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### Abeba's Krazy Onion Rings

1 ½ cups	Water
2	Carrots
1-2	Dates
¾ tsp	Chili Powder
1	Celery Stalk
2	Tomatoes
½ cup	Sundried Tomatoes
dash	Cayenne Pepper
to taste	Nama Shoyu or Celtic Sea Salt
2/3 cup	Flax Seeds (soaked overnight)
8-10	Medium White Onions

Blend all ingredients except flax seeds and onions. Check the taste and add salt or cayenne if necessary. Then blend in flax seeds. Mixture should be slimy and a little thick, but runny.

Slice the onions very thin, using a mandolin if you have one. Coat these slices with the mixture. Arrange these closely together on teflon sheets, and drizzle more mixture on top. Dehydrate for 10-12 hours at 105 degrees. Flip onion rings and remove teflon sheet. Continue dehydrating 8-10 hours or until desired crispness is attained.

Yields a full 9 trays.

Note: There will likely be some extra batter. As this is the same recipe used for Abeba's Barbecue Chips, this batter can be spoon-dropped onto teflon sheets and dehydrated along with the onion rings. Enjoy!

Abeba's book *Absolutely Abeba's Krazy Crackers* is available on our website, [www.rawfamily.com](http://www.rawfamily.com).

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this information: [www.rawfamily.com](http://www.rawfamily.com)

## How Important Is to Be 100% Raw?

By Victoria Boutenko

Eating a 100 % raw food diet is optimal for human health and therefore, it is important. However, eating a 100 % raw diet is not always possible. Being raised in Russia and after visiting many countries, I can testify that the opportunity to eat a 100% raw vegan diet is *a luxury*. I feel fortunate to be able to eat this way. For example, I have translated my books into Russian but cannot publish them in Russia because many fruits, vegetables, and especially greens are unavailable in this country even in the summer. I find it strange that kale originated from Russia but now it is not known to Russian people. In my book I call it "wild cabbage," which can be misleading but I couldn't find a better name for it.

I also observed people unable to consume an all-raw diet due to countless other challenging situations, both in poor and wealthy countries. The following are the toughest circumstances for raw fooders that I have encountered:

- Being dependant or handicapped;
- Being responsible for preparing cooked meals for other family members;
- Having to eat meals prepared by other persons;
- Working in a restaurant or other food-related business;
- Having a severely limited availability of produce;
- Dining with co-workers during business conferences;
- Traveling with a group that has a pre-arranged mostly cooked diet;
- Staying in a hospital, nursing home, at war, or in prison.

Pressed with their individual limitations, people often ask my opinion on how important striving for a 100% raw regimen really is. I have two slightly different recommendations for two main kinds of eaters – compulsive eaters and normal eaters. I recommend that people try to fit themselves into one of these two types according to the following description:

- *A compulsive eater* is a person who eats more than they need or want to, not in response to signs from their stomach inciting hunger, but rather for other reasons.
- *A normal eater* is a person who eats when they are hungry and stops when they are full<sup>1</sup>.

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<sup>1</sup> Hirschmann J., Munter C. Overcoming Overeating. Fawcett, Robbinsdale, MN 1998

If you think that you fall in between these two categories, place yourself in the group you feel closest to.

I believe that only “normal eaters” can manage to stay on a raw diet combined with small portions of cooked foods without sliding to a predominantly cooked food diet. I would like to clarify that I don’t recommend that; I only share my observation that “normal eaters” would get minimal harm from eating some cooked food because they are capable of controlling their food intake.

For compulsive eaters I strongly recommend a 100% raw food diet simply because it would be considerably easier for them to maintain. I have observed scores of compulsive eaters attempting to stay on the combination of 80% raw, and 20% cooked food. I witnessed these poor people yo-yoing all the time from 80% raw to 80% cooked, never settling on any particular plan, always feeling guilty, and worrying about their health. At the same time I observed countless instances when, after adopting an all-raw diet, compulsive eaters were able to successfully maintain healthy eating patterns, avoiding overeating, and keeping breaks between meals instead of continuous grazing and snacking. Most raw foods do not possess exceedingly stimulating taste, in contrast to many cooked dishes. I encountered some people in my life who were able to consume several large portions of pizza in one meal but I never met anybody who could eat several large salads. Even in cases when overeating of raw products occurs, it is considerably less harmful than overeating cooked foods. Being a compulsive eater myself, I used to envy “normal” eaters and often felt helpless over my cravings. Staying on a 100% raw food diet has greatly improved my eating pattern and totally transformed my entire life.

Often people ask me how 1% of cooked food in one’s diet can be so harmful. I believe that when we allow 1% we leave the door open to indulge when we desire. According to AA, we tend to overeat at the times when we feel hungry, angry, lonely, tired, or depressed. Giving up the last 1% of cooked food in the diet is closing the door on cooked food all together. When we close the door on cooked food we close the door on temptation.

On 99% we stay vulnerable to temptation and we allow ourselves what we want, when we want it. I have met many people who spent much effort to achieve 99% raw food level only to return to completely cooked food months later. This tiny 1% may continue to lead us back to cooked food. I consider

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<sup>2</sup> 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

<sup>3</sup> Hess, E. *Imprinting*. D. Van Nostrand Company, NY, 1973

<sup>4</sup> Hess, E. *Imprinting*. D. Van Nostrand Company, NY, 1973

<sup>5</sup> Wellness International Network Ltd - [web.winltd.com](http://web.winltd.com)

<sup>6</sup> *Weight loss brings hope*. Holien, R. Argus Leader, Sioux Falls, ND, 12/08/2002

<sup>7</sup> <http://www.rawreform.com>

that going "cold turkey" is much easier. Yes, one might have to suffer through the first couple of months because every temptation will create suffering. But after two months, life becomes easier.

From discussions with lots of raw fooders I concluded that not all cooked dishes are equally strong in triggering unnatural appetite. One should definitely stay away from all stimulating and mouthwatering cooked dishes, as well as favorite snacks. Regardless of the amount ingested, such foods could induce a powerful urge to eat more. I have watched some persons coming off a raw food diet as a result of just one tiny bite of a cooked delicacy, after successfully staying raw for many months or even years.

At the same time, I don't want anyone to become paranoid about occasionally ingesting insignificant amounts of cooked products, especially if they are not associated with any "nostalgic" memories. For example, a few drops of pasteurized vanilla extract in one's dessert, a sheet of toasted nori, a spoonful of miso, or a pinch of nutritional yeast are not likely to stimulate one's appetite for cooked food; the body can easily handle such small occasional cooked ingredients. It is similar to a situation when an alcoholic, who has quit drinking, can still safely consume fried fish in a wine sauce or a slice of cake with butterscotch flavored cream.

I believe that adopting a 100% raw food diet is a matter of everyone's personal preference. I have several close friends and relatives for whom I know becoming raw would be next to impossible. They would have to compromise too many of their daily values. From time to time I have presented them with nice vegan books and even steamers to encourage lighter cooking. I have noticed that they use these books and utensils and do benefit from better eating. At the same time, my friends know that if they ever wanted to make further changes in their lifestyle, I would be there to help them.

I used to think that humans could form their eating patterns throughout their entire lifetime. In my research I came upon studies about childhood imprinting. I was amazed to learn that "Flavors in his mother's milk begin to shape a baby's later food preferences<sup>2</sup>." However the most powerful imprint about *food preferences for life* humans receive at the specific time of being weaned off of mother's milk. This time is called "sensitive period" or "critical period"<sup>3</sup> and lasts for two to three months. During this period, a profoundly strong imprint is formed in every child's mind based on what the child is eating, along with watching dining process of other people around them, especially their mothers. This imprint is practically irreversible: "A critical period... is very short in duration, and the effects of specific events during this period are ... *lifelong*, and relatively *immune to erasure* by subsequent events"<sup>4</sup>.

That is how our food preferences were shaped to make us vegetarians, or meat-and-potato persons, or any other kind of eaters. Based on our exposure to food during this sensitive period we can become "normal" or compulsive eaters. I find it fascinating how a short period of 60-90 days

shapes everyone's behavior for 60-90 years of their life. I understand that the mechanism of imprint is truly a genius way to protect us from extinction, by making sure the little man inherited the most vital knowledge – what to eat, from the most caring person in the world – mother. How unfortunate it is that we, humans stepped away from natural ways of living. By doing so we perverted the most brilliant law and turned lifelong healthy eating into a frustrating spell of lifelong compulsive over-consumption for the majority of people.

Rooted in infancy, distractive eating patterns severely undermine many people's quality of life. According to statistics, there are already 58 million Americans overweight<sup>5</sup> and these numbers are constantly growing. The scientific studies about imprinting clearly point that it is almost impossible to overturn already existing obesity. We can see many instances where compulsive eaters desperately try to change their eating patterns. Some of them go to such drastic solution as having a gastric bypass surgery done. RNY gastric bypass is an extreme measure that limits how much food a person can digest by stapling shut most of the stomach and cutting off 10 inches of small intestine. However, nature proves to be stronger than human will power. Even after stapling their stomachs many patients slide from the strict diet recommended by their doctors, start overeating and regain all their weight back within five years<sup>6</sup>. In other words, the imprint from childhood keeps fighting for its legacy till the end. At the same time, there is a great number of people who were able to recover from obesity using a raw food regimen and other natural ways of healing. For example, Angela Stokes lost 141 pounds. She recuperated from *morbid obesity* by adopting a raw food diet with an emphasis on greens.<sup>7</sup>

I think that generally, obesity can be more easily prevented than reversed. When the water is running from the faucet on the floor, shall we keep collecting the water with a sponge from the floorboards, or close the spigot? Instead of putting all our efforts into reversing already existing obesity, let us focus on helping our children to develop the imprint for healthy eating. Let us pay attention to the quality and quantity of food we serve to our babies, particularly during their "sensitive period." Let us take care of the food our children observe in our hands in order to shape healthy eating patterns for their lifetime.

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**Educational Package is available now at [www.rawfamily.com](http://www.rawfamily.com)**



## Books

Green for Life  
12 Steps to Raw Food  
Raw Family - A True Awakening  
Eating Without Heating

## DVDs/CDs

Greens can Save your Life  
Is Raw Food for You  
Raw Gourmet Dishes Simplified  
Spiritual Awakening with Raw Food

Total Price: ~~\$ 125.60~~

You Pay: \$ 88.10

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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## RAW FOOD EVENTS THIS FALL:

**October 6th - 8th, 2006 in Sedona, Arizona**  
**2nd Annual Raw Spirit Festival**  
**Call: (928)708-0784 and (928)284-0759 and (928)776-1497**

**October 13-19th - Week of Raw Foods and Juice Fasting**  
**Rum Island Retreat, North Florida (women only)**  
**Call (561) 638-8873 EST**

**October 26-28**  
**EMPOWERMENT RETREAT FOR WOMEN**  
*at the Luxurious Yardley Inn and Spa Bed & Breakfast!*  
*at Manti, Utah* **CALL 801-465-2722 OR 801-310-4259**

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## Controversy Corner

### What about Insects?

I am not presently for eating insects. In fact, just today I returned a bag of raisins because of a moth in it. However, I am asked this question over and

over again and I would consider myself idealist if I didn't address this subject. Therefore, despite being vegan for many years and feeling personal repulsion towards the very idea of consuming bugs, I performed special research and decided to share with you what I found.

The most important fact to consider is probably that most if not all of human groups or tribes throughout our history consumed insects.

According to Purdue University research, 80% of people in the world consume insects consciously on a regular basis. Dishes that include different bugs are served in many gourmet restaurants in Japan, France, Taiwan, and other countries.

Since I have been vegan for many years I decided to ask my friends who I regularly meet at our vegan potlucks what they think about eating insects. We had a buzzing discussion with a wide array of opinions. While at first everybody said that we should not hurt any other living things at all, however after going deeper into the subject, my friend Vance came up with unexpected observations. Following are his main considerations. If humans would consume insects:

- They will be compelled to use less pesticides and less insects will be killed as a final result.
- Then consumers will not be afraid of insects in their food, such as fresh produce, pasta, or chocolate and as a result they could expect less pesticides in their products.
- They will consume less meat from animals that have nervous systems and experience profoundly more suffering.
- Then when gardeners hand-pick large volumes of beetles off of the plants in vegan gardens, they could eat or sell them rather than destroying them.

In other words, if people in Western countries will begin eating bugs or if they simply feel more comfortable around insects, it would benefit many larger animals, help insects on a larger scale and support ecology in general, apart from any potential benefits to human health.

**I welcome your opinions on this biting debate. Victoria.**

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Every time we send the newsletter out, we receive over 1000 returns due to the anti-spam programs. Make sure we are added to your address book!

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