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**Holiday Table - Raw Holiday Art**

Just when you thought raw food was only for a healthy body and mind, we present you with veggie art as holiday centerpiece decoration. These sculptured veggies are brilliant and amusing. At once, they engage one's creativity and bring a smile to one's face. Whether as holiday decoration or just for fun- Lisa Montgomery says for both.



## Raw Family Helpers Share Their Raw Journey

### Aletha's Raw Journey



Sometime in the late 1990's I saw a flyer announcing a series of gourmet raw food classes being presented by Victoria Boutenko at the Ashland Food Co-op and decided to attend because, frankly, I love to eat and the gourmet aspect sounded good to me.

The information I encountered at my first class was eye opening to say the least,

and I went home that night with much food for thought, as well as delicious leftovers! I had already been a vegetarian and then a vegan for many years and was in very good physical health. As I found out more about the benefits of the raw food lifestyle, what called to me most was the promise of more clarity, and, being highly interested in the evolution of my mind, body and spirit, eating raw seemed to be the next logical step on my dietary journey.

And what a journey it has been! Much more challenging for me than going either vegetarian or vegan, I have been more or less 100% raw for about eight years. I've encountered many pitfalls and climbed out of them with new insights each time, much like in the myth of Sisyphus who, after painstakingly rolling his heavy stone up a steep mountain, follows it back down while contemplating what he learned in order to apply it to his next attempt.

If you are interested in a worthy challenge to the growth of your spirit and mind as well as your body, I highly recommend a low fat, vegan raw food diet!

Aletha Nowitzky is a composer and performance artist living in Ashland Oregon. You can hear some of her astonishing music by visiting her website at [www.macappella.com](http://www.macappella.com) and proceeding to "Listen".

### **Rhoma's Raw Journey**



I had no idea there were individuals who ate raw foods only. I grew up with the notion that a piece of fruit is not "real food" that it is only a snack and one cannot live on snacks alone. For the past approximately 10 years, I have had severe stomach distress – bloating, constipation, and severe pain. All my life I have suffered with terrible migraine and within the past year I started having my menstrual cycle twice per month. In addition, in 2005 I was in a car accident which left me with two herniated discs and constant pain on the left side of my body. The doctors I visited could not help me, the only thing they could do for me was to write prescriptions for pain medicine. One day in meditation, I held the vision that I would find an answer for my aching body and dull mind (dulled by constant physical pain). After meditating I went for a walk. My walk led me to Raw Family and Victoria Boutenko. Victoria gave me a copy of her book "Green for Life", I read it and started eating raw that same afternoon August 31, 2007. The first thing I noticed was the immediate clarity in my mind, and the tension removed from my head. It took about three days to notice the difference in my stomach, the bloating was reduced and the constipation went away. Another thing that amazed me was my left side was not hurting as much and my cycle reduced to once per month and

for the first time in my life I did not have to take medications (such as Advil) for cramps – OH HAPPY DAY!!!! I have been raw since. I have attempted at three different times to sample cooked food to see how it makes me feel. Each time I tried a very small amount (about 2 mouthfuls), on all three occasion: first I get a stomach ache followed by a decrease in energy, then a migraine. I can usually correct the stomach ache and headache by doing an enema but the decrease in energy usually linger for about 48 hours. I don't know what the universal answer to eating healthily is but I do know that for me raw works best. The green smoothies made the transition to raw easy for me because they are so delicious and packed with nutrients that uplift my body, mind and spirit.

### **Green Smoothies – Not Just for Humans**



In this photograph, Pamela's Chihuahua demonstrated that our four legged friends also love to lap on green smoothies. GOT SMOOTHIES!

### **Our Teleconferences**

Many people have told us that our two teleconferences have helped them in many ways. We priced them extremely low at \$4.99 to make this valuable information available to a broader population. We answered your questions for 120 minutes during the first teleconference, and 90 minutes during the second one. When you purchase the audio file, 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 on our website [www.rawfamily.com](http://www.rawfamily.com)

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

**Books**

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

Total Price: ~~\$ 170.55~~

You Pay: \$ 112.95

**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

Two free bonuses with each Package:  
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One Poster, The Ten Benefits of Green Smoothies

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