. Pearson, J. A. Rogers *The Journal of Ecology*, Vol. 50, No. 2 (Jul., 1962)

4- <http://www.vitamindeals.info/articles/vitamin-c.html>

5- Romieu I, Trenga C. Diet and obstructive lung disease. Pan American Health Organization and National Institute of Health, Center for Population Studies, Cuernavaca, Morelos, Mexico

6- *Kronhausen, E, Kronhausen, P and Demopoulos, H., M.D., Formula for Life*, William Morrow and Co., New York, 19

7- Weiner. M. A. *Earth Medicine, Earth Food*. Ballantine Books 1980 ISBN 0-449-90589-6

8 - Moerman. D. *Native American Ethnobotany* Timber Press. Oregon. 1998 ISBN 0-88192-453-9

9 - Bryan. J. and Castle. C. *Edible Ornamental Garden*. Pitman Publishing 1976 ISBN 0-273-00098-5

10 - <http://www.ethnobiomed.com/content/3/1/11/table/T5>

