
68. 50% Off Raw Emotions, Green Smoothie *LOVE*, Jameth Sheridan Interview

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Greetings Creamsicle :)

Mr. M and I leave for Ecuador in a few days... 'tis a time of transition and we're very excited - we look forward to seeing some of you down there for the intended Raw Food Gathering in Vilcabamba in May this year... for now though, let's gently ponder:

*"Raw Emotions" Special Offer - 50% OFF :) - Enjoy an Excerpt

*Green Smoothie *LOVE*

*Last Chance For Hurom Juicers at Lower Price

*Mr. Monarch's Fabulous February Offers

*LIVE Jameth Sheridan Interview Tomorrow Night - Tuesday, Feb 23rd

"Raw Emotions" Special Offer - 50% OFF :) - Enjoy an Excerpt

There are only a few more days left to get 50% OFF "Raw Emotions" - from now until February the 28th you can get the *printed* OR *ebook* version of "Raw Emotions" at 50% OFF from [HERE](#) (= \$14.95 for the printed book and \$12.49 for the ebook...)

Here is an excerpt from the book, if you'd like to get a 'taste' for what it is all about:

"Large amounts of refined sugars and simple carbs especially help people 'cope' with stress and discomfort by spacing out into sluggish, sleepy, stuffed and drugged states. The fact that these foods are toxic and addictive is rarely (if ever) emphasised in mainstream media, so most people never question the strength of their ties with these foods. It's often not simply these foods on their own which cause health issues for people – it's also the things they're processed or consumed WITH, such as pasteurised dairy products, factory-farmed meats, trans-fatty oils and so on. If you find it hard to accept the idea that you might be physiologically addicted to foods like wheat, consider the fact that a smoker or alcoholic is not drawn to repeatedly use their 'drug' of choice from any kind of biological need. The body doesn't need cigarettes or alcohol. They are just addicted, in the same way as people eating refined sugar or drinking coffee.

There is no physiological benefit to you from consuming these things (in fact quite the opposite), yet you may feel repeatedly drawn to consume them. It is fundamentally an addiction, like any other. Yes, of course you need food to survive – however, you do not need to eat white sugar and wheat.

Not all foods are physiologically addictive. There are many other more natural, delicious and healthy options available. Fresh, living, raw foods like pears, broccoli and alfalfa, for example, are not usually linked to physical dependence. How many people do you see with a chronic kale addiction...? Switching over to a mainly raw food lifestyle can therefore make a huge difference for people in terms of liberating them from compulsive eating. Take away the toxic 'foods' you're addicted to and you're half-way to freedom.

HOWEVER, as raw foods simply don't 'tick the same boxes' in terms of addictive properties, if your diet has been highly processed until now, switching over to mainly or totally raw can feel quite 'harsh' in the beginning. Raw foods just don't create those 'drugged' responses in our body we have come to associate with 'comfort', 'reward' or 'satisfaction'. Suddenly the coping mechanisms we've been using to deal with discomfort for decades are GONE. We might liken this to being on anti-depressant medication for 34 years, then suddenly removing it – it's quite a shock to the system. It's like having the 'safety net' pulled out from under your feet or the smoky veil of processed food addiction grabbed down from before your eyes; whichever way you look at it, the new landscape can seem pretty challenging. The 'comfort' element of eating is largely gone and we find ourselves, for perhaps the first time ever, actually feeling our emotional discomfort directly, rather than using food to self-medicate; shoving it down, finding 'comfort' and ignoring our feelings. We might reach out for 'heavier' raw foods like masses of nuts, seeds, raw pizza and so on, to try to bridge that gap, yet even these don't sedate us in quite the same way as our old toxic food 'friends' ;)

Many people find this kind of shift very confronting and are not sure how to handle the changes. They may feel impassioned about transforming their health, yet where do they find 'comfort' now, if food seems to no longer offer sanctuary?

It's easy to see here that the psychological aspects of food addiction certainly aren't guaranteed to vanish simply from going raw. For many, this part of the healing process can actually seem like a bigger issue to deal with than moving through the physical elements of withdrawal.

It's time for some major re-programming, to release yourself from reliance on food as your safety net and to start finding other things in your life that feel rewarding, satisfying and comforting to you, beyond the food. Remember, the menu of life is abundant with positive possibilities. This is where all the tips shared on the following pages come in - you can get ACTIVE to turn things around for yourself. The fresh foods can help you to an extent, then action on the emotional/spiritual aspects is what will really help you to move on and heal on all levels."

This book has been receiving *gorgeous* feedback and seems to have been truly helping assist some raw-markable transformations for readers who are turning around life-long destructive patterns around emotional eating...

Here's some recent feedback about Raw Emotions:

"I would like to thank you for your wonderful book "Raw Emotions." It has truly changed my life. I feel much stronger and more positive. You are an amazing person who inspired me more than words can express."

Angela VG

"Raw Emotions is informative and fun to read. Though I was entertained by the art in the book and laughed a lot, I also saw what a tremendous emotional lifesaver this book can be for those struggling with cleansing, detoxifying, weight loss, raw foods, and how all these relate to our emotions."

David "Avocado" Wolfe, www.DavidWolfe.com

"Angela, I just want you to know that you were the very FIRST person to start me on my Raw Path over a year ago. RAW EMOTIONS was RAWESOME! Now, I'm 100% RAW!" Tanya CS

You can buy "Raw Emotions" as a printed book or ebook at 50% OFF

until next Sunday, Feb 28th, from [HERE](#) - ENJOY :)

Green Smoothie *LOVE* :)

Those of you who read my blog will know that I am *loving* drinking green smoothies at the moment, throughout the day... I have a sweet tooth and whenever I eat something savoury, I always want to eat smthg sweet after it, which can lead to other-than-optimal food combinations...my current side-step of this pattern involves drinking green juices and smoothies throughout the day...because green smoothies are already sweet, I feel no pull to have anything else sweet after them - in fact the only thing I add in is Spirulina Manna sprinkled on top, so I have 'spirulina-mouth' condition more-or-less most of the time at the moment... ;)

Below you can see a video we just posted on TheRawFoodWorld.TV, showing how I make these yummmmy smoothies:

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

...and if you weren't on the raw food scene back in early 2005 when Victoria Boutenko first sent out the article 'Ode To Green Smoothie', which started the current green smoothie flow, you can read a re-posting of that article on the Green Smoothie Blog, [HERE](#) - enjoy ;)

Last Chance For Hurom Juicers at Lower Price

We just got notification from the makers of the Hurom Juicer that the MAP (Minimum Advertised Price) of this juicer is going to rise from \$329 to \$359 on March 1st. This means that NOBODY is able to sell the Hurom Juicer below that \$359 price mark, from March 1st. We are asking the manufacturers to keep the price at \$349, to match the Omega VERT Juicer pricing, which is quite similar to the Hurom...and we don't yet know how our efforts will pan out...so, for NOW (over the next 4 days), this is an IDEAL time to purchase a Hurom Juicer, as this low \$329 price will no longer be available, after February 28th. (The price of the Hurom had always been \$359, then they offered an instant rebate of \$30 for the Holidays and then extended this offer until February 28th.)

Mr. Monarch and I use the Hurom Juicer every day and it is now our number one choice for a juicer. It is the fastest juicer on the market that doesn't oxidize the juice. It's a revolutionary machine - you can check out these three videos below on the juicer, to see it in action for yourself:

Hurom Juicer vs Green Star Juice, Episode #272

http://www.youtube.com/watch?v=_bKzX5NFdU

Does the Hurom Juicer do Wheatgrass & Banana Ice Cream?, #278

<http://www.youtube.com/watch?v=ee0P8-eyHXo>

What is the Hurom Slow Juicer? Episode #268

<http://www.youtube.com/watch?v=15VvXtx1cQc>

To purchase the Hurom Juicer at the \$329 price, act quick and click [HERE!](#)

Mr. Monarch's Fabulous February Deals :) + New Phytoplankton Offer

We have a truly superlative list of specials to offer you this month over at TheRawFoodWorld.com store:

The following specials are available until February 28th...

- Ocean's Alive Marine Phytoplankton, 1oz - \$44.95, Normally \$59.95 - with 7% coupon \$41.80, and 12% 'Inner Circle' coupon \$39.56

- Ocean's Alive Marine Phytoplankton, 3.4oz - \$134.85, Normally \$179.85 - with 7% coupon \$125.41, and 12% 'Inner Circle' coupon \$118.67

- Raw Carob Powder, 16oz - \$9.77, Normally \$13.95 - with 7% coupon \$9.09, and 12% 'Inner Circle' coupon \$8.60

- Bariani Olive Oil, 1L - \$17.47, Normally \$24.95 - with 7% coupon \$16.25, and 12% 'Inner Circle' coupon \$15.37

- MSM Caps (250 Vegi-Caps 1000mg) - \$18.17, Normally \$25.95 - with 7% coupon \$16.90, and 12% 'Inner Circle' coupon \$15.99

- Acai Resveratrol Ultimate ORAC Antioxidant Extreme, 210 Vcaps - \$38.47, Normally \$54.95 - with 7% coupon \$35.78, and 12% 'Inner Circle' coupon \$33.85

- Perfect Prescription Tooth Soap Peppermint Shreds - \$18.17, Normally \$25.95 - with 7% coupon \$16.90, and 12% 'Inner Circle' coupon \$15.99

- Perfect Prescription Tooth Soap Peppermint Liquid - \$18.17, Normally \$25.95 - with 7% coupon \$16.90, and 12% 'Inner Circle' coupon \$15.99

- Perfect Prescription Tooth Soap Spearmint Shreds - \$18.17, Normally \$25.95 - with 7% coupon \$16.90, and 12% 'Inner Circle' coupon \$15.99

- Perfect Prescription Tooth Soap Spearmint Liquid - \$18.17, Normally \$25.95 - with 7% coupon \$16.90, and 12% 'Inner Circle' coupon \$15.99

"Below Cost":

- Pine Nut Butter, 8oz - \$14.45, Normally \$25.75 - with 7% coupon \$13.44, and 12% 'Inner Circle' coupon \$12.72

To access these offers, click the link below, or type - hnymn - in the search box at the top right hand corner of www.TheRawFoodWorld.com.

[Click Here For "At Cost" Specials](#)

Additionally, you can redeem this coupon at www.TheRawFoodWorld.com by typing in - HONEYMOON - in the coupon number section, to get an additional 7% off your order. This coupon will be good through February 28th, 2010 and can be redeemed at:

www.TheRawFoodWorld.com

You can get 12% off your order and ALL FUTURE ORDERS by joining the Inner Circle Community [HERE](#) for ONLY \$9.97 a month.

LIVE Jameth Sheridan Interview Tomorrow Night - Tuesday, Feb 23rd

PLEASE NOTE DATE CHANGE**This LIVE interview with Dr. Jameth Sheridan has been moved to February the 23rd (rather than the 26th) - it is still at the same time: 6pm Pacific time, 9pm Eastern.***

We are blissing to announce that our next guest on The Raw Food World Radio Show is... Dr. Jameth Sheridan, of Healthforce Nutritionals :) Jameth rarely gives interviews, so we're very excited to connect with him for this LIVE call.

Jameth says he would love to talk primarily about Antioxidants in this upcoming interview. He also said that this will likely spiral into the subjects of cancer, wholefood antioxidants and the new product we have 'At-Cost' above... the Acai Resveratrol Antioxidant Supreme. He was excited to say that this is just the TIP of the iceberg of what he would love to share in this interview.

As many of us know, Jameth is not a fan of the consumption of raw chocolate. Mr. Monarch intends to serve up some juicy Qs for Jameth on this topic, along with some of his usual array of intriguing and incorrigible questions... ;)

Join us for this exciting upcoming interview on February 23rd at 6pm (PST) :)

To sign up for this free interview, click [HERE](#).

~May all blessings be with you...~

Angela Stokes-Monarch. xxx

RawReform - The Natural Way to Weight Loss

<http://www.RawReform.com>

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Online Store: <http://www.RawReform.com/store>

Blog: <http://rawreform.blogspot.com>

My 30-Day Weight Loss Plan: <http://www.LiveLightlyPlan.com>
