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**Valya's Latest Egg Nog**

1 young (Thai) coconut, meat and water  
2 ripe bananas  
¼ tsp ground nutmeg

Blend the ingredients and enjoy 4 cups of this yummy dessert

**A Green Tip from Victoria**

For the past several months my family has become fond of including aloe vera in our daily green smoothies. The window sills in our home resemble an aloe farm. Each day we add one or two leaves of aloe into our green smoothies. I simply slice off an aloe leaf, give thanks to the plant for its gift of healing, then drop the leaf into my blender, then add the rest of the ingredients of whatever smoothie I am making.

We have eight big healthy plants in our home, each about one foot tall, and every day we cut leaves off different plants. Since aloe grows very fast, rotating the plants while harvesting allows all plants to re-grow. As a result of continuous harvesting, our aloe plants have mostly young leaves, which taste sweeter than the older ones. I think that if my family had only one aloe plant, four of us would probably consume it in about a month.

Below is a list of the many health benefits of aloe vera, listed on the website of Mike Adams, [The Health Ranger](http://www.newstarget.com/021858.html) (<http://www.newstarget.com/021858.html>)

Aloe Vera:

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Cures ulcers, IBS, Chron's disease and other digestive disorders.
- Reduces high blood pressure natural, by treating the cause, not just the symptoms.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterialsprays obsolete.
- Halts colon cancer, heals the intestines and lubricates the digestive tract.
- Ends constipation.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Prevents and treats candida infections.
- Protects the kidneys from disease.
- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.
- Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.

## Our Teleconferences

Many people told us that our two teleconferences have helped them in many ways. We priced them extremely low - \$4.99 - to make this valuable information available to anybody in the world. We answered your questions for 120 minutes during the first teleconference, and 90 minutes during the second one. When you purchase it, you will automatically receive a link, with instructions to download. You may turn on your speakers and share this information with your friends and family.

Each of the two teleconferences is available for purchase at \$4.99, at our website [www.rawfamily.com](http://www.rawfamily.com) .

Here is some feedback from our first two teleconferences:

Dear Victoria,

Thank you for your wonderful sharing. I am so glad that you did such a presentation, and with such a user-friendly format. I was sitting at my desk, in my home, and listening to you answer all those interesting questions. [To read more please click here.](#)

## Victoria's Lectures in the Northeast in December, 2007

[Click here to see Victoria's schedule](#)

### How I Stayed Raw and Healthy During My Trip to India

By Sedef Olcer

Among the group of 19 I was with, including Indians who came from the USA, I was the only one who did not get sick at all. I owe it mostly to having a stronger immune system (saving my white cells to attack harmful bacteria not to digest food), drinking "dried version" of green smoothies everyday and having a very strong intention to not to get sick. [Click here to continue reading.](#)

**Our Educational package makes the best Holiday gift. 34% Savings.**



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 Raw Family - A True Story of Awakening  
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## World Clock

See amazingly presented statistics about our world: [Click Here](#)

<http://www.peterrussell.com/Odds/WorldClock.php>

## About the delay of Raw Summit-2 and a Free Gift from Mark Perlmutter

**On October 25<sup>th</sup> we sent you the following announcement:**

Dear Friends,

As you know, Victoria was interviewed in the Raw Summit-1. Now Sergei is sharing some surprising and useful tips on how to handle challenging social situations as well as surviving on wild edibles in the wilderness.

Mark Perlmutter and the producers of the film "Raw for 30 days," have put together Raw Summit-2 that features another 14 of the foremost health, wellness and living food experts in the world.

The event will feature world class nutritionists, doctors, chefs and health evangelists who will help you get answers to your pressing health and wellness questions as well as give you tips on how to help loved ones transition into raw food.

Better still, to get involved it's 100% free. This expert knowledge costs nothing for those of you who are my subscribers!

Anyone else who signs up by finding this on the web will have to pay for access to the program. You get all this wonderful information for free. [Click here to sign up](#)

Right now, the project is set for release to the general public on October 29th, but we wanted you to take a look at it first and make sure you sign up early. [Click here to sign up](#)

Set up your speakers, invite your family and friends, sip some green smoothies, listen and enjoy!

In Health,

Raw Family

**Now we received the following announcement of the delay and a free gift – a download of David Wolfe's interview from the first Summit.**

**Dear Sergei,**

**We have decided to push back the start date of Raw Summit 2 to November 15th. I know you probably made time in your schedule to listen to the interviews originally starting this Monday, so included is a free gift from the first Summit. Please accept my sincere apology. We are a small company and did not anticipate the 1,000s of emails we have received about Raw Summit2 and our**

just completed 2 disc DVD "Raw for Life"

Our goal is to provide the best service possible to all of our listeners and by moving the start date we can accomplish this. We also want to give our Affiliates more time to reach everyone that needs to hear our Summit speakers. So we felt it was in everyone's best interest to make the start date November 15th. Each night, one of the 14 expert interviews will be accessible by phone call or on our website starting at 8:00pm EST until December 1st (skipping Sundays and Thanksgiving)

If you purchased an upgrade package, your unique access link will still work and you will be able to download the interviews and transcripts starting Monday, October 29th. If you purchased the Platinum Package, we will begin to ship your CDs and Transcripts on November 14th.

To get a sense of what the interviews will be like, please accept this **free gift**. Here is the download of the David Wolfe interview from the first Summit.

<http://www.rawsummit2.com/david.html>

Thank you again for your understanding.  
See you at the Summit,

Mark Perlmutter  
Raw Summit 2  
PO Box 3486  
Santa Monica, CA 90408

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**We hope you enjoy the Holiday Season.**

**In Health,**

**Victoria Boutenko**  
[www.rawfamily.com](http://www.rawfamily.com)

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