





Ahahahahahaahhhahaaaaaaa :) Look what Mr Monarch made to share some Holiday-time joy? I LOVE it? LOL? and the picture here is just a taster ? click the following link to get the full effect of our snow-time shimmies with Wiggie and Norm?

<http://www.elfyourself.com/?id=1172532853>

(Watch for the special Wiggie cameo at the end - love it ;)

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### Sublime Gift Suggestions

Oooo, the time of great gifting is upon us? what to choose, what to choose? You wanna give them something that feels good to YOU too, right? Well, help is at hand? Here are some of our top suggestions from the RawReform Store for your loved ones this season:

For Her:

Rebounder

Skin Brush ? her skin will love you forever for this gift ;)

Ani?s Raw Food Kitchen

For Him:

Waveshield for Cell Phone

Raw Success

? keep his left-brain happy this season with in-depth raw discussions?

Norman Walker Charts

For the Little People:

Poi

Mulberries ? yummy little caterpillar-like caramel bliss berries ? great snack food for kids :)

For Loved Ones:

Raw Chocolate Truffles

Shower Filter ? help loved ones purify their bathing water and reduce their toxic load

Anastasia

For the Tricky Ones:

Maggie's Soap Nuts

Raw

For Life DVD ? OOOO, this one features ME, among many other yummy raw peoples ? this is an incredible A-Z compilation of all things raw ? an amazing gift?

Power Thought Cards by Louise L Hay

The Store is packed with goodies?so, poke about?we hope you find some marvellous, organic, healthy, inspiring treats to fill YOUR Santa Sacks with... Be sure to use the 10% OFF coupon below too for even greater bargains ;)

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#### THE MONARCH TRANSFORMS IN TECHNICOLOUR?

WOW, now this is a MUST see :) LOL?Mr Monarch recently put up a before/after video of his personal raw food transformation, on YouTube?it?s pretty phenomenal to see the contrast?he recently found all these old tapes of his pre-raw and early raw days from 8 or so years ago and has been cutting them together into this piece ? it?s really quite lyrical?there's also a little Stokes cameo in there too ;) Enjoy...

<http://youtube.com/watch?v=PMBd9SQ1bP0>

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#### Yummy Yuletide Offers - 10% OFF All Orders

Interested in Hemp Seeds and Chia? We stocked up on stacks of them this Holiday Season, so that we can offer them to you at fabulous prices). :) Yep, it?s a yule-tide yummm fest for all?take a look at these prices and stuff YOUR stockings with nutritious nuggets ;)

# Hemp Seeds 10oz \$5

# Chia Seeds 16oz \$5.35

# Hemp Seeds 5 Pounds \$35

# Chia Seeds 5 Pounds \$25

To access those special offers, just click [HERE](#) or on the images of the chia and hemp, or type 'holidaysp' in the search field of the RawReform Store.

AaaaaaAAaaaaAAAAaaaaand, as an extra SPECIAL Holiday Treat, you can get 10% OFF anything in the RawReform Store from now until December the 31st by using the coupon code ?stuffmystockings?. Just enter that code as you checkout and all manner of good things shall surely befall ye? ;) -----

## RAW CHOCOLATE WINNER AND RECIPES

Congratulations to Elena Hvizd, the oh-so-fortunate winner of last month's RawReform Prize Giveaway of three tubs of Ulimanamana Raw Chocolate Truffles ? mmmmmm :)

We asked you to send in your favourite raw chocolate recipe to be in with a chance of winning. Elena's entry was picked at random ? here's her winning recipe?

Chocolate Raspberry Bliss Balls! 1 Cup of fresh raspberries (or defrost a bit first, if frozen)

1/2 Cup raw cacao powder (or nibs ground in a coffee grinder)

1/3 Cup raw coconut oil

1/3 Cup Agave or other raw sweetener of choice

1 Tablespoon hemp seeds

1 Tablespoon raw coconut flakes

Optional: a dash of ginger powder or grated ginger if you like a touch of spice!

Blend all ingredients in food processor and separate into little balls and freeze. Whenever you want a chocolate berry bliss treat, grab a chocolate berry ball!

CONGRATS to Elena and thanks to ALL of you who entered this contest ? many of your entries have been added to the RawReform Readers? Recipes page here:

<http://www.rawreform.com/content/view/290/> So check that page out for tons of ext-RAW-dinary recipes (scroll to about half-way down the page to see where the chocolate recipes start?)

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## CHINA STUDY AUTHOR SEEKS TRANSFORMATION STORIES

Ooo la la?it?s time for another ?exciting opportunity? alert. T. Colin Campbell, the author of the fantastic book ?The China Study? (the most comprehensive research study ever conducted on the relationship between diet and disease) is looking for people to share their stories of healing with a plant-based diet. YUMMY. Here?s the relevant blurb:

?All of Dr. Campbell's research points to the benefits of a plant-based diet and the dangers of the over-consumption of animal protein, including red meat, pork, poultry, fish and dairy. To support Dr. Campbell's work, we endeavor to create a library of accurate and personal accounts by those who have used plant-based nutrition to inhibit disease. These accounts will be aggregated and made available to the public to serve as a reference material for patients, physicians, researchers and anyone else who may need it. As well as to create this reference resource, the intention is also to collect a critical mass of information that may pave the way for further study. The more information we are able to gather, the greater impact we will have.

We seek to gather tens of thousands of accounts. If you have had a positive experience using a plant-based diet as medicine, your story would prove invaluable to our project. If you should you know of others with compelling stories regarding foods' use as medicine please share this letter with them as well. Should you be willing to participate, I invite you to contact me without delay. Please contact Micaela Cook at [micaela@spiralupworks.com](mailto:micaela@spiralupworks.com)?

Hope to see you on their database if you have a juicy tale to tell... ;)

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## RAW SPIRIT FEST 2008

The last one is barely over and plans for the next spectacular Raw Spirit Fest are underway ? yeeeeeee-HAH :) The dates for 2008 are September the 12th-14th, back at the charming Radisson grounds in Sedona, Arizona?and I certainly do hope to be back by then? ;) The organisers of the festie are currently offering an ?early bird special? rate, until December the 31st of just \$250 for the entire weekend event ? bargain?now THAT would make an amazing holiday gift, methinks? ;) You can sign up or even buy gift certificates for the event [HERE](#)...you can tell ?em Miss A. Stokes sent you?and I hope to see you there ;)

BTW, if you didn?t yet see the sweet 10 minute Raw Spirit Fest 2007 video compilation the Monarch made for me on YouTube, it?s an entertaining little piece ? you can see it [HERE](#)?the bit that makes me laugh most? ?Pseudo-famous? ;)

<http://www.youtube.com/watch?v=u2fmXzleL0c>

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Prize Giveaway ? win your own set of POI

The final RawReform Prize Giveaway of the year is a sure-fire crowd pleaser?we?re giving away a set of our wonderful practice poi?now it?s easy to simultaneously exercise, play, tone your upper body, impress the kids, improve coordination and much more? ;)

So, as the year draws to a close, many of us use this period as a time of reflection and celebration of what was shared in the last 12 months?I know personally it?s been an amazing journey ? from a Juice Feast in Costa Rica to an intensive speaking tour of the US, announcing my engagement to Mr Monarch in England, launching the RawReform Store, hanging out all over Canada speaking at festivals, passing many an hour writing my new book and coming down under here to Australia for a summer of sun, sand and seasonal produce?I feel very blessed?

In the spirit of all things reflective and delectable, we?d love to invite you to send in YOUR 2007 RAW REFLECTIONS?what in the world of raw food has inspired or uplifted you this year? What stands out in your memory? Who did you love sharing recipes with? What helped you to stay motivated? Which recipe made a difference in your enjoyment? We wanna hear YOUR raw highlights. So, please send your answer to the following question to [angela@rawreform.com](mailto:angela@rawreform.com):

?What have been your top THREE raw food highlights of 2007?? We certainly look forward to reading and sharing your

responses to that

:) The winner be picked at random and with joy in January :)

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Well, well?thanks be indeed, to all of you who hosted Mr Monarch and myself in your homes this year, came to meet us at lectures and events, sent us emails, shimmied love vibes our way, smiled at us on buses or?simply read our messages and smiled :) We love and appreciate you all?and we look forward to playing more in the raw food fun-park of life with y?all next year?

Until then, Happy Holidays and a yummy yule-tide to all :)

One love,

Angelaaaaaaaaaaaa. xxx

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RawReform - The Natural Way to Weight Loss

<http://www.rawreform.com>

[rawreform@rawreform.com](mailto:rawreform@rawreform.com)

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