



# Be Bliss Vibrant Living

September 2010 [www.beofbliss.com](http://www.beofbliss.com)

## Newsletter

### Lovely Living Pasta *Gluten-free and raw dishes*

#### Table of Contents

##### Page 1:

Lovely Living Pasta

Did you know—

Coconut

##### Page 2:

Massage for a Healthier You

Recipe of the Month—

Creamy Tomato Basil Soup

##### Page 3:

Living Enzymes

##### Page 4:

Be Bliss Vision and Mission  
Contact Information

Pasta—one of the great comfort foods. Something about a pasta dish just warms

the heart. I remember growing up with a dish we called “Turkey noodles with mashed potatoes and gravy”. This dish was made by my grandmother during large family gatherings. Now, don’t get me wrong, at the time, I thought this family tradition tasted great. Unfortunately, along with the delicious flavors comes loads of gluten fat and calories.

Even without the extra fat and

calories from the gravy and mashed potatoes, the gluten alone can cause a slew of unwanted side effects like bloating, slowed digestion, drained energy and for those severely allergic to gluten; stomach pains and irritability.

What’s a pasta lover to do? Join me for my “Pasta in the RAW” class this month to find out how to create amazingly flavorful pasta dishes that will enliven your senses and satisfy your pasta cravings without the bloating, stomach pains and weight gain. Even better than that,

these pasta dishes are full of fresh, living ingredients that will provide you with a myriad of energy-providing nutrients with a fraction of the calories and carbs. All recipes are gluten free, vegan and raw.

**When:** Thursday, September 16th from 6-7:30 pm

**Cost:** FREE

**Where:** Whole Foods in Carmel

**RSVP:** Call 317-569-1517 to reserve your spot!

### *Did you know? Coconut*

*Ah, the beauty of the coconut. To those of us in the Midwest, it’s an exotic fruit. In tropical climates, it is a staple food source.*

*Depending on what you read and when you’ve read it, the coconut has had both good and bad press in regards to it’s health promoting qualities. I think many of this confusion comes from the cholesterol factor.*

*Eating coconut oil will improve your cholesterol values and reduce your risk of heart disease. Many people have expressed concern after having their blood cholesterol checked and finding that their total cholesterol has increased since they began using coconut oil. So why is this? The reason is that the oil raises HDL—the*

*good cholesterol that we want in our bodies.*

*Coconut oil can double as a body care product. It works wonderfully as a moisturizer after your shower or bath instead of lotions that many times can contain harmful chemicals and preservatives.*

*Now to some of the other fabulous properties of the coconut. Did you know that coconut water provides the highest source of electrolytes found in nature? This magic water is conserved inside the coconut to provide nutrients as the tree grows.*

*You can now also find coconut flour to use in place of gluten-containing grains to create a multitude of breads, pies, cookies, cakes and*

*snacks. It also contains more protein than white and rye flour, cornmeal and about as much as wheat flour.*

*I like to purchase the Thai young coconuts for delicious smoothies using the water and the tender white meat inside.*

*So where do you get coconuts? Check out your local health food stores and Asian markets. To purchase the oils, flours and raw food products made with coconut, two of my favorites are: [www.rawfoodworld.com](http://www.rawfoodworld.com) and [www.live-live.com](http://www.live-live.com).*

*Check out the July issue of our newsletter for a delicious coconut recipe!*

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

## Raw Food Events coming soon

### Thursday September 16

#### “RAW Pasta Dishes”

6-7:30 pm @ Whole Foods in Carmel—learn how to create pasta dishes that are gluten-free. RSVP for this FREE class by calling 317-569-1517

### Friday October 22

#### “Living Chocolate”

7-9pm @ Rejuvenation Station  
Learn to make devilishly good chocolate dishes, in the RAW!

\$45/person or \$40/person when you sign up with a friend

Call 317-352-9787

**More classes are being scheduled for the holiday season—check [www.beofbliss.com](http://www.beofbliss.com) soon for details on when, where and how to sign up!**

## Massage for a Healthier You

Here's the beauty of body work: its benefits are multiplied when massage is used as a frequent therapy. The more massage you get, the more it does for you.

The medical community is actively embracing massage therapy and massage is becoming an integral part of hospice care and neonatal intensive care units. Many hospitals are also incorporating on-site massage to treat post surgical or pain patients as part of the recovery process.

Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. While you are enjoying a massage, remember it can also help:

- Alleviate low back pain and improve range of motion
- Assist with shorter, easier labor for expectant mothers and shorten maternity

hospital stays

- Ease medication dependence
- Enhance immunity by stimulating lymph flow—the body's natural defense system
- Exercise weak, tight, or atrophied muscles
- Help athletes at any level prepare for and recover from, strenuous workouts
- Increase joint flexibility
- Lessen depression and anxiety
- Promote tissue regeneration, thereby reducing scar tissue and stretch marks
- Pump oxygen and nutrients into tissues and vital organs, improving circulation
- Relax and soften tired, injured and overused muscles
- Relieve migraine pain

*Body Sense Magazine Fall/Winter 2010*

## Recipe of the Month—

### *Creamy Tomato Basil Soup*

*Serve this soup gently warmed with a side of flax crackers and avocado for the perfect fire side meal. You'll never miss the cream based original!*

- 4 big organic tomatoes, chopped
- 2 cloves garlic, peeled and chopped
- 2 tablespoons raw tahini paste
- 2 tablespoons olive oil
- 1 teaspoon fresh squeezed orange juice
- 1 teaspoon sea salt
- ½ teaspoon cumin
- ½ teaspoon nutritional yeast
- dash cayenne
- dash b-pepper
- 1/4 a yellow onion, chopped
- 6-8 large leaves of basil

- 1 cup water

Place all ingredients except basil in your Vita-Mix or high speed blender and process until smooth. Add the basil and blend again. Serve immediately. For a chilled soup, refrigerate for 2 hours before serving.



# Living Enzymes

## The Golden Ticket to Health

What the heck are enzymes and why are they so important to our health and well-being? These little helpers allow us to properly digest our food, making the nutrients from what we eat more available to the body and allowing what we don't need to efficiently get flushed from our bodies. Why is proper digestion so important, you ask? When our digestive system is healthy and working efficiently, the cells in our body are more available to do things like fight off infections, regenerate our cells and sweep out toxins. This, in turn, helps us have more **restful sleep, more energy, clarity of mind, glowing complexion, stronger nails and hair...**this list goes on.

Basically, they help to bring you to a state of well-being.

Historically, people in different cultures developed enzyme-rich foods through the process of fermentation. Perhaps this occurred by trial and error or perhaps it was deliberate after years of observation. When foods were left in the open air, bacteria worked on them, causing fermentation as found in yogurt, kefir and other soured-milk products. Today, intentionally fermented vegetable dishes such as sauerkraut and kimchi from cabbage, and soy products like miso and tempeh are prepared in many countries. In tropical countries, high concentrations of enzymes are provided by fruits such as papaya, pineapple and mango.

Now, don't worry. You don't have to eat fermented and tropical foods all day long to reap the benefits of these miracle workers. Eating a healthy whole foods diet that includes plenty of raw/living foods will provide an abundance of enzymes. What are raw/living foods? Often re-

ferred to as "sun food", raw/living foods are vegan food sources (plants) that haven't been heated above 118 degrees, haven't been heavily processed, and that are organic – basically foods very close to how we find them in their natural state. These are the foods we were intended to eat – they are provided by our loving Mother Nature! You don't have to eat ALL RAW to derive the benefits – just adding raw foods into your diet will bring your body to a more healthy state. So, how can you start incorporating more raw/living foods into your life? Here are a few tips that will get you

well on your way. Start with what you're most comfortable with, take it slow, and be kind to yourself along the way.

- Have a large salad full of dark leafy greens and fresh veggies for one meal a day.
- Have a small salad or a cup of fresh blended veg-



gie soup before your lunch or dinner

- Have a green smoothie for breakfast (fruits and dark leafy greens)
- Have freshly cut veggies for a snack in place of chips, cookies, candy, etc.

**Find out more about raw foods resources we offer , check out [www.beofbliss.com](http://www.beofbliss.com).**

- Audrey Barron and *Enzymes: Getting the Most Nutrients from Your Foods*, By Mark Rojeck , Dipl.Ac.

# 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.