



# Be Bliss Vibrant Living

June 2010

[www.beofbliss.com](http://www.beofbliss.com)

## Newsletter

### Chocolate in the RAW!

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Some of us have a love affair with chocolate that goes as far back as we can remember. For me, it started with chocolate ice cream on Sunday afternoons with my parents. Chocolate has been shown to react in our brain in a way that makes us physiologically experience feelings of love, elation and happiness. The problem is, so many of the chocolate treats found in your favorite bakery or from popular box mixes are filled with harmful preservatives, chemicals and processed sugars and fats. More and more scientific studies are showing that

these reek havoc on our bodies, our minds and even our emotions.

Join me on **Thursday, June 17th** for an **All-Raw chocolate journey**, where we will explore how to create beautiful and delicious chocolate treats made with raw/living ingredients. The flavors are vibrant, rich and bright and the desserts are naturally gluten-free, dairy-free and full of wholesome ingredients. The menu will include five chocolate desserts that you will want to make as soon as you get home.

This class includes demonstration, hands-on opportu-

nity, a packet that includes all the information you need to make the desserts at home and of course, tastings of all recipes demonstrated.

**When:** Thursday, June 17th from 7-9 pm

**Cost:** \$45/person or \$35/person when two or more people book together.

**Where:** Rejuvenation Station wellness space/23 South Downey Ave. Indianapolis

**Call 317-501-7606 to RSVP while there are still seats available!**

### Did you know? -- Massage Therapy

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

**Experts estimate that upwards of ninety percent of disease is stress related.** And perhaps nothing ages us faster, internally and externally, than high stress.

While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Furthermore, massage clients often report a sense of perspec-

tive and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits. - ABMT, [www.massagetherapy.com](http://www.massagetherapy.com)

Schedule your massage today at one of my two locations:  
**Downtown Indy or Fishers.**

Call 317-501-7606 to schedule your relaxing massage today!

*Live in the Fishers area? I offer Therapeutic Massage at [Mason Family Chiropractic](#)— call 317-577-9558 to make your appointment!*

## Raw Food Events this month

**Saturday June 12th**

**“Sweet Treats”**

demonstration @ Whole Foods Nora 11-1 pm/Whole Foods Carmel 3-5 pm—no RSVP's necessary! (we'll be making a strawberry shake and raw date cookies)

**Thursday, June 17th**

**Chocolate in the RAW!**

7:00-9:00 pm @

Rejuvenation Station

317-501-7606 to RSVP—seats are limited!

**Thursday, June 24th**

**“Summer Smoothies and Shakes”**

FREE class @ Whole

Foods Carmel 6-7:30 Call 317-569-1517 to RSVP

## Is your Mind Healthy?

When people speak of getting healthy, they primarily focus on the physical body. In the minds of the masses, getting healthy means eating right, exercising regularly, and getting plenty of rest. Organic foods and yoga classes are great for sure, but health begins in your mind.

Stress, worry, fear, and bad habits all stem from an unhealthy mind. If you don't get your head straight, the odds you'll take care of your bodily health are slim. Here are a couple of tips for good mental health.

First, make two decisions. Decide what changes you'd like to make in your life that will lead to greater health and chose to believe you will reach your goal. **A common self-sabotage is expecting to fail before even beginning.**

New Years Resolutions are a great example of this. If you expect to fail, you will. Instead, expect to succeed and then take your first step.

Second, focus on the outcome you want and frequently imagine attaining it. **Another major self-sabotage is focusing on the all the steps necessary for reaching your goals, the length of time it will take, and all the obstacles in your way.** Instead, keep your eyes on the prize and take it one step at a time. Every garden has weeds, yet to make the garden beautiful, you must place your attention on growing the flowers. Energy flows where attention goes and a healthy body always begins with a healthy mind.

Tim Shurr, MA, is America's expert on self-sabotage. He is an award winning speaker, coach, and author of ***Get Out Of Your Way: How to eliminate self-sabotage and win your life!*** For more tips on creating a healthy mind, visit [www.EliminateSabotage.com](http://www.EliminateSabotage.com) and get your free e-book, ***“9 Ways People Sabotage Themselves and How To Overcome Them!”***

## Recipe of the Month—

## RAW Tahini Dressing

*Yield—1 3/4 cup (6-8 servings)*

### **Ingredients**

- 1/2 cup raw tahini
- 2 teaspoons grated fresh ginger
- 1 tablespoon agave nectar
- 2 tablespoons wheat-free tamari or nama shoyu
- 1 teaspoon crushed garlic
- 1 cup purified water

1. Blend all of the ingredients until smooth
2. Store in a sealed glass jar in the refrigerator for up to one week.

### **How to use:**

This is obviously great as a salad dressing, but can also be great as a sauce for zucchini pasta noodles another vegetable pasta. (you could use it on wheat pasta too, but that's

not something I advocate :))

It can also be a great marinade for mushrooms and is wonderful stirred in to a blended soup.

### **Health FYI:**

This dressing is full of calcium from the tahini, which is made from sesame seeds and the raw garlic is great for boosting the immune system.

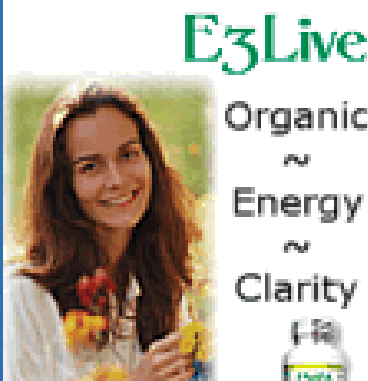
Beware—you might fall in love at first bite.

*Bon Appétit!*



## “RAW Materials”

### The Magic of E3Live



**E3Live**  
Organic  
~  
Energy  
~  
Clarity

Feel  
the  
Difference

**SHOP**

It is my personal opinion that when you eat a clean diet, comprised of mostly organic vegan whole/raw foods and drink pure, quality water, your body is better able to take care of itself.

We have many wonderful resources in our community for quality organic foods and for that I am grateful. I also like to supplement my diet and my lifestyle with a small number of

items that I find to be of the highest quality and from trustworthy sources. This month I am highlighting a company that I find to be trustworthy and that offers exceptional raw food health supplement products—E3Live.

I was introduced to E3Live while studying Raw food culinary arts at the Living Light Culinary Institute. For a month straight, I took at least one shot of the **BrainOn** drink every morning and felt a HUGE difference in my energy level, my ability to focus and my ability to maintain these two key factors for hours on end every day. I immediately purchased it to use when I came back home and drink it every day. I also use the **Re-new Me** powder in my smoothies and shakes.

**And now for the details of these fabulous supplements:**

E3Live® is 100% AFA, a superior blue-green algae. It is not man-made or manufactured, but harvested from

nature under the highest of standards before it is sent to you in its fresh-frozen state. There are hundreds, perhaps thousands of species of blue-green algae; some are edible, some are not. AFA is an edible species of blue-green algae that has been consumed by indigenous people for thousands of years. AFA is a very nutritious, whole food containing over 64 nutrients that are easily absorbed by the body.

As with any wild-grown food, you want to be sure that you are getting 100% safe & edible AFA, harvested by the most reputable of harvesters. E3live's harvesting and purity testing is of utmost importance to them They not only meet, but also exceed quality and safety standards for harvesting processes. They adhere to strict Good Manufacturing Practices (GMPs) in order to maintain their Certified Organic status and Kosher certification.

I feel it is so important to understand the details of any powders, pills and supplements you use. Many of them contain fillers or harmful ingredients that you might be better of just not using at all. ***I love this company, what they stand for and the integrity of their products.***

Because I am now both a website affiliate and retailer of E3Live. You can find information and links to the company on my website [HERE](#) or just go to [www.beofbliss.com](http://www.beofbliss.com) and click on the banner on the home page. If you are interested in purchasing items directly from me, contact me at [audrey@beofbliss.com](mailto:audrey@beofbliss.com).

Cheers to your health, my friends!

xoxo—Audrey

# Be Bliss Healing Therapies

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## *The Be Bliss Love Story*

### **Vision**

We are all one. How you treat others and your environment reflects back on you, and how you treat yourself reflects back on the others and environment around you.

Be Bliss Healing Therapies is based on love and compassion for ourselves and for all living things. Our vision is to provide Healing Therapies through a variety of services, including Massage Therapy, the use of Aromatherapy, and the education of the benefits of Whole/Living foods and how to use one or all of these therapies to help obtain your optimal self. It is our view that everyone has unique physical, emotional and spiritual needs and preferences. Our views are not necessarily "The Key" to happiness but we are here to provide our knowledge and expertise to help you in your journey to **Your** Happiness and **Your** Bliss.

### **Mission**

It is our mission to provide healing services and education to our immediate community and ultimately to communities all over our country and the world. We are currently fulfilling our mission through three avenues:

- We offer public, private, and individual classes and demonstrations, focusing on the healing properties of Whole/Living foods and how to create delicious and highly nutritious meals with ease. Living Foods Chef, Audrey Barron, provides her services with a passion and flare that can only come from someone who lives the message she is providing.
- Massage Therapy Services that incorporate positive/healing energy into each and every client. We are pleased to say that we authentically love people and love to provide an atmosphere and session of complete compassion and non-judgment. Everyone is beautiful and worthy of radiant health and we are focused on YOU and only YOU during your time with us. Our services include individual massage sessions, corporate chair massage, private spa/healing parties and events, pre-natal massage, and other body-work services.
- We create and sell our hand-made aromatherapy products that are made using only Therapeutic-grade essential oils. We use as many organic products as possible, (60-90% depending on the product) and we only use high-quality amber glass containers that are re-useable and recyclable. We even offer a discount on your purchase when you bring back your previously-used container! While we make a small line of products, our passion lies with custom-making healing oils, scrubs and other items based on your individual needs. Essential oils can be amazingly healing if used correctly and we love to share this wonderful gift from our Mother Earth to all.

Namaste.