



Healthy In Healthy Out

Living Food Potluck in Lansing MI

Newsletter for
June 2008

Benefits of Honey with Joyce Wang

Honey will not only give people good health, but also longevity. This has been known for generations, yet few truly know how and why. Joyce Wang has been using honey for more than twenty years, and few years ago, she started to study honey and health, and after reading many books and articles and doing experiments, she began to teach people about honey and health. First among her friends, family, and then later on at Okemos Community Education

Center, at the Flint Beekeeper's Club, during ANR (Agriculture and Natural Resources) week at MSU, and at the Detroit Beekeepers' Association. She is a member of the Michigan Beekeeper Association. Through her teaching, many people found relief from their allergies, breathing problems, sleeping problems, hair problems, etc. Joyce received her Bachelor's at Agricultural Economics in China, and is a wife and a mother of two.

RAWdie Ladies & Gents A potluck group in Jackson

For all my friends south of Lansing there is now a potluck that meets the 3rd Wednesday of the month so for June that will be June 18th, 6:15 to 8:30PM at the Unity Church of Jackson at 3385 Miles Rd, Jackson

If you need more information call Char Raby 517-529-9073 or e-mail her at Charjackr@sbcglobal.net

For those of you who have been to CHI one of the members of this group is Mary Lou Sackett who really knows how to prepare great raw food.

If you are close to this group you should check it out.

**Next Potluck
Monday Jun 2nd
6:00PM
1001 Chester,
Lansing Mi
See last page for
other events**

Calling all Recipes

It would really help the sharing of recipes if you could follow these guidelines when bringing a dish to share:

- 1-Bring the recipe
- 2-Include your name
- 3-Include the quantity for each ingredient
- 4-Include the source of the recipe, IE web site or book from which it came
- 5-Include any directions that do not seem obvious, like blending certain parts and when to combine,

Wheatgrass & Sprouts

Susan Ellenwood grows wheat grass and sprouts in Eaton Rapids and she would be able to provide delivery on meeting nights if she gets enough orders. Please contact Susan directly at SMBEllenwood@yahoo.com.

Massive Raw Food Action A "Wake Up Call" From Frederic Patenaude

Do you sometimes find yourself in a state of low energy, a little depressed perhaps, or just "gross" in general? Maybe you wake up one day and realize that for the past few days you've been feeling kind of low.

And then you think about what you've been eating lately, you realize that your diet has kind of been going downhill. Eating out at restaurants, or eating more fat than usual, or grabbing whatever is available without taking the time to eat lots of healthy raw foods.

If you've never felt like this, you're one of the rare few and it's likely that many people think you're probably not from this planet! In any case, what I'm going to talk about can apply to some of your human friends who may be feeling low in energy and gross, once in a while.

The solution is something simple that I learned years ago when I made friends with the people who are now considered to be the top "raw food" promoters on the planet.

"Taking Massive Raw Food Action"

About 8 years ago I was working with David Wolfe and his company Nature's First Law in California. If you don't know these guys, well, they're sort of the modern "gurus" of raw foods.

Back then, they had a saying about "taking massive raw food action", which was their main strategy for transitioning to a raw food diet.

But this seemingly extreme advice actually is good as it applies to everyone even if they are not raw foodists.

Raw fruits and vegetables are by far the healthiest foods, so the easiest, number one way to feel like a million bucks is to start putting more of those in your body!

***Question*:** Can you show me an example of taking massive raw food action?

***Answer*:**

When I talk about raw foods here I mean raw fruits and vegetables. We'll exclude nuts, seeds, avocados and other fatty foods which must be limited for various optimal health reasons.

But no matter what your diet is like, you can start taking "massive raw food action" simply by putting more fruits and vegetables in your body.

It's easy to do. Simple changes can easily be incorporated into your day. Add a few slices of that delicious watermelon to your morning breakfast routine. Bring a jug of homemade smoothies to work with you. Head to the grocery store or your local

farmer's market and stock up on lots of delicious blackberries, raspberries, strawberries and blueberries and eating these antioxidant-rich foods like candy!

Q: How can I get started with taking massive raw food action?

A: Here are some quick tips to get started taking massive raw food action, even if you are a committed raw foodist.

* Go to the grocery store and get a ton of fruits and vegetables, and make sure you buy those that you like and not just those you think you should eat because you think they are better for you. If you like seedless grapes, get those, even though you may worry they are not as nutritious as other fruits.

* Commit to an exclusively raw breakfast. Eat as much fruit as desired.

* Always eat a big apple before every cooked meal. Eat the apple about 30 minutes before the meal. Remember, one apple a day keeps the doctor away... and 3 apples a day keeps the *surgeon* away.

* Get the raw food in every way you can. Summer is the time to do it. Go bananas on berries. Have fun with this.

* Eat a big salad or drink a big green smoothie every single day.

* If you already eat a lot of raw foods, and you don't feel at your best, chances are that you're not eating enough. Take even more massive action by eating more high-calorie fruits like bananas and mangoes.

* Eat the amount of raw foods you feel comfortable eating, without forcing it, and make sure you enjoy what you eat! Try out new fruits or buy your favorite ones, even if they are a little more expensive.

* Use your blenders to make smoothies and other treats.

* Freeze some bananas to make bananas "ice-cream" by running the frozen banana pieces in a food processor or a special juicer (like the Champion).

* When watching TV, bring a nice bowl of grapes or berries and enjoy a healthy treat. Do the same at the movie theater! It's cheaper than popcorn and a lot better for you! When you get more raw foods into your body, you will feel better. The point is not to become a "raw foodist" necessarily but to understand that fresh fruits and vegetables are the healthiest foods for your body.

This week, take massive raw food action!

Frederic

PS: If you'd like to take massive raw food action and start experiencing the benefits of a raw diet right away, check out our program the "Green for Life Program". About 4 times a year we lead a live "green cleanse" where you can go completely raw, "detox" your body and get my support and motivation. Check it out here:

<http://tinyurl.com/64oc9p>

Song of the Morning, Totally Raw retreat

Totally Healthy! Totally Invigorating!

June 20-22 2008

Friday – Sunday

Led by Bob McCauley - Janice Welsh and Danielle Anwar

Come experience an entire weekend of fresh and raw plant based foods. **Learn** about hands-on meal preparation and lectures on the amazing benefits of switching to a plant-based diet.

Phone (989) 983-4107 for reservations and directions

e-mail office@goldenlotus.org

Fee: \$200 All-inclusive (scholarships available)

Delicious * Living * Sun-Cooked * Life Giving * Plant Based * Meals

For Sale Ads

FOR SALE : Epson CX7400 all in one printer for only \$30. It was purchased in early spring but the box has never been opened. It copies, scans and prints and you can even use your camera or computer memory card. You can look it up online at epson.com and search for the model number for more information.

If interested, you may reach me at skellymsu@yahoo.com or call 332-8247 or 410-3091.

Susan Kelly

Miracle Electric Wheat Grass Juicer

Model MJ550

Been used for 6 months, asking \$125

Call Mrs Mitchell

517-647-2444

New Product: Tooth Soap

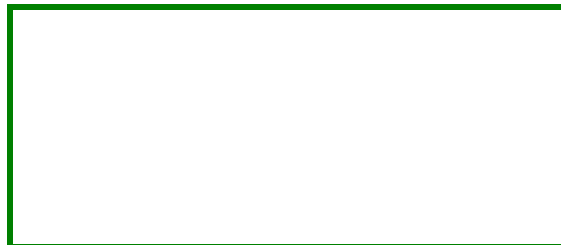
I was just introduced to this product (thank you David) and wanted to pass along the information to you. Tooth soap. I have been using the dry product for many years (some of you may have purchased it from Victoria Boutenko) and am about to try to liquid. The dry does tastes like soap although it grows on you and you begin to enjoy the clean feeling it leaves. My hygentist says my teeth are easier to clean. There is also a remineralization product I am going to try. I have a tooth that has a small

crack and I'd like to see if this can heal it. I go back to the dentist in 6 months. I'll let you know what happens. So if you are interested click [here](#) Pefect perscription tooth soap or if you are reading this by regular mail call me if you want to try the products.

Cricket 517-882-1033

Healthy In/Healthy Out

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Lansing MI 48911



*We're on the web
www.livinghiho.com*

If you have e-mail please let me know so I can save the paper and the stamp. Thank you, Cricket
HIHOMIN@COMCAST.NET

June Calendar

- **June 02** — Lansing Living Food Support Group meets. Our speaker is Joyce Wang on raw honey. Contact Cricket Lott 517-882-1033 for more info.
- **June 03** "Get Healthy, Stay Balanced program: Let's Get Started" Start: 1:00 pm End: 3:00 pm
Living, Raw, and Whole Food nutrition” Enzymes and Minerals, Organic buying, What kills enzymes, Food prep: What’s in a Salad: Homemade dressing recipe, Growing a Pot of Wheatgrass, Starting a garden of sprouts in your kitchen. 4909 Connors Ave, Lansing. Call 517-393-5341
- **June 05** Get Healthy, Stay Balanced program: 1:00 pm - 3:00 pm “Cleansing, Detoxification and Water” Colon Health, Fiber, Probiotics, Digestive Enzymes, Min tramp exercise. Jeanne's home, 4909 Connors Ave, Lansing. Call 517-393-5341, to reserve a spot
- **June 10** Get Healthy, Stay Balanced program 1:00 pm - 3:00 pm Exercise, Fresh Air, Sunshine” : Making your own Exercise plan; Vitamin B12; Vitamin D, What about protein; Balancing a vegetarian diet . Outdoor food prep video. Food preps: Smoothies for delight. And raw kraut. Call 517-393-5341, to reserve a spot.
- **June 11** Not Cooking "Lasagna and Calzone" with Cricket Start: 6:00 - 8:00 pm Lasagna and Calzone. Doesn't the sound of it just make your mouth water. Call 517-882-1033 to register \$20
- **June 17** Not Cooking "A Day of Raw Food" with Cricket 11:00 am This class is a repeat to the class that was held in the evening on April 30th for those of you who wanted day classes. Call 517-882-1033 to register \$20
- **June 18** Jackson "RAWdie" Ladies & Gents Potluck Start: 6:15 pm At Unity Church of Jackson 3385 Miles Rd, Jackson bring your own table service and a dish to share
- **June 23** Cancer Support Group Start: 7:00 pm They meet at Yahweh Wellness Center 7881 Columbia, Eaton Rapids. Contact 517-663-1637 They are exploring Alternative cancer treatments including diet and cantron. Join them for yourself or someone you love.
- **June 26** Not Cooking "Cricket's Favs" with Cricket 6:00 pm This class will be on some of my favorite foods. Call 517-882-1033 to register \$20