



Be Bliss Vibrant Living

May 2010

www.beofbliss.com

Newsletter

Forget Cooking!

Table of Contents

Page 1:

Forget Cooking!

Did you know—Chia Seeds

Page 2:

Rediscovering Rose

Recipe of the Month—
Vanilla Lavender Cashew
Cream

Page 3:

The Tea of Life comes to
Indy—meet Karen Johns-
tone!

Page 4:

Be Bliss Vision and Mission
Contact Information

Have you heard the term “RAW Foods” and wondered what it really means? Are you looking for a healthier way of eating but also want to eat delicious food? This class is perfect for you! Friday, May 14th from 6:30-9:00 pm at Perk Up Café in Broad Ripple, you can join me for my Forget Cooking! class—an evening of learning to make fabulous dishes that are so easy and full of vibrant flavors, textures and...life! In this class you will learn:

- How to make non-dairy nut and seed milks in less

than five minutes

- How to transform zucchini into delicate angel-hair noodles— it’s pasta without the starch and gluten!
- How to create a delicious and savory pate without dairy, meat or fish
- How to create a decadent chocolate mousse using the secret ingredient that replaces butter, cream and eggs—yes folks, I’m talking about a good-for-you Chocolate Mousse!

This class will provide you the

opportunity to learn simple and fundamental methods to preparing Raw/Living recipes.

Why are Raw/Living foods important? Eating this way on a regular basis can provide abundant energy, restful sleep, glowing skin, improved moods and overall better health. I’ve experience this in my own life and personally know countless others who have had wonderful success with eating raw foods.

The class is less than two weeks away so RSVP soon before seats are gone!

Call 317-501-7606

Did you know? Chia Seeds

We all remember the Chia Pet from the 70’s and 80’s. Well, who knew those tiny seeds used to create our cute, green fuzzy pets were actually nutritional gold mines?! Chia is an ancient seed, used as far back as 3500 BC by the Aztecs for medicinal and cosmetic purposes. It was known, among other things, as the “running food” due to the protein content of these seeds, providing abundant energy and

stamina. Chia seeds provide protein in the form of completely absorbable amino acids that the body cannot produce on it’s own and they are between 19% and 23% protein by weight. These tiny darlings are also extremely high in soluble fiber, aid in lowering cholesterol and blood sugars, and are rich in omega-3 fatty acids (higher than even flax seeds). So, how do you use Chia seeds? It’s so

easy! Simply sprinkle them on salads, on soups, on cereal or oatmeal, in breads and sweet treats, the list goes on and on. You can also soak Chia seeds for 10-20 minutes, allowing the natural fats to create a gel, which can be added to shakes, smoothies and desserts for a thick, creamy consistency. You can purchase Chia seeds at health food stores or in bulk online (which can be cheaper). Happy eating!

Audrey offers her hand-made Therapeutic-grade essential oil product line, *Be Bliss Aromas* on her website. Check it out!

www.beofbliss.com



Rediscovering Rose

Growing up, the scent of Rose was not my most favorite. I thought of this scent as something more suited for my grandmother who wore it every day—but

not a scent I would use for me. Years later, as I began to study aromatherapy, I rediscovered Rose and have come to cherish this delicate yet powerful plant and its essential oil. Rose, used for thousands of years and highly regarded in many cultures, has been known as the “Queen of Flowers” in aromatherapy. Rose is known for having a powerful affect on the female reproductive system—especially the uterus. It is also known in many circles as offering peace for the transition in and out of life. For example, diffusing rose in the room during child birth or as

someone is passing on from this world, is thought to help their soul have a peaceful, transition while easing anxiety and fear. Rose is also wonderful for skin care, and is especially valuable for dry, sensitive or ageing skins.

I use organic rose in my “Be Rested” Pillow Spray because it is also known to ease the pain of grief and emotional disturbance, which I believe can have negative affects on our sleep quality. Using this spray on your skin during the day or while traveling also helps your skin stay moisturized and fresh. You can check out www.beofbliss.com for more info on my products and on the benefits of therapeutic-grade essential oils. Make sure that any oils you purchase are high-quality and non-synthetic. Questions? Email audrey@beofbliss.com

Raw Food Events this month

Friday May 14th

Forget Cooking! Class
6:30-9:00 pm

@ Perk Up Cafe

317-501-7606 to RSVP

Saturday, May 22nd

“RAW Wellness” Retreat Day

@ Rejuvenation Station
8:00 am-3:00pm
317-352-9787 to RSVP

Thursday, May 27th

“Sushi in the RAW”

FREE class @ Whole
Foods Call 317-569-1517
to RSVP

Recipe of the Month

Vanilla Lavender Cashew Cream

Yield—1 cup

Ingredients

1 cup cashews, soaked for 8-12 hours (1 1/4 cups after soaking), drained and rinsed

1/4 cup plus 2 tablespoons of water

1/4 cup of raw agave syrup or maple syrup

Seeds of one vanilla bean or 2 teaspoons of organic vanilla extract

1/4 cup fresh lavender leaves, rinsed, dried and finely minced.

Equipment

Measuring cups and spoons, paring knife, cutting board, high speed blender, rubber spatula

To create this luscious cream, place

your cashews, water and sweetener (I like to use a blend of the agave and maple syrup) in a blender (high speed is best, like the Vita-Mix) and process until very smooth. You will want to stop occasionally to scrape down the sides of the blender jar with your spatula to ensure all of the mixture is blended consistently. Add the vanilla and process until well combined. Pour your cream into your container and add your lavender and stir until combined. Use right away or let it chill in your refrigerator for a thicker, cooler treat. This Lavender creation is perfect for topping berries, in parfaits, as a substitute for whipped cream or even as a treat on it's own.

Bon Appétit!



The Tea of Life comes to Indy!

Meet Karen Johnstone...

Tea expert, Master Gardener, mother of three boys, wife and teacher are all words to describe Karen Johnstone. This pioneering woman grew up in Lake Oswego, Oregon and has traveled and lived throughout the U.S. with her family, teaching science to students in Baltimore, Hollywood, San

Francisco and here in Indianapolis. Her favorite role however, has been as outreach naturalist for Indy Parks for the past five years. Karen is in the midst of a new adventure—bringing a very special tea to Indianapolis and to the U.S. Here's a bit of her exciting story:

How did you get involved in tea? My husband is part of a research team at IU who is collaborating with scientists at the Agricultural University of Yunnan Province, China to study the health benefits of a particular tea, Pu-erh. The data they are validating for this team is very promising and we want to share it.

I was pulled into the scene when the director of the Tea Institute at the university decided after two years of working with our IU team that she wanted to trust the marketing of Pu-erh to us. In December 2009, I resigned from my teaching job and delved into studying everything known about tea.

Leaving a satisfying career to leap sometimes seems scary but I have some comforting cornerstones upon which to steer by. First, I know the work being done with the tea is credible. Second, the health benefits offered by Pu-erh tea are so astonishing; it would be unethical to not educate others about its capabilities.

What are some of the health benefits of Pu-erh?

Like other teas, it has antioxidants to scavenge cancer causing free radicals, as well as cholesterol lowering constituents to prevent cardiovascular disease. Pu-erh contains anti obesity and anti aging constituents. Plus, instead of indiscriminately lowering total cholesterol, it targets LDLs or bad cholesterol. Unlike green teas, Pu-erh tea does not interfere with vitamin absorption and has shown no harmful side effects even when administered at ten times the recommended intake levels. Finally, Pu-erh lowers blood sugar levels.

One of the extra wonderful things the tea is capable of that has made an improvement in my own health is calming my irritable bowels and regulating my GI flora. Furthermore, the tea is responsible for the

burning of belly fat which I didn't have a lot of but am glad to kiss the little pooch good-bye nonetheless. My cholesterol has gone down 40 points in just a couple of months and my triglycerides are down to 58 from 111

Tell me about your trip to China.

Demystifying the reputation of Pu-erh through scientific studies comes with risks and responsibilities. The director of the Tea Institute has seen greed take advantage of the commodity through the sales of DDT laced tea, tea knock-offs, and the passing off of inferior tea for top quality. She wants to make sure only trust worthy people reintroduce Pu-erh to the West. Who'd have thunk she'd choose me.

On April 3rd, I traveled with an interpreter to Beijing and we were met by the director of Eastern Medicine at Beijing University. After a day of looking around Forbidden City, we flew to Kunming, capital of Yunnan Province where we were greeted by the director of the Tea Institute and her entourage. I quickly realized this woman had clout and was informed she is the foremost tea grader for black tea in all of China and the top tea grader for tea in Yunnan Province. Knowing she took a week to off to personally familiarize me with every aspect of tea still blows me away but thinking back, I understand she needed to check me out more than I needed to check her out. She took us on tours of the Institute, gave me crash courses on grading and brewing teas, then flew with us to Pu-erh City, the birthplace of tea to the institute's research plantation.

The supervisor of the "garden" covering several mountains of tea spent three days with us to train me about every aspect of tea cultivation, and processing. Soaking in every view was my goal while I was there as well as looking carefully for signs of the practices used by their facility. I was impressed by the pheromone traps, funnel web spiders nurtured in the tea trees and the video monitors surveying for flying pests. They lovingly cultivate a living catalogue of every tea cultivar in the world for the sake of preservation and education.. The plantation is not for profit and I will be the first they'll export to. Part of the proceeds from the sale of this tea will go to the upkeep of the garden. Currently I am offering samples for sale of my favorite white, green, red and Pu-erh teas.

What are you working on now? I am working on designing packaging and exploring marketing channels. I am keenly interested in selling these samples to individuals who might be willing to give feedback on how well the tea is working for them.

How can you be contacted?

You can reach me via email at Karen.johnstone@livingteahouse.com or by phone at 317-902-6631. Thank you!

Be Bliss Healing Therapies

317-501-7606 * audrey@beofbliss.com * www.beofbliss.com

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.