

# The Funky Raw

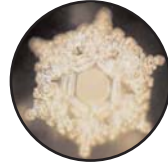
Restoring paradise consciousness

# Issue 6 - Spring 2006

# Raw

magazine

£2.75 / €3.50



How and why to go raw  
Wild foods and superfoods  
Delicious recipes  
Back to the forest  
Holistic weight loss

# From the Editor

Exciting times. The wild garlic is out which means spring is here and therefore summer and festivals will be following soon. We're planning an amazing Funky Raw festival, every year it just gets better and better! Tickets are available now from the Funky Raw website.

Tish has finished her book *Radiant Children* which is a guide to bringing up raw children. It's currently available as an eBook, see page 6 for a full review.

Holly and myself did a workshop in Manchester the other week, we introduced a group of six people to chocolate pudding and some other raw classics. We've got workshops coming up in March and April if any of you fancy experiencing it for yourselves.

It's another feature packed magazine which we hope will spur you into action. Or not. I read Kate Wood's *Raw Chocolate* recipe (page 12) and promptly went to the kitchen and made some (it's delicious,



I'm munching on it right now), I read Jess's article on *Why and How to go Raw!* (page 7) and immediately went raw (oh, I forgot, I'm raw already!). I'm always first in the queue for seconds when Holly makes her *Golden Cherry Cream Pie* (page 25) but I read Free Rob's article (page 15) and it really didn't make me want to drink my own urine!

It's good to see the news and events page expanding, from this issue we are listing more potlucks and local meetups, please keep me informed of what is going on in your area, send me anything you want publishing in this section of the mag.

## love Rob

You can email Rob on [rob@funkyraw.com](mailto:rob@funkyraw.com)

### Who are the Funky Raw crew?

Rob - [rob@funkyraw.com](mailto:rob@funkyraw.com) (Editor)  
Tish - [tish@funkyraw.com](mailto:tish@funkyraw.com)  
Holly - [holly@funkyraw.com](mailto:holly@funkyraw.com)  
Steve Charter - [true\\_charter@yahoo.co.uk](mailto:true_charter@yahoo.co.uk)

**Regular columnists:** Terri Henry, Star Khechara, Lisa Ceneri, Aranya, Tony Wright, Shazzie, Free R Cannabis, Shantigarbha, Jessica Michael

**Contributors:** Kate Wood, Lara Barge, Tonya Kay, Angela Stokes, Warren Vialli, Claire Rainbow

**Proof reading:** Emma Turtle

### Advertising Next issue deadline 7 May 06.

Rates start at £20 with discounts for block booking.  
Please see [www.funkyraw.com/ads/](http://www.funkyraw.com/ads/) for full rate list and more info or email [advertising@funkyraw.com](mailto:advertising@funkyraw.com)

This magazine is printed on 100% post consumer waste recycled paper by **Footprint workers co-op** in Leeds. For printers, they are very kind to the environment, see their environment policy on their website - [www.footprinters.co.uk](http://www.footprinters.co.uk)

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK.  
[www.ink.uk.com](http://www.ink.uk.com)



The funky raw magazine **welcomes your articles**, artwork and photos on any related theme, as well as **your ideas** on how the magazine could be improved.

To keep the magazines energy clear and strong, priority for contributions will go to those who are following a raw path. However because of the holistic nature of the magazine we are also happy to accept articles from those who have information that is vital to share. I sincerely hope that we can all influence each other to create a brighter future.

The editor reserves the right to edit articles for the sake of space and / or clarity.

Submission deadline for next issue: **24th April 06**

Copyright of submissions remains with each individual author or artist.

The content of this magazine does not necessarily represent or reflect the editors complete opinions, beliefs, thoughts or own experience.

Everyone who reads this magazine is 100% responsible for what they do with the information presented here!



# Contents

## *The Introduction Bit*

- 2 From the Editor
- 4 News, events and more
- 6 Review of Tish's new eBook *Radiant Children*

## *Cleansing and Rebuilding*

- 7 Why and How to go Raw with Jess
- 9 Superfoods: This issue Shazzie discovers Hemp
- 11 This month I have mostly been eating... Rob finds some wild garlic
- 12 Recipes from Kate Wood, Lara Barge, Angela Stokes, Holly and Rob
- 14 Cleansing, Dreams and DNA changes... Aranya's Ejuva cleanse
- 15 Taking the Piss - Confessions of a Urologist by Free Rob Cannabis

## *Eco Life*

- 18 An inspiring future - Terri Henry
- 20 Sowing seeds in Fertile Ground - Aranya with more Permaculture for you
- 22 Pure plant potions! - Star makes bathtime treats
- 23 Drive Free - When your body and your car are veggie fuelled by Tonya Kay

## *The Middle Bit*

- 25 Silence is Golden by Holly, including her Golden Cherry Cream Pie recipe

## *Spirituality*

- 26 Staying Awake: A three part report of experiences of staying awake and taking ayahuasca
  - 26 Part 1 - Without fear - Aranya
  - 29 Part 2 - Back to the forest - Holly
  - 30 Part 3 - Steve's experiences of staying awake...
- 31 The Pleasure Principle by Holly

## *Holistic Lifestyle*

- 33 Holistic weight loss by Angela Stokes
- 35 Travelling In The Raw - Warren gives some tips on how to eat well while travelling
- 36 You never listen to me - Continuation of the NVC series with Shantigarbha
- 37 Raw Menopause by Claire Rainbow



## Subscriptions and Back Issues

Available in the **UK** for **£15** or £12 concession, to **Europe** for **£17** (25€) or £14 (20.70€) concession or to anywhere else in the **world** for **£20.50** (US\$36) or £17.50 (US\$30.50) concession.

Send your name and address with payment to Funky Raw, 7 Memory Cross, Landscope, Ashburton, Devon, TQ13 7NB.

All **Back Issues** are still available, although we are getting low on issues 1 and 2. United Kingdom - £3.80 / Europe £4.70 (6.95€) / Rest of World £5.30 (US\$9.20).

Subscriptions and back issues by Credit Card at **[www.funkyraw.com/shop](http://www.funkyraw.com/shop)**



# News, Events and more

## Staying Awake (Again)

In issue 1 of Funky Raw, Tony's theories on sleep were discussed. Now Tony is taking it to the next level with his planned world record attempt at staying awake. Tony successfully completed a preliminary 100 hours of staying awake live on the internet and now he is planning 11 days without sleep, again live into your home via the internet.

See [www.kaleidos.org.uk](http://www.kaleidos.org.uk) and [www.mindspiritnetwork.com](http://www.mindspiritnetwork.com) for more info.

## Funky Raw Festival 2006

**August 8th to 13th** - Tickets on sale now from the Funky Raw shop [www.funkyraw.com/shop](http://www.funkyraw.com/shop) Early bird prices £75 Full, £40 concession and £18 child for a limited time only.

This year's Funky Raw Festival is being planned right now with lots of earthy and experiential activities. We want everyone to feel as relaxed as possible, to be able to connect with other people and have a really good time together. We are planning two cafes including the 'Magic Café' for consciousness cuisine with Kate Wood (and her amazing chocolate!), Holly and Lara. There will be daily raw food preparation demonstrations. We are planning activities that are musical, theatrical, meditational, physical, visual, creative, healing, etc.

There will be a very special full moon opening celebration on the 8th.

We are still looking for a venue, preferably in the South West of England, so if you know of the perfect beautiful place with camping for about 250 people and kitchen facilities please let us know.

We will keep you posted of developments on the Funky Raw website and via our email list.

## Permaculture Design Course

A new course integrating healthy and sustainable living, at Caña Dulce in southern Spain. The course runs from the 13th to 26th May, the first week covers the practical skills and then there is a week of theory. Raw diets catered for.

More information is available on the internet at [www.permaculturacanadulce.org](http://www.permaculturacanadulce.org) or by phoning Steve Charter on mobile 07990 778581 or daytime 01342 810372.

## Winter Sun Retreats

An opportunity for a week in the beautiful setting of northern Ibiza. Take an inspiring weeks break with the finest raw food and small-group tuition from friendly educators in fields including meditation, tai chi, pilates and yoga.

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

## Radiant Children

A new eBook by Tish on how to bring up children on a raw food diet. See the full review on page 6.

Tish has a website at [www.radiantchildren.com](http://www.radiantchildren.com) where you can purchase the book as well as find out more, including a recipe share section and Tish's journal and photo gallery.

## Funky Raw Email Newsletter

We now have a monthly email newsletter which includes news, recipes, special offers and new products in the shop, events, etc. To join the email list, go to [www.funkyraw.com/shop](http://www.funkyraw.com/shop) and click "Log In". From this page you can register for the shop and opt to subscribe to the newsletter. The email list is free, it is only part of the shop as it is the easiest way for us to manage it.

## Local Gatherings / Potlucks

### Leeds

For info on the Leeds group contact Suz on 0113 2264061

### Cambridge

Monthly raw informal gatherings with Shazzie. Bring a raw dish to share (or donate £6 cash per person if you want us to provide for you). Our 2006 potlucks are held on Sunday afternoons between 2pm and 5.30pm.

More info:

[www.shazzie.com/events/pot\\_luck\\_2006.shtml](http://www.shazzie.com/events/pot_luck_2006.shtml)

### Totnes

Taste nature's delights in Totnes, South Devon - Bring raw food to share on the 1st Friday of each month

Call Charlie on 07786 456584 for more information.

### London

Waz, 23, is presently scoping out the scene and trying to organise a monthly (perhaps more frequent!) raw food group/gathering in the London and or South East area. Through collective vibration we would also be helping to raise the consciousness of natural raw living in the capital and beyond.

For all those interested in the raw food/ naturopathy/ spiritual lifestyle this would be a fantastic opportunity to meet others that are on the same wavelength and help to generate further interest in the subject. If anyone is either keen to help organise such a gathering, or wants to be informed when the group is up and running, please e-mail me at [the\\_stealth\\_protector@yahoo.co.uk](mailto:the_stealth_protector@yahoo.co.uk)



## Raw Magic

A new shop opening in Brighton from the lovely people at Raw Living. They're going to be selling fresh (raw) chocolate, with unique recipes you won't find anywhere else, spontaneous combustion cake, so good it will blow your mind(!), Raw Highs bars and trail mixes, all the ingredients for making your own magic food including cacao, maca, gojis, pollen, algae as well as many more, even more potent alchemical ingredients like purple corn, suma, and etherium gold.

Located above the Hemp Shop at 19 Gardner St.

More info on their website [www.rawmagic.co.uk](http://www.rawmagic.co.uk)

## Organic Shamanic

If you're into raw food then Brighton really is the place to be. When I was in there the other week I stumbled upon this amazing little shop. They sell a fascinating combination of stuff from raw chocolate and maca powder to the plants used in ayahuasca! They also had live plants used in ayahuasca growing in the shop.

You can find them in the Open Market, just off London Road, tel 01273 677524 and on the web at [www.organicshamanic.com](http://www.organicshamanic.com)

## Raw Food Prep workshops

With Holly and Rob in beautiful Devon:

**March 25th** (10am to 4pm), raw food preparation workshop covering a variety of sweet and savoury dishes.

**April 29 & 30** is the Raw and Wild Weekend where you will learn how to make delicious raw food, find wild greens and explore consciousness with meditation, chanting, etc.

More details [www.funkyraw.com/workshops](http://www.funkyraw.com/workshops) or by phoning 01803 763345

## Breakthrough. a new raw film

"Breakthrough" is an independent documentary film about the life of a raw-vegan family. Storm has been raw for over 30 years and Jinjee for about 12 years. The film shows their beautiful children living and enjoying a natural life. I've just got a copy and will write a full review for the next issue.

More info and purchase on their website, access through [www.funkyraw.com/breakthrough](http://www.funkyraw.com/breakthrough)

## For Sale

Excalibur Dehydrator, 9-tray - Julie Silver, 0161 798 5063 (Manchester)

Please send anything for this page (news, events, for sale, etc) to [magazine@funkyraw.com](mailto:magazine@funkyraw.com)  
You can also list your events on the Funky Raw website at [www.funkyraw.com/events/events.php](http://www.funkyraw.com/events/events.php)

## Raw Chocolate Training

Learn how to make a range of delicious raw chocolate goodies including Easter eggs. **April 1st** from 11am to 3pm, Gerrards Cross, Bucks. To book email [events@therawlifestylecoach.com](mailto:events@therawlifestylecoach.com) or phone 0700 340 1233

## 'Food of Life' Festy.....

.....a one day celebration of 'All things Raw and Beautiful', **Sunday June 4th**, at the Old Market Hall, Hove .....brings together bright minds and hearts, inspired by 'Raw' and the Healing Power of Sound- and is blossoming by the minute!

By day, there will be presentations and demonstrations. Nine presenters share their insights, including Holly Paige, Kate Wood, Gela Stokes, Steve Charter, Mike Nash, Jill Swyers, Phil Grist, Joel Gazdar....Julie Cuddihy (Siridatta, kundalini yogini- will give a 'Wake up and Roar!' session)..... Matt Monarch, author of 'Raw Spirit', from Ojai, California will be here too, plus, hopefully, all of you (don't worry you don't have to give a talk- just bring your bright vibe!)

'Active Lightworks', a Brighton based holistic charity, provide a 'Healing Haven' of various therapies.....there's a puppet show, clowns, raw kid's candy store, face painting, a small indoor garden, local organic produce, a high vibe juice and smoothie bar and raw deli outlet.

An abundance of stalls, Funky Raw, Raw Living, Raw Chocolate Paradise, The Food Clinic, Innerlight, Jill Swyers, and local community groups.....ambient music, displays and visuals....the 'daytime' folds to a close at 5 to prepare for an evening of Raw Prasad, Twin Crystal Bowl Sounding and Healing, Sacred Indian Music and a chance to dance until 10.30 p.m.

At the time of writing, I'm talking with Chad Sarno about creating the Raw Prasad.....and Chad will definitely be giving a Raw Chef Training in Brighton on June 10th and 11th.

Tickets for the day up to 5.00pm will be around £2 so that everyone can be there if they want to.....the evening price is still being juggled, depending on funding...you can just know it will be as low as practical....whilst honouring the energies that everyone brings in.

The Vibe of the Festy- is 'engage in the positive and what doesn't belong to whole health (ours and the planets) naturally falls away' + 'inform with delight and celebration, no need for persuasion'.

Anyone interested in being part of 'Food of Life' or in knowing more- please contact Sue on [sharedgrace@hotmail.com](mailto:sharedgrace@hotmail.com) - or call her on 01273 385973 or Chris on 0239 2611607 or [fol\\_chris@hotmail.co.uk](mailto:fol_chris@hotmail.co.uk) There's an interim web site with details on [www.foodoflife.moonfruit.com](http://www.foodoflife.moonfruit.com) plus more on [www.rawbrighton.moonfruit.com](http://www.rawbrighton.moonfruit.com) and these will link through to the real site when it's up. Some of the above details may change, but this gives an inkling of what you can look forward to!



# Radiant Children (eBook) by Tish Clifford

I have been putting the information in this book into practice for about a year now I feel able to comment on it from

a very practical perspective. Tish came into my life towards the end of the year 2004 – a year where I had been struggling with low energy levels and an assortment of problems which included the slowing in my children's growth and tooth decay in their milk teeth while trying to continue a third year of a totally raw diet. I was reluctant to go back to cooked food because I so much prefer how they and I are on raw but it was obvious something was missing. Then in summer 2004 the dam burst and the children and I were wolfing down each day what would probably be to normal people a week's supply of dairy and other animal products. I will spare you the details. We were catching up. Three years active and breastfeeding two children on a diet that on hindsight was missing crucial factors had left me seriously depleted – fortunately because I had been breast-

feeding my children I took the brunt of it but they were also showing signs of deficiency. So how could this be? I had read up everything the raw movement could tell me and was eating what I understood to be the ultimate diet, flax oil and all. I had questioned various leaders in the raw movement as to our predicament and they had not been able to help. Interestingly hardly anyone manages to bring up children on a 100% raw diet. Could it be that the information we have been given so far does not give us the complete picture? I am suggesting that this is the case and that *Tish's book fills in those missing pieces of the jigsaw.*

It took me a few months of extra eating to catch up with our nutrition but after a stay at Tish's house and experiencing how good we felt on the diet her family eat every day I adopted a similar way of eating and we have gone from strength to strength since and our lives have reflected this. We eat a virtually total raw diet with irrelevant exceptions such as heat-dried spices and pumpkin seeds and un-pasteurised goats milk getting slightly scalded when it lands in our rooibosch tea. *Elements in the raw diet Tish recommends are the crucial ones that make the whole raw thing work, synergistically.* What is more, this way of eating gives our children the raw materials they need to build the right hemisphere of their brains and thus gives them potential that we can at present only begin to imagine. My children are so much happier, I am so much happier, and family life is so much more harmonious when we are all raw – I am so happy to find a way to do it that has us

## Review by Holly

all totally satisfied, nutritionally, emotionally and taste-wise.

Tish's children Lexi and Jago are shining examples of what she is teaching – delightfully happy, lively, contented and intelligent children. And Tish is really living her message. Meal times are bliss in her household – everyone enjoying their food without fuss - a parent's dream to see children munching their way through so much wholesome food. And with the help of this book it is achievable. With sufficient desire and commitment and open-mindedness I think anyone can do it. What are we aiming for in bringing up our children? Whatever hopes we have, getting good biochemistry into their brains is, I am convinced, the foundation.

There are two big issues – what to feed children and how to get them to eat it. Tish addresses both these

points. The diet Tish recommends is one that is ideal, I think, for people of all ages. I think adults can seem to get away with a sub-standard diet for longer than children can because they can draw on existing reserves and do not have to grow. In terms of how to get children to eat it Tish comes down in favour of a basically a 'no choice' policy which is one that goes against a lot of popular thinking but is one I have also found works and makes for happy children. Our children need safe structures in this world that they can be creative and playful within. They do not need a choice to eat food that will damage them; they do not need a choice to eat an unbalanced diet. Unfortunately we have drifted so far from our natural state in body, brain and environment that we cannot rely on our children instinctively choosing completely appropriate food. If children are given a meal which they have to eat then knowing this their minds can relax and they find a lot of scope for fun – even deciding which bit to eat first or what to eat with what. They can feel empowered by their achievements in eating the bits that they aren't so keen on, perhaps before the bits they like. Children feel happy and safe with parents who know what they are doing and can set appropriate boundaries and take a lead. This can be a very tall order in this society but we can do our best and make a start at the beginning – getting brain chemistry for ourselves and our children that works.

*Tish's new eBook Radiant Children is available from*  
[www.radiantchildren.com](http://www.radiantchildren.com) ❁

## RADIANT CHILDREN



A personal journey and guide for bringing up vibrant, raw, and natural children

By Tish Clifford





# Cleansing and Rebuilding

## Why and How to go Raw!

### At the Beginning

Welcome to my new column in the wonderful Funky Raw Magazine! I feel deeply honoured and humbled to be writing for such a truly inspiring and worthwhile medium. It's my intention over the coming months to supply you, the reader, with an array of useful information and advice that's ultimately going to help you develop merrily and blissfully, on your quest for pure 'rawdom!' We're going to be covering a different subject of interest each time, and of course, if you have anything you're keen for me to talk about in a future edition, please don't hesitate to get in touch - [jess@therawlifestylecoach.com](mailto:jess@therawlifestylecoach.com)

In this issue, we're going to be answering the two most popular questions that I hear ringing in my head from fellow health seekers and also the most common subjects in emails at the moment for that matter...

### Why should I eat raw ? and How do I start?

Are you toying with the idea of improving the health of your mind, body and spirit? Are you, or do you know of anyone who is wondering how to best go about incorporating more raw and living foods into the overall picture? Maybe you've experimented with this fantastic way of eating in the past, fell off the wagon, and are trying to get back on? Or maybe you've been raw for a while, and just want some more inspiration! If you've mentally answered yes to any of the above questions, then I strongly recommend that you focus your mind entirely on this page, and read on!

### Why raw?

We humans, can decide for a variety of different reasons that the time's right for us to start eating in a more natural way. Start eating more naturally? That sounds like an oxymoron, from where I'm standing! If something's natural to someone, why on earth would one ever consider working against the grain by stopping in the first place, you might ask? During the period of time that man has taken to evolve and slowly move into the present day, we've become further and further removed from living our lives the way nature intended. We've become less intuitive, less spontaneous and less connected to what our bodies want and need. When we make comparisons between the average person's life that's led within society today, and our life as if it were in full balance and harmony with nature;

by Jessica Michael

hectic modern day living dictates that we're unfortunately worlds away from this ideal, and in some extraordinary cases, bare absolutely no resemblance whatsoever! With this in mind, I feel that it's a sure sad fact that humans have developed the brain function and ability needed to send an astronaut to the moon and back, however they can be purely incapable, 'unable' and intolerant of looking after and nurturing themselves in the only way that nature ever intended. In other words, living and caring for ourselves and our families, in a natural way, is therefore being true to ourselves.



'We,' as a western society, have become so obsessed with the latest gadgets, the fastest cars, the biggest houses and the coolest clothes, that we seem to have pushed how to care for ourselves properly, right to the back of our minds, if not right out of our head altogether! Although there is a place for some of these interests in many of our lives, I consider it paramount to re-learn, if necessary, how to be free and wild again! Only then are we able to value the truly important aspects of our life - our optimum health and our genuine happiness. With these two vital ingredients in abundance, we are then able to move forward with a clear head, active mind and a spring in our step!

### But how does my diet relate to all of this?

When good old Gillian McKeith declared, "You Are What You Eat", she was sharing a pretty good point with the masses! The food that we choose to nourish ourselves with, affects our entire lives in a holistic (or whole) way. If we eat rubbish, then our bodies have a tendency to become (and look) rubbish, along with our minds becoming foggy, unclear and surprise, surprise rubbish too! So there we go, a whole knock-on effect has occurred, just by not giving the body what it ultimately wants - natural



nutrition! Getting back to basics is an underestimated tool for re-educating ourselves within the great journey of restoring one's health. For example, let me put a few questions to you - when you last watched a wildlife programme and heard Richard Attenborough commenting on a pack of lions, did you ever notice that one of the pack was suffering morbid obesity and was experiencing breathing difficulties? Have you ever seen a sick, wild Wood Pigeon knocking back doses of antibiotics for its chest infection, after it took itself down to the doctors? And last, but by all means not least, have you ever seen a wild rabbit binge eat, to the point of being so stuffed it has to loosen its fur, for comfort? No, neither have I, and to my knowledge this has never ever happened within the context of the wild, when humans have not intervened! Nature has a way of working things out, providing you abide by its rules, with absolutely no exception. These, in layman's terms are:

- To eat natural foods, (designed for your species!)
- To use only natural remedies on and in your body.
- To have faith in nature and what it can offer you.
- To respect and listen to your body, following your own intuition.

If you only follow 1,2 or 3 of nature's rules, you won't reap all the given health properties that are currently (and for as long as the world exists) on offer. Nature asks that you follow its four golden rules. Of course, other aspects naturally come into the equation, but these are the basic four principles. If you follow these four principles in life, it would be impossible to suffer from being overweight, developing a chronic illness, or suffering a 'breakdown' of any sort.

### **So how do I get started with living and eating more naturally??**

Although living your life and nurturing your body in a natural context is solely one of the most enjoyable and worthwhile tasks a human can do for the self, it really is a pathway of self discovery and ongoing education. We often start out in the beginning at, what I often refer to as, The Level of 100%. At this stage we're raring to go, full of positive intention, and absolutely nothing in the world is capable of getting in our way! We feel great about our decisions to go raw, and nobody's going to stop us! As a newcomer to raw foods we're excited and as positive as can be. We've read Nature's First Law (amongst numerous other raw food books) so cooked food is now poison, and we're never going back to our old habits, for as long as we shall live. This stage is so beautiful and refreshing, and I adore coaching people who are in this place. After a while (which is different for everyone) reality knocks you hard on the head. Your body's heavily detoxing, so you may not be feeling as good and full of energy as people originally told you. Your friends and family are questioning every morsel you place in your mouth and you're craving the foods that you just cut out cold from your previous diet. Bring on the transitioning phase!

When one embarks on a raw lifestyle, it's pretty important that you give your body the time it needs to get used to

the changes, or transitioning that naturally occurs. Some people spend a long time at this phase, whilst others just merrily sail through. Our bodies are unique, so we adapt to diet changes at different rates. A lot has to be said for your pre-raw diet too. If you were a relatively unhealthy, meat-eating, pasteurised milk guzzling being, then in most cases, you can expect a slower transition than a vegan of 20 years! Both people are capable of achieving the same end result - eating a natural raw, vegetarian/vegan diet. Although the routes of getting there will, more than likely, be of a different duration, with different scenery along the way! But please, don't let any of this put you off - you're embarking on one of your most interesting, worthwhile, life-changing trips to date. So be prepared for life to never look so good, and make a change for the better!

### **What should I do next?**

I always start by telling people to take things slowly. If you jump in fast, you might find yourself jumping out again just as quickly! Since it takes 21 days to change a physiological pattern, it's just one more reason to take it easy. Enjoy each step, and feel your body react. Learn to listen hard to what your body is trying to tell you. If you find this difficult to start with, fear not, it only gets easier!

- If you drink tea, coffee or soft drinks (I like the way they call them 'soft,' I'm sure you wouldn't refer to them as soft when you've seen what they can do to your internal organs!) start to cut down, in order to stop. If you like to snack during the day, start by introducing natural fruit only. This can be fresh or dried.
- You can begin adding either a freshly squeezed fruit juice or a raw fruit smoothie into your day. The easiest time to do this is after you first wake up in the morning. After the night's 'fast' break this fast (now you understand where the term breakfast comes from) with something natural.
- Make sure that each of your meals contain at least 2 raw ingredients. This might be fresh leaves in your sandwich, and cucumber on the side or raw avocado and cheese, with pieces of mange tout with your baked potato. Start cutting down on meat, and replace it with fish or vegetarian substitutes such as tofu or quorn.
- Make just one of your meals that day raw. Most of the people I coach have found breakfast or lunch the easiest meals to replace at this stage. If you choose breakfast, introduce lots of different fruits. Choose brightly coloured, ripe pieces and make it look yummy! If you choose lunch, buy lots of different types of leaves, add ripe, juicy tomatoes, green onions, and whatever's in season. Create a feast that makes your mouth water, imagine how the flavours will tantalise your taste buds! If you're feeling brave, you could even add a raw salad dressing.
- Eat only fruit up until 12 noon, therefore your body gets a whole morning of being fed live food, which is bursting with nutrients! If you feel bloated, keep off the dried fruit, choose fresh and ripe, and drink as



much filtered water as you can. Start to cut the meat and fish entirely out of the diet.

- Replace a second meal with a raw option.
- When you feel ready, try a sample 100% raw day.
- If the sample day does well, do alternative raw days throughout the week.
- Try a sample 100% raw week.
- If this goes well extend it to two weeks.
- Reflect on how you feel. If you are feeling good (you usually are by this stage) aim for a raw month.

It's vital that you stay open minded though. If you slip up, all is not lost. Pick yourself up, dust yourself down, and get back on track. It's not a crime to make a mistake, but it's a crime not to learn from it, so work out where and why you went wrong. Really listen to your body. In many cases, I find people fall down when they haven't had a chance to organise what they're going to eat properly, and they ended up getting hungry. Maybe they've been busy.

Maybe they became side-tracked. Either way be prepared. Carry food on you and if you go out for a meal, take a raw dip and some raw nuts to sprinkle over your salad. You're in control of your actions, only you can make being raw work successfully. Enjoy every moment and visualise your health improving. Imagine what you'll look like, who you'll be with and where you'll be this time next year, if you focus your energy on your raw lifestyle now.

Look forward to more tips, advice and coaching in the next edition of Funky Raw.

Good Luck! Wishing you all the best on your raw journey of transformation.

*Jessica Michael the UK's first Raw Lifestyle Coach. She focuses her attention on helping people to achieve a level of raw living that suits them. She pays close attention to coaching in a holistic way, incorporating the lifestyle as a whole, and moving away from the "raw food only" conventional approach. For more information, visit her website*

[www.therawlifestylecoach.com](http://www.therawlifestylecoach.com) ❁

## Superfoods: Hemp

As I sit here drinking my hemp tea (from Yorkshire Hemp), how can I write about anything but the fantastic plant that is known and loved across the world for its many powerful attributes? And because hemp is so wonderful, and there are so many usable parts to it, I'm devoting my whole column over to this one plant.

I'm fully aware that many of you reading this will already be well acquainted with the hemp plant (Hey Free, how are you doing?), so if I bore you, then please skip straight to the recipes, because you'll love them, I promise!

### A potted history of hemp

Hemp was one of the most significant crops in modern day agriculture - until about 100 years ago when it was banned from being grown in the UK and other countries. Because of this, most people's grannies would think hemp was just one of those naughty plants that makes you talk endlessly about things yet do nothing. We obviously know it's not the case, and you'd be sick before anything else could happen to you if you tried to smoke the hemp that's now legally grown in the UK. Yeah, they lifted the growing ban for commercial use in 1993!

And so they should! Hemp has been part of our history for so long that hemp paper was used for the first draft of the American Declaration of Independence. In addition to that, the Magna Carta and the King James Bible were all written on it. Contrary to the USA's presence government stance now, those trusted presidents of old, Washington and Jefferson, both encouraged the growing of hemp as a



by Shazzie

crop. There was recently a reclassification for smoking cannabis in the USA, it's not now illegal for most people, but it's still illegal to grow or import it. Hm, I wonder where it comes from, then?

Until 1800, hemp oil was the most consumed lighting oil in the world. Up until the late 19th century, most twine, rope, ship sails, rigging and nets were made from hemp. In 1935, 116 million pounds of hemp seed were used in

the USA just for paint and varnish. In the USA, as patented "plastic fibre" from Du Pont came on to the market around the 1930s and as marijuana was banned, hemp suffered a demise to the point of no return.

Hemp will probably have a bad reputation for about another generation, because it is slowly being regenerated throughout the world. And quite rightly so as it brings us food, rope, clothing, paper, oil and drinks. And the saying "what goes around comes

around" is surely true for hemp: Henry Ford used hemp in his first ever car. These days, Ford, Vauxhall, Mercedes and BMW are all testing hemp for their car construction.

Hemp even has the royal seal of approval. The medicinal benefits of cannabis use are well documented as is Queen Victoria's monthly use of it to ease her womanly pains. These days, our Queen Elizabeth has her horses sleep on hemp horse bedding! Prince Charles, who wants the ban on kava lifted, has had to deal with the media attention of his son Harry smoking cannabis. However, in December



1998 and again in May 2000, he publicly asked elderly multiple sclerosis sufferers: "Have you tried taking cannabis? I have heard it's the best thing for it."

### The whole of the plant

Hemp is very unique in that when it is harvested, it leaves the soil in a more nutritious state than when it was planted. If farmers were able to freely grow hemp, they could rotate their vegetable and cereal crops with hemp to produce more nutrient dense foods. Hemp is such a strong plant, that farmers don't "need" to spray it, so it's naturally organic (organic in the true sense of the word, not the marketed money-making sense, which is another story!).

Because the whole plant can be used for hemp by-products, there's no wastage.

These two points make hemp the most sustainable crop in the world. Thanks to the current hemp revival, we can even buy the edible raw seeds in The Church Of Tesco! In fact, there are so many hemp products now, you can find hemp clothes, beauty products, seeds and leaves (including leaf tea), oil, paper, CD covers, car interiors and so much more. My company, Detox Your World ([www.detoxyourworld.com](http://www.detoxyourworld.com)), sells seeds in bulk 1 kilo bags, as we know how raw foodists love to buy these things in bulk! We also stock raw hemp seed butter, organic hemp protein powder, Yaoh raw food hemp bars and Yaoh hemp lip balm. The list of hemp products available now is endless, topping over 100,000 commercial uses. Thank goddess for that!

### Hemp fashion

If you're looking for beautiful, out of the ordinary hemp clothes, then have a look at these three shops:

Inbi-Hemp [www.inbi-hemp.co.uk](http://www.inbi-hemp.co.uk) (Pretty and practical)

Enamore [www.enamore.co.uk](http://www.enamore.co.uk) (Very stylish and expensive)

THTC [www.thtc.co.uk](http://www.thtc.co.uk) (For all those into street living)

### Medicinal hemp properties

OK, so as this is a superfood column, I guess I should talk about the properties of hemp. I told you this one would need more space, it's such an exciting subject! Did you know that hemp was used in about 90% of all medicines before the introduction of those dangerous and ineffective things called pharmaceuticals? Here are some of the reasons people use hemp/cannabis in a medicinal capacity:

- Stomach — Hemp can protect the stomach and can stop vomiting. Even chemo patients use hemp to stop vomiting after they've had their treatment. The chemical responsible for this is tetrahydrocannabinol, and its use has even been approved by the USA FDA for this purpose!
- Pain relief — People with strong pains (especially those with malignant tumours and rheumatic conditions) benefit from using hemp.
- Appetite — Anorexic people have been prescribed hemp to stimulate their appetite.

- Ocular relaxant — People with glaucoma use hemp to diminish ocular pressure.
- Asthma — Hemp is a good bronchial relaxant in asthma (when inhaling the dry herb).
- Anxiety — Hemp eliminates anxiety and reduces nervousness.

### Nutritional hemp properties

The seeds are tiny powerhouses of nutrition, and are frequently referred to as the most nutritionally complete food source in the world. They can be turned into the most delicious mylks, butters, burgers, energy balls, smoothies, soups and other treats. They're not expensive, either. You can buy whole ones for making mylks (you strain the shells), and shelled ones for adding to salads and other foods.



Hemp seeds are full of brain building essential fatty acids (in the right proportions, unlike flax). The seed contains about 35% oil, so it's vital to keep your seeds stored in a cool dark place to keep them fresh. They contain all the essential amino acids, and many more, making them a complete-protein food. Because of the science-bit type of protein available in hemp seeds, they can help a suppressed immune system immensely by ensuring you have a reservoir of immunoglobulin resources needed to make disease destroying antibodies.

Good quality hemp protein powder is made up of 50% protein, and is an excellent way for raw foodists to easily obtain enough protein daily. My dad, who doesn't eat meat, had just two days on hemp protein powder before his energy skyrocketed. If my dad can be sold on it, then there's hope all around the UK!

Not to be outshone, the leaves are also extremely tasty and nutritious. Where to find lovely fresh hemp leaves for salad? First off, it's illegal to grow hemp in the UK without a license. Penalties vary from nothing to imprisonment, depending on your intended use, distribution and the police or judge that you get. However, I'm sure if you fed the birds some hemp seed and the seeds fell into the ground, and they grew to just a few inches, those little leaves would be very tasty in salads, and the plant itself would be wonderful to juice at the end of its life or when it became too conspicuous. And, despite what anyone says, that won't get you stoned. Ah! But it will relax you because it's a green alkalising plant. It will do all those things that alkalising plants do, and so you'll feel better than stoned, you'll feel alive!



Finally, however you find your hemp seeds or leaves, please feel and notice that it vibrates at a really high level, just like raw foodists can. Now that's why we go so well together, and that's why we respect this superherb.

### Recipes

Hemp is so versatile to use in recipes. The fresh leaves are a perfect addition, you only need one or two of the really young ones to perk a salad up. The oil makes the best tasting dressings, and the seeds can make wonderful pâtés, burgers and mylks. Here are two of my favourite hemp recipes.

#### Hemp croquettes

1 cup of shelled hemp seeds, unsoaked  
1 cup of almonds  
1 clove of garlic  
2 cups of carrot pulp  
2 sundried tomatoes, soaked for at least a few minutes  
1 teaspoon of dried mixed herbs  
1 red pepper  
A pinch of sea salt  
1 level teaspoon of paprika (mild)  
Extra shelled hempseeds for rolling in (the croquettes, not you, you'll get covered!)



I make these straight after making a juice, so that I've got fresh pulp and I don't need to clean the juicer twice! Run

everything through your masticating the juicer, apart from the carrot pulp. Mix everything together by hand to get some extra love into it. If you don't have a juicer, then blend everything in a food processor, until it sticks together.

Take a golfball size of mixture, roll it into a ball, then a sausage, then flatten the ends by standing them briefly on a plate. This mixture is very soft, so it's easy to work with.

Roll the croquette into some spare seeds, and see them all stick to it. Put each one in the dehydrator as you make them, then dehydrate at 115 degrees F for about 6-8 hours. This is great timing if you do it in the morning, as it makes them ready for a lovely warm teatime! I serve these on lettuce wraps with chunks of salad and cashew mayo.

#### Hemp mylk

1 cup of whole hemp seeds, soaked at least 6 hours  
1 pint of cold water  
1 pinch of sea salt  
1 teaspoon of raw agave nectar

Rinse the seeds and discard the soaking water. If you have a Yaoh Hemp Milk Maker, then follow the instructions on there to make the mylk. Otherwise, add all the ingredients to a blender and blend until it looks like no more seeds are being pulverised, then strain it thorough a cloth. Try this in a warm brew of yerba maté, I can't describe how wonderful it is!

Shazzie, [www.shazzie.com](http://www.shazzie.com) ❁

## This month I have mostly been eating...

Wild Garlic or Ramsons (*Allium ursinum*)

by Rob



Actually, that's not true. Next month I will mostly be eating wild garlic, currently we are having a little bit with our salads as it is only just beginning to shoot up. It generally grows in woodland areas and the best way to find it is by it's smell! Although don't let the smell put you off, it's much milder than cultivated garlic.

As always, there is need for care when picking wild greens.

#### Dream of Wild Garlic Soup by Holly

1 big handful wild garlic leaves  
2 tomatoes  
2 sun-dried tomatoes  
1 avocado  
1 teaspoon or flax oil  
1 tablespoon lemon juice  
1 ½ pints water

Blend all ingredients until smooth. ❁



# Recipes

## Raw Chocolate

Servings: makes about 25 truffles

Time: 30 mins

Equipment: High speed blender (eg Vitamix or Newgenia)

- 1 cup cacao beans or nibs
- 1 cup sesame seeds
- 1-2 cups fresh dates, pitted
- 2 teaspoons vanilla extract

First put the cacao in the blender and, at full speed, grind it to a fine powder. Remove and transfer to a mixing bowl. Put the sesame seeds in the blender and grind them up in the same way, then transfer them to the mixing bowl too. Finally, put the dates in the blender, making very sure there are no stones left in. I only use one cup of dates, which makes a very deep chocolaty truffle, similar to plain chocolate. If you have a sweet tooth, you may want to add more dates - two cups should be plenty. If you have good fresh dates they should turn to a mash almost instantly. Transfer to your mixing bowl, along with the vanilla, and with your hands, knead all the ingredients together to a ball. When it's fully mixed into one huge lump, break off small pieces, about the size of a walnut, and form into balls. If they're for a gift or a party, coat them in desiccated coconut for a professional finish. Stored in the fridge it will keep for up to two weeks.

Kate Wood - [www.rawliving.co.uk](http://www.rawliving.co.uk)

## Love Bombs

These are just magic and so far everyone loves them.

- 1 cup Extra Virgin Coconut Butter
- 1 cup Goji berries
- 2 tsp Camu Camu

Blend it all together. Scoop tps of the mix onto a big plate and put in the fridge to set. Magic!

Lara Barge - [www.rawliving.co.uk](http://www.rawliving.co.uk)

## Canarian Moca Magic

This is a canarian dip, but I love covering my salads in it or even as a soup when I'm brave.

- 200ml Extra Virgin Olive oil
- 100ml Apple cider Vinegar
- Big bunch Parsley/Coriander
- 1/2 to 1 bulb garlic
- 1/2 tsp ground Cumin
- 1/2 tsp salt
- 1/2 tsp pepper

Blend the vinegar, garlic, cumin, salt and pepper till smooth. Then add fresh herbs and continue to blend. To finish slowly pour in the oil, stirring continuously.

Lara Barge - [www.rawliving.co.uk](http://www.rawliving.co.uk)

## Magic Pudding

I have a passion for pudding. I think an important part of my mission on this planet is to feed the world with pudding. Please join me in this joyful enterprise by feeding your family pudding!

- 1 avocado
- 1 banana
- 2 tsp coconut oil
- pinch Himalayan sea salt

Spoon the flesh of the avocado into the blender. Add the peeled banana, coconut oil and a pinch of salt. Blend to a gorgeously irresistible thick cream.

This is my basic recipe, to which we usually add superfoods like cacao, goji berries, pollen, maca powder, or purple corn, for extra breakfast buzz.

Kate Wood - [www.rawliving.co.uk](http://www.rawliving.co.uk)

## Happy hemp sauce

- 1 tbsp tahini
- 1 tbsp hemp protein powder
- 1 tbsp hemp oil
- 1 tbsp nutritional yeast flakes (not raw)
- 1 tbsp apple cider vinegar
- 1 tsp unpasteurised miso
- 1/4 tsp kelp powder
- water to blend

Mix everything together in a bowl with a spoon. Add a little water to make a dip for veggies like carrots and peppers or add more water and make it into a salad dressing for mild greens like rocket and romaine lettuce. Hemp is a real superfood, an amazing source of protein, minerals and fatty acids, and an essential part of a raw child's diet.

Kate Wood - [www.rawliving.co.uk](http://www.rawliving.co.uk)



## Sea Dumplings

- raw nori sheets
- sea salt
- avocado (ideally, fuerte variety)

Scoop ripe avocado from shells with a spoon in rough tablespoon size

Using scissors, cut raw nori sheets in half

Quickly wet nori in a bowl of pure water, lie nori flat, place a tablespoon scoop of avocado in the center, and wrap wet nori around

Pinch and twist nori like a candy wrapper around the avocado

Immediately before serving, grind sea salt to taste over dumplings

Tonya Kay - [www.tonyakay.com](http://www.tonyakay.com)



### Chocolate Fruit Cake

- 80g pumpkin seeds (soaked and drained)
- 60g walnuts (soaked and drained)
- 15g goji berries
- 60g currants
- 4 dried apricots
- 3 dried figs
- 2 tablespoons coconut butter (coconut oil)
- 4 tsp raw chocolate powder
- 2 tablespoons cacao nibs
- 1 tsp maca powder
- 1 tsp raw cacao butter

Put all ingredients into a food processor and process until you get a cake like consistency.

Form into a cake and decorate with goji berries and walnut halves.

Rob - [www.rawrob.com](http://www.rawrob.com)

### Power Breakfast

- 1 banana, thinly sliced
- small handful of sunflower seeds
- small handful of sultanas
- 1tbsp maca powder
- 1tbsp hemp protein powder
- 1tbsp carob powder
- ½ tbsp yacon syrup
- ½ tbsp hemp oil
- small handful of goji berries
- a little almond milk to blend

Combine all the ingredients in a bowl, adding in fresh almond milk to desired consistency. ENJOY.

Starting the day with such a beautiful, sustaining breakfast is more than enough to remind me how blessed I am: it is such a joy now to take care of myself with the best quality, raw foods I can find, like these.

Angela - Recipe eBook available on [www.rawreform.com](http://www.rawreform.com)

### Cauliflower Cheese

- 1 cauliflower
- Hemp milk made with 150g hemp seed, soaked and juice of 4 oranges (recipe on page 11)
- 30g sunflower seeds, soaked
- 30g pumpkin seeds, soaked
- 40g walnuts, soaked
- 60g parmesan cheese (this is usually unpasteurised)
- 1 Tbsp flax oil



Chop up cauliflower into bite size pieces  
Blend hemp milk, seeds, nuts and cheese  
Pour over cauliflower and dribble flax oil over

Optional extra: add a tiny bit of chilli or chilli oil to the sauce.

Holly - [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk)

### 'Mayonnaise'

- 1 cup pine nuts
- Flesh of 1 avocado
- ½ tbsp (oil-soaked) chopped garlic
- 1 tbsp lemon juice
- ½ tsp Himalayan or Celtic sea salt
- 2 tbsp apple cider vinegar

Blend all ingredients together until creamy and serve

Angela - Recipe eBook available on [www.rawreform.com](http://www.rawreform.com)

### Chocolate Icing

- 3 jumbo medjool dates or 4 normal sized ones, the juicier the better
- 4 teaspoons raw chocolate powder
- a little raw milk

optional:

- 1/2 teaspoon coconut butter

Mash all the ingredients together with a fork adding milk until you get the texture you want. This could be used as an icing, buttercream, etc, might go well on the fruit cake above!

For an exquisite chocolate sauce for use over icecream or indeed any other dessert just add more milk.

Holly - [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk) ❁

## Ultimate Raw Chocolate Training with Jessica Michael 'The Raw Lifestyle Coach'

Did you know that chocolate can be highly beneficial to your health? Come and find out how to gain the benefits of including pure raw chocolate in your current diet. Weight loss, detoxification, appetite suppression and increased libido are just some of the side-effects you can look forward to experiencing!

Date: **Saturday 1st April 2006**

Time: **11am - 3pm**

Price: **£40 per person**

Venue: **Gerrards Cross, Bucks -**

Close to London

(in easy reach of the M25 and M40, with a rail service from London Marylebone)



Places are limited, secure yours now by emailing [events@therawlifestylecoach.com](mailto:events@therawlifestylecoach.com) or call **0700 340 1233**



**A one-off event which truly shouldn't be missed!**



# Cleansing, Dreams and DNA changes...

by Aranya

Following in many of your footsteps, I started an Ejuva herbal cleanse late in December. It was my first time & long overdue, but for the first couple of weeks, while building up the intake of herbs, nothing of great note took place. Then, on the first night of the third week after my first day on just one meal, I had a dream that was so powerful it woke me. I have no idea what preceded the moment, but I remember standing, looking down at an ex-partner of mine. She looked up at me & a powerful wave of emotion flooded through me. We hugged & I cried freely. Then I woke. I lay there in deep contemplation. Wow! Where did that come from? Our relationship had been so full of anger at the end (the only time a relationship of mine had ever ended this way), but this emotion manifested from a our mutual desire to not lose our strong connection. It wasn't enough, after three years living together the anger blew us apart & maybe its lingering presence had prevented me from ever grieving our breakup. Finally, over five years on, that release was now being made possible in my dream.

Unexpectedly, the following night we met again in the dreamworld. I had come to collect a bag that I had left behind, but she seemed reluctant for me to take it. I said that I was happy to leave it if she wanted it & she said that she did. I walked away, cheerfully saying "See you in the next life" & adding "Let's not be angry next time"... a real plea from my heart, suddenly sad that we had chosen to live out that scenario this time around. It felt an appropriate closing for us & I feel reassured, that she valued what I had left her in the way of 'baggage'.

By the third night I was curious if we would meet again, but perhaps we had finally closed now & there was no need to. Instead I met a woman who I was never involved with intimately, but twenty years ago I would have liked to be. She still lives nearby with another friend who she met back then & their four children. For a while we were quite close friends & we had really good conversations, but never intimacy & after a time it became clear to me that it wouldn't have been right anyway. So I was surprised in the dream to find myself in a developing intimate situation with her. At first it seemed very nice, but then I realised that it actually wasn't what I wanted & I decided to pull away.

Then, the really interesting bit happened! I next found myself in a toilet having diarrhoea (bear with me, this really is relevant!). There couldn't have been a clearer connection made between the two events & I awoke pondering how our emotional baggage really can get stored away in stuff that we store up in our bodies. The connection was obvious now; I was de-toxing physically, eliminating long-held waste from my intestines & colon & as it was coming away & being released, the associated emotional experiences were being given the chance to be released too. The comfort foods that I ate to originally suppress those emotional releases really had gathered

them up & packed them away in my body where they have been slowly poisoning me. This was as powerful a revelation as the one I experienced in the Autumn about energy following my focus of attention. Both had been theoretical ideas that I had entertained as truths, but now I had experienced them both to be real... So, we should really only eat when we are feeling good!

An interesting little addition to that last dream was to then watch lots of lemons being squeezed, one after the other, in a multitude of different juicers. Yes, of course I knew that lemon juice would help my cleanse, but my body was actually asking for them – in no subtle way!

My dreams of the fourth night took me in another fascinating direction. The first thing I remember when I woke was meeting my ex-wife (who I split with over ten years ago). I don't remember much of our interaction, but that it was there at all was significant enough & fitted with the pattern of the previous three nights. I also met another mutual friend from when we first met who gave me some kind of feedback about an issue I have to resolve around marriage... While at the same time I was drawing two entwined serpents on the floor. Later when I awoke I also remembered dreaming about a water jug with a handle made from three entwined strands.

Then there was a whole lot of other stuff going on. I found myself on a double-spiral staircase that didn't match the floors of the building I was in. Having climbed up the wall onto one of those floors, I was then trying to get back down again via the staircase, but with the pieces of paper & photos that I was now holding on to, I couldn't climb down. I went in search of someone & they offered that "It's no wonder that they didn't get asked to do many jobs" referring to the company that built the stairs. She seemed resigned to the situation, but I wanted to leave, as where I had found myself was clearly not home.... Upon waking, I realised that there was so much potential metaphor in here around DNA. The two-dimensional depiction of the two-stranded version versus the three-dimensional depiction of the three-stranded one. Also, the staircase not fitting to the floors... maybe a metaphor for dimensions. Maybe the way that our current DNA fixes us into this reality to enable us to experience it? There are so many ideas there to ponder, but that would be another article entirely....

But my last question about all this is; "Why is this happening to me now & not ten years ago?". I would suggest that given my enthusiasm in taking up the raw diet back then, I was probably somewhat physically healthier & in a better state for this to occur. But maybe I just wasn't ready emotionally... or maybe it just wasn't time. Maybe there are other factors<sup>1</sup> at play here too, that are enabling this to happen now. Gregg Braden proposes in his book



'Awakening to Zero Point' that the Earth's magnetic field is falling to zero & that we are close to a pole reversal, while at the same time the Earth's base resonant (Schumann) frequency is rising. These & other related phenomena are it seems being noted by scientists the World over & the only records we may have to describe such a similar time are in the ancient texts. Gregg reminds us that all the ancient calendars end in these times & of course if the Earth really were to stop rotating one way & start going back the other (& there are stories in old texts that describe this happening in the past), then of course we would stop counting & start again! Gregg's hypothesis is very interesting & if true will affect us all (in a really amazing way I suspect). So perhaps, it's just that the Earth's falling magnetic field is no longer supporting us in

holding onto this old emotional baggage & this is why I'm having these amazing dreams now... Whatever the reason, I'm still fascinated by them & find myself eager to see what comes next (night five & beyond). And even if nothing else does (which I doubt), I've already experienced a cleansing beyond anything that I had expected.

Surely, I'm not the only one that this has been happening to? ❀

<sup>1</sup> So much is going on, that I have been inspired to create a website to try & pull together a whole bunch of complementary ideas about what is happening to us collectively. [www.realitybubble.org.uk](http://www.realitybubble.org.uk) may be up & running by the time you read this...

## Taking the Piss Confessions of a Urologist

When the notion of drinking ones urine was first recommended to me I thought 'No way'. Several years later, having observed the positive effects it was having with my Raw Hempstar friends, I thought why not, I'll give it a go. I remember the moment very well in May 2001, standing in my friends garden in Southern Spain, staring out to Africa, and taking that first gulp and thinking 'wow, this tastes great, what have I been missing out on?' Not only did it taste good it but it was also doing me good.

So why is urine therapy so good? Well urine is like a bio feed back loop giving us a holographic blueprint of our perfect design self. Urine, or plasma ultra filtrate, to give it its medical name, is basically purified blood, consisting mainly of water (95%), urea (2%) and the rest is a mixture of chelated minerals, salt, proteins, hormones, enzymes, amino acids and any antibodies that you need to bring you back into perfect balance and good health. This is a bit of an over simplification, as A.H. Free and H.M. Free in their study 'Urinalysis in clinical Laboratory Practice', stated that although 200 constituents were listed in their study, these were only a list of compounds of interest, and that urine contains thousands of compounds, and as more sensitive tools of analysis evolve, it is quite certain that new constituents of urine will be recognised.

So lets look in a bit more detail at what urine is, how it is made and what's so good about its constituent parts.

Our hearts pump blood around the body, providing vital oxygen and nutrients to every cell in the body. As it is pumped around the body it passes through the liver and kidneys. One of the main jobs of the liver is to remove toxins from the blood which it then either stores or secretes into the gall-bladder where it ends up in bile, which then leaves the body as feces. After the liver has purified the blood it flows into the kidneys. The main function of the kidneys is to balance out all elements in the blood. They remove any superfluous vital substances from the blood, and filter out a surplus of water. This surplus supply of vital substances and water is then pumped down the urethra to the bladder where it is stored as

by Free Rob Cannabis

urine ready for release and if wise, recycling. I now hope you can see that urine is not a waste product but a surplus supply of very pure, sterile, structured water and vital elements.

So what of these vital elements found in urine? (The following list has been adapted from several of the books listed in 'recommended reading')

Urea- is an end product of protein metabolism. It gives urine its antibacterial properties. It is an oxidising substance, preventing the spread of infection, and an organic solvent, dissolving fats and other natural body secretions.

Uric Acid – helps to control the spread of free radicals within the body and slows down the aging process.

Antineoplaston – selectively restricts the growth of cancerous cells within the body without affecting the growth of healthy cells.

H-11 – restricts the growth of cancer cells and breaks down existing cancerous tumours, without tampering with the bodies own natural repair process.

3-methyl glyoxal – destroys cancer cells.

Allantoin- produced from the oxidation of uric acid, it is a nitrogenous crystalline substance that promotes wound healing.

Agglutinins and Preciptins – neutralising properties against polio and other viruses.

Gastric secretory depressants – inhibit the growth of peptic ulcers.

Natural cortisone- Potent healing agent that also helps you deal with stress.

DHEA (dehydroepiandrosterone) – is a steroid secreted by the adrenal gland and excreted in relatively large amounts in urine. DHEA prevents obesity and is said to



extend the lifespan and be a possible treatment for aplastic anemia, diabetes and breast cancer in women. DHEA stimulates the bone marrow and increases the production of all bone-marrow elements.

Protein globulins - contain antibodies to specific allergens, found to be identical to the proteins in serum immunoglobulins.

Prostaglandins- lower blood pressure and can act a birth control agent.

Renin- maintains the body's vascular tone.

Urokinase- this enzyme is a powerful artery-dilating agent.

Urine therapy is one of, if not the oldest and safest medical practices. It's interesting to note that before the advent of written language, when we used symbols to denote important materials or elements, urine had it's own specific sign, a circle within a square.

Its origins are believed to stem from India, where a 5,000 year old document called the Damar Tantra, contains 107 verses describing the practice of 'Amaroli' (urine therapy), now often referred to as the 'Mother of all Medicine' by Ayurvedaic practitioners. The document refers to the practice of urine therapy as 'Shivambu Kalp Vidhi', or 'Shivambu Kalpa' ('the water of Shiva') and gives details of how it should be done. Though I do not agree totally with all the recommendations I go along with the main point of collecting the mid stream of the first passing of the day (verse 7). Being a bit of Shivite myself, I also tune into the more subtle recommendations of facing east and reciting the following mantra as you collect the 'Shivambu' : 'Om Rhim Klim Bhairavaya Namaha' (salutations to Bhairav) and then when drinking the urine reciting in ones head 'Om Shrim Klim Uddamaneshwaraya' (salutations to Uddamaneshwara) (Verse 46).

The claims made about urine therapy within this text are quite staggering. Verse 9 states that 'Shivambu is a Divine Nectar! It is capable of abolishing old age and various types of diseases and ailments'.

Verses 11 – 21 explain how the longer 'Shivambu Kalpa' is drunk, the fitter and healthier the disciple of this path becomes. From verse 11 it explains that after one month of practice, one's body will be internally cleansed and after two month's it will stimulate and energize the senses. Further verses then explain how the longer you stay on this path you body transforms internally and externally, mastering the elements until in verse 19 the claim of immortality is made after 9 years of practice. Verse 21 goes even further by stating that after 12 years of drinking Shivambu it 'enables one to be as long lived as the moon and the planets. Dangerous animals such as serpents will not effect one in any way; serpents' poison will not kill the follower. One can float on water just as wood floats and he will not drown.'

Though much of the narrative is between Shiva and Parvarti, it does not actually mention why Shiva divulges

this information, however the last verse, verse 107 explicitly tells Parvarti to keep this information secret. But why did he tell her in the first place. According to Coen van der Kroon, author of 'The Golden Fountain', in a story that was passed onto him by word of mouth, Shiva refuses to tell Parvarti of his secret of immortality until she refuses him any sexual contact, at which point Shiva reveals his secret; he drinks his own urine.

The fact that Shiva wished to keep the details of 'Shivambu Kalpa' secret only makes me more interested in it. I now feel that 'Shivambu Kalpa' ties in with the legends of the Holly Grail. Though there is much talk about the blood line of Jesus having been brought to Rennes-le-Chateau by Mary Magdalen and the possibility that Berrenger Sauniere found the Grail Chalice during excavations there, my feeling is that Sauniere found texts about various practices that the Roman Catholic Church, an organisation built on lies and death to those who dare challenge its doctrine, wanted to remain secret. My feeling is that the secret of the Holy Grail, and life ever lasting is simply drinking of the Pure Blood. The medical name for urine is plasma ultra filtrate, so the original name for the Holy Grail, Sangreal, which translates to Pure or Royal Blood, is urine. So that's it. Purify the body through diet and lifestyle, and then drink of the pure blood, and this is the 'secret' of ever lasting life.

Though Urine Therapy is well established in India and the East, its use in the West is seen as somewhat weird and eccentric, though this attitude is changing, helped in part by several Hollywood actors revealing their use of it. I feel the disgust that many people have towards urine therapy is that after a lifetime of eating meat and dairy products, drinking alcohol and possibly smoking and taking drugs they are very out of balance and acidic. This will no doubt make their urine cloudy, foul smelling and disgusting to taste. Ancient and modern texts surrounding urine therapy make a big emphasis about the importance of diet while practicing urine therapy.

In researching this article, it was around the use of urine therapy for people who are using drugs, recreationally or medically, that there was the most contradiction. Generally speaking most texts recommended against urine therapy if on drugs, and if done, only under strict medical supervision. However this applies to chemical drugs as the practice of drinking the urine of Shaman's who have ingested magic mushrooms is well documented. When I drink Bhang (see issues 1 & 5), I make sure I recycle every drop. This is because when the liver processes THC it transforms into 9-Hydroxy THC, a more potent THC derivative. I've also been told that when recycled, 9-Hydro THC metabolises into even more potent THC derivatives.

Though urine therapy is still seen as being a bit odd in the west, its use as a medical practice dates back a long time. The earliest references to urine therapy within England come from a book entitled 'Salmon's English Physician', written in 1693 and dedicated to Queen Mary II by the author Dr Salmon. He states of urine 'Drank it cures the

hottest burning fever and expels the malignity of the disease it provokes. Urine, is good against the Dropsies (edema) and Jaundice, and dropt into the ears, helps pain and deafness in them; it is said also to heal ulcers in the mouth.'

So how best to get into urine therapy? The biggest barrier is, I believe to be psychological. Some people just can't fathom the idea of drinking one's own urine. Well the good news is that urine therapy works homeopathically. You can take just a small sip midstream, you can take a pipette full and put it in some water to make a homeopathic medicine, or you can rub some into your lymph nodes, just behind the ear. The more pure your diet, the more pure blood and hence one's urine.

Recently, the only time I abstained from urine therapy was over Christmas when I drank some alcohol and ate a fair number of raw cakes and puddings. I find that I have a lot more control of my fruit sugar intake since I stopped smoking Cannabis, but the times I do overdo the sugar a bit I really notice it in my urine. Alcohol and most sweet fruits, especially dates (but not figs) are acid forming. To maintain a healthy pH balance, minerals are stripped from the body and end up in the urine. The combined effects of the dehydrating effects of the sugar and the increase in minerals in the urine make it a darker yellow colour and give it quite a strong taste which is slightly challenging to drink.

Since I got into urine therapy, I've just got more and more into it. This has been combined with a desire for a healthier and healthier diet and lifestyle. My diet and lifestyle very much revolves around drinking a large green Hemp milk (see issue 1 and 5) for breakfast and then continually recycling this throughout the day. Though my first passing of the day has a slight tinge of yellow and slightly challenging taste, the second and certainly the third onwards are almost totally clear with an almost neutral taste. When you really get into the urine therapy you are faced with what I consider the only drawback about urine therapy, the constant need to recycle. When I'm 'flowing', I recycle about a pint of urine at least once every hour (maybe more than this as I don't wear a watch and avoid being around clocks). Now most of the time I'm either at home or at my Hemp Store "Hemp in Avalon", where recycling isn't a problem. It's when I'm out and about that it can be problem. I normally carry a mug around with me, but even then it can obviously be a problem, especially at festivals. Urine therapy is a sacred practice and I have no desire to recycle in a porta-loo full of chemicals. I explained this to the coordinator of the Earth Energies field at last years 'Big Green Gathering', before requesting if I could do a recycle in the back of the Earth Energies Info tent. He said 'No problem', but once I'd finished I turned round to a line of people looking at me with absolute disgust, one of whom said 'there are toilets you know'. I then explained in a very calm and relaxed way what I was doing. The look of guilt on the people's faces was amazing. One of them even put his hands to a prayer position and begged for forgiveness. Wow, the judgments people make.

When one is fully hydrated and free flowing urine on a consistent basis, one may be drawn to other uses. Other than drinking urine I'm also into using it for Enemas, watering my plants, especially my Ganga plants, snorting it, eye baths, and since October 2003, when I did a 2 week fast on urine, water and wild citrus, I've got into the habit of collecting the night time passings and allowing it to ferment for a few days. I then use this to wash in the mornings. Urine, especially urine that is slightly fermented is great for the skin. This is because urine that is a few days old goes through a bacterial fermentation. During this process uric acid transforms into allantoin, which has very powerful skin-healing properties. External application of urine is so effective because our skin is the biggest organ and it is porous.

If you look at the ingredients of many face creams, such as 'oil of Ulay', you'll notice that urea is a key ingredient. Now this comes, as far as I know, from horses. Now that really is taking the piss. Why pay out money for something that has negative karma attached to it, when you have your own karma free, supper medicine for free and in abundance.

The superiority of urea based moisturising creams was shown by Dr. Jorgen Serup in 1992 when he compared Nivea and another moisturising lotion containing mineral and plant oils with urea based creams. The research concluded that the urea based preparations were much better moisturisers than the oil-based creams or lotions.

Despite the fact that urea (ie urine) is used in face creams and urine is collected by various pharmaceutical companies to make into patented medicines, the use of urine therapy is still not that common place. The key reason I feel for this is financial. Urine is free, abundant and can't be patented, similar to Cannabis on many levels.

I hope very much this article has inspired you take that first step towards a healthier life by not taking the piss out of this ancient practice, but drinking your piss. Go on, what are you waiting for?

Recommended reading:

The Golden Fountain, Coen van der Kroon. ISBN 0-9632091-5-9 One of the best, easy to read books, with plenty of pictures and large sections on 'Shivambu Kalpa'.

Your Own Perfect Medicine, Martha Christy. ISBN 0-9632091-1-6. Large format book which doesn't mention urine for the first few chapters. A good read, going into more detail and listing a lot of scientific and anecdotal evidence.

The Water of Life, John Armstrong. First published in 1971, this mainly consists of case studies about using urine therapy for various ailments.

Urine Therapy, Dr Beatrice Bartnett. ISBN 0-9622182-5-1. Very concise little booklet. A great introduction to urine therapy.

Free can be contacted on 01458 835 769 or e-mail [freecannabis23@hotmail.com](mailto:freecannabis23@hotmail.com) ❀





# Eco Life

## An Inspiring Future

Wow! This is one interesting time that we are living in! Mass destruction of our environment is occurring at an unprecedented rate and with the state of society it seems as if all morals and values have evaporated from our world. However, rather than a time for despair this is a time for hope, courage and willingness to be a part of the transformation. Many ancient prophecies from Biblical Revelation to the Shambala prophecy and Native American teachings about the Rainbow Warriors have foreseen a time where we reach a point of such devastation and turmoil that a new life and awakening arises to restore peace and harmony to the world. As a famous Tibetan teaching says: "When the world is filled with evil, all mishaps should be transformed into the path of enlightenment."

So at this moment in time we each have a potential to transform; to take an evolutionary leap in consciousness and create a future that is sustainable and life enhancing. The inspirational activist, Buddhist and deep ecology teacher Joanna Macy coined the phrase 'The Great Turning' to describe this current transition. As part of her guidelines for those embracing this concept and engaging in the 'ecological revolution' she advises that we 'Dare to Vision' stating that:

"Out of this darkness a new world can arise, not to be constructed by our minds so much as to emerge from our dreams. Even though we cannot see clearly how it's going to turn out, we are still called to let the future into our imagination. We will never be able to build what we have not first cherished in our hearts."

In October 2005 I attended the Bioneers\* conference in Atlanta for 3 days of practical and positive examples which were born from this willingness to engage in the transformation of our world. This movement brings together people who both dare to vision and birth these ideas into action. After the conference at a follow-up 'World Café' event one of the questions we were asked was to describe an Inspiring Future. So often we are faced with the problems and finding solutions in the immediate moment but what if we could take a step back and look from a larger perspective? What kind of world do we really want to live in? So in daring to vision and with courage to express I am sharing an outline of my inspiring future with you.

by Terri Henry

\*\*\*\*\*

In this future world humans are humble. We fully realise that we are interconnected, and interdependent with every single part of the web of life and as such behave with due respect to all living things and ourselves. We live in peaceful equilibrium and balance with the natural world. Both our thinking and planning are now precautionary in their approach as we carefully consider the effects of each of our actions on the next seven generations ahead.

Our world is powered by clean, non-polluting, renewable energy and we have reduced the need for excessive consumption of energy by inventing and using low energy appliances and doing away with the plethora of unnecessary gizmo's and gadget's. Simplicity is the key feature in this world and everyone loves simplicity! The media promotes a simple way of living as the ultimate way of living and celebrity excesses and 'bling-bling' lifestyles are no longer admired or sought after but looked upon with such scorn and disdain that they have disappeared.

Ecology is the foundation of our society and protection and restoration of biodiversity is held as our highest priority. We have restored our connection to the land and the status of those who care for it. Farming is a reverential activity and small-scale, local, organic and biodynamic farms supply people with their food. It would be unthinkable to suggest that we pollute or poison our precious land with chemical pesticides or fertilisers and these products are no longer produced anywhere in the world. Agriculture is not only a sought after profession but a way of life and people grow their own food in their back gardens, community allotments, in pots and on balcony's.

All children are brought into the world with conscious choice and cared for by the whole community. A variety of home-schooling and small scale education has replaced mass institutions; culturally appropriate learning has replaced standardised 'knowledge' and the true meaning of education - 'to bring forth' - is expressed. As well opportunities to develop skills in practical crafts and activities children also learn through play, example and practice about their personal and spiritual development



and study lessons such as effective communication, how to use their minds, manifestation, leadership, meditation and conflict resolution. Structured and expertly guided initiation processes are part of their growth and time is taken to delve into and reveal each persons unique soul contribution. Throughout our lives we all engage in a life long learning process to explore our natural creativity and genius. The circle of life is honoured and there is a great respect for and interaction with the elders who hold the wisdom and stories of our culture.

Our economy is based on more than money and there are a variety of local trading schemes where money is obsolete. On a world scale, goods are traded fairly and the sharing of our products and services are rewarded with value that reflects the work and effort that has gone into the service or craft. People work doing what they love and work is a meaningful expression of who we are and our unique gifts and talents. Businesses are ethical and just. True abundance flows freely.

This world is a friendly and happy place where people greet each-other in the street and treat all with kindness and respect. Everyone can roam freely wherever and whenever they wish without threat of violence or discrimination. We openly listen to each-other, communicate clearly and conflicts are resolved with a willingness to engage in dialogue and see the other persons perspective. Relationships are built on a foundation of unconditional love, openness, trust and a desire to grow.

Vibrant health is treasured as a priority and we do all that is necessary to be full of energy and vitality. We acknowledge and treat our body as the temple for our spirit and eat only natural foods, engage in exercise and various other practices that allow our true radiance to shine. Eating dead flesh and processed foods has become a thing of the past which people look back upon with incredulous disgust! Becoming at one with our bodies again and celebrating the magnificence of our creation we have stopped creating many of the diseases that previously plagued us. Chemical drugs are rarely necessary. Holistic, natural and preventative healing methods such as herbal medicine, energy healing, body work therapies, nutrition, exercise are commonplace and well utilised for health of mind, body and spirit. The natural prevails in all that we do and have. The clothes we wear are made of natural fibres and worn for comfort, beauty the expression of our inner selves and cultural identity.

The eco-village model is now a normal way of life and community living is restored with sharing and co-operation between neighbours. Cities are places of vibrant cultural exchange and diversity. They are still a hub of activity but have been re-designed and planned to enable interaction and ease of movement and have plenty of walking space, open places and green spaces. Public transportation systems are efficient and clean and used by the majority of people who use their travelling time to interact with others or simply relax. City farms provide the majority of food with additional communal gardens and roof tops supplying fresh organic foods to all. Waste is dealt with through recycling, low consumption and the invention of

a range of bio-degradable materials that now replace plastics and other environmental hazards. Wherever we live our homes are either redesigned or newly built for maximum energy efficiency and we use our technological ingenuity to work in balance with natural materials and environments. All the products within our homes are natural and free from harsh chemicals.

Our international transportation systems all run on non-polluting fuel and are no longer a threat to our environment. However, in keeping with the rest of our world view and reality our reasons for travel have changed. There is no longer a need to 'escape the daily grind' as we are actually fulfilled with our lives. Instead we now travel more for cultural exchange, sharing, learning, exploration and appreciation of new environments. All accommodations from 5 star luxury hotels to eco-lodges are required to be certified ecologically sustainable. Each region in the world celebrates its uniqueness, history and heritage.

People realise that they are on the Earth and in a physical body for a spiritual journey. There are many paths on this journey and all are free to choose and follow the one that suits their purpose best in this lifetime. Diversity is cherished and respected yet we unify with commonality and share our approaches. We are in tune with natural cycles and enjoy seasonal celebrations in the circle of life. In this world our lives are not simply full of 'ease' and having everything our own way as this realm is still a space for a journey of growth and learning. However now that each choice is made and situation handled with the understanding that there is a spiritual lesson and reason for it, we no longer need to create unnecessary dramatic circumstances that used to force us into these realisations and life is a lot more peaceful! With full appreciation of the miracle of everyday life there is a sense of gratitude for the beauty in and all around us. We express this through song, music, poetry, dance, drama, laughter, play and celebration. Life on planet Earth is wonderful!

\*\*\*\*\*

To some it may seem like a utopian dream but this is the vision that I hold in my heart of a future that I am inspired to work to create. I have often given myself a hard time for being a 'day-dreamer' but to be able to visualise what we want to create is an important part of the process of manifestation. Both spiritual law and quantum physics tell us to focus on what we do want rather than what we don't as whatever we focus our attention on becomes our reality. The responsibility I now have with this dream is to plan and take action to make the vision a reality – "to be the change I want to see in the world" and to also "to do the change the world needs done."

What is your Inspiring Future?

Onelove

Terri Henry, February 2006

\* For more information on Bioneers check out:  
[www.bioneers.org](http://www.bioneers.org) ❀



# Sowing seeds in Fertile Ground

by Aranya

As I write this article, I am already harvesting the first yield of this New year; teaching another residential permaculture design course to a lovely group of people at Monkton Wyld Court near my Dorset home. Whilst in this rest period of nature's cycle we are still pondering which seeds we might soon be planting in the soil to later yield us a harvest of food, *all* of the things that we do, require us at some point to plant a 'seed'. And before we plant each seed we *first* have to make the decision to do so.

On my recent staying awake experience, I became aware of this connection between making a decision to do something (at the time it was to stand up, as I was starting to doze!) and my body then responding to that decision. It was as if the instant the clear decision was made to act, my body took care of the details. I didn't have to consciously think about which limbs to move, it happened as if all by itself. Up until that point I had only been *thinking* about the choice, but *once* the decision was made, the response was instant. My experience of this happening was so obvious, that the two parts of the process felt clearly separated and yet instantaneously linked. One quote that I think explains this experience well, is one that I recently discovered again synchronistically, at the beginning of Ben Law's inspiring book 'The Woodland House':

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now".

—J. W. von Goethe

But even before we commit to sowing that seed, there first has to be fertile ground in which to plant it. One of the reasons that I see permaculture being taken up and successfully applied so much more in the two-thirds world, is because for many of the people living there, the success of their crop yields can literally mean the difference between life and death. And this pressure becomes the fertile ground into which permaculture practices can be planted. In our industrialized Western society, we don't currently experience that pressure and so a lot of projects here often develop into little more than hobbies.

## Fertilising the Ground

Whether Peak Oil is a hoax or not, if we as consumers are going to soon be on the end of increasing oil prices, then the cost of most things we buy is going to rise too.

Anything that involves processing, power or transportation, will become much more expensive and this will also make the ground here considerably more fertile for local food production and for community projects. The advantage that we have right now, is the luxury of still being able to experiment, knowing that any crop or project failures are unlikely to be disastrous and that we will always learn from whatever we do. But experiment we *must*, as these times *are* coming. We are the ones that can see the danger in what is being done and we are here to set in motion the solutions that will enable us to make a gentle transition into a more harmonious way of living.

There was a time, not so long ago, when we had no concept of 'organic', because there was *nothing else*. Until agricultural chemicals came along, we didn't have such an appreciation of the soil's vital processes and the effects that these chemicals have had upon the environment and upon us. Permaculture teaches us that '*Everything is a gift*' and whilst that can be hard for us to see sometimes, even the brutal agricultural practices of the last sixty years have gifted some of us a real appreciation of the importance of keeping to nature's ways. The same is true of our own bodies too; until we experience aches and pains from having made wrong choices, we don't truly appreciate feeling in the best of health. These aches and pains provide us with the fertile ground in which to sow better patterns of healthy living and remind us how much better we can feel. My recent Ejuva cleanse, followed soon after by a week of cooked vegan food on the permaculture course, gave me two different states of health to compare and that experience has birthed a commitment in me to keep eating a higher and higher percentage of raw. I have sown another seed.

As part of this commitment I have just invested in some natural fertiliser that David Wolfe has been raving about. A man called Don Jansen in the US has apparently been growing fruit, vegetables and wheatgrass that taste really great, are full of the minerals we need and that also store much better. The secret he says is simply the diluted application of clean sea water (which has the correct balance of minerals that plants need to grow). The soil is the most precious resource we have and we need to start caring for it again. The food we grow, including that we grow in our own gardens, can only be as full of minerals as the soil it grows in. It sounds as if Oceangrown solution<sup>1</sup> may be one way of putting those minerals back and I shall report again on my progress with it in future. So far though, I can say that the Oceangrown wheatgrass juice that I bought recently, was indeed delicious and my body felt really satisfied.

<sup>1</sup> Oceangrown solution can be obtained from [www.oceangrown.co.uk](http://www.oceangrown.co.uk)



## Right livelihoods for us all

A few years ago I made a commitment to develop a right livelihood for myself; a way of earning a living whilst making the world a better place in the process. That seed was sown while working as a self-employed gardener at a local Manor house. I was weeding a gravel drive by hand (because I wasn't going to use sprays of course) when I suddenly realized that I was doing the exact opposite of what nature was trying to achieve! I was removing plants whose job it was to colonise this gravel desert and as I removed them I could feel their childlike trust that I was going to plant them somewhere safe (but they were headed instead for a compost bucket!). I felt terrible...

I gave up that job, took another gardening job for less days and took on more work that I really felt good about doing. Over time I have made what permaculture would call a 'poly-income' for myself, which is based on the principle of redundancy – *multiple elements provide for each function*. In other words, for security reasons, everything that we set out to harvest (in this case earning a living), should ideally have more than one source. These are lessons we can learn the hard way when our single crop fails or the electricity supply is cut off and we realize that our heating, lighting, hot water (and even cooking!) are run from it. But a little foresight can avoid us these stresses. I now make a living from a combination of things; from I.T. work (creating websites and publicity materials for others making a difference), teaching and tutoring permaculture, Reconnective healing and selling Slim Spurling's tools being the main ones. This enables me to obtain a yield all year round and when one area becomes a bit quiet, I'm usually plenty busy enough with the others... Sometimes I even find time to do other important things too that don't provide a financial income for me, like writing for Funky Raw magazine for instance! The most important thing to remember though when developing a right livelihood is to do it gently. One of permaculture's other principles is 'Every little helps', reminding us that gradual change is the easiest way and still a step in the right direction. No plant or animal becomes an adult instantly, the growth process is a natural one, always giving us the time that we need to adjust to change.

### We are a miracle...

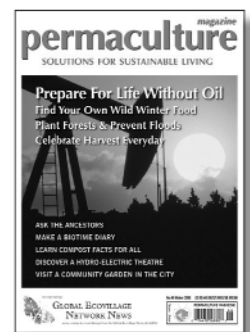
So as you can see, whilst Permaculture reminds us of the good sense of *working with nature*, it is still a design system and can show us how to effectively do far more than just growing our food harmoniously. Permaculture means *Permanent Culture* and we need to be gardening our own minds and bodies too. We have so much potential yet to achieve and this environmental crisis that we have reached truly can be seen as a gift – one that has given us the choice to truly care about this Earth, all species that live here (including ourselves!) and to develop the creative solutions required to ensure that all who live here get their fair share.

Of course the one part of this Earth that we are fully responsible for is our own body. Just take a moment to once again appreciate the amazing biotechnology that is host to your being. I recently read that *every* cell nucleus

in our body contains a DNA strand that is 10 atoms wide and *two metres long!* It also contains 3 billion bits of information and the non-coding part (over 90% of it – the so called 'junk DNA') follows the same rules that all other alphabetic languages in the World do! We have in our bodies vast streams of information, that we just need to learn to read and I suspect we will do this not with electron microscopes, but with our own minds. Which brings us back to good nutrition; giving our bodies just what they need to do this and building them from the best quality materials.

So returning to where I started; I sowed the seeds of this permaculture design course many months ago and in my own teaching many years before that. And whilst I can now take a yield both financially and in my own learning from the course, I also have new seeds to sow for the next course. The participants in turn take away seeds of their own to sow through their own learning and in time as we all harvest those yields and sow yet more seeds, permaculture will gradually colonise the agricultural desert. So each cycle completes itself and we come back to where we started, with a fertile place in which to sow the next seeds in our gardens and in our lives.... May the seeds you sow this year bring you much abundance and joy. Happy creating! ❁

## Subscribe to a Better World



*Permaculture Magazine* offers tried and tested ideas to help you live a more sustainable lifestyle. Each issue brings you practical, thought provoking articles on subjects such as permaculture, organics, food, farming, eco-architecture, economics and much more...

A year's subscription costs just £12.50, a saving of over 20% on the cover price. Subscribe today and get a FREE extra back issue, plus a copy of our *Earth Repair Catalogue*.

Permaculture Magazine RAW, The Sustainability Centre,  
East Meon, Hampshire GU32 1HR. Tel: 0845 458 4150  
Email: [info@permaculture.co.uk](mailto:info@permaculture.co.uk) Web: [www.permaculture.co.uk](http://www.permaculture.co.uk)

**permaculture** magazine  
SOLUTIONS FOR SUSTAINABLE LIVING



# Pure Plant Potions! DIY Vegan Skincare

This issue: Bathtime treats

by Star Khechara

Spring greetings my eco-beauty friends! Well, we've got daffodils galore down here sunny south Devon and although it's been icily cold some days the winter season is coming to an end. Time now to hang the thermal undies out to air and indulge our overwintered, over-wrapped bodies in a luxury pampering session in the bath. Being the lovely environmentalists that we are, let's remember to share our bathwater with friends and family, and then use it to water the garden if possible. We won't be using any nasty chemicals or coloured foam in our bath so it's safe to use this 'greywater' on plants. Don't own a bath? No worries, we can use some of the treats in the shower too, or use the potions for giving yourself a luxury foot bath. They can even be used in outdoor hand built hot tubs or local waterfall for hardcore hippies!

## What no soap!!

There are other ways to wash than to use the usual suspects of soap and detergent. As we discussed in the first Pure Plant Potions article, soaps can be very drying to the skin and also make horrible scum lines around your bath. If you live in a hard water area soap doesn't work very well because of the presence of Calcium in the bath water which reacts with the soap itself to form manky grey scum. Not pleasant huh.

Detergents such as bubble bath and shower gel contain all manner of nasties including Sodium Lauryl/Laureth Sulphate (yucky skin drying foaming stuff) plus various artificial colours and scents (these, in advert-land, apparently make people fancy you!) which smell vile and nothing like 'cool mist' or 'African desert' despite the silly names.

A handmade locally crafted soap created with only natural ingredients is a far superior product than any commercial soap (yes, even those ones from health food shops) and is the much-preferred choice over detergents regardless of what supposedly natural company made it. Forget aromatherapy foaming washes, you may as well add lavender oil to your washing up liquid and be done with it! The chemical we call 'soap' has an excellent safety record and is extremely useful as a body washing device, however as this column is strictly about making your own natural products we are not going to make it. Why? Well to be honest we can't really classify soap as being totally natural. Soap is the end result of 'saponification' a chemical reaction between a fat and an alkali. The alkali of choice in soap-making is Sodium Hydroxide (caustic Soda) which is extremely harsh (caustic by name, caustic by nature!) and is capable of producing severe burns if it comes into contact with the skin, (anyone watch the film Fight Club??) even after saponification the soap needs to 'cure' for about 3 months otherwise it'll still be caustic. Soap makers have to wear goggles and gloves for safety and have vinegar on standby to neutralise the Sodium

Hydroxide in case of spillages. I'm a messy worker and can be clumsy which is why I don't make soap, ouch!

So we've got a lovely warm bath running and the candles are lit, but what on earth are we going to tend our beautiful bodies with?? Nothing that foams that's for sure!

## Petals from Heaven

I've got to sneak flowers in here somewhere! My favourite bathtime treat, I'll share it with you, is to make gorgeous scented muslin baths filled with oatmeal and aromatic herbs, these are used as a natural soap substitute. Oat and herb bags clean the body effectively while making skin soft and lightly scented. The bath water will become perfumed also and you'll feel amazing. I also love to use *natural* bath salts and flower sprinkles, we shall make these too.....so follow me to the land of fragrant romantic bathing, mmmmm like Waterhouse's painting of Ophelia! (Only without catching your death, like his poor model did after several days in freezing flower strewn water!!)

## Ingredients

- 1 heaped tablespoon porridge oats (or fine oatmeal)
- 1 dessert spoon ground almonds (optional)
- 1 dessertspoon dried lavender flowers
- 1 dessertspoon dried chamomile

## Equipment needed

Plain undyed muslin, ribbon, mixing bowl & spoon, and a coffee/nut grinder (manual or electric)

## How to make

Grind the dried herbs and the porridge oats until fine, mix together in a mixing bowl with the ground almonds.

Cut a large circle of muslin, place a heapin' helpin' of herbally mixture onto the middle of the circle then gather up the edges and tie tight with ribbon to make a pretty sack. You can double or triple the amounts to make loads of wash bags to store for future use; they keep for ages in a dry place. You can also experiment with different herbs; one of my fave wash bags contains ground Orange peel and Rose petals.

## How to use

Add your gorgeously scented wash bag to the warm bath water and let it get soggy! Then gently squeeze and pummel it until it feels squidgy and oozes scented oatly milk, it is now ready. Just gently wash with it as if it were a bar of soap. Simple eh!

Once finished with the mixture can be added to the compost heap and the muslin can be washed ready for reuse. You can even make funky proper bags if you're a dab hand with a needle and thread, these are fab as presents.



These wash bags clean the skin brilliantly without drying it out, they are especially useful for sensitive or inflamed skin.

As a variation you can just make herb/flower bags, omitting the oats/almonds, these are to be used as bath 'herb tea bags' to scent the bath, not as a soap substitute. Or go completely mad and sprinkle a load of dried scented petals into the bath with wild abandon, for a soak that's fit for a flower fairy.

Here's another flowery bath treat to try out:

### Super sexy bath salts

These are soooo easy; literally you mix salt with your herbs/flowers. That's it! I prefer to use coarse sea salt as it looks prettier in the jar (ooh the vanity!) and then mix it up with sumptuously fragrant herbs and flowers i.e. Rose petals and rosebuds, lavender buds, and even some marigold petals for a flash of colour. Just mix it all up and store in a pretty glass jar then add good amount to your bath. Sometimes I use fine sea salt and grind up some herbs or rose petals very finely to make a highly scented powder which is divine to add to the bath. Salt

helps to preserve the wonderful aromas in the herbs so your mixtures always smell amazing, as you will after a flowery bath. These recipes can also be combined to make a mega-super-deluxe bath bag with salt, oatmeal, almonds, rose petals and lavender buds, cor blimey!! Ooh, go on; grate some cocoa butter into it too. \*swoon\*

So there you go, my fragrant friends, some wonderful ways to bathe in beauty. Next issue we'll make some more fab bathtime treats.

*Star Khechara is a Holistic Lifestyle practitioner and runs 'Flower'd up: healthful living', teaching natural nutrition, holistic wellness, natural skincare and eco-lifestyles*

*If you wish to contact Star please email: flowerdup@hotmail.com*

### Ethical Suppliers

[www.organicherbtrading.com](http://www.organicherbtrading.com) - Sells herbs, oils, waxes, flower waters etc, all are organic. They sell only in bulk (1 kilo or more) and have an ethical trading policy. Very good quality and not expensive. ❁

## Drive Free When your body and your car are veggie fueled

Here is a sincere warning that goes out to anyone considering converting their car to run on waste vegetable oil: you are about to become a rock star. After only one visit, restaurants know you by name, auto shops will call their friends to show you off, and people in the parking lot will want pictures with you with greasy hands. Thanks to recent television coverage, WVO (Waste Vegetable Oil) is a fashionable topic in American livingrooms and when you arrive at the deli requesting dirty oil, they will act like you are their long lost cousin and do everything but pinch your cheeks.

The first diesel engine, dubbed the "Black Mistress", was invented in 1893 by Rudolf Diesel. Obviously, there wasn't diesel fuel before there was a diesel engine, so in the years that followed, Rudolf Diesel perfected his invention and discovered that this engine could run on practically any hydrocarbon, including shale oil, refinery tailings, coal dust and, get this: peanut oil.

I feel like I'm just taking the little Black Mistress back to her roots. Letting her natural knotty hair grow out. Feeding her the food she was meant to eat, you know? Running on vegetable oil is what this engine was designed to do!

### The Difference Between Biodiesel and WVO

I run on waste vegetable oil, which is different to biodiesel. Biodiesel is a vegetable oil or animal fat based

by Tonya Kay

fuel that can be run in any diesel engine without modification (yes, *right now* in *any* diesel engine). The benefits of biodiesel are that it reduces emissions by 80% and can actually be purchased at the pump in many large and small cities - especially common in middle America (farmers have been running on biodiesel for decades). The drawback to biodiesel is that it is a highly refined fuel, often processed from virgin oils or fats, that utilises highly toxic chemicals such as methanol - not to mention electricity - in it's production, and costs anywhere between \$2.30 - \$3.80/gallon.



Waste Vegetable Oil (WVO) is literally used kitchen grease. The processing of which involves nothing more than hand-filtering to remove the deep-fryer floaters (water and microscopic food particulate). The benefits of WVO are that it also reduces emissions by 80%, however does not require chemicals nor electricity in its processing, is absolutely FREE, and most importantly, keeps a massive bi-product of our fast-food industry from being dumped into the ground water or used in your body soap and cosmetics (yum...). Drawbacks of WVO are (if you consider it a drawback): you won't be hanging out at gas stations anymore and indeed, a little Do-It-Yourself effort will earn your right to offer under-the-hood public interviews.

## The Conversion

Now, although the Black Mistress of 1893 could handle some good grease, the modern diesel fuel injection systems have been engineered to run on low-viscosity diesel fuel and can not handle thick grease, UNLESS the viscosity is reduced first. This can be accomplished two ways: chemically (transforming the oil into biodiesel); or thermally. By heating the oil to 160-180°F (71-82°C) the viscosity is reduced to that of diesel fuel and viola!, Rudolph's dream is revisited.

So the conversion process is not an engine conversion at all, but a sort of add-on which heats and filters the WVO *before* it gets to the engine. On my car, a hot little 2001 TDI VW Jetta, the add-on begins at the main tank, which holds 15 gallons and is now used for waste vegetable oil. Two electric heating pads (drawing 7 amps each) are installed underneath the main tank, getting the grease started heating as soon as you key in the ignition.

From the heated main tank, a new fuel line is run to a custom 10 micron veggie fuel filter in the engine. The new fuel line is "wrapped" in two lines of coolant borrowed from the thermostat, assuring that when the engine reaches running temperature, the already heated main-tank veggie fuel will maintain 190°F (88°C) temperature all the way to the fuel filter, which is wrapped in another 7 amp heating pad. At this point, the veggie fuel, filtered and fluid, is ready to go!

My 2001 TDI VW Jetta's personal conversion includes one more add-on to accommodate the compulsive gypsy lifestyle I lead. You see, I can't tell you where I will be next week, let alone next winter, so I chose to install a two-tank system on my car. The two-tank system equips my WVO machine with a small 5 gallon auxiliary tank (mine sits in the boot around the spare tire) that is filled with biodiesel or diesel for cold-weather start-up and shut-down. When temperatures fall below, 50°F (10°C), my Jetta prefers a two-block biodiesel transition.

Mercedes, BMWs, trucks, semis and tractors will obviously have preferences of their own. It is conservative to say that every installation is a custom conversion.

Prefabricated conversion kits start at \$600 (about £340) and go up to \$3,000 (£1700). Fortunately for those with the ambition, mechanical inclination and a good set of socket wrenches, converting a diesel engine to run WVO can be an inexpensive and very rewarding Do-It-Yourself endeavour. My personal conversion kit and installation cost a total of \$2,500 (£1425), which included four extra

\$40 veggie fuel filters, a \$30 stash of filter bags and a \$160 electric pump, all of which I would highly recommend. The electric pump plugs into my lighter socket and is



used to pump grease from one container to another, or from one container to my tank. That pump is invaluable saves a greasy-handed mini-skirt wearing WVO chick's back so she can sign more autographs.

Indeed, fuelling your car with WVO requires more commitment and consciousness than pulling up to the gas pump, but if I wanted average results, I'd be doing what average people do. I will settle for nothing less than an extraordinary life this time 'round, and will do with joy whatever it takes to have it. Through the ever-evolving raw lifestyle, I have discovered amazingly positive people surrounding me, speaking words of encouragement, sharing healing touch, creating communal art and turning my world into the world I always

wished I lived in. I've got nothing better to commit my time to than living a life that feels *this fantastic* every day!

### For More WVO Information

Conversion photos and oil-collecting techniques under Alternative Fuels at the Lonely Garden Forum  
[www.tonyakay.com/phpbb/index.php](http://www.tonyakay.com/phpbb/index.php)

DIY WVO conversion resource [www.veggie-fuel.org](http://www.veggie-fuel.org)

WVO facts and networking [www.goodgrease.com](http://www.goodgrease.com)

Report: *Vegetable Oil As a Fuel*

[www.vegburner.co.uk/tech.html](http://www.vegburner.co.uk/tech.html)

**Tonya Kay** is a raw food athlete, professional dancer, cast-member of the Off-Broadway phenomenon **STOMP**, waste vegetable oil driver and full-time gypsy. Her DVD, **How To Spin Poi With Tonya Kay** is available at [www.kayosmarket.com](http://www.kayosmarket.com), teaching the techniques used in fire spinning - a fantastic way to tone the core and upper body, center for meditation, and explore movement as artistic self-expression. For her current performance, teaching and lecture schedule, visit [www.tonyakay.com](http://www.tonyakay.com) ❀

### UK WVO resources

[www.vegetableoildiesel.co.uk](http://www.vegetableoildiesel.co.uk) - has info, a vehicle database and a forum and they sell a conversion kit for £155.

[www.dieselveg.com](http://www.dieselveg.com) - This company has a conversion kit available for £475.75

[www.veggiepower.co.uk](http://www.veggiepower.co.uk) - Will be selling conversion kits very soon. Email [chris@veggiepower.co.uk](mailto:chris@veggiepower.co.uk)



# Silence is Golden

One of the bees in my bonnet, as anyone who has dined with me has probably learnt to their cost, is talking at the meal table – even though I am guilty of starting many of the conversations. For one thing I can't talk with my mouth full - well I can but it's messy. But mainly I want to engage with the sensory experience of eating or else I will want to eat the same meal again properly later which is unrealistic for a number of reasons. Although I am capable of talking people into a high state of distress (I gather it is the speed and volume of delivery that is the problem) I can still be quite overwhelmed myself by social conversations. When I came across Omraam Mikhael Aivanhov's book 'The Path of Silence' some years ago it was music to my ears. Omraam is a French philosopher and 'Spiritual Master' whose understanding of human experience delights me. My copy of the book also smells incredible – of deeply ingrained incense – as many of these kinds of books seem to. Anyway I will quote you some of my favourite bits:

*Once you acquire the habit of eating in silence you will soon notice great changes. After meals, for instance, you will feel full of energy simply because you have accepted the discipline of controlling your gestures and refraining from talking. And your mind will also feel freer because, when you repress the urge to talk, your mental powers are strengthened.*

*Food contains forces and materials that come not only from the earth but from the entire universe. Nutrients, vegetables and fruit are energies which have materialised in exactly the same way as the spirit of a child materialises in its mother's womb.*

*... it is important that, in receiving them [the elements we absorb from our food], we should be aware that they are going to form the substance of our physical and psychic body. This is why we have to be attentive to what we are doing. All the more so, because this food that is impregnated with the life of the universe can also become impregnated with our own thoughts, words and feelings... In order to receive all the benefits contained in your food, you must impregnate it with elements of light and eternity and this is where thought must come into play. During meals you must try to free your mind of every other thought, even the thought of silence itself [!!!]. You should not even have to think about not talking or making a noise. You should be completely free to pay attention only to your food and irradiate it with your love.*

**BUT** this is my very favouritest bit of all...

*You must not only refrain from talking, you must also be careful not to make a noise with your utensils. This is important. If you make a noise you will disturb others... the clatter of knives and forks does not give those who are eating with you the conditions they need. The brother or sister who is sitting next to you may be on the point of finding a solution to some problem or receiving a particular grace...*

I actually find it difficult to stop quoting – the book's

by Holly

fusion of the profoundness and the ludicrousness of the human state is priceless and makes me want to laugh and cry at the same time but I better stop here I think.

Here is a recipe to practise eating with these principles in mind.

## Golden Cherry Cream Pie



### Pastry:

100g or ½ cup almonds, soaked  
100g or ½ cup hazelnuts/ filberts, soaked and dehydrated if possible  
5 dates, fresh if possible  
5 prunes  
1 banana  
30g pitted dried cherries (if available)  
handful cacao nibs

### Filling:

hemp milk made 200ml or 2/3 cup hemp seeds and juice of 2 oranges and water as necessary (recipe on page 11)  
a few pieces orange peel/zest  
2 dried figs  
½ banana  
50g or ¼ cup macadamia nuts  
30g or a handful goji berries

### Decoration:

handful fresh cherries  
sprinkling chocolate powder

Process all the pastry ingredients except the cacao nibs together until smooth, mix in the nibs and form the pastry base on a plate.

Blend the topping ingredients until smooth and fill the pie. It will set in a few minutes

Sprinkle raw chocolate powder on the top and decorate with halved cherries

I have just started a journal on my very own website [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk) and you can read more of my ramblings and recipes there.

Love Holly ❀





# Spirituality

## Staying Awake Part 1: Without Fear

by Aranya

Nothing could have prepared me for what I was about to experience and yet I was as ready for it as I could ever have been. On the face of it, I had been invited to participate in a December full moon celebration and another few nights of staying awake, with Tony and Tish and some other raw food friends down in Cornwall. And yet I was torn whether or not to go. Our experience at the Funky Raw festival had taken me to places in my perception that I had never been before and since that time I had maintained some of that new ability in my day to day life. Things were different; I had recently enjoyed an amazing journey into Reconnective Healing and my life was finally starting to make some sense.

So why was I having doubts? The astrological influences were apparently really great and there was also the promise of extra support this time; that more people would be involved. Well, I was aware that the middle of December was home to the longest nights of the year and I remember from my first dabblings in this technique with Tony and Steve around the Winter Solstice ten years ago, that it was much easier to remain awake while it is light outside. This was an advantage that we had back in the Summer and yet my experience of that time was as a great struggle. Would this be even harder? Despite my concerns, I could feel a strong urge to go, to be involved in this process and sensed that if I didn't, I was really going to miss out on something important. And I was certainly right about that.....!

I arrived determined this time to *enjoy* the experience rather than to see it as a struggle (my old 'no pain, no gain' philosophy!) and to assist me I also now had in my 'toolbox' my recent introduction to Chi Kung and some meridian energy circulation exercises that I had learned from doing that. Synchronistically, I had also received my 'Ejuva' cleanse through the post that morning before leaving and I decided that this was going to be the perfect way to kick start it. So I travelled down with Kate and Steve to Tish and Tony's home and we were up and running! To my surprise (and everyone else's I think too!), staying awake the first two nights proved to be much easier for me than it was in the Summer and on the few occasions that I felt a hint of doziness I got straight up and did something to energise myself again (including some very nice moonlight walks along the coast path).

I'm convinced that the significant dietary boost that my

reinstated daily juice regime of the previous couple of months had given my brain, was making this easier for me too. Diet really does make a difference in doing this – as Tony has been telling me for a long time! Tony *really* knows his biochemistry – he is a genuine Western shaman... and I was soon to understand this more than ever as he was about to give me the greatest gift that I have received since my birth. Of course I didn't know this yet... but things were already going really well. By the end of the second night up I was seeing the energy fields around me as strongly as I did back in the summer and yet there was still one more night to go.... How much further might this take me?

Then on day three Tony played his trump card; "Is anyone interested in taking a mild to moderate dose of Ayahuasca tonight?". This I wasn't expecting and yet I knew it was an offer that I couldn't refuse. I have a couple of friends who have told me that it was for them an amazing spiritual journey and yet *nothing that anyone could have said* could have prepared me for what I was about to experience. And that is because there is *nothing* in this 3D reality that *even hints* at what I was about to get a glimpse of.

'Ayahuasca' is a brew made up from a combination of plants – including one that provides DMT (a chemical that our atrophied Pineal gland probably once produced in large quantity) and one that has a large dose of Monoamineoxidase (MAO) inhibitors, which prevent the DMT from being broken down in the stomach before it reaches the relevant docking sites in the brain. On it's own, Ayahuasca is powerful enough, but combined with high quality raw food and three nights of staying awake it was going to be something else again...

So, having spent the best part of six hours brewing up his potion (a quick brew apparently by Ayahuasca standards!), our Shaman handed out our doses, first asking each of us how much we wanted to experience. This was the point in proceedings analogous to the scene in the film 'The Matrix' where Neo is offered by Morpheus, a choice between the red pill and the blue pill – one representing a desire to really know the truth, the other a return to our familiar and mundane reality none the wiser. I was soon to realise that there was much truth in



this film – mixed in with some cleverly designed fiction too.. but more about that in a moment. Ayahuasca has a reputation for tasting absolutely disgusting, so I was surprised to be handed something that looked and smelled just like a cup of weak milky tea. I was soon however to discover that the inoffensive smell didn't at all match the taste, which I have to agree was probably the most disgusting and astringent substance that I have ever put in my mouth.

I had been warned that Ayahuasca tasted bad and I had also been told that after a while, vomiting it back up again was a strong possibility for many people (in the Amazon jungle it is also regularly used as a parasite purge). This, oddly enough was my greatest fear about the process, I had only been sick two or three times in my entire life and I so hated the experience, that I have chosen to suppress that important body reflex at every opportunity. My first lesson then was to relate to my body.... Loving oneself is only possible if we allow our bodies to carry out their tasks unhindered. And yet our society has us trained to not burp or fart in public, to hold in our urine and faeces until we really have to go, to deny our bodies attempts to expel toxic waste products as quickly as possible. Instead we choose to poison ourselves and use up huge amounts of energy through muscular tension in the process. We create our own muscular straightjacket, that soon becomes so familiar that we forget that we are even wearing it. How can this ever make any sense? Only by us allowing our fears to condition us... and I've done as much of that as we all have...

Initially, our eye gazing (connection) experiments weren't suggesting to me much out of the ordinary and to begin with the nausea seemed pretty manageable too. An hour passed without too much of an effect, but then I started to feel more and more sick. Eventually I realised that I had to go and do what I had been hoping to avoid and so I found myself crouched over the toilet bowl. Despite my intense nausea and realisation that I needed to be sick, it took a lot of searching inside myself to find a way to 'open the channel' for it to happen. I was shocked by how much I had been suppressing this vital bodily reflex and the whole process was one in which I learned to listen to the needs of my body again. I then experienced being in my body in a completely new way, with rings of coloured energy moving up and down inside me in powerful rhythmic movement. The closest I can get to describing this is to guide you to look at some of Alex Gray's colourful 'Sacred Mirrors' paintings.

Whilst being a revelation though, being sick didn't entirely remove my discomfort. A second trip to the toilet to crouch over it once more found my gut going into strange spasms – a whole new experience for me. Tony has observed that his gut adopts a completely different behaviour if he stays awake for long enough, one in which it dramatically tones up and functions much more efficiently than usual. I was it seems experiencing the first chaotic hints of this happening to me too. Something that Tony says becomes much better coordinated once the gut (which has a lot of its own brain-like cells) is given a bit of time to remember how it is supposed to work.

A third trip to the toilet taught me yet more about me, making it clear that I routinely suppress my body's signals to urinate or defecate, which in this state were really obvious, even for small quantities (in the forest there would never be any need to hold on!). Then just after this last revelation, I noticed that things around me were really changing. Just when I thought that nothing much was going to happen, the ride had started... and with Ayahuasca there is no getting off until the end!

Hallucinations and vivid dream states I am familiar with and those didn't worry me. What I wasn't at all prepared for was the completely new experience of feeling myself being 'electro-magnetically' *projected* into this reality. I experienced this as feeling incredibly compressed and my energy greatly restricted in order that I could fit into 3D. It was painful, but not in the way that I know pain. All of a sudden I was in a *total immersion* experience and it was so unlike anything I had ever known in this life that it seriously scared me. Time started jumping around and I would blink to find someone else in the room had moved a long way, or disappeared altogether. The scariest thing of all though was that my breathing was being taken over by 'something else'. Any attempt for me to control it was a pointless struggle and I found myself taking in what seemed like unnecessarily deep breaths. Then my body also started to shake and rhythmic spasms moved through my body. I felt as if they were shaking out all of the blocks that I had put into place to 'protect' myself and were providing me with the ultimate healing, but the lack of control I was experiencing was terrifying. All the time though I was hearing a voice 'speaking' to me from around the back of my throat, which soon began to be gently spoken too at the same time as these messages were coming through. They kept telling me to "allow and let go"... "there is nothing to fear"... "you cannot ever come to harm"... and so on. I surrendered to the experience and as I made that choice, the fear fell away. Again and again I was urged to let go and allow the process and each time I did, my fear fell away. I was it seems experiencing the death of the ego, my total surrender to trust in the love of creation, that I was completely safe. It was the most terrifying and yet the most freeing experience of my life.

Fear serves its purpose. It enables us to safeguard our individual bodies by warning us away from situations where we might be harmed, thus permitting us to explore individuality long enough without stepping of a cliff and having to start all over again. It doesn't belong and indeed cannot exist where all of creation *knows* that it is actually all connected. My experience of being projected into this reality was one in which I was consciousness being expressed through the filter known as *Aranya* to explore myself from a place of not already knowing everything. The voice was later to repeat "Oh, the exquisite deliciousness of not knowing"!! This was an idea that I had read about and I had the concept in theory, but this was *different*, it was a complete *understanding*, truly a *knowing*. I had shifted from my left brain hemisphere experience into a right hemisphere one. The 'alien being' that had taken me over was it seems simply a much vaster version of myself 'projecting' through my right hemisphere and it had been so long out of the picture, that it was this complete alien to



my common experience. It was allowing me to see that whilst there appears to be separation between us all, that we are actually all connected 'around the back'. Like we are all outside of this reality peering into it through different filters and from different angles, but from the same place.

So here I must return to the film 'The Matrix', where we find a perfect metaphor for this (the connections the people have into the Matrix mainframe are made through the back of their heads!). There is so much in this film that is important, that I urge you to seek it out if you haven't yet seen it, or to watch it again if any of what I'm saying doesn't click... The experience of being projected into this reality was the essence of the film, that this is at one level a complete illusion, but that it is here in my understanding to give us the opportunity to *make choices*. In the film, humans are kept by machines as a power source and distracted from knowing the truth by a reality matrix of an illusory world projected into their brains to keep them occupied. I sense that the reason that this film has been so popular, is that on some level we all know that this is really how it is. We really are living in a projected reality and this is what I was experiencing knowing. With this revelation in mind I went searching for the aspect of myself that was being imprisoned as a battery somewhere else and yet this part it seems is a fiction. Our only prison is the fear that we allow to hold us back.

Another interesting aspect of the movie is the way in which Neo, the hero, upon being rescued from his battery prison, finds that humans outside of the Matrix live in dark dirty ships on a polluted planet and that having chosen the truth, he is now faced with living a squalid existence where he has to fight for his life. Later in the film, Cypher, one of his shipmates, betrays the others for a chance to forget this truth and go back into his previous illusory existence as a battery again. The film suggests that maybe ignorance is bliss – a choice that many of us have made for so long and yet ultimately the hero learns to bend the rules of the Matrix and overcome the illusion of being killed inside it.

There are so many metaphors in this film for what I experienced. Having been rescued from his life as a battery, Neo asks why he has been wired up so much in the recovery room. He is told that they are stimulating his muscles because they have atrophied. When he asks why they have atrophied he is told that he has *never used them*. It seems that we too have a whole powerful gut reflex that has never been used, plus a big chunk of awareness and probably a lot more too – including an under-active pineal gland that amongst other things produces DMT right in the centre of the brain!

The clever mixing of truth in the film (which tap into our deep knowing that this is really how it is) along with fear-based fictions that scare us off, tests us on several levels. Do we choose truth or illusion? To hide in fear like Cypher or to face our challenge? Hollywood has produced a film that both scares us about making this choice (ignorance is bliss)<sup>1</sup> and inspires us to overcome all that we believe restrains us.. We created Hollywood to make this film and in turn to make our choice a real test and this game

more of a challenge to play. All is perfect.

I learned much from my journey with ayahuasca; much of it about my body (I also remember feeling the distinct separation between making a choice and the action that it instantaneously affected, when I chose at one point to stand up). I also experienced some deep understandings; things that I had read about, but in that space I knew for the first time that they were true. There *is* only love, no harm can come to us, fear and pain are merely illusions (although the ego still finds this hard to accept!). Without fear we cannot exist in separation and exploring separation was the purpose of making this human choice. Maybe the left hemisphere of the brain is actually the most amazing filter, which allows us to experience this separation in such a convincing way?! I feel that I have been gifted an understanding that I wouldn't otherwise have experienced until death and I now get to carry on exploring this reality with the knowledge that there is nothing to fear... I just need to find ways of remembering and living with this awareness... that all is One.

A few days later, I wandered into a bookshop and discovered that Graham Hancock's new book; '*Supernatural*' detailed his own investigation of cave art and it's origins in shamanism, including the ingestion of hallucinogenic plants. His exploration drove him to seek out these experiences for himself and he ingested ayahuasca on several occasions, convincing him that far from being an illusion, the realities that he visited were indeed as real, if not more so than the one we are so used to. He considers whether DMT is the mechanism by which we can tune to such different realities and I sense that he may be right... Ultimately though, ingesting a big dose of ayahuasca is a crude way of achieving something that I sense is just an atrophied natural ability. If we can kick-start our pineal glands and learn to tune to different states of consciousness, first knowing that it is possible is still a vitally important step in the process. How can we ever explore places that we don't first know exist? Ayahuasca has showed me a new world and I now aim to see how I can make my own way there...

Finally, I understand what Tony has been telling me these last ten years and why he has been so driven to share it with the World. At last I have grounded in experience what I could never fully comprehend as just theory. I feel at peace, that everything is perfect and that there is nothing that I need to do to make it right. It is all simply to give us the experience of choice and consequence. I carry a gentleness within and a priceless gift – one that so many of us have to die for to get – the understanding that there is *only love*... There is so much more that I could say about this experience, but I know that nothing that I could say can ever prepare you for what you will meet there. And as Morpheus says to Neo, "*I cannot tell you what the Matrix is, you have to see it for yourself*". Which brings us back to the pills... will you decide to chose the *red* one... or the *blue* one? ❀

---

<sup>1</sup> Another recent film "Eternal sunshine of the Spotless Mind", examines this subject from a surreal perspective and suggests that maybe it isn't after all.



# Staying Awake Part 2: Back to the Forest

by Holly

I cannot believe I am writing about ayahuasca yet again – anyone would think I am on it all the time – well actually, at the moment I am – I take a small amount (5 – 15ml) a day to keep a sensible amount of DMT floating round my brain, presumably boosting my right hemisphere. To clarify, I will add here that, as Aranya mentions, the pineal gland once produced DMT in much larger quantities than it does today. We could be said to be DMT deficient and small doses of ayahuasca could be viewed as a nutritional supplement. It may be that DMT is needed to make the brain work properly. I view it as my medicine – a temporary medication for the current human condition. It is, in fact, traditionally known as a soul medicine. There is a noticeable shift – my vision and feelings can break through the thought clutter more easily. Vision and feeling are more vibrant, more intense, especially when walking in nature. I also feel less need for sleep. I feel less

dominated by thought yet more free thinking. I feel more awake. I feel better. I have better hair days. I went without ayahuasca for a couple of days last week. I was pleased to confirm that I experienced no cravings – no addictive feelings as such – in fact at first I forgot and wondered why

I felt a bit dull and the bus-ride to town wasn't as idyllic as usual - it was more like missing a vital nutrient – in the same realms as stopping green juice after doing it for a long time or going back to cooked food. So when I got home I dragged myself to the fridge and poured myself a teaspoon of my supplement with the same slight chore sense that I open the mineral supplement bottle – back to 'normal'. I feel I must add though, as a caution, that at times when I have had very little sleep and the part of my brain that structures my life is drowsy and the bit that

feels and experiences so much more vividly breaks through, the conflict between the two (which exists in everyone with two hemispheres) can be shocking. The combination of raw food, even mild doses of ayahuasca and sleep deprivation is a powerful concoction and liable to change your life in unpredictable ways! At the moment I am attempting to manage the speed I go down this path so that I can adapt my circumstances to my increasing awareness. (Well that's the plan!!!...)

Taking ayahuasca in large doses is something else. If enough is taken, you feel a shift that takes you over and can suddenly vastly change your perspective on life. At Tish and Tony's four day 'party' in December a group of us ate amazing quality raw food, listened to amazing music from Tish's decks, stayed up a number of nights

and took ayahuasca on the last night. Aranya has given a very eloquent description of the event and the role of DMT so I will just mention my own personal experience. I missed the first of the three nights up but had had a night with very little sleep two nights before that



which had already put me into a very 'raw' state of mind. It was the second night for me at Tish and Tony's that I took ayahuasca in the early hours. I didn't feel much and in fact fell asleep. The next morning I was delighted to be crashed at Aranya's feet as he woke up or came back and told of his experiences, I cannot remember much of what he said although I listened intently – it was more of a feeling thing that I really resonated with - the main thing I remember him saying in a bemused way how fearful we all are – 'we daren't' is the key phrase I remember. Quite envious and seeing the cups of un-drunk ayahuasca lying on the window sill reminded me of the spirit of my drinking days and I decided to have a few swigs - 'hair of the dog' – oh my God – I felt my body and brain rev up - having had a more full-on experience with a very large dose of ayahuasca in the past I felt quite frightened and rushed off to find Tish. I very much felt like I did before giving birth (and it is possible that DMT – the main active ingredient in ayahuasca - is circulating in the brain at that time)

## Disclaimer:

Deciding to adopt any of the practices discussed in these articles may in some cases be detrimental, any such decision is made entirely at your own risk.

Tish got me bathed and tucked up in her bed where I had one of the most profound experiences of my life. It felt like waking up – not like waking up on any day in this life – but like waking up into real waking reality. And there was a sense of being back in the forest again – me and Tish were just little girls – sisters playing. The whole thing, the human experience, had only meant to be a bit of fun. As Tish and I maintained eye connection her face was painted in perfect, intricately textured stripes in front of my eyes, in my favourite shades of pink and orange. I could see it clearly as if it were real and afterwards I realised it was ‘my’ creation but not done with conscious thought. It was like having some super-advanced paint-box software installed. Later I remembered the designs as ones I had seen in the Alhambra in Spain which I visited this summer with Rob. Tish’s face was incredibly beautiful and vibrant and blissful (even more so than usual). I have never been in any state like it before or since yet the whole thing was utterly familiar. I was not euphoric – there did not seem any requirement for that – and part of my brain was just too knackered for all that. I noticed how very cold and hungry I was – so, so cold - I could really feel the cold - I needed fruit (this was interesting to Tish as the chemicals in fruit are needed by the right brain). She fed me papaya. Then something started pulling on me. It wants my attention – it wants to know, panicking, it wants to remember - ah yes just took some ayahuasca after sleep deprivation, soon things will be

back to ‘normal’ oh no panic more - people don’t usually combine ayahuasca with sleep deprivation – perhaps things will never go back to normal. The thing wants me to sleep. I told Rob to keep me awake as I will forget if I sleep. I sensed that this state would mean nothing to anyone when I went back. I just must remember to stay awake and I must take DMT (hence my decision to include a small dose of ayahuasca in my diet every day). Then Kate (Wood) came and tucked up next to me – and we connected energetically and Tony wandered in with an amused look on his face. I think I must be one of the luckiest people on the Earth at this time – to be connected to these people and having these experiences.

Afterwards I felt like I knew the Great Secret of the Ages, The Great Mystery, the real meaning of waking up – which would seem to be an experiential state not an intellectual realisation.

And there is so much talk of moving beyond the mind – quietening the mind is a delightful experience but the actual experience for the rational mind of losing its grip can be petrifying. As Tish has constantly reminded me, the spiritual techniques of the ages have been concerned with subduing the left brain and boosting the right brain. Sleep deprivation and ayahuasca are particularly powerful tools to effect this ...And yet again Tony Wright’s model of consciousness ([www.kaleidos.org.uk](http://www.kaleidos.org.uk)) is the one that fits the facts, the one that fits the experience. ❀

## Staying Awake Part 3: Steve’s experiences of staying awake...

by Steve Charter

It was generally great fun, as it normally is when one hangs out with such a fine crowd of friends, with a few challenging points mixed in. It’s impossible to accurately describe the shift in consciousness / perception that goes on during the experience, only to give a flavour ... I mean, most of you will know that a description of a scrumptiously delicious raw chocolate pudding, or a description of the best and most delicious Ecoforest orange you’ve ever tasted ... well, it’s not the same as the actual taste ... nothing like it in fact, though it can bring up memories or imaginings of our nearest experiences.

I’m really pleased that we are going to do this regularly in 2006, so watch this space for more news, and who knows may be it will gradually become a larger shared experience. Remember also that it’s about trying to shift our own blockages and barriers to positive personal change, to open up our limited experience and view of reality, and also aims in some way to help support Tony in his important work. ❀

**raw**  
l i v i n g

The UK's finest selection of gourmet  
raw foods

Amazing superfoods  
for optimum vitality

Affordable juicers,  
blenders & dehydrators

Recipes, articles and more

[www.rawliving.co.uk](http://www.rawliving.co.uk)  
01273 542920  
[sara@rawliving.co.uk](mailto:sara@rawliving.co.uk)





# It's a Pleasure!

by Holly

One of my favourite Tish quotes is that when you strip away people's conditioning, what they truly want is pleasure. Even simple one-cell creatures contain endorphins. In the words of 'What the Bleep Do We Know' we are *designed to run on pleasure*. ...I can feel the discomfort already - surely we are ultimately spiritual beings whose highest aim is to serve the rest of humanity? Or can it be that these two things are one and the same? Simply put, we are all one organism and in the deepest feeling state that's the experience. The more deeply we feel the more we automatically act in a way that is in harmony with all; the more we connect to the bliss of the universe. And the more deeply we feel the more pleasure we can feel (and the more efficiently we can deal with pain). Pleasure brings us together. Does it bring the universe together?

I love Aranya's article in Issue 5 where he talks about motivating ourselves through love rather than fear. In this case he is talking about putting permaculture principles into practice because people 'would love a lifestyle where they were once again reconnected with the natural world around them.'

If people's deepest motivation is pleasure it would explain why people find it so difficult to sustain efforts to 'be good' e.g. eat healthy but less appetising food to avoid illness or economise on fossil fuel energy because of possible planetary crisis. The unpleasant images and feelings generated whilst carrying out these noble activities from worrisome motives reduce most people's energy to the point where they are unable to carry them through long term. And when you sense just how interconnected we and the whole Earth all are there is very good reason for people not to carry on in this headspace - these images and feelings are going to affect at some level everybody and everything else.

It is well understood now that thoughts and emotions affect physical reality and there is even scientific evidence to back this up - from quantum level, through molecular level right through to human achievement. One of the most well-known examples is how words affect the structure of water crystals. I've had an instinctive feeling for a while that criticising the food that we eat (which incidentally is of course largely constructed of water) is not helpful. Each food has its attributes and we need to select the ones for our purposes - for example to build a biochemical foundation to restore full human consciousness - then to appreciate and relish our food as we eat it.

And while we are on the subject of food - there is another apparent conflict that we can get over - between food that is nice and food that is good for us. My most amazing taste sensations have been from raw food - raw gourmet

food can be astoundingly delicious, better than any cooked food. Also tropical fruit, such as durian, to me is the best food in the world. The first time I tasted a durian I felt like I was eating something I had eaten a very long time ago, a time I cannot properly remember, but etched away somewhere.

It is pointed out in the field of hypnotherapy etc that the 'unconscious' ('right brain') does not understand a negative. It works with images. Thinking of an outcome we want to avoid creates more of it.

Positive images in the present and statements in the present tense (e.g. everyday I feel healthier and more energetic) have been found to be the most powerful.

Whilst acknowledging the current situation with the humour it deserves, let's visualise what we like, the most beautiful, wholesome, universal vision we know how. That is what motivates, make us feel good and energises us, and harnesses 'unconscious' resources, or, to put it another way connects us with right brain function. This constant awareness of the reality we would

choose can put us in a pleasurable creative state that affects everything around us.

Ideas and rules about being good, also known as morals are an approximation for a deep sense of knowing what to do in the moment. Perhaps they are necessary at this end of history. We guess that we are meant to feel good and stuck within the constraints of our ego/rational mind we are left with trying to be our idea of a good person; - being ethical, learning lessons, working through karma... It is interesting to distinguish feeling good in terms of self-image (a mental concept about ourselves) and feeling good in terms of energetics - how we feel physically in ourselves and how energetically connected we feel to the greater whole. It's obvious that a lasting sense of well-being is not found in fleeting excitement or boosts to the ego (left hemisphere phenomena). Could it be that engaging with an energetically good state, gives us a strong feeling of what to do, moment by moment, and automatically moves us to act appropriately, which at this time means to create something better than the situation we find ourselves in - and to a vision of Paradise for all of us. The call to 'be' rather than 'do' is, I think, really trying to describe a flowing state of mind, where we do things without a sense of effort. It is a bit of a paradox that we sometimes need to make an initial effort to get into a state where things feel effortless.



There seems to be not only natural sensual pleasure but also intrinsic pleasure in doing what is truly 'right' – perhaps it is as simple as connecting up more with the right side of the brain which has a sense of the 'good' of the whole and is also mainly responsible for feelings of pleasure. Like nearly everyone else I am not at all certain about any of these issues so am just doing what seems right now.

Even though I can appreciate that a long-term sustainable shift in human consciousness may not be quite as straightforward as I'd hoped I cannot help putting in place practical ways of living that help to make some kind of shift from mundane beta wave consciousness to something more pleasurable. A raw food diet, including things like undamaged fatty acids and fruit compounds is the biochemical foundation. I incorporate the essential elements of diet outlined in Tish and Tony's article in issue 4. While the rational mind resists the notion, practices such as meditation and as simple a life as is possible, reduced sleep, time in nature, exercise, yoga, beautiful music, loving physical touch and eye connection make the actual experience of life much more satisfying and beautiful, *now*, and makes us more effective than rushing around achieving loads of relatively unimportant goals. I have to confess that I hardly ever do 'sitting meditation' – I do

'walking meditation', 'food preparation meditation', 'cuddling the children' meditation...as far as possible in everyday activities I keep this bodily awareness and stay a little detached from my thoughts. And I try to keep situations where I lose this to a minimum. This is for my own peace of mind and also because I feel I do everything much better, with a regard for the whole picture, in this state and so overall it is more efficient. And I cannot help sharing what I learn, indiscriminately. As Reza, whom I met recently, pointed out, it is the 'ordinary mind' which discriminates about who we should share information with. Pleasure comes from going with the flow of the non-ordinary mind (right brain) when we are lucky enough to feel that connection. As time goes on I treasure it more and more and, having experienced its current fragility, do whatever I can to maintain it.

**Fascinating reading:**

*The Hidden Messages in Water* by Masaru Emoto

*What the Bleep Do We Know* by William Arntz, Betsy Chasse and Mark Vicente

*Left in the Dark* by Tony Wright ([www.kaleidos.org.uk](http://www.kaleidos.org.uk))

Love Holly [www.rawcuisine.co.uk](http://www.rawcuisine.co.uk) ❀

# Cana Dulce Permaculture Design Course

13 - 26 th May 2006

*in Southern Spain - Permaculture, with yoga and natural nutrition*

An exciting **new** Permaculture Design Course lead by Steve Charter (Eat More Raw) and Lucho Iglesias, integrating healthy and sustainable living, at an excellent example project in southern Spain. Fantastic weather and a river or small pool to swim in add to the attractions.

Past students have been delighted with the experience.

Course Price: 550 Euros (375 pounds), with camping (free) or comfortable indoor accommodation options (110 Euros), some additional food costs (around 30-50Euros over 2 weeks).

*More Information*

[www.permaculturaacanalduce.org](http://www.permaculturaacanalduce.org) or  
[www.permaculture-steve.net](http://www.permaculture-steve.net)  
Tel: (00 34) 951 16 50 37, Cana Dulce, Coín, Málaga, Spain  
Or from: Steve Charter, [true\\_charter@yahoo.co.uk](mailto:true_charter@yahoo.co.uk),  
UK Mob: 07990 778581 / Daytime 01342 810372

**1st week:** practical: composting, mulch, pond building, eco-building, plant and tree care, etc.

**2nd week:** permaculture design theory and major design exercise.

**Catering:** all or mainly raw food throughout;

**Kundalini Yoga** every other day.





# Holistic Lifestyle

## Holistic Weight Loss

by Angela Stokes

Before I went raw in Spring 2002, I was morbidly obese, very unhappy and lost in cycles of compulsive overeating. Nearly four years on, I have lost over 11 stone, dropping from my heaviest weight of 21stone, dress size 28-30 to my current healthy and happy 9st 9lbs, dress size 10 and my life has completely transformed too on emotional and spiritual levels. Where my life used to be filled with secrecy, shame and fear, hiding behind the false security that overeating junk food brought me, I now live in the light of truth and honesty, doing my best every day to be present in the moment and enjoy the loving flow, rather than trying to hide or resist. This has been a real awakening for me on all levels, triggered by my initial foray onto the raw food path. I see massive potential now for many other overeaters to embrace such changes, freeing themselves from the debilitating bonds to foods which slow the body, dampen the emotions and cut us off from the light of spirit. I feel a strong desire to share this message of hope, as a living example of the powerful changes that can occur on the raw path; through sharing my own story, I hope to empower others to help themselves.

Overeating is not widely acknowledged in society as an addiction, akin to alcoholism, despite the fact that the statistics for obesity (a major consequence of compulsive overeating) are constantly rising. I find it ironic that most overeaters carry their condition so visibly, as obesity develops, yet there is so little widespread understanding of this addiction. I am concerned that the reaction most obese overeaters receive when approaching health professionals for guidance is simply to 'eat less and exercise more', with little or no recognition of the underlying issues driving the weight gain. The focus is directed only at the physical level, with the excess weight seen as THE problem in itself, rather than a symptom of a bigger spiritual malady. No doctor would be likely these days to tell an alcoholic to just 'stop drinking', as the understanding of alcoholism is so advanced, yet food addicts routinely

receive this shaming message to just 'stop eating so much' with no support offered. If it was that easy for the alcoholic to stop drinking or the food addict to stop overeating, both would have done so a long time before reaching crisis point. Compulsive overeating is an addiction like any other – whether it is food that we use, or alcohol, cigarettes, work, sex or gambling – all addictions involve using something as a 'crutch' to try to escape our perceived reality. Addicts use the substance of choice to lose themselves into a different reality in some way, to dampen painful feelings, space out and get high on something other than 'just' life. However, that reliance on something external to ourselves to bring pleasure and fulfilment is precisely what keeps addicts from true contentment. As long as we seek fulfilment from something outside of ourselves and do not realise that we are eternally connected from within to 'the source'/oneness/spirit, we keep ourselves shut off from the light. The temporary high one may experience from drinking alcohol, taking drugs or going on a junk food binge soon fades into depression, hopelessness and despair and is absolutely no comparison for the sustained high that comes from reconnecting to your true spiritual self and the ever-loving and powerful source of all energy and truth. The raw food lifestyle can be an amazing tool for reconnecting to that source.

Overeating tends to be a deeply ingrained pattern – it is often triggered from a very young age when children are given sugary 'treats' for example as rewards or for comfort or to get them to be quiet. Aside from becoming hooked on sucrose physically, strong emotional attachments build up around food and the child matures with blurred

boundaries of the role of food in life – rather than seeing food as fuel for the physical body, the view gets distorted and the person seeks to use food to nourish the emotions and soul too.

Overeaters become obsessed with food



Before



After



and live life from the perspective of opportunities to eat, using enormous quantities of food to try to fill a gap in their lives that simply cannot be satisfied with material things. The overeater's life tends to be a (not-so) merry-go-round of obsessive bingeing, dieting and fretting about food and weight issues. If we look to nature, we do not see wild animals apparently fret in this way about how many leaves or berries they've eaten, because they do not seem to experience this kind of emotional attachment to foods. They eat simply, from the abundance of the earth to fuel their physical bodies and seem also to be naturally at one with the universe in a way that so many humans do not seem to experience easily.

The standard routes overeaters tend to take when attempting to deal with what they perceive as just 'their weight problem', such as dieting, 'miracle' pills and powders and even intrusive surgery are not options I see as healthy, natural or sustainable. They all place the focus almost entirely on the physical level of recovery and nothing else. People only really go 'on' diets to go 'off' them again at some point and then almost invariably end up re-gaining any weight lost, setting up a yo-yo pattern. In stark contrast to this, I see the raw lifestyle as an amazingly effective pathway away from overeating and obesity. To me, going raw is a simple, natural solution for both sustainable weight loss and also reconnecting to the true life-force within. Going raw is, for many, about learning a new lifestyle, a new way of being that is more connected to the earth and simplicity; so, instead of over-stuffing and over-burdening ourselves with heavy, dead, processed foods, we take in lighter, more vibrant living material and simultaneously, the channels to connectedness open naturally. To me, the connection between raw food and spirituality is simple; living humbly and respectfully from the produce given directly from the earth, without trying to modify or 'improve' it in some way, while nourishing our bodies with the fuel needed to function to the best of our ability is an expression of our commitment to truth and demonstrates our understanding that all we need is provided for us. We stop deadening our system with heavy, toxic junk and allow our true nature to shine through instead. The toxins stored for years in fatty deposits clear out, unblocking emotional stagnation on the way and contact with one's own spiritual self becomes much easier. This is a pathway free from gimmicks, 'magic bullet' solutions, shaming or multinational profit – this is just about natural and effective healing of the body, mind and soul. The raw lifestyle is often regarded as a 'spiritual' path and as overeating, like all addictions, is, at base, a spiritual malady, the two go hand-in-hand for a healthy solution, in my opinion.

Going raw is a lifestyle choice that can bring powerful transformation for overeaters and I truly believe there is no faster, healthier way to weight loss and genuine recovery available. In the beginning, however, I do not tend to advocate going very high or 100% raw to obese clients who come to me seeking weight loss – when people are coming from such a background, there is often a big gap to bridge between their current junk-food bingeing patterns and a new lifestyle of mainly or only raw foods. I believe it is far better to take a slower, more sustainable

approach for most people in this situation, rather than trying to push anything too far too fast, though I thoroughly recommend getting the biggest 'problem' foods out of the system immediately, such as white sugar and wheat.

Another important change for many obese overeaters going raw is to start taking responsibility for their own health and well-being, rather than putting their faith, expectations and lives in the hands of diet programmes or mainstream doctors. This can represent a major shift in awareness for many as they move from the 'victim' position of a helpless 'sufferer' of obesity, into taking responsibility for their own welfare. Managing such a large shift in awareness tends to work better when people have a support network around them, rather than trying to do everything alone. Many people reading this can probably identify with the feeling of being isolated when going raw, if we do not feel there is good support available and this can be especially challenging for overeaters coming into recovery, as they face big changes on all levels. There is no need for anyone to do this alone however – there is plenty of support available out there – on my website for example – [www.rawreform.com](http://www.rawreform.com) - I host a forum where people can interact to share experiences and ideas about weight loss on raw. I also have two e-books for sale on my website about how to go raw for obese overeaters and I am available for private consultations or group discussions about these issues. There are also many ways for people to find support in their local areas, such as with raw food pot-lucks, 12-step fellowship meetings, group counselling or therapy sessions, retreats and so on. With a good support network of like-minded individuals, choosing a raw lifestyle can bring extraordinary results for recovering overeaters. This is a path of self-realisation and taking responsibility for one's own health and wellbeing: this is the natural way out of overeating and obesity.

Email: [rawreform@rawreform.com](mailto:rawreform@rawreform.com) [www.rawreform.com](http://www.rawreform.com)  
*Angela is currently touring the USA with Matt Monarch* ([www.rawspirit.org](http://www.rawspirit.org)). *From California to Texas, see* [www.rawreform.com/material/events.html](http://www.rawreform.com/material/events.html) for details.✿

## RAW CUISINE

events with Holly and Rob

*Learn how to make raw food that will sustain and satisfy you.*

**Saturday 25th March** - Totnes, Devon, £44  
10am to 4pm - Price includes lunch and snacks

**April 29 & 30** A weekend of consciousness exploration including wild food, eye connection meditation, chanting, superfood brain nutrition and of course learn how to prepare delicious raw food. From £110 inc all food and camping.

Tel: 01803 762245 Email: [holly@funkyraw.com](mailto:holly@funkyraw.com)

**[www.funkyraw.com/workshops](http://www.funkyraw.com/workshops)**

# Travelling In The Raw

by Warren Vialli

Last December I took a holiday to Luxor, Egypt to get some much-needed Winter Sun. It was the first trip outside of the UK I had made since starting a high raw diet and I vowed not to leave unprepared and risk finding myself in a situation where I couldn't eat anything. Indeed as Benjamin Franklin once said, "by failing to prepare you are preparing to fail". I am writing this article to provide a few of my personal experiences as a raw traveller/holidaymaker in Africa, as well as to present seven general guidelines or suggestions for successful raw travel whether this be within the UK or somewhere much more exotic.

1). The first challenge that is often inevitably met by the raw tourist is what to consume on the aeroplane as a substitute to the delicacies of onboard dining. Now depending on flight-time you may decide not to partake in anything solid, actually many people experience a degree of constipation during or after a flight so avoiding digestive demanding foods could be a good idea. Typically digestive trouble is caused by the reduction of friendly bacteria in the colon, probably due to the low oxygen environment (remember friendly bacteria are aerobic) and the significantly higher levels of radiation. On my journey I packed a spirulina hemp milk and a few capsules of probiotic into my flight bag, this and a few almonds provided me with the perfect raw alternative. Due to the very dry environment it is amazing how quickly one can become dehydrated. The uptake of hydrating fluid is essential. I recommend taking purified/distilled water with a pinch of real unprocessed sea salt (the more minerals it contains the better) for the hydrating mineral salts. Himalayan and Celtic sea salt are very good. Alternatively a fresh vegetable juice will supply a good dose of hydrating minerals.

2). Packing an appropriate mix of nuts and seeds and other superfood staples is essential, particularly in Africa where you are unlikely to acquire such items so easily. I like hemp and pumpkin seeds because they travel well, are nutrient dense and they can easily be soaked in a mug or glass overnight. Back home I use sesame and flaxseed a lot, however accessing the nutrition within these tiny seeds can be a little difficult without a blender or grinder, (though apparently travel blenders are now available). I also recommend organic almonds that have their skin intact and a good supply of your favourite superfoods such as maca, cacao or my favourite, spirulina. A word of warning though, local custom laws should be investigated in regards to what produce can and cannot be taken into the country.

3). Depending on the destination, it is likely that we will dine at a local or hotel restaurant at some stage during our stay. Now as raw-foodists typically the salad menu or vegetable buffet will be the most appealing feature, and so it is wise to be sure of the suitability of the food venue ahead of the time we intend to dine there, especially if our companions are not presently following the raw path. It is also important to understand how hygiene awareness differs markedly throughout the world in regards to food preparation, and unfortunately for us raw types, uncooked food is most susceptible to bacterial contamination. If we are in any doubt about the cleanliness and quality of the fresh produce it is wise to avoid it altogether and find an alternative venue. In the "developing" world our awareness of local hygiene practises is even more imperative, especially in regards to



the local bacteria our bodies may not have encountered before and thus built up the level of immunity the natives would possess. (See 6). Though it is often noted that larger or more international hotels generally have higher hygiene standards, my advice would be primarily to examine the freshness of the produce and try to ascertain the cleanliness of the establishment before making a decision. Checking travel guidebooks for local recommendations can also be valuable.

4). Buying safe/organic vegetables should be relatively easy throughout much of the Western world. It is important however to assess the likely facilities in the location/s we will be staying in. If we are travelling to a 'touristy' hotel district by the sea, it is less likely that supermarkets or wholefood stores will be as available as in central city locations for example. We should remember that local produce elsewhere in the world relies much more on seasonal availability as opposed to export, and depending on the time of year; fresh vegetables may be more difficult to attain. For many reasons therefore when safe fresh produce is not guaranteed, a supply of green plant food powder is highly recommended. Green powders provide the body with a highly concentrated dose of "alkalising" minerals, chlorophyll and phytonutrients as found in the fresh plant. Of particular abundance in most green powders (especially those containing grasses) is calcium, which is the essential mineral necessary for balancing the high phosphorus content of nuts and seeds, (pumpkin and sunflower seeds are particularly high in phosphorus in relation to calcium).

5). When travelling in warmer climates, fresh local exotic fruit is likely to inspire the greatest appeal in the eater of the uncooked, and indeed those of any culinary persuasion have been wooed by the vibrancy, colour and sweetness of native fruits. Old favourites, rare and previously unknown produce can all be found in local markets, which are often a delight to visit.

When selecting fruit, it goes without saying that the usual standards are used, however, it is even more imperative to check for any signs of parasites or mould in the rind or skin of the fruit. I also recommend that the fruit be washed with clean water (even if we are to discard the skin) to avoid any possible contamination.

In regards to fruit consumption it is advisable, for the vast majority of us at least, not to over eat on fruit, particularly sweet, high glycaemic fruit. It is tempting when we are inhabiting a different climate and time zone to disregard the demands of our blood sugar metabolism and go for days at a time on a predominantly fruit diet. Depending on our constitution though, it may be wise to limit consumption to one balanced fruit meal a day, and if we require a few pieces more for snacking. Ultimately though the individual's awareness of his or her own body will determine what amounts are appropriate. Depending on what you feel about it, and how your particular metabolic type reacts to the highly concentrated sugars, you may wish to take some unsulphured organic dried fruit, especially when fresh fruit is less available. It packs extremely well



and can serve as a high-energy fix when we are on the go. I recommend however, (unless a low glycaemic fruit like goji berry is used) that it is reconstituted in water and/or eaten with a fatty food such as avocado or nuts to slow down glucose assimilation into the bloodstream.

6). All this raw food can potentially host bacteria and parasites to which our bodies may not be used to; because there is nothing worse than feeling sick whilst on holiday an antibacterial or antiparasite food or supplement is advisable (this advice goes to our cooked-food eating friends as well). My preferred choice is oregano or tea-tree oil, which can be rubbed onto the stomach in a good base oil at least once a day. Olive leaf powder or extract is also very effective as is raw garlic (if you can find it locally, or if customs allow it through, bring your own). When I was in Egypt I was taking 4-6 cloves a day. If your travel

companions object, which they probably will do, tell them to take a few cloves as well and the problem is solved.

7). Finally taking a few utensils such as spoon and a couple of mugs for soaking nuts and seeds and/or mixing up green powders and powdered superfoods is essential. Additionally a small plate and small fruit knife (which should be packed in your main luggage) could prove valuable for those that just don't like using their fingers.

Have fun travelling in the raw. Love Waz! ❀

## You never listen to me

One of the ways I use Nonviolent Communication (NVC) is to mediate in conflicts between two people. It also works with warring tribes!

Rachel and Paul, a young, unmarried, professional couple, wanted to come and see me – they had been going through difficulties. They lived together in London, but they found it difficult to find a time in the evenings when they were both free.

When we finally met, I told them that I wasn't going to take sides, and made a proposal about my role. I said that if I heard something that would make it difficult to get the progress they were seeking, I would translate it into a language that I thought would be more likely to help, and check to see if it's accurate. They agreed.

At first they were eager to let the other talk. Eventually Rachel got round to talking about the time they spent

by Shantigarbha

together in the evenings: "When we go out for meals, you always look bored or tired", she said. And then, raising her voice and looking directly at him, she said, "You never listen to me."

I knew from experience that this message would make it difficult to get the progress they were seeking, so I interrupted and asked Paul, "Could you tell me what need you heard Rachel express there?"

He paused for a moment and said with a sigh, "She thinks I never listen to her."

I said, "Thank you for telling me what you think she thinks. What I asked for was what need Rachel was expressing."



"I'm new to this," he said. "Could you help me?"

"OK," I said. "What I heard was this: She finds it difficult to remember a situation with you when she was satisfied that she was fully heard and understood."

"Oh," said Paul, looking down at the floor.

I asked, "Could you tell me what you heard me say?"

"She doesn't feel heard and understood."

"Yes, that's what I heard." I noticed Rachel sitting back in her chair and appearing to relax.

I turned back to Paul: "Now, I'm guessing that some pain comes up for you too, because you'd like acknowledgement of the energy you put into this relationship. Is that accurate?"

"Yes," he said, looking up with what I would describe as surprise and relief in his eyes.

I turned to Rachel: "Could you tell me what you just heard me say?"

"He's trying to get out of it," she replied. "He always turns it back on me".

"I'm sad I didn't express myself clearly," I said. "I was

asking you to repeat back to me what I guessed as his feelings and needs."

"Oh, you mean he's sad because he wants some recognition of the energy he puts in."

"Yes, that's what I heard," I said. I saw Paul sit back a little in his chair and appear to relax.

"So, Paul," I said, "to give you this acknowledgement, would you like Rachel to tell you three things you do that she enjoys?"

"Three things?" said Rachel, laughing.

"Yes," said Paul, "that would be nice"

Rachel was silent for a moment, and then started to tell him about the times she had enjoyed being with him and what she loved about him.

I left them to it.

Next issue: Beyond Right and Wrong

*Shantigarbha is certified as a trainer with the international Centre for Nonviolent Communication ([www.cnvc.org](http://www.cnvc.org)) He runs NVC workshops in Europe and the U.S.A. For workshops and info, visit his website at [www.seedofpeace.org](http://www.seedofpeace.org) For all trainers in the UK, visit [www.NVC-UK.info](http://www.NVC-UK.info) ❀*

## Raw Menopause

by Claire Rainbow

For many women the idea of the menopause is quite scary. It means a lot of things: we are no longer able to reproduce; it is another milestone in the coming of age. There is also quite a list of possible problems associated with the menopause too, though you may well be lucky and not suffer any of these: hot flushes, memory loss, irritability/mood swings, nausea, depression, anxiety, vaginal dryness and pain, water retention, change in sleep patterns, low sex drive, heart palpitations, night sweats, insomnia, inability to concentrate or even incontinence or weight gain. There are many supplements that can help and information about being raw and how it can affect your menopause.

So what is happening to the body during this time? In the normal menstrual cycle, the hormone follicle-stimulating hormone (FSH) acts on the follicle to develop into an egg, with resulting release of oestrogen. This causes luteinizing hormone (LH) to be released, with resulting ovulation. When the egg has been released, the remainder of the follicle, called the, "corpus luteum", produces progesterone and oestrogen. As a women approaches menopause, the follicles fail to react to stimulation by FSH and LH. Consequently, the body keeps producing more and more of these hormones, hoping for a response. One of the most plausible explanations for hot flushes is that the high level of these hormones causes blood vessels to dilate, raising temperature. Release of FSH and LH is controlled by the hypothalamus, an area of the brain which is responsible for temperature regulation and most of the body's regulatory needs. While oestrogen is essential for reproduction, it also acts on many non-reproductive organs and systems in the body. Cells in the vagina, bladder, breasts, skin, bones, arteries, heart, liver, and brain all contain oestrogen

receptors, and require this hormone to stimulate these receptors for normal cell function. Oestrogen is also needed to keep the skin smooth and moist, and to keep the body's internal thermostat in working order. It is also necessary for proper bone formation. Although oestrogen levels drop sharply after menopause, the hormone does not disappear entirely out of the system; other organs take over from the ovaries and continue to produce a less potent form of oestrogen. The organs known as endocrine glands secrete some hormones from fatty tissue to maintain bodily functions. Progesterone works as a counterpart to oestrogen. During the second half of the menstrual cycle it stimulates changes in the lining of the uterus to complete its preparation to act as a "home" for a fertilised egg. If no egg is fertilised, the uterine lining is broken down and expelled. The cycle then begins again. Progesterone too has effects beyond the reproductive system. It has a calming effect on the brain and appears to affect other aspects of the nervous system as well.



Thus you can begin to see what massive changes occur to our bodies once we reach this stage of Life. In order to facilitate an easier menopause, it makes sense to eat foods rich in oestrogen. Foods such as soya beans, tofu, miso, flaxseeds, pomegranates, and dates. When these substances are eaten, they act like the oestrogen produced by the body. Some other foods include - alfalfa, soya sprouts, linseed meal, sesame seeds, sunflower seeds, aniseed, split peas, chick peas, lima beans, pumpkin, carrots, cabbage, beetroot, green beans, peas, marrow, potato, squash, apple, plum, cherries, olives, olive oil, corn, wheat, oats, rice, barley, rye, parsley, garlic, fennel. I recommend you eat around two cups of a variety of these foods daily. You need to get at least 160mg of soy isoflavones to get full benefit. You need to keep your levels of Essential Fatty Acids high, as these act as sedatives and diuretics, are good for hot flushes and are important for the production of oestrogen. Vitamin B6 minimises water retention and eases some symptoms. Vitamin E reduces hot flushes and many other symptoms; it is best to use the d-alpha-tocopherol form. Vitamin E can be found in avocados. You can see there is plenty of scope for a healthy and raw menopause. By increasing the amount of estrogenic foods you consume when you start to get perimenopausal symptoms, you can really increase your chances of a problem-free menopause. Symptoms of perimenopause are often mistaken for those of premenstrual syndrome (PMS). Both PMS and perimenopausal symptoms are a result of an imbalance between oestrogen and progesterone—specifically, rising oestrogen and diminishing progesterone. If your menstrual cycles have changed—for example, if your periods are longer or shorter than before, or if they are now irregular where they did not use to be—it is more than likely that you are perimenopausal rather than premenstrual. A blood test to determine your level of FSH is also helpful in determining whether you are experiencing perimenopause. FSH levels increase as oestrogen diminishes. Ensure you also get plenty of calcium, but also potassium, manganese, magnesium, silica, iron, zinc, selenium, boron, phosphorus, sulphur, chromium for good bone health later.

If all this fantastic raw eating still has you feeling any of the listed symptoms, there are various herbs and supplements that can help. Many herbs have been prepared through drying and therefore are raw. If you require supplementation, I would always say your health comes before any doctrine or dogma. A couple of pills is not really making you a not raw person. Ask at your local independent health food store for information on which companies offer dried pure herbs. Bio-Health is one that I know of, but there are undoubtedly others. Gotu kola and dong quai relieve hot flushes, vaginal dryness, and depression. Siberian ginseng aids in relieving depression and in the production of oestrogen; caution: do not use this herb if you have hypoglycemia, high blood pressure, or a heart disorder.

To maintain healthy bones menopausal women need 1000 to 1500 mg of calcium daily. Calcium is found in almonds, brazil nuts, sesame seeds, tahini (sesame paste), tofu, soya beans, chick peas and to a lesser extent other fruits and

vegetables. Of course the menopause is a great time for a good detox too:

Women should bring their bodies back to balance through detoxification (getting the liver, kidney, intestinal tract, and lungs to do their detoxing jobs better). How? The detox organs will work more effectively in your body if you include superfoods in your diet. Superfoods such as flaxseeds, soy-derived products like tempeh and miso, wild crafted blue green algae, artichokes, asparagus, apples, siberian ginseng, parsley, walnuts (raw and unsalted), and wheat germ (raw & organic). These particular foods contain phytochemicals that will help balance the diminishing oestrogen levels a woman experiences beginning approximately at age 30. Yes, 30! So start upping your oestrogenic foods if you are over 30, don't wait until you think you're old enough to start being menopausal. Start gradually and build up your intake of these foods over the following 10 years or so. You can then start the following diet once menstruation stops.

Each day, consume 2 tablespoons of ground organic flaxseeds (grind in a coffee grinder) sprinkled on salads. Drink miso soup or eat tempeh. Drink a high quality fruit and/or vegetable smoothie containing wild crafted blue green algae. Soy sprouts added to your morning drinks contain two of the most active phytoestrogens - genistein and daidzein. Organic soy sprouts can be found in most green drinks. You could also sprinkle a tablespoon of a green powder mix on salads. Soy sprouts are the only unheated sources of phytoestrogens. Use a green drink mixed in a liquid of choice twice a day, once before breakfast and again mid-afternoon. Add organic and raw wheat germ to your salads. Wheat germ is abundant with Vitamin E. Enzyme therapy can also help with reducing menopausal symptoms. Dr. Lita Lee in her book, *The Enzyme Cure*, says that many women benefit from taking extra enzymes on an empty stomach several times during the day. For example, rotease and/or lipase enzymes which are often deficient during menopause, can be replaced by enzyme supplementation.

"Calcium is carried in blood partly as an ionic (salt) and partly as protein-bound calcium. Protease, the enzyme that digests protein, supplies both the required digested protein for protein-bound calcium and adequate acidity required for the ionic or salt form. Lipase is required to carry calcium across the intestinal wall and for the production of female hormones." (p.179).

What can you do for vaginal dryness and thinning? Buy unheated virgin coconut oil and apply as a topical lubricant. The coconut oil must be unheated to be effective. Some doctors recommend vitamin E as a topical lubricant, but coconut oil is more natural and it doesn't oxidise as other oils when exposed to light and oxygen.

And finally, I know most of you won't be eating these anyway, but avoid the intake of foods known to exacerbate menopause symptoms such as spicy foods, alcohol, caffeine, chocolate, sugar, dairy foods, and fatty meat. Also avoid soft drinks, which contain large amounts of phosphates that contribute to osteoporosis. ❀

*Obviously tempeh, tofu and miso are cooked foods. Ed.*



# Enjoy four whole days with the world's favourite raw food teachers **David Wolfe & Shazzie**

**6th-10th October 2006, Somerset, UK!**



with Daniel Aaron, Mike Nash, Debbie, Natasha & the resident Osho team

[www.detoxyourworld.com](http://www.detoxyourworld.com)  
we love you to life

**08700 113 119**

### We promise you...

- A superb line up of speakers and therapists
- The best organic vegan and living/loving foods to nourish your mind, body and soul
- Personal interaction, love and transformational information
- A unique experience that will create a new, refreshed and happier you



**Friday 6th - Tuesday 10th October 2006**

**Croydon Hall (a superior venue)**

**Felons Oak, Minehead, Somerset, TA24 6QT**

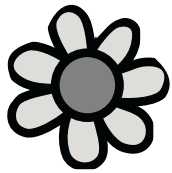
We have secured four whole days and nights at one of the UK's top holistic retreats. Just 2.5 hours from London, and you're there, enjoying the spa and surveying the great National Parklands beyond. Waking up to yoga, enjoying great workshops, living foods and all the leisure facilities, and going to bed with meditation and inspiration, you'll witness your own transformation day by day.



# Funky Raw Shop

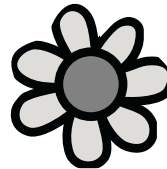
re-awakening \* re-discovering

The Funky Raw online shop is now open. We are offering a selection of items to make your raw life easier, healthier and more fun, including a juicer, blender, dehydrator, water filters, super foods and a recipe booklet.



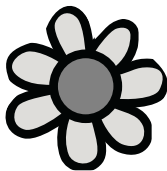
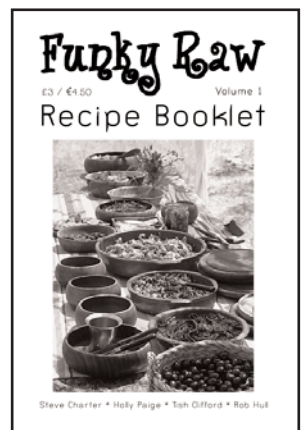
## Vitamix Total Nutrition Centre

A high-speed blender enabling you to create smooth, creamy textures and flavour combinations usually associated with cooking (but obviously better and tastier!). Very fine blending also makes the nutrition in the food easier for the body to absorb.  
**£395 (inc. delivery)**

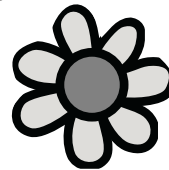


**Funky Raw Recipe Booklet** containing over 40 recipes include Sauces and salad dressings, Dips and Accompaniments to Salads,

Raw Soups, Main Meals and Savoury Dishes and of course Sweets and Puddings. **£3**



**Wellness Water Filters** reduce up to 99.9% of contaminants using a natural process designed to replicate water's natural journey through the earth's strata. Super hydrating 'better than bottled' quality water at a fraction of the price of buying bottles. This water tastes great, can boost energy levels, and generally improve health.



2.3 litre Carafe™ filter  
**£50 (inc. delivery)**

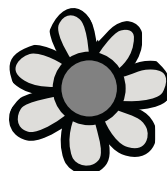


**New Product: Whoosh Raw Chocolate Bar 40g.** Containing raw cacao, suma and maca. **£2.95**

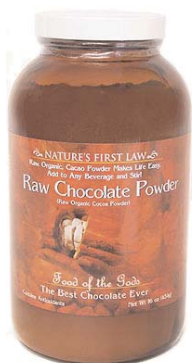


## Raw Organic Coconut Butter

This delicious high quality coconut butter comes from a remote Thai island and is exclusive to Funky Raw. **100ml for £5 or 500ml for £17.50** Packaged in amber glass jars to preserve quality.



## Superfoods



**Cacao** is the Mayan 'Food of the Gods', rich in minerals, antioxidants and natural feel-good brain chemicals. Great for making raw chocolate deserts. **Nibs** (broken up beans): **£9 for 250g or £32 for 1kg** **Powder: £24.95 for 454g** (extra concentrated goodness)

**Goji Berries** are a Tibetan super-nutritious dried fruit, particularly rich in vitamin C. **£8 for 250g** (we love these in our chocolate pudding)

**Maca powder** is from a Peruvian root vegetable. It helps to increase energy levels and strengthen your immune system. **£8 for 250g**

**Green Dragon Superfood** - an affordable mix of dried greens containing alfalfa, wheatgrass, barleygrass, spirulina and nettles. **£6 for 50g or £23.50 for 250g**

[www.funkyraw.com/shop](http://www.funkyraw.com/shop)