

The Funky Raw

Issue 10 - Spring 2007

Restoring paradise consciousness

magazine

£2.75 / €3.50



Raw Food • Nutrition • Recipes • Wild Food • Massage

From the Editor

Spring is here - time to start planting. I just planted some basil seeds I saved from last season, on page 8 Joe is planting hemp seeds and Max is being more philosophical about seeds on page 22. There are also a couple of spring poems on page 22.



Spring also means summer will be here soon, along with another Funky Raw festival. We'll be back at Keval Farm in Cornwall from Wednesday 22nd to Monday 27th August. More details soon, but if you want to be involved in any way, please get in touch.

The new Readers Tips section has expanded from last issue, see page 8 for the winner of this issue's £15 gift voucher. Terri's article on massage (page 25) is beautiful.

As always, keep sending in your recipes, stories, poetry, artwork, tips and questions.

love Rob - rob@funkyraw.com

Cover Artwork

The artwork on the front cover entitled "Spring" is by Merav Wheelhouse, taken from a large oil painting on wood. Merav and I, (Janta), are both environmental artists, we're establishing a unique project called "Karuna" that aims to develop truly sustainable biodiversity awareness and practice living with compassion.



Obviously land is what sustains us, our awareness of the importance of quality food is of deep concern to us.

The Raw food Diet, is undoubtedly the original diet of Humans, it is also Radically Environmentally Friendly. Through adopting the Raw food diet we gain independence from supermarkets who steal our time, money, health and clean air. We save on the energy that is wasted through cooking, a process which robs us of our foods nutritional value. The minimal waste created is easily recycled into compost. We think, the big issue with the Raw diet is that it leads us on to taking control of our own lives.

So we bought 18 acres of land in the Shropshire hills to work with permaculture and establish a Forest garden and start the process of getting back to our heritage-our birthright our true charge of the land, for agriculture is

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the shop and of course a free copy of the magazine. Please send your submissions to rob@funkyraw.com or post to the address on the subscription form on page 35.

Submission deadline for next issue: **30th April 07.**

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

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Advertising

 Next issue deadline **7th May 07.**

Rates start at £20 with discounts for block booking. Please see www.funkyraw.com/ads/ for full rate list.

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!

the very basis of our existence. We are finding it a struggle establishing ourselves as an agroforestry project, but it's really much more than that.

We know that Karuna is a healing space. We have planted three separate diverse woodlands (4500 trees in all) with our children and friends. In this, our second year we planted an additional 60 fruit trees.

In our food we are eating the sun rays, the moon rays, the faraway stars and their effects, the earth. In all that is in fruits, in anything we eat we are eating existence, we are breathing existence.

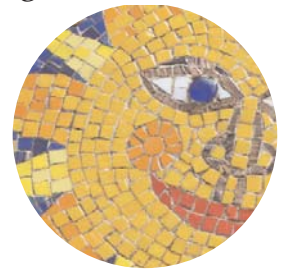
We are sowing seeds and what is the seeds destiny?

Merav and I are Yogi and Yogini, Taoists, Pagans, Renegades, Healers (Traditional Thai Yoga massage, art therapy), Diversity specialists, Creative Spirits, Celestial Dragons, Worms. We are an emptiness so full that we are bursting with satisfaction, we take great joy in celebrating our existence in nature. We are trying to survive in a society gone mad and divorced from nature. Karuna has the potential to become many things it is orientated to the experience of change! It aims to serve the community, it could even become a community (low impact), presently we live a few miles away.

Anyone sharing similar sympathetic nurturance towards nature, who have a vision of creativity and wish to support/participate in the project in any way is welcome to contact us. Tel Janta/Merav 01743-871287. e-mail merav66@hotmail.com

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www.ink.uk.com

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News, Events and more

Funky Raw Festival 2007

Wed 22nd to Mon 27th August

The Funky Raw festival will take place at Keveral Farm, Cornwall again over August bank holiday. Five days of relaxing in a beautiful location with the beach only a 10 minute walk away. Yoga, music, dance, food prep demos, wild food walks, green juice bar and of course the raw cafe and magic cake stall and loads more. Full details and tickets from the website www.funkyraw.com/festival/

If you want to help out in any way - workshops, structures, stewards, music, etc, please contact Rob, preferably by email rob@funkyraw.com, otherwise phone 0845 003 9515. If you want to help in the cafe, contact Chris on fol_chris@hotmail.co.uk

Festival of Life 2007

Sat 1st/Sun 2nd September

A fantastic new venue for the Festival of Life this year at the Steiner School, Highbury & Islington, London and the excitement will be extended over two days.

If you want a stall, to give a talk or volunteer, please contact Janet on 020 7209 3976.

Full details will be on the website www.festivaloflife.net soon.

Bristol Vegan Fayre, June 9 & 10

The 5th annual Bristol Vegan Fayre 007 will take place right in the centre of Bristol in The Amphitheatre and Waterfront Square, by the waterside. With an expected 180 stalls, plus 6 designated talks and demos. There is also a 'Living Raw' talks room this year, with a whole range of speakers including Shazzie, Jess Michael, Kate Raw Living and Jill Swyers.

Added to that a superb line up of entertainment both days for the whole family, with escapologists, contortionists, comedians and magicians adding to the eclectic range of musical talent both on the acoustic stage and the main stage, culminating in headline appearances from Purescence on Saturday and original two tone legends The Beat on Sunday afternoon! Admission only £3, with kids under 12 and OAPs free.

See www.bristolveganfayre.co.uk for details and updates.

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

New raw cafe in London

Alchemy THC is the reincarnation of Tony's Hemp Corner, at 1 Omega Place/10 Caledonian Road, Kings Cross, London. Serving gourmet raw dishes including sushi, pizza and "Big Macadamia Olive Burger - A scrumptious patti made of pecans, kalamata olives, red onion, portobello mushrooms, golden flax, sunflower seeds and macadamia cheese served on a flax-cracker 'bun' with onion rings & 'chips'."

They also serve juices, smoothies, chocolate, etc and have a shop with superfoods, seaweed, books, etc.

Open Mon to Sat 8am-8pm, Sunday varies. Please call ahead if planning dinner - 020 7837 5223 / 07917 446 455

www.myspace.com/alchemythc

Conscious Dance

The next "evening of ecstatic moving meditation" will take place on Sunday, June 3rd in North Wales. Smoke and substance free, with juice bar and raw snacks. www.consciousdance.com

Raw Film Festival

The first ever raw film festival will take place in West Hollywood, California, March 16th to 18th. See the website for full details:

www.serenityspaces.org/spring.asp

Local Gatherings / Potlucks

Hastings

Sunday 25th March, 7pm. All welcome

For more details email Sprouting@tiscali.co.uk or call 07960 222077

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

Email Waz on the _stealth_protector@yahoo.co.uk to be kept up to date with London raw gatherings.

Hull

FEAST (Food Education And Social Transformation) is Hull's conscious eating group which meets once a fortnight or so to eat, chat and organise. All welcome, call 07908 018251 for more info.

Workshops / Talks / Retreats

Sat 17 March 07 - A Raw and Living Foods Health Event, *Derrin Bepo, Sister Zakhah and others*. £30, 11am to 7.30pm.

160 Page Green Terrace, Tottenham, London N15.

Lecture and discussion on health, nutrition and diet and a variety of workshops on raw food preparation.

More info www.healthstore.net or email thejoyoflivinglive@yahoo.com

Sat 17 March 07 - Alissa Cohen's Living on Live Food Level 1 Chef Certificate with *Anna Marcon*, £70

www.rawteacher.com/annamarcon for further details or contact Anna on 07939531092

Sun 18 March 07 - Raw and Wild Day - *Rob Hull*

£65, 10am-4pm, New Cross Gate, London SE14

www.funkyraw.com/workshops * 020 7358 8502

Learn about eating a balanced raw food diet and discover local wild foods. We'll make a selection of different foods including chocolate pudding (with hemp milk), soup, salads and dressings, cake, chocolate, etc, all of which you will get to try.

Sat 24 March - Raw food for beginners workshop - *Catherine Parker*. £30, 11am - 3pm, Finsbury Park, London. cathparker.wordpress.com/workshops/

There will be plenty of food to sample - so arrive hungry! For further information or to book please contact Catherine: 07734 294548 or reallivingfood@yahoo.com

Thur 5 April 07 - Raw Food Creations with *Lila and Thomas*. 10am-5pm. £40 (includes lunch & snacks). Macharaviaya, near Malaga (Spain)

A one -day course exploring Raw Cuisine, Transition Food and Detoxification. Afterwards, 7-8pm, free concert - Sitar und Santoor-Sounds.

Tel. 649 727 570 - Lila, leave message & I'll call you back or 952514712 - Thomas, speaks German.

Sun 15 April 07 - 2.30pm, Talk on irridology and nutritional healing by *Susan Laing*, naturopath and raw food enthusiast. £10 including raw buffet. Organised by Fresh Up North, in Prestwich, Manchester. Please ring Susan on 07754 187766 to book or for further details.

Sunrise Festival 31 May - 4 June

Although not raw, this festival deserves a mention with music, art, healing, permaculture, etc. You will find some of the Funky Raw crew hanging out (and working at) the Festival of Life raw cafe, in the Alternative Technologies area. www.sunrisecelebration.com

Rooms to rent

Shared house, vegetarian/high raw people wanted, with treatment room, New Cross Gate, London, from £75/week. Call Janet on 020 7209 3976 or 07867 608850 for more info.

13-15 April 07 - Earth and Spirit retreat - Kundalini Yoga, Sacred Dance and Natural Nutrition, near Glastonbury.

From £160 (depends on accommodation option)

www.beingherenow.org.uk

Sat 21 April 07 - 'Wild and High' with *Holly Paige*

£50, 2-6 pm, Brighton. Tickets available from

www.oceanwavevibrations.com or email

holly@rawcuisine.co.uk for further details.

Learn how raw food can be used to expand consciousness and energetic awareness, and vastly enhance the feeling experience of life. Incorporate the most brain nourishing foods known into gorgeous gourmet meals.

April 20/21/22nd and 22/23/24 June - Alissa Cohen's

Living on Live Food Level 1 & 2 Chef & Instructor

Certificate with *Anna Marcon*, combined accelerated weekend's £420

www.rawteacher.com/annamarcon for further details or contact Anna on 07939531092

Sat 28 April 28 to Sat 5 May 07 - Raw Food Yoga Retreat, Granada province, southern Spain. £350

www.sunfoodyoga.com +34 625 108 635

Relax and rejuvenate on a week-long yoga retreat combining yoga, pranayama, meditation and mantra together with gourmet raw food in the sunshine and fresh mountain air.

Sat 12 May 07 - 'Sweet Sensations' with *Liz Bygrave & Kate Wood*, 2-6 pm, £50, Brighton. www.lizbygrave.co.uk

An afternoon dedicated to all things sweet! Kate and Liz will demonstrate how to make a variety of easy but thoroughly gourmet delights. Dishes include fudge, lemon cheesecake, summer pudding and strawberry mousse.

Sat 2 to Sat 9 June 07 - Raw Food Yoga Retreat, details as above.

Raw food takes over the world!

Ok, well not quite but every week I see new raw products in health food shops. The other week I found Raw Energy Bombs by Pulsin (www.pulsin.co.uk) - delicious energy balls with guarana and ginseng and they also have a goji berry one I've not tried yet. This week I saw my favourites, Vanoffe and Raw Cacaobars from The Raw Chocolate Company and three different brands of goji berries!

From the weekend, Tree will be selling her superfood cubes in the Soho branch of Fresh and Wild - fig, apricot and sultana halvahs and sublime divine and chocolate maca brownies.

Cooked fooders watch out, soon you won't be able to buy a 'normal' chocolate bar for love nor money.

Dehydrator For Sale

9 tray Excalibur dehydrator (black) £180

Contact Bindi on 07812 805293 (Manchester)



Recipes

Chocolate Orange Brownies

Ingredients

Base

1 cup of walnuts, pecans or almonds
half cup of dates
half cup of apricots
quarter cup of raw chocolate powder *or* carob
1 to 2 teaspoons of water
handful of goji berries (optional)

Topping

2 tablespoons of melted coconut butter
2 tablespoons of raw chocolate powder *or* carob
pinch of sea salt
squirt of agave or 1 tablespoon of raw honey
2 teaspoons of ground dried orange peel *or* a few drop Boyajian Orange Oil *or* grated zest of one orange
goji berries to decorate (optional)

Method

Base In a food processor blend the ingredients except for the water. After 1 minute add the water and impact the ingredients down in a springform cake tin.

Topping Melt the coconut oil over a bowl of hot water bain marie style. Stir in the other ingredients. Pour over the base mixture. Swirl the tin to get an even covering. Decorate with the goji berries. Refrigerate for 1 hour. Cut into wedges or bite-size squares and store in a freezer in a food container. Can be eaten straight from the freezer.

by Anna Marcon - www.therawlife.co.uk



Hemp Cream Dessert

Fills one dessert bowl

Ingredients

1 handful of hemp seeds
1 cup Sorrel herbal tea or an alternative.
½ plantain or banana in slices
1 diced apple
1 handful of almonds
1 tsp mesquite powder
1 pinch of maca Powder
2 tsp ground flax seeds

Advance preparation

Soak the almonds in water overnight.
Soak the hemp seeds in the herbal tea overnight.

Method

In a grinder, blend the hemp seeds and a little herbal tea to a paste.

Add the plantain, the remaining tea and superfood powders and blend to a creamy consistency.

Pour into a bowl and top with the apple chunks and almonds.

Other nuts or fruit could be used and it makes for an equally good protein rich breakfast. Dark pink sorrel tea nurtures lovingly; highly effective on a cold day!

Theresa Webb 020 8697 2755 kitchenbuddy@hotmail.com
Kitchen Buddy Wheat-free, Dairy-Free, Sugar-Free
Nutrition. Classes, Talks & Little Cubes of Superfood.

Omega 3 Superfood Smoothies

Ingredients

Two chopped Apples or Pears or a Mango or whatever you fancy
Enough pure water or rejuvelac to keep the blender happy
1 teaspoon of cinnamon (optional but good for preventing blood sugar swings)
1 teaspoon of ground dried organic citrus fruit zest/ peel* (optional)

To this base add either:

1 teaspoon of nutritional algae of choice or
1 cup ground linseed or
1 cup hemp seed

Method

Blend together then consume luxuriously, chewing as you go.

*Make this by slowly drying the peel in a warm place. When dry grind to powder in a nut mill

by Suz Evasdaughter - s.evasdaughter@ntlworld.com

Goji buckwheat biscuits

Makes 16

2 cups buckwheat, sprouted 2-3 days
¼ cup olive oil
¼ cup agave
1 cup gojis

Sprout the buckwheat in advance. When it's ready, blend up the buckwheat with the olive oil and agave to a cream. Add the gojis to the mix and semi-blend them, so you still have bits of goji left discernable in the mix. Spread onto a dehydrator sheet and dry for 12 hours. Score into 16 biscuits, 4 rows of 4, then flip over and dehydrate for a further 6 hours.

by Kate Wood - www.rawliving.co.uk

Flora's Greek Jajiki

This is a great almond nut pulp user

Ingredients

1 cup almond pulp (left over from almond milk)
13 cups olive oil (80ml)
2 spring onions
1 cucumber (peel ½ of it)
Raw sea salt to taste
1 Tbs apple cider vinegar (preferably unpasteurized)
1 tsp white pepper
½ a fennel bulb, grated
13 cups water

Method

Peel half of the cucumber and grate both halves - you only need the half left green for colour. Squeeze the juice out of the grated cucumber, I use a nut milk bag but a new pop-sock would do (drink the juice, delicious!) .

Leave aside the cucumber and grated fennel.

Blend or process the rest of the ingredients.

Add the water gradually to make a creamy consistency.

Adjust seasoning to taste.

Put mixture in a bowl and gently stir in the grated cucumber and fennel.

Refrigerate for 2 hours, overnight is better.

Serve with flax crackers or crudité's.

by Flora - www.omofagia.com

Savoury Kamut Bread

250g kamut grain, soaked
5 medium tomatoes
Salt and pepper
Fresh or dried herbs to taste – rosemary, oregano, basil, parsley, thyme etc
3 Sun-dried tomatoes, soaked in water for an hour plus soak water
Sprinkling Mushroom powders
A handful pumpkin seeds
¼ pint flax seeds, ground

Process all the ingredients except the flax seeds together, adding water so that the mixture is quite soft.

Then add the flax seeds and process them in.

Spread into a layer about ¼ inch thick and dehydrate until set.

We like this warm and soft with goat's butter and/or raw cheese

by Holly - www.oceanwavevibrations.com



Bertie making cheese

Sesame Chocolate

Ingredients

45g cacao butter
3 tablespoons cacao powder
2 tablespoons carob powder
1 tablespoon lucuma powder
1 tablespoon dark agave nectar
4 tablespoons ground sesame seeds

Method

Grate and melt the cacao butter and then stir in the powders. Next stir in the agave nectar and finally the sesame seeds. Makes quite a thick chocolate sauce which sets solid and can be eaten as it is or used as a cake topping.

by Rob - www.rawrob.com

Almond, chestnut and apricot smoked chilli cheese

Soak almonds, chestnuts and apricots overnight. Keep soak water from chestnuts and apricots. Blend together with some red hot chilli pepper (I use a Z-star), add some of the soak water to make a cottage cheese consistency, put in a bowl and cover with a cloth and leave as long as you fancy. I made mine when the moon was in fire days (first Sagittarius, then aries), so do some field study and see what happens.

by Joe Hill

Soft Raw Goats Cheese

We just warmed a pint of raw goats milk, taking care not to heat above body temperature (37°C) then added a little mesophilic starter and left for an hour. Then we rewarmed it and added 20 drops of vegetarian rennet.

It set in less than an hour then we strained the whey off, tipping it into a muslin cloth over a bowl. Then we added some nice herbal ground sea salt and ate it with goats butter on Savoury Kamut Bread. We are looking forward to experimenting with other ingredients such as dried garlic leaves and chives, sun-dried tomatoes, and different herbs.

We got our cheese starter by mail order from Moorlands Cheesemakers who are based in Somerset

(www.cheesemaking.co.uk - click on Cultures on the menu on the left). It was very inexpensive and goes a long

way. We bought the rennet from our local health food store - it is sold for junket making too.

by Holly - www.oceanwavevibrations.com



Readers Tips



This issues £15 Funky Raw gift voucher winner:

Liberate yourself from lemons!

Organic lemons can be both pricey and occasionally non-existent in my wholefood store.

But what can a raw fooder do without them? There's hardly a savoury recipe or salad dressing without at least one in there.

My tip is to try cooking apples instead. They can be sharp enough to give a good tang to a salad dressing and occasionally sweet enough to not have to add a date or two, plus that lovely appley flavour. Added to savoury recipes instead of lemons you barely notice the difference. The biggest bonus, is that they are in abundance in Britain. The bloke on my allotment couldn't give them away – until I came along that is. I've only just run out of free ones so now

I buy them from my local greengrocer and the box proudly boasts that they come from up the road – which pleases me and the environment.

'You must make a lot of apple pies,' said the owner when I stocked up last week. I just smiled and didn't tell him you can also juice them or that I put them in smoothies.

And what with the "how much fruit is good for you" debate raging in the raw community, I think cooking apples might be the compromise, all the goodness of fruit none of the side effects of fermenting in the gut etc.

Don't be a lemon use cooking apples instead! - SD



Raw Chocolate Antidote

If you're one of those people who finds raw chocolate overstimulating, try chewing on cardamom seeds. Cardamom is a traditional Ayurvedic antidote to the caffeine in coffee. With this in mind, I recently decided to see if it would work for raw chocolate as well, since it also contains caffeine (or something similar - Rob). Good news - it does! The trick though is to chew on the seeds at regular intervals throughout the day - once won't do it. So now it's possible to eat raw chocolate and get a good night's sleep - perfect! - Liz Bygrave



Grating Cacao Butter

You know the cheese grater that some Italian restaurants use for grating parmesan, the ones that you put the cheese in and then turn a handle? I bought one the other day - it is fantastic for grating cacao butter before melting it in the dehydrator. - Catherine Parker

Send your tips to rob@funkyraw.com
There is a prize of a £15 Funky Raw gift voucher for the best tip each issue.

Hello to Funky Raw

Let me introduce myself: Mr. Joe Hill at your service.

It's now been just about 3 months since Mr Free Cannabis introduced me to raw cannabis cuisine with a short stay at the Bhang Ashram last October; may he be blessed forever.

What a revelation, such a sweet, sweet, sweet revelation.

Today, I awoke at 2am with breakfast juice possibilities bubbling forth (as well as a job application to do):

Soak up some Goji berries with some cardamom seeds and a little vitamin E oil. Make up some tea of rosehips, cinnamon, and firethorn berries (like hawthorn berries, just bigger – picked beneath a full moon)

by Joe Hill

Job application done and sent. Let's get the juice a-whizzing: Apples, quinces, ginger root, hemp seed, banana, goji berry delight – dark red creaminess – 1 and a half pints please, sir! Let's turn up the lights, a little more luminosity mmmmmmm...

Now to the wonders of green hemp milk. Yes wonder, and no, Mr. Cannabis has no need to press-gang me into waxing lyrical: Green hemp milk isthe biz, so cool and soothing. The liquid green gold is a real inspiration again and again.

Naked adventures through sunlight, saunas and surf. Got into full lotus for the first time ever a month or so ago.



Hash truffles and hemp pates, patties, curries, burgers and salads and sprouts. And durian – sweet ambrosia carry me away on sensual waves of delectability, we shall meet again when the time is ripe.

Cheerfulness, so much cheerfulness. It's so simple, feed yourself with light, live the light. It is such a pleasure to create vibrant living foods for all to enjoy, wonderful.

Just 2 months ago, Sarah (flatmate) and I were howling with laughter over a salad – it was just so good, so perfect. We both agreed that we have both laughed more in the last couple of months than either of us can remember.

Now I am feeling why there are laughing clubs in India – people cram together in a room and have a good half hour of hysterics and then it's off to work or wherever – what medicine.

Talking of medicine – Ganja. This generous, giving, spirited plant. So interwoven with humanity, dancing and jiving and buzzing. My experience of ganja eating begun just before this raw food adventure happened. It has been a regular experience, the enjoyment of bhang prepared with Mr. Cannabis with sojourns into the woods.

What I'm feeling with ganja is that it breaks down the barriers, and brings you up face to face with yourself, with the present internal issues you face. For me, this is over-eating, over-consumption, self-sabotage, a pattern of behaviour developed as a reaction to deep trauma. And I am slowly delving through this, seeing how this behaviour causes internal discord, and how this discord spreads and affects those around me. What I am also noticing is that if I imbibe the bhang, then go of a-wandering into nature then the need to eat, eat, eat decreases more and more; nature's beauty provides all the sustenance needed. I feel this psychological pattern developed through eating dead, denatured food, so I ate vast quantities when I was growing and developing to compensate. This has resulted in enormous stress within. Through the consumption of ganja, I am returning

to a state of watchfulness, as this is the only thing I can do – watch, as this tension eases out gently, vipassana meditation occurring naturally by eating from the Tree of Life.

A little poem from pre-raw days, a big chunk of anger energised me as I was walking through the fields homeward bound from work:

I am the land,
Pissed and shat on by herds uncountable,
Intently raised only for their deaths,
Hoofs churning quagmires,
Fearful voices falling on deaf ears,
Cries lost within the roar of engines.

I am the land,
Squashed beneath rubber tyres treaded,
Flailed with chains and incised with discs,
Steel slices and dices, carving lines and furrows,
Parceled and packaged with netting and barbwire.

I am the land,
Exposed and abandoned to the elements,
And lying here naked under heaven,
Baked crisp and crusty by the sun,
Sweet rain washes my blood away,
Wind peeling away memories infinite.

I am the land,
Used and abused, residing deep,
Sleeping fitful, dreaming long.
Poisons seep in and out
Chemical attempts to awaken slumber
Jack hammers resound to laughter dumber.

I am the land,
Far below layers of concrete ignorance,
Pipes and cables and shafts penetrate,
And no tears are shed, there is nothing.
I wait the wait of non-waiting,
Watching, embracing, observing, loving.

I am the land,
Bare feet make light caresses,
Songs and blessings rippling rich soils,
Percolating through leaves resting,
Humming mycelia and roots blending,
Watching, embracing, observing, loving.

As the self decomposes down into nature, cheerfulness, joy and thanks is being uncovered. A deepening appreciation for living, the tree of unreasonable happiness is growing slowly and steadily towards the sun, roots delving deeper and deeper. Hooray for all the spirits around, helping us all along our little journeys.

So what I would like to introduce to everybody is this spring's grand Hempy adventure; the: "SOW IT, GROW IT, EAT IT CAMPAIGN".

Stemming forth from HQ – Hemp in Avalon – the plan is to seed the Isle of Avalon and beyond with hemp. A bit like Max Salad's fruit tree planting wonder (want to join up? Hemp among the apple trees – tis got to be a good thing!). I'm feeling that we have just got to put it to nature – give the seed to the Mother and Father and if the timing is ripe (little bit lunar living jig-gery pokery) then it will be cannabis for all to use – food, fibre, fuel, fun and frolics.

We could just chuck the seeds out willy-nilly, and this could be good. However an observant Japanese farmer called Masanobu Fukuoka saw how the birds and bugs had a feast on the seeds he broadcasted. I myself have watched ants cart away millet seeds pronto. However they don't touch those coated in a layer of clay. Seed balling is the technique: Take a load of seeds, sprinkle some dry powdered clay and a little sprinkle of water and keep them moving so

each seed is evenly coated. Leave them to dry and away we go.

So starting from Glastonbury Tor on March 10th - moon in Sagittarius; a fruiting force to sow the satvic seed with – and radiating out with a jive and a jig and a Cheshire cat smile, seeing where heart and feet take us, where the seeds call us, to all places sacred, asking nature clearly with laughter and song.

So if anyone fancies it, I'll meet you there - 8:30am, March 11th, Glastonbury Tor. And if you can't make it, sow some seed wherever you are. Over and out.

Be Happy ☘



Nutrition in the 21st Century

By Holly

Many of us raw fooders have fantasised about living in tropical paradise where luscious ripe fruit hangs from the trees and we only have to reach up to pick it, all our needs met in this paradisiacal situation. It may be that there was a time in humanity's distant past when this actually was the case and who knows, we may have an opportunity to live like this in the future. However, for the moment, the situation for most of us is slightly different. I think happiness comes from creating energetically

in the situation we are in rather than any particular set of circumstances. The challenging position we are in regarding getting nutrition in and toxins out and living a healthy, energetically satisfying lifestyle gives us plenty of scope for creativity. What are the aims? To me they are to nourish and protect our creative minds and our sense of connection and peaceful oneness; to regain as much feeling as we can so that we can live our lives increasingly through



intuitive awareness and energetic feeling (rather than having to try to work everything out with our limited analytical minds); to raise the energy in any given moment as much as we know how. To raise our energy is the greatest thing we can do for ourselves, all around us and the planet. It is what we feel as love. It is what we feel as happiness.

So when it comes to the biochemistry of our bodies and brains, we need to pick through all the pollution and damaged food and somehow get together a way of eating that gives us the nutrients we need, removes the toxins we don't need and restores chemical balance in the brain, and lifts us energetically. In an enhanced brain state we will be far better equipped to know what to do next. We are in an extraordinary situation in our world but with more than ever potential for change. We may be able to create out of the current situation something even better than we could have imagined in our happiest of fantasies.

Of course nutrition isn't all about food – there's obviously water and air, also the light that goes into our eyes and other electromagnetic frequencies, the sounds that we hear, touch, our interaction with the earth's fields, the mental content we expose ourselves to and our connection to more subtle energies.

Depletion of the soil has not only been caused by the intensive farming of the last half century – much of our land was deforested centuries before everyone started worrying about the Amazonian rainforests. Even organic food, although grown without agro-chemicals, probably comes from deficient soils. We have been eating depleted diets for centuries. The modern twist is the elimination of

many foods that used to be part of our diets to be replaced by 'junk' - over-processed foods and mixtures of refined sugars, wheat, cooked oils and additives. We are now in a very fortunate situation where new information and many amazing foods are becoming available to us and we can, if we choose, start to rebuild ourselves and feed our children vastly improved diets. In time our soils could be remineralised and food grown in quite differently – perhaps a

mixture of permaculture and just allowing food to grow wild.

Meanwhile we need to replenish ourselves and commit wholeheartedly to the restoration of the consciousness of this planet in the context of our own lives and the moment we are currently in.

Many diseases are thought to be metabolic, i.e. caused by simple lack of nutrients. Scurvy, for example was caused by severe lack of vitamin C, but it is believed by many that cancer is linked to lack of vitamin B17 and heart disease to lack of vitamin C. My sense is that the majority of people have forgotten what it feels like to be properly nourished. When I started to eat in the way I do now I was delighted to discover that comfort eating dropped away. It was interesting because it was at a time when a number of things were happening in my life that I found extremely distressing yet none of them sent me to the fridge. If I had had any crutch previously it would probably be to eat something. I have since concluded that at least a large percentage of emotional eating stems actually from malnutrition – when our spirits are high we can cope with it – just as one would on a fast - but when things get tough it becomes more difficult to cope with a malnourished state. The feelings of low self-worth that



people feel when overeating are so undeserved. There simply need to be more information out there on how to get proper nutrition. Also I feel quite certain that much if not most emotional distress could be alleviated by restoring a good biochemical balance in the brain.

Raw food has the most life-force, the highest energy, the most order in it. It's not being raw in itself that is important – it is that it happens that raw food gives us energy and lays the foundations for restoring our consciousness. It contains undamaged amino acids, fatty acids and fruit compounds needed to rebuild our brains for more expanded consciousness. There are also foods that can benefit us heated or cooked especially some herbs.

It may be that our one of our most natural foods is fruit. Unfortunately most of the fruit available to us in civilised society is hybridised to be over sweet and is mineral deficient. Minerals enter fruits as they are ripening but fruit that is going to be shipped anywhere has to be picked before it is ripe. Minerals are needed to metabolise the sugars in fruit, and of course there are extra sugars from hybridisation, so minerals are leached from somewhere else in the body. Also the food we are generally presented with has little natural insect material left and we often don't eat the seeds let alone chew them so it is not really the whole nutritional experience – perhaps this is one reason many people have problems with fruit consumption. That doesn't mean we can't eat fruit – the compounds in fruit are invaluable to us, especially in terms of the hormonal balance in our brains. We can balance it by eating plenty of denser mineral rich food such as greens and other vegetables, nuts and seeds and also choose local wild fruits when they are in season and we can find them such as wild strawberries and blackberries and also wild-crafted and low-glycemic fruits that are increasingly becoming available. Superfoods such as bee pollen, hemp leaf powder, gojis, maca, purple corn, crystal manna, mesquite, suma and so forth are helping fill the nutritional gaps for many of us and giving us energy that we had never before experienced in our lives. Many of these foods have almost complete nutritional profiles and are grown sustainably in less depleted environments. As we import most of our food anyway it makes sense to do it in concentrated form.

To eat really fresh food probably means growing our own or foraging. It's a good idea to do as much of this as we can but for most of us at the moment, most of our food is going to be purchased. Sprouting seeds – my favourites include broccoli, red clover, alfalfa, fenugreek and sunflower - means we get at least something totally fresh. Remember animals don't even put their fresh food on plates – they munch it as it grows! We had a phase of trying this – the children enjoyed it immensely! Activating seeds such as hemp by soaking them is introducing some life-force (although be careful how far you let your hemp seeds sprout – you might need a licence! – no, seriously, don't worry!...and in the USA hemp seeds are treated to prevent people sprouting them...). We can start to replace nutrients which are easily lost through storage such as vitamin C and MSM by supplementing. Camu camu, with its naturally high vitamin C content has gone

into daily use in our house and we also take MSM powder every day, blended into our raw soup. The lack of sunlight most of the year and air pollution mean that we have to take care to get plenty of vitamin D, crucial for bones, teeth, the immune system, blood circulation and healthy cells in general. Obviously this is particularly critical for growing children. Soaked hemp seeds, raw dairy products and mushrooms are some good vegetarian sources.

Moving on to dealing with toxicity, I think the sheer scale of it can come as a shock. A systematic poisoning of our water, air and earth, our land, sea and sky is taking place. We need to have some awareness in order to protect ourselves as far as possible and appreciate just how much better we feel as a result of doing so.

Filter drinking water to remove chlorine and fluoride (interferes with the function of the pineal gland) or use spring water. If possible filter all water including water you wash in though this may be a tall order.

If you are into raw foods you probably already avoid food and drinks containing neurotoxins such as mono-sodium glutamate (MSG) and aspartame. Although I am pretty tolerant of others eating habits I usually mention something when it comes to these substances because so many people simply don't know. One of the main set of contaminants we have to deal with is heavy metals. Barium is in particularly high concentrations in chemtrails (toxic emissions from aircraft that have appeared since about 1999). Zeolite and potassium rich foods such as bananas, apricots, figs, greens, tomatoes, mushrooms can help. You can flush out heavy metals in general with zeolite, MSM, camu camu berry powder, green juices and flax oil. Aluminium in chemtrail spraying combined with magnesium ions can cause the blood to thicken in an unhealthy way. Ginkgo or ginger can help prevent this (do not use if you are using pharmaceutical blood thinners); they also help get more blood to the brain. Fungi, bacteria and pathogens are thrown out in the aforementioned chemtrails. Probiotics such as kefir and also zeolite can help break down these pathogens. Shiitake, reishi, maitake, and cordyceps mushrooms and also turmeric are anti viral.

Our immune systems under attack from electromagnetic radiation, radioactive fallout (e.g. nuclear 'testing', the depleted uranium dispersed in the Middle East) and other toxins. Some foods that are particularly useful are mushrooms such as reishi, lion's mane, shiitake, tremella, maitake, himematsutake, poria, also suma, rhodiola, crystal manna, and zeolite. Radiation causes a free radical build up which means we need extra anti-oxidant rich food. Zeolite does seem to be a bit of a panacea at this time because it is anti-oxidant, also takes out pesticide and herbicide residues and xeno-estrogens. Fruit and vegetables are high in antioxidants, some especially so, for example berries, broccoli, tomatoes, purple corn.

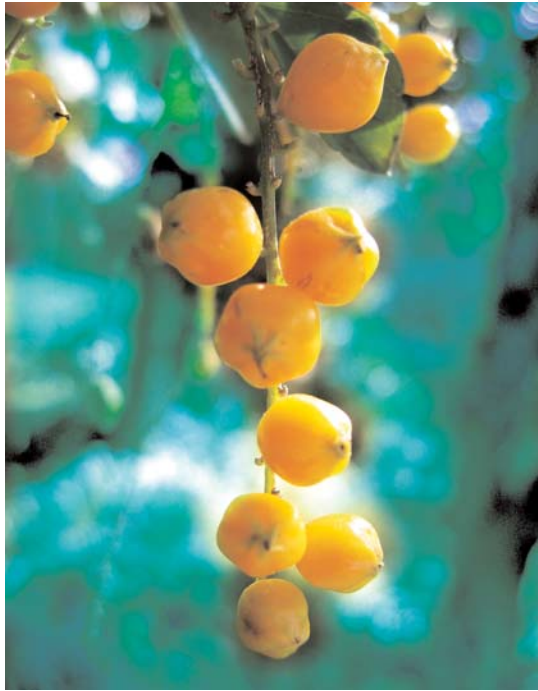
When under electromagnetic stress protein can protect us – one reason why people seem to feel greater need for protein when living in cities. It is important to take in adequate protein even though too much overburdens us.



Amino acids, from which protein is made, are needed to build our DNA. Obtaining sufficient amounts of the 8 essential amino acids which we cannot manufacture in our own bodies is especially important. Kefir contains them in particularly good ratios, also hemp, bee pollen, and various combinations such as sesame, sunflower and pumpkin seeds. Kefir is also high in tryptophan, an essential amino acid often lacking because cooking damages it even more than other amino acids. Also modern farming practices can lead to a deficiency of it in food. We need to move our bodies vigorously to get it through to the brain. Tryptophan makes serotonin in the brain- a lack of it causes depression. Is this yet another factor in the low level depression in the population and high level of depression in some individuals? Exercise is also important for the lymph system to function and get nutrients moving around the body and toxins out. It also raises endorphin levels. Avoiding GM food is going to become increasingly important and there is still some debate on what percentage of genetically modified food is going to be allowed on so-called organically labelled products. GM food can prevent proper organ growth, lower the immune and cause allergic reactions.

For whatever reasons, our brains are not running at their full potential and a large proportion of our brain functioning seems to be taking place at an unconscious level at this time and we are in genuine need of biochemical help - that is why people turn to drugs like coffee, alcohol, etc. However, there are more effective and sustainable ways of stimulating and relaxing us. For example rhodiola can stimulate our mental awareness and energy without the problems associated with coffee and tea; he shou wu contains natural precursors to ecstasy. I tend to recommend supplementing DMT in the form small doses of ayahuasca. DMT is a neurotransmitter that is deficient in our brains due to shrinkage of the pineal gland and supplementing it can help restore lost creativity, intuition, and feelings of inherent 'rightness'. It could be considered as a remedy for depression. Cacao (raw chocolate), hemp leaf power and reishi, lion's mane and cordyceps mushrooms are also fantastic for the brain. Because of the limited mental state and stresses of living in world we live in an accepted state of perennial low level anxiety, many herbs can help with this whilst at the same time boosting our energy rather than actually sedating us - one of my favourites is ashwagandha. With better working brains we are more alert and yet calm at the same time. Also our bodies start to function better including our digestive systems, immune systems and hormonal systems.

Food can definitely be our medicine - in our family these remedies have become flavour enhancements in our meals.



In terms of electromagnetic bombardment I try to avoid mobiles, masts, cordless phones - it can be tricky to get out of the grid without drastic lifestyle changes but worth bearing in mind in my opinion.

I like to get out into nature as far away from it as is possible and also to get comparatively fresh air, connect with the life-sustaining electromagnetic frequency of the earth and hear birdsong and the wind, sound frequencies which nourish us.

Notice the effects of the colours you use on how you feel - whether they raise your energy and choose accordingly rather than to reflect your current mood or mental ideas. Increasing energetic awareness of everything seems to be the key. In terms of mental content - be aware of how it makes you feel. The subconscious makes images - the

word 'not' has no meaning in these terms. A word creates a feeling in you. When you speak, think or write you are making suggestions to yourself or others. Keep them to things you would like as far as you can but let go of the more negative ones with good humour.

Don't let the ideas of the media or those around you affect you negatively at any level - any thought that induces fear or lowers your energy is not worth having. Let it go. Feel disturbing emotions in body until they pass - and they will. Wherever possible act from a state of equilibrium, from a calm unhurried state. Follow the flow and the synchronicities. Simplify and arrange you life so that as much as possible can be done in this manner, there is time to do

what you need to do to relax your mind and there is time to care for yourself and those around you. Loving touch stimulates oxytocin levels and feelings of love, peace and openheartedness. Doing something we love to do that connects us to others, that lifts their and our energies has a direct effect on our own hormonal state and makes us more satisfied in ourselves and lifts addictive tendencies.

When we are quiet and close our eyes we still feel something that is nothing to do with this world and a consciousness that is nothing to do specifically with being human. There is no need to worry about anything just do our best and enjoy it as much as we can. Stay as attuned to our feelings as we can, create as high an energy as we are able to in any given moment, follow the flow, the synchronicities and remember we are all one. Heightening our intuition is our way to something new and better, recharging our consciousness is our way reconnection with what we really are.

Holly's online shop is www.oceanwavevibrations.com and her journal www.rawcuisine.co.uk ☀

Wild Food

by Rob

If you have read any of my previous wild food columns you will realise that I think wild greens are good for us, much more nutritious than cultivated greens you could buy from a shop. So, I decided to see if I could prove this idea with a little research and the table below is what I have come up with. It is by no means complete, nutritional data for wild plants seems hard to come by.

So as expected, wild greens have a much higher vitamin and mineral content than lettuce, but it is interesting to note that spinach, watercress and rocket are all compare very favourably with wild greens, so if you have to buy greens, you know what to look for. Another interesting point is the difference between kate and cabbage, kale scoring noticeably higher for most nutrients.

And guess what my all time favourite green leaf is? Yes, it's fat hen, my body obviously knows what's good for me! It's not in season at the moment, but it really is worth looking out for later in the year. Which leads nicely on to something I've noticed recently - I actually like some of

the greens which I used to think were too bitter and had to hide by mixing into a salad, particularly plantain and dandelion. Now I still couldn't eat a whole salad of dandelion leaves, but I can eat a whole leaf without rushing to find something sweet like a date to take the taste away.



Chickweed

Recently I've been finding lots of sorrel, chives, plantain, thistles, chickweed and wild garlic and dandelion.



Sorrel

	Fat Hen	Dandelion	Sow Thistle	Mallow	Watercress	Spinach	Rocket	Kale	Cabbage	Romaine/Cos	Iceberg	Celery	
Protein	4.2	2.7	2.4	3.6	2.3	2.9	2.6	3.3	1.3	1.2	0.9	0.7	g
Calories	43	45	20	28	11	23	25	50	25	17	14	16	
Total Fat	0.8	0.7	0.3	1.4	0.1	0.4	0.7	0.7	0.8	0.3	0.1	0.2	g
Vitamin A	11601	4932	2185	1989	4700	9376	2373	15376	98	5808	502	449	IU
Vitamin C	80	35	5	24	43	28.1	15	120	36.6	24	2.8	3.1	mg
Vitamin D	~	~	~	~	~	~	~	~	~	~	~	~	
Vitamin E	~	4.8	~	~	1	2	0.4	~	0.2	0.1	0.2	0.3	mg
Vitamin K	~	274	~	~	250	483	109	817	76	103	24.1	29.3	mg
Thiamin	0.2	0.2	0.7	0.17	0.1	0.1	0	0.1	0.1	0.1	0	0	mg
Riboflavin	0.4	0.3	0.12	0.29	0.1	0.2	0.1	0.1	0	0.1	0	0.1	mg
Niacin	1.2	0.8	0.4	0.5	0.2	0.7	0.3	1	0.2	0.3	0.1	0.3	mg
Vitamin B6	0.3	0.3	~	~	0.1	0.2	0.1	0.3	0.1	0.1	0	0.1	mg
Folate	30	27	~	~	9	194	97	29	43	136	29	36	mcg
Pantothenic Acid	0.1	0.1	~	~	0.3	0.1	0.4	0.1	0.2	0.1	0.1	0.2	mg
Calcium	309	187	93	90	120	99	160	135	40	33	18	40	mg
Iron	1.2	3.1	3.1	3.7	0.2	2.7	1.5	1.7	0.5	1	0.4	0.2	mg
Magnesium	34	36	~	~	21	79	47	34	12	14	7	11	mg
Phosphorus	72	66	35	42	60	49	52	56	26	30	20	24	mg
Potassium	452	397	~	~	330	558	369	447	170	247	141	260	mg
Sodium	43	76	~	~	41	79	27	43	18	8	10	80	mg
Zinc	0.4	0.4	~	~	0.1	0.5	0.5	0.4	0.2	0.2	0.2	0.1	mg
Copper	0.3	0.2	~	~	0.1	0.1	0.1	0.3	0	0	0	0	mg
Manganese	0.8	0.3	~	~	0.2	0.9	0.3	0.8	0.2	0.2	0.1	0.1	mg
Selenium	0.9	0.5	~	~	0.9	1	0.3	0.9	0.3	0.4	0.1	0.4	mcg
Omega-3	36	44	~	~	23	138	170	180	~	113	52	~	mg
Omega-6	313	261	~	~	12	26	130	138	17	47	21	79	mg



Wild Garlic 

The data for this table was taken from www.edibleplants.com/wepnut_frames.htm and www.nutritiondata.com. The ~ symbol means no data was available (it doesn't mean zero).

Earth's Pharmacy - Power greens

This article is the first in a series about medicinal plants you can grow from seed in your garden, even if your garden is limited to a few pots on the terrace. The hope behind these articles is to inspire you to further study the properties of plants for self-healing and wellbeing... oh and for supplying you with an abundance of free nutritious food during summer and great tasting, healing herbal teas in winter. I highly recommend getting a few good books on the subject; the book list in the end of this article contains a few of my favourites.

This month's theme is power greens. So go on, get out your gardening tools and start digging!

Yarrow - *Archillea millefolium*

Yarrow is an herbaceous perennial with 20-60cm tall stalks with composites in flat, thick semi-umbels. Yarrow has flowers in various pastel shades, the most common being white to pink. It is a fairly common wild-plant growing in roadsides, hedgerows, grass fields, meadows or if you are lucky as wild weeds in your garden!



Yarrow - Photo by Georg Slickers

If you cannot find it wild, you can buy fairly inexpensive seeds and sow in mini greenhouse pots on your windowsill in March-April or directly on the ground in April. The seeds should not be covered with soil only lightly pressed down into it. When the baby-plants are a few cm tall transfer them to their new home or if sown directly on the ground thin out so there is a 30-40cm distance between each plant. They need plenty of sun and prefer light and mildly dry soil. With a little love, they'll bloom in July-September.

Harvest yarrow during bloom by cutting stalks 10-15cm above ground when the flowers have just come out. Dry in the shade or in dehydrator on the lowest setting. When completely dry, store in dark and sealed jars clearly labelled with name and year of harvest. Fresh leaves and flowers are a nutritious addition in salads and flowers can be added to summer punches to give them an extra punch (no pun intended!).

by Tanja Eskildsen

As a medicinal plant, Yarrow has many healing properties. It contains a dark green volatile oil, achillein and achilleic acid, which is said to be identical with aconitic acid. It also contains resin, tannin, gum and earthy ash, consisting of nitrates, phosphates and chlorides of potash and lime. It's astringent properties help to stem the flow of both internal and external bleeding and, used as a poultice, tones varicose veins. It also provides antispasmodic, anti-inflammatory, and antiallergenic properties and is considered to relieve symptoms of hay fever. When taken regularly as a tea, Yarrow is useful in cases of hormonal imbalance as it eases menstrual cramps and helps regulating menses and reducing the oily skin of puberty. It is useful in the onset of colds and flu and will help to break a fever by inducing sweat. Yarrow is also reputed to be effective in treating all digestive complaints and in regulating the blood as well as helping to lower high blood pressure when used in conjunction with hawthorn and motherwort.

Warning - Used for extended periods and in too strong doses, yarrow can cause headache and skin rashes and use with caution if you are allergic to ragweed. Use of yarrow is not recommended while pregnant.

Catnip - *Nepeta cataria*

Catnip is a perennial 40-100cm tall herb with very leafy stems covered with a mealy down. It has heart-shaped toothed leaves and small two-lipped flowers of a whitish or pale pink to lavender colour, dotted with red spots, and deep red anthers.

Catnip can be found wild and is generally distributed throughout the central and the southern counties of England, in hedgerows, borders of fields, and on dry banks and waste ground, especially in chalky and gravelly soil.



Catnip



It is easily grown in any garden soil and may be increased by dividing the plants in spring, or by sowing seeds in April-May or in autumn. Sow seeds in rows, about 50cm apart, thinning out the seedlings to about the same distance apart, as the plants grow rather large. Catnip does not need much attention, just love, and will last for several years if the ground is kept free from weeds (and naughty cats!) and will bloom already the same year as planted in July-September.

The flowering tops are the part utilised in medicine and are harvested when the plant is in full bloom in August. Gather in the morning after the dew has lifted when the medicinal properties are most concentrated within the plant. Dry in shade or on low heat in dehydrator. When completely dry, store in dark, sealed and clearly labelled jars. The best way to take this herb is of course to add the fresh young leaves to salads for a rich source of vitamin C.

Traditionally, Catnip was used by the Romans as a tea and by the people of the Middle Ages to flavour salads. It is very useful for sleeping disorders in children and adults alike as it has carminative properties and can also help in cases of hysteria, nervousness and related headaches. Catnip has tonic, diaphoretic, refrigerant, antispasmodic, and mildly stimulating properties and eases symptoms of flu, colds and bronchitis. Catnip Tea is a valuable drink in every case of fever, because of its action in inducing sleep and producing perspiration without increasing the heat of the system. It relieves the discomfort of stomach disorders, including colic, spasms, flatulence, and acidity and cleanses and heals the lower bowel, used as an enema. Externally, a tincture can be used as a friction rub for arthritis.

Warning – Catnip should not be used during pregnancy as it increases menstrual flow.

Scurvy grass/Spoonwort – *Cochlearia officinalis*

Scurvy grass is an annual or biennial 15-30cm tall, low-growing plant with thick, fleshy, egg-shaped leaves and small white flowers in short racemes. It flowers all summer after the first year and provides you with fresh salad greens all winter.



Scurvy grass

Scurvy grass is abundant on the shores in Scotland, growing inland along some of its rivers and Highland mountains and not uncommon in stony, muddy and sandy soils in England and Ireland and near seacoasts.

If wild-plants are not available, seeds can be sown in April or August-September in mini greenhouse pots on your windowsills. Lightly press the seeds into the soil (do not cover) and they will start to sprout after 2-3 weeks. When a couple of cm tall transfer to a semi-shadowed spot, avoiding the burning midday sun, and plant them with a 20-30 cm distance apart. Scurvy grass needs plenty

of water and should be tended regularly to prevent drying out.

The main purpose of this wonderful herb is to provide you with a good supply of salad greens exceptionally high in Vitamin C, with a pleasant cress-like taste. It should be eaten before bloom and during winter. Traditionally, Scurvy grass was used by sailors to prevent scurvy (hence the name) during sea-voyages, and today it is still a popular year-round salad ingredient in Greenland.

Its leaves contain mustard oil glycosides, bitter substances, tannic acid, trace minerals, volatile oil and as mentioned a high amount of Vitamin C.

It is stimulating, diuretic and anti-scorbutic. The essential oil is of benefit in paralytic and rheumatic cases. The fresh leaves keep infections at bay and support the body's immune system. Also, it has a stimulating effect on the appetite, is a mild laxative and activates liver function. Fresh young leaves added to the diet form a rejuvenating spring-cleanse. The freshly squeezed juice can be used as a cleansing rinse for mouth sores and externally applied, treats spots and acne.

Next issue we will stay with the greens theme looking into plants so powerful, they can actually detoxify your brain from heavy metals!

Suggested reading:

Deiter Podlech: Herbs and healing plants. Collins Nature Guides, HarperCollins, 1996

Kate West: The real witches' garden. Element, 2004

Maria Treben: Health through God's Pharmacy. Ennsthaler, 1993

Online resources:

www.mountainroseherbs.com - seeds and information on herbs

www.botanical.com - Herbal encyclopaedia

Tanja Eskildsen - tanja@therawsanctuary.dk ☘

Need help with your raw food diet?

Rob has been eating a raw diet for over 4 years and can help you with either support over the telephone or face to face.

Workshops and individual food preparation lessons in London and soon also in Devon.

Next workshop Sunday March 18th. South East London. We'll make chocolate pudding, soups, salad and dressings, cake, chocolate, etc. Includes a wild food walk where we will identify and collect various wild greens.

For more info contact Rob by email rob@funkyraw.com or phone 0845 003 9515.

For recipes and more info see:

www.rawrob.com



My 92-Day Juice Feast

I am currently mid-way through a 92-Day Juice FEAST in Costa Rica. Wow. Though I have been eating raw for nearly 5 years and have done many cleanses, I had never done anything on this scale, and had not anticipated I'd be doing this now, either. I began on November 20th and will finish late-February...

What is it?

Juice FEASTING involves consuming just fresh raw vegetable and fruit juices for 92 days, to cleanse the body of old toxins. This is termed a 'FEAST' rather than 'FAST' because one gets ALL the calories one would normally get in a day (i.e. 1500 for an average woman) – from at least 4 litres of fresh juice, daily (green vegetable juices, fruit juices and coconut water all included). Often when people *fast* they take in very small amounts of liquid/calories, the metabolism slows, their energy slumps, and they may feel quite 'dysfunctional'. Juice *Feasting* works differently, supporting the feaster to be very functional in daily life and meeting all calorie needs, while experiencing massive cleansing on a cellular level.

The aims of Juice Feasting are to: Cleanse, Rebuild, Rehydrate and Alkalise.

What are 'the rules'?

It is important to make sure you drink the juice of one head of celery and 2lbs (1kg) of green leafy vegetables a day. Other than that, all and any fresh raw juices of your choice – at least 4 litres/day - are on the menu. Also on the menu are nutrient dense green powders (e.g. spirulina or barley grass powder), bee pollen granules, digestive enzymes and hemp oil. Feasting is all about enjoying getting maximum nutrition into our bodies, with little energy expenditure by the body to assimilate it.

Who designed this programme?

David Rain of www.juicefeasting.com introduced me to this juicing programme. David holds an M.A. in Vegan/Live Food Nutrition, and is Research Assistant to Gabriel Cousens, M.D. at the Tree of Life Rejuvenation Centre, in Arizona. David has personally undertaken three such extended juice feasts in the last four years, as well as coaching scores of other students. He sees remarkable transformation occur in every case. He is very pleased to be offering this incredible transformational tool to the world online.

Why Juice Feast?

By consuming only liquids, which are absorbed directly into our system, we give the body a huge energy break from digesting foods. It can then use that saved energy to clean out old matter, especially from the small intestine. The average person holds 5-10lbs of toxic old matter in their intestines, and Feasting is an ideal way to release it, giving the body a phenomenal chance to rejuvenate and restore. Far from being a time of 'deprivation', this

by Angela Stokes

extraordinary healing programme is an experience of abundance and massive nutritional intake...we lose weight, skin becomes radiantly healthy, illnesses are healed, scar tissue rejuvenates, and we detox our whole system on a massive scale.



Why 92 days?

There are 92 elements the body needs to function optimally (that are known) - so the programme is based around that concept. David also explains that many of us need 92 Days to fully Cleanse, Rebuild, Rehydrate, and Alkalise, to resolve decades-old health challenges. We go back in time about 120 days for each day of Juice Feasting. Extended Feasts take a person into levels of cleansing and being that are not often reached on shorter fasts.

How much does it cost?

David Rain's estimates are that a Juice Feast costs \$10-15 a day in the USA, or £5-£7.50. Actual cost will obviously depend on where you are Feasting –access to good organic produce, and the kinds of foods you are choosing to juice. The main thing to realise is just how affordable this is for most people. Many people spend around £5 a day just on lunch, so this really is a remarkable way to deeply cleanse your system without busting your budget. My experience so far in Costa Rica is that it is costing me LESS than £5 a day here - on average around £3.85 a day...wow...

You can register on the Juice Feast website – via www.juicefeasting.com - for \$30/month (£15). It is a treasure-trove of nutritional information and support. Every day has highlighted files of inspiring things to read and listen to, on themes like 'the principle of life transformation', 'greens, chlorophyll and health' and 'obesity and weight loss'. I have also just completed an e-book entitled 'A Juice Feaster's Handbook' with all the essential info outlined for a happy, healthy process. The e-book can be ordered for \$10/£5 at my site – www.rawreform.com.

Why am I doing this?

When I was first introduced to the Juice Feast, I was not very enamoured with the idea. I have undertaken many



short-term fasts before, but the thought of 92 days sounded too extreme. However, as I got more into the details, the concept resonated with me more and more until I reached the point where I could no longer resist it. I began to see clearly that this is the next big step on my personal healing journey. Undoubtedly I have been through HUGE physical transformation in the last years, losing around 12 stone of excess fat in total, and compared to 'the average woman on the street' I am indeed very 'cleansed' and healthy. Yet I feel I still have detoxing to do to clean this body out thoroughly. It is not surprising that 20-something years of very toxic eating and drinking creates a lot of uneliminated waste matter. Juice Feasting seemed to me like the optimal solution – no hunger, optimal nutrition, possible to do while working, and just three months down the line it's virtually like having a new body :)

What has been my experience of juice feasting so far?

In a word: AMAZING. I LOVE it. I feel so much more capable Feasting than I ever did before on a fast. My skin is vibrant, I've lost weight again (at least a stone) and my body has thrown out masses of old toxins. I have been faced with some pretty painful pancreas issues, the release of masses of mucus from my insides and myriad detox symptoms over the last weeks. However, overall I feel so much energy – doing yoga and jogging almost every day and getting through just as much work as usual. I tend to drink around 5-6 litres of fruit/green juice a day while Feasting, and feel so blessed to have been doing this in Costa Rica, surrounded by incredible exotic fruits and coconuts...

I have been writing a blog online to track my process, writing daily about what I've had to drink each day, how I feel, and how my body is cleansing. I will continue to write after the feast too. You can check it out and leave your comments here: <http://rawreform.blogspot.com>.

Choice segments from my juicing blog from the first couple of weeks:

Day 3:

Woke with all kinds of things going on...running nose, sleep in my eyes, coated tongue and lower back pain...some serious moving and shaking going on in my cleansing - WONDERFUL - better out than in :)

Day 4:

I have such a feeling of abundance right now – there are so many juice combinations I want to try and it's like there's more options than time in the day or calories needed to accommodate it all :)

Day 8:

...now I'm a week into this, it is like second-nature...it

feels like there's no way I would eat something at the moment – what I am in right now is juicing and that's it – that's what my body wants and asks for and that's what I'm giving it.

Day 10:

One thing that has been striking today is people asking 'why?' when they hear about this Feast. I guess a programme of this length seems long even to most raw foodists, so to someone eating a 'standard diet', it must seem like off-the-scale insanity and deprivation...

Day 12:

That is incredible - to think that I'm very likely getting more nutrients directly into my body right now than at any other time in my life and *it's costing less per day than many people probably spend on just one lunch.*



I would definitely recommend this type of intensive, yet gentle cleanse to anyone wishing to dramatically improve their health. It can also be used as a wonderful gateway into raw foods for those who wish to become raw afterwards. David is seeing more and more people interested in Juice Feasting and anticipates 2007 to be *the year* in which this idea will really catch on and be recognised for the incredible healing tool that it is proving to be.

Disclaimer:

This Juice Feast is something that I very consciously chose to undertake for myself - I am sharing my own experiences here and in my blog, not giving guidelines for others. I am in a very supportive environment for feasting and felt completely ready for it. Please take responsibility and care for your own health and if you ARE interested in undertaking a cleansing programme of any kind, seek the guidance of a health care provider first.

Want more info?

* www.rawreform.com

* Email: angela@rawreform.com

* Visit the RawReform Juicing Blog here: <http://rawreform.blogspot.com>

* See David Rain's 92 Day Juice Feast website here: www.JuiceFeasting.com

Angela Stokes is an award-winning author, speaker and lifestyle consultant on raw foods. Aged 28 and originally from Sussex, Angela lost an incredible 12 stone by adopting a raw lifestyle nearly 5 years ago, reversing morbid obesity. She runs www.rawreform.com, selling e-books on raw foods and weight loss, offering consultations, and arranging raw lectures and retreats. ❀



The Art Of Raw - Volume 2

Putting life back into your blender!

For many folks living a raw foods lifestyle the blender has become their favourite and most often used piece of kitchen wizardry. Indeed, for some people near every meal involves a blended ingredient or recipe; while for others the blended soup or smoothie, as well as being tasty, also makes for time efficient eating, that is, in addition more easily assimilated by the body. This said however, it would seem that the blending fraternity has internalised a few common misconceptions and consequent blending practices that all blender-dependant health enthusiasts should be wary of; especially those interested in a radiantly rich, high nutrient diet (pretty much every Funky Raw reader I would imagine). As such, the primary misconception verbalises that, "as long as I place food into my blending jug in a raw, living or otherwise nutritious state, then no matter what blending strategies I adopt, or how long I blend for, my blended 'tucker' will come out equally alive and wholesome".

Actually this is just not the case, and many a health aficionado is undermining her vitality simply because, whilst she blends, she is repeatedly destroying and oxidising the nutrient and enzyme levels of her food.¹ A related concern (certainly more imposing to the raw-foodist) is the likelihood that his blending practices (especially for thick or 'goosey' mixtures with a low water content) may in point of fact breach the 118°C mark at which the enzymes themselves are most unanimously considered to start their breakdown. Crucially then, the destruction of our blended food is brought about through oxidation-whereby oxygen contained in the blender is stirred or sucked into the ever refining mix during its operation. Consequently, a chemical oxidative reaction is encouraged which typically impairs the vitamin, mineral and enzyme content of our food. Furthermore, as the blend is exposed to further heat transferred through the friction of the blades, oxidation is increased. Thankfully though, these processes do not happen all at once, and for general and practical purposes we can say that an increase in nutrient deterioration will occur as the temperature and/or the duration of the blending itself increases.²

So what can we do to counteract these 'ghastly', opportunistic oxygen reactions I hear you cry? Well, while you could throw your blender away, a few simple alterations to our processing strategies, along with some related general advice on what can be done to preserve or rebalance

¹ More so, there is a related susceptibility to free radical formation.

² In addition the level of light intensity and oxygen concentration encourages the oxidation process.

by Warren Vialli

the nutritiousness of our culinary achievements, will likely be all that is required to put the blender back onto your 'Best Friends List'. And thus I present to you the following suggestions to obtain wholesome, and crucially, live creations from your blender; that is four tips that will put life back into your blender.

(1) Use your blender for the bare minimum time (especially on the highest setting) to achieve the consistency you desire. The longer and faster the blades are spinning for, the greater the effects of oxidation will be.³

(2) The higher the temperature, the higher the chances of oxidation, so keep your foods cool. Naturally this means that we do not 'put' the blender on like we might 'put' a kettle on- i.e. come back to it five minutes later after a spot of reading or yoga; unless of course we are seeking the same

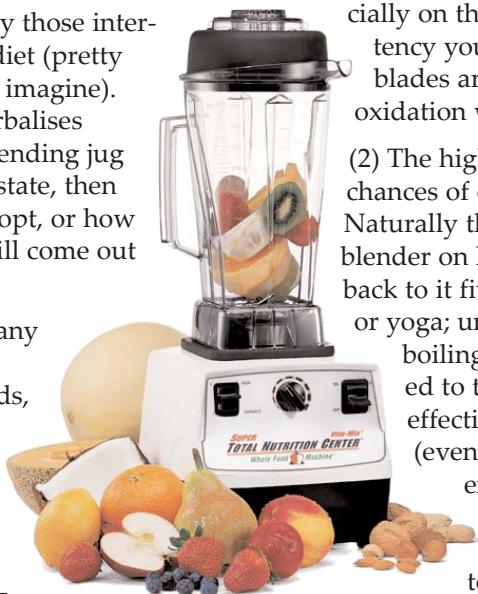
boiling results. So point (1) is very much related to this second point. In addition, it is a very effective strategy to use cold fridge water (even ice-cubes), along with cooled ingredients to keep the integrity of our food intact. At the same time though, one does not want their food coming out too cold, especially during the Winter

season, so I would advise that one (or indeed Juan) experiments with the amount of 'cold' he puts into his blend; making sure that after mastication his food is a similar temperature to that of his own body. However, if one is 'knocking up' a dish that is not to be immediately consumed, I would certainly recommend going as cold as possible. Not only to reduce oxidation even further, but also to counteract the oxidation that will otherwise naturally increase as time passes.⁴

(3) Cover up your blender while you use it, especially if bright light is shining directly onto it. We all know that good cold-pressed oils are stored in amber glass bottles to reduce the damages of oxidation caused by light. Similarly, we can act to obtain the same benefits for our wholesome blend; particularly when we are dealing with high fat content foods which are probably the most prone to oxidation and free radical damage. Vis-à-vis the blender, because the high surface area and speed at which ones cuisine is made subject to light, light induced oxida-

³ Consider how a rapidly increasing surface area is exposed to a continual blast of 'sucking' air.

⁴ Ideally cuisine (especially fat dominant recipes with nuts, seeds and avocados etc) that is not to be eaten immediately should be preserved with an antioxidant and/or stored in a container that minimises exposure to air. If you can vacuum pack it; that is perfect!



tion will occur much more rapidly.⁵ To some the idea of putting a towel or other similar cover over the blender may seem a bit extreme- but 'hang on', don't people say that about the raw food diet! Anyhow, it is often advisable to pop your head under now and then to make sure that the food is mixing through properly.

(4) Get friendly with antioxidants! Aside from the way we blend, there are also actual ingredients we can use to minimise oxidation in the blender. Most famously perhaps, lemon (or lime) and its juice, is a prime example of an ingredient that has natural and direct oxidation-reducing properties; particularly known for its use to prevent the browning (oxidative reaction) of avocados or fruit salads. So throw some lemon juice, or indeed the whole fruit into your blender to further preserve the vital integrity of your smoothie or pâté. Kefir, whey, and other lactic acid ferments are also indicated for their direct anti-oxidising qualities. While many antioxidants may act predominant-

⁵ While certain foods and chemical elements may be more susceptible to temperature induced oxidation, others will be more prone to a light induced reaction.

ly to minimise or 'mop up' oxidative components and free-radicals that have already entered or formed in the body, they will also likely have elements which have a direct capacity to minimise oxidation in the blender. As a general rule, I would recommend on blending with as many stable (non-fat based) antioxidant foods as possible; the list is extensive, and I will only mention a few of the herbs, but needless to say organic produce will give a significantly higher yield of these important food chemicals.⁶ Check out ginger, garlic, fennel, rosemary, olive leaf, mint, oregano, sage, grape seed, turmeric, parsley and many wild greens growing on your doorstep.

Happy Blending!

Warren is a fully qualified nutritional consultant providing highly tailored dietary and lifestyle advice. He specialises in the use of whole and living foods for prevention, cure and vitality.

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⁶ Again, the superiority of the balanced raw food diet is indicated: it is stock full of vital antioxidants.

Luxurious home-made moisturisers

Winter is on us and boy do we feel the cold! We can protect ourselves on the inside by munching more healthy fats and guess what - healthy fats applied to our skin works wonders too! But instead of going outside with a face covered in guacamole try delicate cold-pressed oils instead. Combat flaky dry skin this winter by making your own super healthy raw, vegan and organic moisturisers packed with cold-pressed oils and raw butters and a light touch of exotic essential oils.

Making your own moisturisers is fun and very very simple! You just need a selection of oils suitable for your skin type and combine them in a nice jar with lots of love and voila! You have the best moisturiser in the world!

However, it's important only to use ingredients of the highest quality. Use organic, cold-pressed and raw oils and butters and make sure your essential oils are of therapeutic quality.

I've made a small description of some of the best oils, in my opinion, that you can use to construct your own personal moisturiser, or you can use the recipes I've created. Note that it's always a good idea to do your own research of the oils that you decide to use to check for possible contraindications and allergens.

Base ingredients:

Apricot kernel oil:

Is suitable for dry, mature and sensitive skin and has wonderful skin softening properties. It contains a high amount of omega 9.

Borage oil:

Is good for mature skin as it's rejuvenating and helps

by Tanja Eskildsen

maintain healthy skin and repairs damaged skin. It contains a high amount of GLA.

Calendula oil:

Is the best oil for scarred, damaged and irritated skin and helps soothe skin with varicose veins and acne. It's an effective wound healer and prevents and repairs damage caused by sunbathing. It contains calendulin, carotene, waxes, tannin, phosphorous and Vitamins A and C.

Cocoa butter:

Is suitable for dry, wrinkled and damaged skin as it helps regenerate skin cells and promote healthy, smooth skin. It's an effective barrier against harsh weather.

Coconut oil/butter:

Is suitable for all skin types. It has anti-microbial, antiviral and antibacterial properties and contains short and medium chain fatty acids as well as lauric acid.

Comfrey oil:

Is very useful for damaged and scarred skin, and skin with acne as it has cell proliferant and protectant properties. It rebuilds damaged cells and repairs damaged caused by acne, surgery or eczema. It contains allantoin, tannins, glycosides and B12.

Jjoba oil:

Is excellent for all skin types as it softens protects and helps retains moisture. It's anti-inflammatory and balances oily skin.



Hemp oil:

Is good for normal to oily skin as it's a dry oil quickly absorbed by the skin. It's rich in Vitamin E, omega 3 and 6 and also contains GLA.

Rosehip oil:

Is wonderful for oily, sensitive and problem skin, and skin with large pores.

It contains natural Vitamin A, omega 3 and 6 and can be used to fade scars, freckles and age spots.

Lovely floral additions:**Bergamot essential oil:**

Works on the mood as a nervous tonic and relaxant. It's a skin antiseptic and anti-sebaceous which helps combat acne.

Chamomile (Roman) essential oil or CO2 extract:

Chamomile is a nerve relaxant, sedative and a mood enhancer. It has anti-inflammatory and antiseptic properties which is good for irritated, sensitive and problem skin.

Geranium (rose) essential oil:

The fresh flower scented oil is a nervous tonic, relaxant, sedative and an effective mood enhancer. It balances skin and is reputed to make it glow.

Juniper berry essential oil:

Juniper is a stimulant of all excretory functions. It's a detoxifier, diuretic and expectorant. Therefore, it's effective in oily skin and skin with acne.

Lavender essential oil:

The popular lavender is a powerful tonic for the nervous system. It's a relaxant, sedative and an anti-spasmodic. On the skin it has antiseptic, anti-inflammatory and anti-pruritic properties.

Neroli essential oil:

Neroli is a nervous tonic, relaxant, anti-depressant and analgesic. It can help both oily and dry skin by balancing the sebum production.

Orange essential oil:

Orange is a strong anti-depressant and rumoured to relieve one of dull skin.

Rose otto essential oil:

Rose oil is one of my favourites and needless to say it smells fantastic. It's a nervous system relaxant and is helpful in times of deep shock and anxiety. It is good for sensitive skin but is beautifying for all skin types.

Sandalwood essential oil:

The oils works on the mood as a relaxant and sedative and on the skin has antiseptic qualities. It's very suitable for oily, dry and ageing skin.

Ylang Ylang essential oil:

The oil is a powerful nervous relaxant and sedative and has quite a reputation of increasing sexuality! For the skin it works by balancing the sebum production.

Luxurious recipes:**Directions for all the recipes:**

Gently melt cocoa/coconut butter in a dehydrator or a bowl placed in warm water. Combine with the rest of the oils and thoroughly mix in the essential oils. Pour the moisturiser into a beautiful jar and store dark and cool.

When needed take a small amount in your palms and rub warm to melt. Apply by dapping into your skin and leave it to work for a few minutes. Remove excess by pressing with a tissue. Now feel your skin and say ooh!

Moisturiser for acne, scarred and damaged skin:

20g comfrey oil
20g calendula oil
20g rosehip oil
20g jojoba oil
20g coconut oil/butter
7 drops of Roman chamomile essential oil or better CO2 extract
4 drops of juniper berry essential oil
9 drops of bergamot essential oil

Moisturiser for oily/combo skin:

40g jojoba oil
20g hemp oil
20g coconut oil
20g rosehip oil
2 drops of sandalwood essential oil
5 drops of neroli or bergamot essential oil
10 drops rose geranium essential oil

Moisturiser for normal skin:

10g cocoa butter
20g coconut oil/butter
20g hemp oil
20g jojoba oil
10g rosehip oil
5 drops of rose otto essential oil
10 drops of orange essential oil
5 drops of rose geranium essential oil

Moisturiser for dry or mature skin:

20g cocoa butter
25g borage oil
10g jojoba oil
25g apricot kernel oil
20g calendula oil
5 drops of rose otto essential oil
5 drops of sandalwood essential oil
15 drops of orange essential oil.

Suppliers:

Jars, oils and essential oils can be bought from www.aromantic.co.uk

Raw cocoa and coconut butter from www.funkyraw.com 



Coping with a Cooked family

Those of you new to 'RAW' may be facing a time where you are making raw food for yourself and cooked food for your family. Often when new to raw food, people begin to feel guilty about feeding themselves amazing enzyme-rich food, whilst plonking another plate of over-cooked vegetables, pizza or dhal and soggy rice in front of the kids. Well, I did anyway...

After guilt came panic. It manifested in a massive effort on my part to fulfil Philip Larkin's poetic observation, "They fuck you up, your mum and dad". Every piece of dairy, I assured them, would give them man-breasts, cancer, and then kill them (although I was doing a rather good job stressing them to death). I was also excellent at telling my husband that every veggie fry-up was taking him one step closer to the grave – without offering him the lovely, raw alternative of marinated dehydrator warmed mushrooms and onions, succulent, gently dried tomatoes and live corn bread.

So after trying to induce acidosis and an eating disorder with my kind words, I figured it was time to try and get some of those lovely raw enzymes into them in an acceptable way. First move was to stop panicking about vegetables; increase the amount of juices, smoothies, nut milks and raw puddings. This started to work fairly quickly and meant they were having a raw breakfast. OK, it meant I had to get up a little earlier, but I could relax because my little darlings were getting a few more enzymes! In my case I was fairly lucky because my eldest two are fruit bats at heart anyway, but my youngest, who would eat dhal and soup until it came out of his ears, would not contemplate eating any fruit other than grapes or 'easy peelers'. As for non-cooked veg, or any veg indeed (apart from the soups and those in the dhal) – forget it! So while my eldest two were taking the new additions to their diets quite well, my youngest was still forcing juice down with the aid of a straw. He still refuses smoothies but has finally succumbed to recipes including: chocolate almond milk with NO banana (or else!), brazil vanilla milk, energy balls and chocolate brownies. Not a very well balanced diet I hear you cry. But, these additions to his diet have led on to a remarkable change in his eating habits in general. He actually eats now, no longer flips at the sight of vegetables on his plate, in fact he doesn't seem to tantrum at all now (oh, the power of enzymes), plus he has started happily munching away on fruits (previously unheard of). These simple changes benefited all the children in many ways. Now if they don't want their dinner, they know they can just eat fruit instead, and will often come and ask for something 'fresh'.

As for my husband, he is often raw, usually semi-raw, but of his own volition. I no longer beat myself up for not having a 100% raw vegan family, as I know that they are moving in that direction, are educated on raw and will know it is there when they need it. Meanwhile I quietly sneak in the odd recipe, the last one, my middle son

by Anna Marcon

assured me, was 'not only nutritious, but delicious!' as he tucked into another helping of Alissa's Blueberry Pie. Other tricks that helped included; adding carrot juice or raw soup to cooled cooked soups, fruit sorbets, banana/coconut/berry ice creams; grating raw veg into rice or 'risotto'; using veg sticks and hummus as a starter; hiding veg in sushi and gradually increasing the amount; and, of course, getting the kids involved in making their treats and smoothies - I've seen some of the most unusual banana splits ever created!

For me the answer is not to worry about what to remove from a cooked diet, but to concentrate on introducing healthier alternatives, so they soon become the norm. Who needs cooked biscuits when you can make wholesome sprouted dehydrated cookies? I haven't yet managed to persuade my youngest that sprouted rye bagels are great (he's still convinced I'm trying to trick my students into believing they are dough nuts!), but I will persevere. Healthy eating habits and a relaxed relationship with food can be among our greatest gifts to our children.

Anna was personally trained by Alissa Cohen and teaches Level's 1 & 2 of Alissa's Living On Live Food programme.
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Based in South London
Anna Marcon
shares her passion for the health-giving and life-enhancing aspects of a raw food diet

Teaching courses include
Alissa Cohen's Living on Live Food:
* Chef Certification - Level I
* Instructor Certification - Level II

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Poetry

Seeds spreading by Max Salad

Seeds spreading, scattering themselves
in endless varieties of ways to express
themselves more fully
Multiplying exponentially
One seed; infinite possibility
Light to dark to light again, then
Back to earth – rebirth
Blessed and destined to carry
The Ideal idea; whole, complete,
By touch of water
Sprouting future potential -
Every past plant sown millions
to create this one here grown; carrying
the future of billions yet to come;
Everything influences everything.

O seed, Carry your vibration far and wide -
Be yourself fully.
Master your ground and ground in your master.
You are ideal in every way
Know that nothing real ever dies
You are one with your maker
Fill space with your creation.

The Fifth Dimension by Magic Kate

I never thought it was possible to be this happy,
I never believed it was suitable to be this high.
I never knew it was attainable, this level of life magic,
I never felt it was allowable, to spread my wings and fly.

I don't care anymore;
How or why,
If or when.
I don't have to;
I feel it,
I know it.
This is the fifth dimension.

www.myspace.com/katemagic

Loving Craft by Joan Berry

Let me weave your dreams
Spin your days with care
And in the cool comfort of evening
I will knit you short stories
And soothe you into sleep.



Skyward for the Golden by Warren Vialli

Through your wild violet eyes
This universe is ours revealed
Undone between the pristine rise
Sunflooded we stir the sealed

Dear Architects of the fair and Golden
Whose insight enthuses hazy and idle
For battered hatches loose, they embolden
Like blooms of Saturn released, unbridle

Rise my beloved soulful driftwood
Your flavour steeps the standing
Come reach us high and skyward
Come restore our paradise landing

Windswept sow and blossom, so to stir surrender
Basked in starry love we wonder and render
Our wave has met the sure for rain
The inspiration has changed my life again.

Daffodil by Paz

Golden daffodil, your sunny haze
Promises more glorious days
Coned crimped trumpet seeming to shout
"Spring is now here, Winter takes rout!"

Six luminescent petals yellow
Evoke a saint's crowning halo
A bearing bold, brazen and strident
Reflects strength steadfast and ardent

Yet slender leaves fragile, long and slim
Recall a gentle sensitive
While stiff, upright stalk, like flag-pole round
States God's presence to all around

Finally, bulb guarded underground
Tells where occult truth shall be found
Buried, hidden, covered up, concealed,
Waiting to be dug up, revealed

As arcane, esoteric secret
Layer upon layer beset
Though dare to peer beneath outer skin
So find the source of life within

www.metaphysicality.com



Birth of Spring by Paz

A delicate and mild breeze
Whispers softly in my ear
"I am here, I am here"

Daffodil yellow and bright
Wakens blurred, somnolent sight
With bold, brazen delight

Nigh forgotten rays solar
Lightly tap on my shoulder
Warm, golden reminder

Breaking bud's lush greenery
Moves heartstrings in harmony
Even to sigh from glee

~

Scents of hyacinth and bluebell
Captivate dulled sense of smell
Thence to rapture impel

Downy pink cherry blossom
Tenderly caresses skin
As its descent begins

Taste of fragrant herb and leaf
Fill the Soul with energy
Lifting kundalini

Chorus of songbirds courting
With first love resonating
Entice mute throats to sing

~

Grass renews, seeds start to sprout
Breaking free from underground
Reclaiming soil all around

Animals arouse again
Boxing hares mock-fight and run
Fawns scamper, play in fun

Clear pastel blues span the sky
Louring clouds say their goodbyes
Whispy streaks drifting nigh

Dark and heavy winter's gone
Earth once more feels fresh and young
Now lighter spring has come

www.metaphysicality.com

On Visiting the Gauguin Museum, Tahiti by Rima A Morrell

Green, lush
pamplemousse
hangs ripe from the trees
rain-water gleams
on the yellow hide

my skin is not so thick
my words are not so lush
they depict, they describe
they cannot draw what i say
yet i still like to
sparkle with water

and on the door of the carved house
in the bay of the curved moon
Gauguin wrote in wood
Soyez mysterieuses

Soyez ameureuses et vous seriez heureuses
"Be mysterious
Be amorous and you will be happy"

the fruit hangs like testicles on the bread-
fruit tree
the trunk is the staff of life
exuding thick fluid
a Polynesian proverb says:
uru no ka uru, a ai no
'here the breadfruit grew and was eaten'

the waters of the Pacific shine dark blue
the Tahitian children play
running in and out of the lagoon like fish
soaking in eternity

Paul Gauguin wrote again, on paper
now:

'It was so simple to paint things as I saw
them, applying a red next to a blue with-
out any special calculation. I was fasci-
nated by golden figures in streams or on
the sea-shore ...'

his paintings showed the world
Polynesia
his vision
his paradise

i like his art
it reminds me of colours i once knew
not only here

Tahiti
Bright islands
Remaining land
Swimming in beauty

strange that a museum
can be surrounded by such lushness
yet be a living testimony
to a life that failed
to an art that succeeded
if that's how you measure
failure and success

and on the faces of Tahitians today
joyous
perplexed
langourous faces
the look
of waiting
not expectancy
just waiting
fia fia
"If It happens it happens"

did Gauguin
the Frenchman's,
eternal questing
mean that he could not live this look?
live this life?

syphilis, sex with young girls,
the death of his beloved daughter
with her dad
far away in the islands
did his life fail?
did Gauguin
need to go through such torture
to create his frieze of art?
to make the hot sand pink
and the riders ride
along the beach, hooves stepping on bright sand?

the world he created, made of paint and oil
is now hanging in museums everywhere
visit Tahiti, and this one
and you will know that behind the riders
brown figures still stand
fia fia

and what if the bodies
were to begin to move?
and in the movement
activate the painted worlds
connect the word-worlds
and create
a delicate, new world?

the fruit from the tree is hanging here
right here, right now
in the world of life
a world to be enjoyed www.hunalight.com



The Facts about Essential Fatty Acids

by Suz Evasdaughter

Because research has shown their health benefits are beyond question these essential nutrients have attracted much attention of late and soon the supermarket shelves will be swamped with even more Omega containing products. But how can we ensure that we are including sufficient Omegas in our diet in a safe and appropriate way?

What are EFAs and why are they important?

The term essential is applied to a nutrient when it cannot be synthesised inside our bodies. Natural nutritional fats range from saturated to super unsaturated. Omega 3 is super-unsaturated; Omega 6 is poly-unsaturated and Omega 9 (found in highest concentration in olive oil) is mono-unsaturated. There are only two *essential* FAs, Omega 3 or Alpha-linolenic Acid (ALA) and Omega 6 or Linoleic acid (LA), note the subtle spelling difference. In the body Omega 3 is transmuted into Eicosapentaenoic and Docosahexaenoic Acids (EPA and DHA) and Omega 6 becomes Arachidonic Acid (AA) and GLA. From these second stage substances our incredibly clever bodies then go on to make prostaglandins (PGEs) which are short lived hormonal like substances essential for many physiological functions. The PGE3 family, which results from ALA has a beneficial effect on cell structure, particularly in the brain and consequently on nerve cell communication. Thus Improving levels of Omega 3 and its bi-products DHA and EPA have been shown to have wide ranging benefits in mental disorders including depression, autism, bi-polar dysfunction and degenerative diseases of the brain like Parkinsonism, Alzheimers and multiple sclerosis. EPA and DHA (usually from fish oils) have also been used to improve concentration and reduce disruptive behaviour in children with ADHD. Additionally the PGE3 family has a positive impact on our cardio-vascular system. It reduces blood viscosity (thickness) and hence clotting, lowers blood pressure, increases good (HDL) cholesterol and reduces the incidence of coronary spasms. This ALA chain also benefits our immune system, reduces excess inflammation and has been used successfully to treat certain cancers.

Supplement oils are usually available as combinations of 3 and 6; or 3, 6 and 9. However most people get far too much 6 in their diet from vegetable oil (safflower, sunflower and soya) which, unless it is cold pressed and unrefined, is toxic because it has been heated to high temperatures to process it and contains the remnants of additives used for deodorising. If we are savvy eaters we get enough Omega 9 from olive oil, but many of us will need to be wary that we are including enough Omega 3 in our diet, particularly pregnant or lactating mothers or anyone contemplating parenthood. The Western diet's paucity of Omega 3 and its dominance by sugar, trans fats and omega 6 has contributed to a pandemic of degenerative disorders of the mind and body, most notably the UK, and the USA where eating habits are poorest.

Trans fats are fats that have been altered through exposure to high temperatures making them toxic to our bodies. If we eat cooked food we create trans fats every time we fry anything using poly-, mono- or unsaturated vegetable oils. Frying food is a poor nutritional choice because it always creates toxic substances but the safest oils to use for frying are those which are solid at room temperature (saturated fats). These are more stable and less likely to oxidate (create free radicals) than Omega 3 or 6 oils which are extremely delicate when exposed to light air or heat.

Particular Issues for Raw Fooders

Even without the complications of sugar and trans fats the excess of Omega 6 (LA) is still a problem because ALA and LA use the same enzymes in our body. So if we have more Omega 6 then we are more prone to trigger its prostaglandin family chain (PGE2) which can result in an excess of AA the inflammatory second stage compound of Omega 6. An appropriate ratio of Omega 3 to 6 would be the pre-industrialisation level of around 1:1 or 1:2. (J of Am. Coll. of Nutrition 1999) The typical British or American diet ratio is around 1:20.

New Research is Needed

Much of the research into the benefits of Omega 3 supplementation has focussed on fish oils which are rich in EPA and DHA because specialists doubt the body's ability to transmute Omega 3 (ALA) into these forms. In my opinion this may well be because Omega 3 supplements are given as part of an otherwise standard Western diet which is high in sugar, trans fats and Omega 6, all of which compete with Omega 3 and block its utilisation by the body. Research results may be entirely different if the group studied were long term raw fooders who focus particularly on a diet which excludes refined sugar and trans fats whilst being high in Omega 3. In practice this would mean testing for levels of EPA and DHA in subjects before and after ingestion of increased amounts of raw vegetable sources of Omega 3s.

Oils are found in nuts, seeds and leafy green vegetables. All of these sources contain differing combinations of Omegas. All oils /fats (a fat is oil which has become solidified) contain both Omega 3 and Omega 6. It is the proportions which are important, precisely because of how the one can block the uptake of the other. The natural sources (as opposed to expensive oils which are very easily oxidised through exposure to light, air and heat) of ALA are flax (linseed), hemp and walnut. The best source, flax offers a 3:1 ration of ALA to LA; hemp offers 1:1 and walnuts about 5% ALA. Leafy green vegetables are also sources of ALA, the best being purslane which grows wild in England as a weed but is a popular salad dish in less industrialised countries like Turkey.



Nutritional algae: Spirulina, AFA and Chlorella are direct sources of EPA and DHA for raw fooders and offer other nutritional benefits being high in amino acids and antioxidants. Spirulina for example contains ten times the beta-carotene of carrots. The Inuit are famous for their resistance to heart disease despite their very high consumption of saturated fats. This is because their diet is rich in Omega 3 from the seals they eat which have fed on cold water fish or directly on these nutritional algae.

Is it time we reviewed the way we use flax?

The biggest issue for raw fooders is how to safely prepare seeds like flax and hemp that are high in Omega 3. Some recipes call for the grinding of flax prior to inclusion when making crackers, bread or other dishes. However, as you will have noticed, Nature protects its seeds from the oxidation caused by light, heat and air by providing them with dark coloured little envelopes. Look at a walnut with its shell or the flax with its outer capsule. In the process of grinding flax or hemp, if we do not consume it right away we are encouraging the process of oxidation, rancidity, creation of free radicals, call it what you will but we are introducing toxicity or anti-nutrition into a diet where we otherwise strive for the highest nutritional standards.

Since learning more about raw nutrition I have changed my food prep practice. I now prepare flax crackers with whole seeds and make sure I crunch my way through them to release the oils at the time of consumption not prior to dehydrating and storing them. I supplement my diet not with flax oil because I cannot be sure of its provenance and even if I store it in the fridge in a sealed dark

container there will still be some air in the bottle. Instead I use freshly ground flax or hemp seeds which I add to smoothies and drink within 15 minutes. Further, whenever I see a recipe that calls for ground flax seed I find a way around it. In one recipe using flax whole did not provide sufficient binding for the dish so I tried psyllium seeds because of the mucilage (stickiness) they provide in liquid. I did not use the husks alone though sometimes they are suitable.

See page 6 for Omega 3 Superfood Smoothie recipe.

Further Reading

Fats that Heal, Fats that can Kill, Udo Erasmus

Brain Building Nutrition Michael A Schmidt

Brain Allergies W H Philpott and D K Kalita

Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases, J Budwig

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Suz offers consultations on Raw Nutrition and Lifestyle Coaching. For further info or to purchase a booklet at £3.95 inc. p&p contact s.evasdaughter@ntlworld.com or 0113 2264061 ❀

The Healing is in our Hands

In my Funky Raw articles I'm usually advocating for us all to go outside and commune with nature - to listen to the wind, meditate under trees and find hidden parts of ourselves mirrored in natural wonders of the environment. However this issue I want to write about another passion of mine which is slightly different as it usually involves being indoors and having few or no clothes on. Okay I know what you are thinking...yes massage of course!

The benefits of massage fills many books and it really is one of the best things you can do for your overall health and wellbeing. Massage works on multiple levels and enhances our physical, emotional and spiritual health. As a practitioner of this ancient healing technique, I always encourage everyone to get a massage treatment from a professional at least once a month. However far from being an occasional treat, massage to me is also a daily lifestyle practice and I encourage us all to utilise the power of touch as part of our everyday life with friends, families and our selves.

There is an African proverb that says "If you can talk you can sing, if you walk you can dance." I would add to that and say that if have hands, you can massage (actually you

by Terri Henry

can also use feet and elbows!). Touch is a natural part of being human and massage is something we can all do to varying extents. For those who feel they have two left thumbs and not a clue of what to do or where to rub, there are now many instructional books and DVD's to get you started and, as with most things in life, the more you practice the better you will be. (I know that many of you living in the UK but, if you are ever in Dominica, I teach a really fun one-day workshop on learning massage!) There are a few rules to keep it safe, such as not massaging directly on the spine and making sure the pressure of our strokes always flow towards the heart. There are also a few medical conditions that are not favourable for massage, so do check with a medical doctor if unsure of the contraindications. Otherwise find a willing partner and be free to experiment! Trust me you will definitely move up the ratings as favourite friend or family member if you can ease out their aching shoulders after they have spent a week hunching over a computer! The massage will also be therapeutic for the person giving the treatment as the act of stroking, calms the nerves and provides a positive feel-



ing that comes when we are able to contribute and give to another.

However if it takes 'two to tango' the same is surprisingly not true for massage which can actually be a whole lot of fun as a solo activity. With the probable exception of a few points in your back it is possible to massage your entire body and taking time to do this gives you an amazing start or finish to the day. It is easy to incorporate a massage session into your routine by taking an extra five or ten minutes after bathing to rub your favourite lotion or oil into your skin with rhythmical and intentional strokes. Use a vegetable base oil such as grapeseed or sweet almond oil and scent with a few drops of essential oils which increase the therapeutic benefits and make you smell irresistibly delicious. Start anywhere you choose but remember to apply the pressure on the upwards strokes and work towards the heart. It is especially great to massage the feet as they have all the reflexology points so you can really give your whole body a treatment by focusing on your soles, heels, arches and toes! I love to do this just before I go to bed which is really relaxing and soothing and it also has the benefit of softening the skin too – what a multiple pleasure!

Giving ourselves a daily full body massage improves muscle tone, circulation and allows us to get more in touch with our body. Our bodies are amazing and massage is a way to honour our health and existence with mindful contemplation. We can use this time to give thanks for the body we have been blessed with and understand our unique and divine selves a little more each time. It is super-fantastic to combine our massage strokes with affirmations as you move through each body part, such as "I am so thankful for my legs that allow me to walk, stand and move forwards in life, I am grateful for the strength of my arms that enable me to hold, touch and embrace, etc... This is also a chance for you to bless those parts of yourself that you may not be so happy with and choose to love your body exactly as it is; unconditionally. This self-love increases our esteem, confidence which is subtly conveyed to others creating a greater space for joy and love in our life.

As well as feeling absolutely wonderful and being an enormous boost to our wellness, I also feel massage has a vital role to play in the grander scheme of things and is a key to the creation of world peace. I believe that if every one in the world had a massage on a regular basis we would see a dramatic decrease in stress related incidents, arguments and even war. There is an ancient Japanese story that tells of a woman who absolutely hates her Mother-in-law. The nagging and complaining and finally gets too much and she consults a traditional medicine doctor for a potion to kill the old lady. The herbalist gives her some scented oils and tells her to rub it into the back of her Mother-in-law every night for a month and the poison will eventually kill her. The woman is pleased with this and dutifully follows the instructions. However after just a week of doing this the old lady becomes far more relaxed and nicer towards her, the two women start to share stories and open up to each other and begin to create a new friendship. After a while the woman realises

that she really loves and appreciates her Mother-in-law and races to the herbalist begging for the anti-dote to the poison. The herbalist laughs and says that she already has the antidote – the potion was nothing more than harmless aromatic oils. He knew that the power of touch would bring them together and so that was his remedy. This story sums up the positive effects of massage for building the bonds of trust and respect in our relationships with others and ourselves. For there to be peace in the world we must first have peace within and in our relations with others and by using massage the remedy for world peace really is in our hands!

So I hope you are suitably convinced that massage is essential to a holistically healthy lifestyle. With so many varieties of massage treatment I am sure you will find a practitioner that suits you and I trust that you will also become involved in giving regular massage to others and yourself. And after you start to give your own fingers a workout and become good at it, please come and find me as my shoulders can never say no to nice therapeutic touch!

Terri Henry is the founder of 'Onelove Livity' based in Dominica. She is passionate about the health of people and planet and sharing ways which can uplift both. Terri facilitates experiential workshops on massage and Eco-psychology, hosts holistic nature retreats and writes articles to inspire us to restore our relationship with the Earth and enhance our inner nature. For more information please view her website www.onelovelivity.com and email her at onelove@onelovelivity.com 🌸

Cinnamon Crisps by Carolyn Dare Wilfred

2 cups of soaked Brazil nuts (soak them overnight in pure water) Make sure they are as fresh as can be and not rancid! Do not substitute with any other nuts as the consistency and taste is just not as good.

8 oz. (1 cup) freshly made apple juice (organic)

3 ripe bananas

1 tsp. cinnamon

3 TBsp honey or maple syrup

Drain the water from the Brazil nuts. Put the nuts into the food processor and blend until they are a mush. (If using a blender, add the apple juice with the nuts before blending) Then pour the apple juice, about 8 oz. (organic if possible) over them. Blend the nuts and juice. Then add in the bananas, cinnamon, and honey or maple syrup, and blend again. Using a TBsp, scoop and pour the cookie batter in the shape of round cookies onto dehydrator trays lined with oil sprayed Teflex sheets. The cookie batter will be quite liquid as to make thin crisp cookies. If the batter is a bit thick, just give the dehydrator sheet a jiggle and a shake to spread it out.

As an option, you can add cacao nibs to the batter and have raw chocolate chip cookies.

Dehydrate at 125° F or 50C for 24 hours or until very crisp. Store in an air-tight container to keep them crisp. Makes approx. 40 medium cookies.

Raw Generation - Bringing up raw children

by Holly

I often feel that if a potential parent could sample just one day of what it could be like to be with their to-be-born children on raw food they would unequivocally decide to bring their children up this way. The level of contentment, the energy and lovingness of children in this biochemical brain state turns parenting into love affair and can make being with one's children the favourite time you can have. Watching them grow so beautifully and learn so effortlessly, the healthy happy days, the originality of their minds, buzzing with helpful neurotransmitters. The joy they take in their food – enjoying their salads more than a 'normal' child would enjoy their chips and sweets, their interest in and love of nature and enthusiasm for life have made them my favourite companions. Well this has been the story of raw children for me anyway. We started when they were but a baby and a toddler and to them raw food is their food of choice and cooked food not really food at all. But with courage, confidence and commitment I think the transition can be made at any age until adolescence when it probably is going to be mainly the child's own decision unless you have a much bigger appetite for battles than me.

Feeding a child raw food is going to give them substantially different brain biochemistry and enhance the development of their brains in ways that I think will surprise us when the current generation of raw children is grown up. It will give them much easier access to expanded mind states, to greater creativity, inspiration, confidence and general enjoyment of life. Bringing up children in the energetic vibration that is created by eating food raw is creating a different experience of life. It is helping to change the pattern of experience on this planet. With greater energetic awareness there is naturally much greater closeness and cooperation between people – and what a delight it is when this happens between parents and children. The number of rules and the reasons to be cross goes down, and the inclination to pet and cuddle goes up. My raw children have astounded me with their levels of initiative and eagerness to help.

I love to allow my children as much freedom as is practical but the basic main meals are non-negotiable. I go by the general principle that if you create healthy brain biochemistry the brain will start to operate in more enlightened ways leading to choices of behaviours that are more loving and generally useful to everyone. Then, because of the way the children naturally become, there is less need for control in other areas of behaviour. For me, the role of mother is very much about creating a safe, nurturing environment where the children are free to choose, create and play at a level they feel ready for. The further we have gone in this direction ourselves the easier it is to create this for our children. Regarding instinct, our natural instincts are so corrupted by our unnatural ways of living that they really are not operating fully by any means in our current state. Eating consciousness enhancing raw food and superfoods will actually help refine the intuition

but children do need support and protection in a world that does not offer entirely life-supporting options. What makes for happy children is strong confident parents who can take a lead and show their children a way of life that is positive and rewarding. Letting children go with the food options that are thrown at us all by popular culture is not really giving them a true choice – it is throwing them under the wheels of lunacy. Given the chance to know what it feels like to be healthily nourished, they can, as they get older make truly informed choices, based on experience.

Most days I feed my young children a blended salad/soup including strong green leaves. When this was first introduced they resisted it but now love it. My seven year old son now will still choose to eat it even if he has the choice not to because he says it makes him feel so much better. Taste buds do adapt when the body decides it likes what it is receiving. Minimising choices also allow children's minds to relax so that they can get on with enjoying their food. Having said all this there can still be fun choices – an apple or a pear? Whole salad or chopped salad? Chocolate pudding now or in half an hour? Do you fancy a pudding or a pie? It's not a totalitarian regime – just a haven from the madness of popular cultural eating habits. And when children have learned to enjoy such healthy food, then every meal becomes a celebration and when 'little treats' can be handed out several times a day. Some of my children's favourites are oranges, figs with a little raw cheese inside, a spoonful of bee pollen with flax oil, and a handful of goji berries. We have bowls of fruit on permanent display for snacks – and to add to the ambience. The children also love to go foraging, their favourite wild green being the local Devon wild garlic leaves.

Our daily diet is based on the following food groups:

Fruit - including tropical fruit such as mangoes, figs (particularly good for brain chemistry), papayas and bananas; berries and other fruit. We enjoy melons, apricots, apples and pears, cherries, kakis, grapes, currants, oranges, lemons, grapefruit, avocados, tomatoes, cucumber etc.

Nuts and Seeds - fruit is not dense enough to supply all our nutritional needs in our current state. Nuts and seeds give us dense nutrition. They should be soaked for a few hours before use to break down their growth inhibitors which interfere in digestion and assimilation of nutrients. We include a wide variety - hemp is our staple, we also eat sunflower seeds, pumpkin seeds, sesame seeds, hazels (filberts), walnuts, almonds, coconut, macadamias, brazils and pecans.

Greens - needed for minerals, chlorophyll and protein, they also alkalise the body in a way that is essential to counteract the acid-forming properties of most nuts and



seeds and some other foods. Dark greens are the most nutritious, wild are phenomenal – and it's a wonderful experience to pick them with children. Green superfoods are also helpful.

Oils - we get fatty acids from nuts and seeds but to keep the correct balance between omega 3 and omega 6 essential fatty acids flaxseed (linseed) oil is very helpful. This oil is very unstable and needs to be kept sealed and cool. I think the higher quality oils are also the ones that taste best. My favourite brand is Stone Mills which, to my surprise after previous experiences of lower quality flax oil, is delicious and we have delighted in pouring it all over our chocolate pudding and eating it with teaspoons of bee pollen. Flax oil has to be converted inside us to DHA which the brain needs. Coconut oil helps this process.

Animal Products - we have found these, in small quantities to be one of the keys for us in staying completely raw. We use raw goat's milk, kefir, and unpasteurised cheese. They are a vital source of vitamins D and A, fat soluble vitamins which are difficult to obtain in sufficient quantities and in an assimilable form from elsewhere. B12 needs also to come from animal sources - plant sourced B12 is not the form humans need and can even get in the way of proper B12 absorption. I suspect there are also subtle factors in animal products that we do not fully understand yet. I think of them of a kind of superfood. We have found ethical sources of these products. There is more information about this under Raw Dairy Suppliers on www.rawcuisine.co.uk.

Superfoods and Supplements - due to poor quality of soil (including organic because of long term soil erosion), fruit being picked unripe, storage, pollution, the fact that the human gut is probably not working at its best, and the suppressed state of the human brain, we need all the help we can get. I and the children eat green superfoods, goji berries, raw cacao, maca, bee pollen, purple corn, camu camu, seaweed, crystal manna and other superfoods and also take MSM and zeolite.

Water - of course- our main constituent - it is well known now that we should drink plenty of good water - spring or filtered.

The menu for us typically works out something like this at the moment:

Our current **breakfast** is chocolate pudding made up along the following lines and topped with kefir, fruit such as mango or berries and flax oil.

300g hemp seeds soaked overnight in water
juice of 3 oranges
zest of 1 orange
3 dried figs, soaked overnight in water
3 dried apricots, soaked overnight in water
50g sunflower seeds, soaked overnight in water
50g pumpkin seeds
50g soaked sesame seeds
3 bananas
½ tsp coconut butter or a few chunks fresh coconut
1 tps raw chocolate powder
1 tps cacao nibs

A handful goji berries

1 tsp maca

1 tsp hemp leaf powder

Sprinklings of other superfoods such as camu camu, purple corn, crystal manna, suma, mesquite, etherium gold
A handful of berries such as blueberries, blackberries or strawberries

Drain the hemp seeds and blend with the orange juice and some water from the soaked dried fruit as necessary. Strain and squeeze through muslin (a muslin bag is easiest) to make hemp milk. Drain the soaked ingredients and blend all the ingredients together until smooth.

Our **mid-day meal** is generally the raw green soup (blended salad or smoothie) I mentioned:

2 big handfuls green leaves such as watercress, rocket, wild greens and a little parsley or basil

1 large tomato

1 sun-dried tomato (optional)

1 stick celery

2 carrots

1 avocado

¼ tsp MSM

1 tsp green superfood powder

1 pint water

Optional extras:

½ bell pepper

¼ tsp mushroom powder e.g. reishi, shiitake

Blended till smooth.

We top the soup with things like:

grated carrot

grated raw hard cheese

sprouts e.g. red clover, alfalfa, broccoli, fenugreek

sprinkling of tremella mushroom powder

¼ tsp crystal manna

Later in the afternoon we have a **big mixed salad** with lots of greens, and including grated root vegetables and avocado or olives or a rich avocado or miso (unpasteurised) based dressing. We have a little unpasteurised cheese with it or after it.

These meals cover the full range of our nutritional needs, faithfully, every day. We have extra treats according to what we feel like – generally some combination of fruit, dried fruit, nuts, seeds, superfoods etc

So what about the cost of all this, the time and rigmarole involved and the social side? I have had very positive experiences on all these counts...

On a basic level, cooking food damages it and wastes nutrients so you get better value for money with raw food. The confusion arises because by the time people get onto raw food they start to get very discriminating about what they put into their bodies so end up spending more on high quality foods. These foods are often better value in terms of what you get nutrition wise for every pound you spend. Personally I prioritise food in our budget because if our brain is well nourished we will enjoy our lives in way that cannot be compensated for in any



amount of spending on what you might call entertainment (to distract the mind from its own condition?). In fact I have managed to feed my children a high quality raw food diet most of the time on a very careful budget – financial limits are the reality for many parents and I have been glad of the opportunity to learn how to do it this way and make it more accessible. With better nourished brains of course we have the potential to do more and maybe earn more, there also seem to be more hours in the day and a more effective use of time and resources from having a clearer mental state. Speaking of the time factor, once you are in the new routines of raw – the different shopping lists, soaking routines etc it is so much quicker in my experience than cooking. It's so much easier to get children involved in the process and they love it and appreciate their food so much more. On the social side, we take a delicious raw cake, dessert or savoury to share if we are invited to a social gathering and these offerings always seem to be enjoyed. When my son attended school for a few months there were many approving glances at his salad lunch. These days children are given a free piece of fruit or veg every day at school and there is increasing appreciation of the need to get children into healthy eating habits. My children enjoy their food immensely and are simply not interested in junk food. Fruit is a snack they can share with any other child. Because of the headspace that raw food takes you into it gets easier to get along with people in general and the children tend to behave in ways that people like. So that is a social plus. And as the trend towards happier eating habits increases, there will be more people on the same

wavelength to hang out with. By the time these children are grown up, raw will be seen as normal as vegetarianism and I imagine there will be a raw option in most restaurants. So let's not resist any longer and go where the energy is, where the life-force is, rejuvenate our brains and those of our children and see where this expanding consciousness leads us.

This article is based on what works for us - me, Bertie (7) and Lizzy (5 ½) in our experience of being almost all raw since July 2001 and Lizzy's whole life. I must add that I am deeply indebted to Tish for the information she has shared with me in the time I have known her. Our eating guidelines are based on hers. I adopted them after the first three years of exploration of raw food ideas because I could vividly see that they worked for her children, Lexi and Jago, in a very special way and in turn they have worked for mine. There are very few people with experience of making raw work long term with young growing children and there are differences in what an adult with accumulated reserves can get by on and what children need to grow and thrive on. It has been an intensive learning experience for me. I am very happy to hear from anyone regarding bringing up children this way. Just email me at holly@rawcuisine.co.uk. There are a lot of common factors in human experience but we all are finding our own way. I hope these ideas are useful and inspiring. For more information and tales of our raw life visit www.rawcuisine.co.uk. Also www.oceanwavevibrations.com for an interesting variety of superfoods. 🌸

Super Hemp Me 2

I would like to share my experiences of my last 'Super Hemp Me Fast'. This was my 3rd extended fast of only drinking Green Hemp Milk, water and recycled urine (see issue 6 for details on urine therapy) for 25 days or more. For those of you who missed the write up of my last fast (see issue 5) here is an explanation of why I feel Hemp to be nature's most perfectly balanced food.

Now most people's association with Hemp nutrition focuses mainly on the seed. The seed of the Hemp plant provides us with a near perfect balance of essential nutrients:

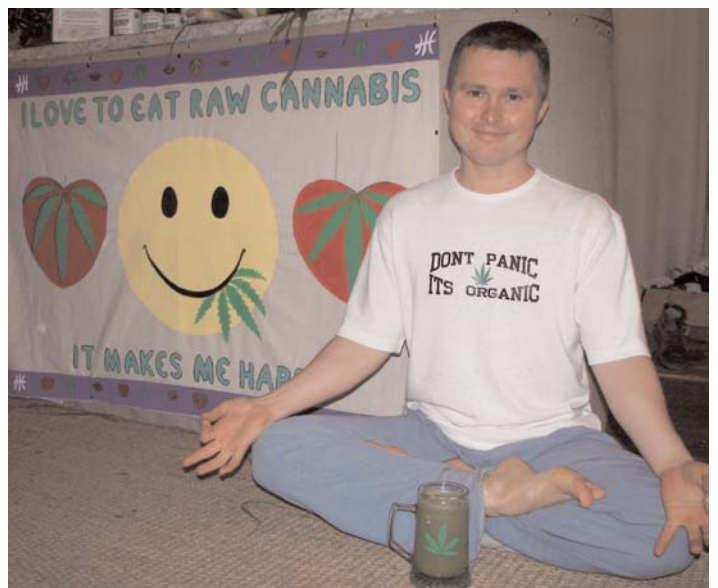
Essential Fatty Acids : 30% of the seed is fat, of which 60% is unsaturated Linoleic Acid (LA - Omega 6) and 20% is unsaturated Alpha - Linoleic Acid (LNA - Omega 3). This 3:1 ratio of Omega 6 to 3 is well suited to human needs.

Complete easily digestible protein, containing all 8 essential amino acids.

Hemp seeds contain the highest profile of Minerals, Vitamins and Trace elements of any edible seed.

To maximise the nutritional benefits of Hemp seed it is important to pre soak the seeds, unless freshly harvested and consumed with the flowers. Pre soaking neutralises

by Free Cannabis



the enzyme inhibitors and frees up the nutrients making them more bio available. If you don't pre soak the seeds then you end up stressing your pancreas.

Now I did say that Hemp seeds provide us with a 'near



perfect' balance of essential nutrients. Perfect balance is achieved, I feel, by consuming the complete flowering tops of both the male and female plant.

The first reason is do with the acidity of the seed. Even after pre soaking, the seeds remain slightly acid forming. Therefore to maintain a healthy alkaline state within the body it is important to utilise the highly alkalinising leaves and flowers of the Hemp plant. The highest concentration of electron rich, alkanising, anti-oxidant, Cannabinoids are found within the bract. The bract holds the seed, which together comprise the fruit of eternal life, botanically known as an achene. Personally I'm very much into growing my own Hemp and so from mid Summer until early Autumn, I have an abundance of fresh Hemp leaves to juice. Outside these times I use dried powdered Hemp leaf, as well as other greens such as nettles, kale, chard and various grasses (mainly kamut, barley and rye).

The other point to note is the balance of EFA's. Now when Udo Erasmus first analysed Hemp Oil he stated in 'Fats that Heal, Fats that Kill', that Hemp provided us with a perfect balance of EFA's. Since then he has come out with Udo's Choice a blend of Oils (with no Hemp), which has a 2:1, Omega 3:6 ratio. As the leaves contain higher levels of omega 3 than omega 6, I feel that by consuming the whole, seed bearing female flower brings us into the 2:1 omega 3:6 ratio.

Though consuming a highly alkanising diet keeps me in a constant state of well being and a natural high, every so often, well most Sundays to be honest, I like to take my state of being to an even higher level of ecstatic bliss, and to do this I commune with the THC (Tetrahydrocannabinol - explained later) rich flowers of the Hemp plant.

So why does ingesting Hemp flowers get most people into a state of ecstatic spiritual bliss? Well firstly there is the fact that you are feeding your body with a perfect balance of essential nutrients, but what really starts blissing you out is when you activate the Cannabinoid receptors. The CB1 Cannabinoid receptor system was only discovered by scientists in the early 1990's and are located primarily within the brain, mainly in the frontal cortex (which controls thought), the hippocampus (the centre for memory) the cerebellum and basal ganglia (which coordinate motion) and the limbic system (which affects emotions). There are also CB1 receptors on the spinal cord. When THC is ingested it is metabolised by the liver and converted into 11 hydroxy THC which enters the blood stream and sooner or later crosses the blood brain barrier and binds to the CB1 Cannabinoid receptors, activating the release of Dopamine - the 'bliss drug' which gets you 'high'. In 1992, the Scientist who first isolated THC, discovered an endogenous (naturally occurring) Cannabinoid called 'anandamide'. The brain also creates another Cannabinoid called 2-arachidonylglycerol (2-AG). The effects of these endogenous Cannabinoids are similar to THC, and other animals also have CB1 Cannabinoid receptor systems. THC is just one of sixty or so Cannabinoids, all of which, I feel have healing properties. The scientific analysis of these is still being conducted.

A common misconception circulating within the Raw Food movement is that chocolate contains Cannabinoids. This I would say is not true. What chocolate does is bind to the same CB1 Cannabinoid receptor sites, thus realising Dopamine. Though chocolate is certainly mineral rich, it is no way a 'health food'.

Not only does the ingestion of Cannabinoids bring us into a state of divine spiritual bliss, it does wonders for the physical body. As plants grow they absorb the Sun's photon light energy and through the magical alchemical process of photosynthesis convert this into electron rich chlorophyll and unique to the Hemp plant, the super electron rich Cannabinoids of which Tetrahydrocannabinol (THC) is the most electron rich molecule in the plant kingdom. As Cannabinoids are ingested they seek out free radical damage (such as tumours and cancers) and rebuild the body on a cellular level bringing us back to our perfect design self. THC also mimics the action of Estradiol, a hormone responsible for healing nerve and brain damage.

One thing that Hemp is quite low in is carbohydrates. However within the flowers we find a perfect balance of the 8 essential sugars (essential sugars allow for proper cellular communication), but none of the non essential essential we find in sweet fruits. I really noticed this during my 2nd Hemp Fast, feeling weekness in my legs, however during my last fast I used the complex carbohydrate rich superfoods of Maca and Lucuma which really helped give me more strength and sustained energy while remaining active.

Eating the male pollen is also highly beneficial as it is a highly complex structured protein, with a wide spectrum of nutrients, growth hormones, uncorrupted DNA and high levels of lecithin which help build brain and organ tissue. The protein within pollen contains high levels of tryptophan which is a precursor to serotonin an important neurotransmitter involved in waking consciousness which converts into a regulatory hormone (melatonin) that shuts down the organ systems, quieting the body in preparation for the finer and subtler realities of higher consciousness. The pineal gland initiates a cascade of inhibitory reactions, permitting visions and dream states to emerge in our conscious awareness. Eventually, the brain synthesises the "spirit molecules" 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion.

Well that's a bit more of the science behind Hemp, but to be honest I'm not really that bothered about the science, it's what I'm feeling that counts and I'm feeling FANTABULOUS!

Once the physical body begins to be healed and the endocrine system begins to function more effectively, consuming more Hemp literally floods the body with light bringing you into a divine state of spiritual bliss that is beyond words (and beyond the analysis of science). It's like being fully plugged into Gaia, buzzing with the vibration of pure Love. Ah, the bliss of Cannabis.



During my 40 day 'Super Hemp Me' Fast it brought further confirmation of what I knew already, but rather than just knowing it, I was feeling it. More and more I feel that we are beings of Love, created from Love, sustained by Love and that Hemp is the 'Tree of Life', the most perfect plant on the planet. I feel that all we really need to do with Hemp is plant it and eat it. Making clothes, paper, building materials and such like are all distractions from the ultimate truth that we are naked apes designed to live in a tropical climate and not in cold, damp temperate climates where we have become slaves to the dread fire culture. Fire creates free radicals and that is the root cause of so many problems in the world today. Eating electron rich foods, primarily Hemp, helps to eliminate the damage and bring us back into balance. But can we truly heal ourselves whilst immersed in the dread fire culture, with all its pollution and unbalanced lifestyles? I think not. That's why I aim for this to be my last year in England for a while. My plan is to leave England and fully immerse myself in nature in the Southern Mediterranean where I'm very fortunate to be the 'caretaker' of a few acres of south facing terraced valley with a river running through it.

I get the feeling however that I will return, as I believe that I am destined to challenge the system that claims that the most healing plant on the planet is 'undeniably harm-

ful' and 'illegal' to grow or possess. This 'undeniable harm' is only to those driven by greed and wishing for people to live in fear and doubt. Fear is the absence of Love, and doubt comes from living in fear. Don't doubt this: We are coming to the end of a 25,920 year cycle, and the end of the 'Kali Yuga', the most asleep part of conscience evolution, but as we approach 2012 and the end of time as we know it, we will be entering into a new dimension of existence as we head back to the centre of the Galaxy. My feeling is that at the higher dimensions of existence (the 4th dimension and beyond) the pulsing frequency of the planet will increase and those of us who have made the conscious choice of building their bodies from highly mineralised, electron rich 'light' foods will be able to exist within the 'Love Frequency', experiencing 'Heaven upon Earth', while those of us who have made the choice of building their bodies with demineralised, electron deficient, dense, nutritionally dead 'junk' foods, will be unable to exist within this frequency range and may well be stuck in a 3rd dimensional Hell.

So get planting and eat from the Tree of Life and 'yee shall live forever'.

The full unedited version of this article is available at www.rawcannabis.com ❀

An introduction to Metamorphic Technique

It was while I was studying to become a reflexologist that a fellow student put a book in my hands and said 'you must read this! 'Metamorphic Technique - A tool for personal development and healing.

I was gripped from the very first few pages. A British reflexologist in the 60's had discovered a map of our time in the womb represented on the spinal reflex points of the foot. In the womb, it explained, we establish how we are in life. Our sense of self, our ability to open to the world and to relate to others are set up during that time.

Gently touching this area loosens the roots of patterns that limit our full potential from realising itself. The metamorphic view is that the patterns we all experience as blocks or limitations are actually portals, and the healing of these reveals our deeper gifts in life. An example might be someone whose difficult childhood, rather than limiting them in adulthood, gives rise to empathy and the ability to support others in distress.

Metamorphic technique itself is a ritual that signals to your life force a willingness to transform. The persons life force is the actual transforming agent, hence the shift is always appropriate for the person.

Giving Metamorphic is such a simple thing to do, that even children can learn it. Parents often use it to support their children through difficult times. Childrens patterns are less engrained than those of adults and they shift very quickly - a victim of bullying could find resources such as humour or diplomacy to change the dynamic of the difficult situation.

by Dominique Meeroff

Metamorphic is taught in a weekend workshop and there is a worldwide network of people who are available to swap sessions for free. This makes it possible to actively pursue one's healing without the ongoing expenditure of practitioners fees.

My own experience has been one of peeling back layers of old wounds, fears and conditioning to reveal a purposeful, confident and expansive life. Some weeks I feel blissful and full of gratitude for life itself. Other times, old issues rear their heads briefly as patterns dissolve. When a pattern drops, it goes for good, hence the term metamorphic which implies permanent transformation.

For all of you on the journey of self discovery I would invite you to explore this wonderful tool, either through the experience of a session or even better, learning to do it for yourselves.

The aquarian age is upon us now, and the imperative is on owning our shadow and transforming our burden into our freedom. Transformation can be as easy as putting your best foot forward.

Dominique Meeroff lives in Muswell Hill, North London. She gives sessions, weekend workshops in London and week long Metamorphic Journeys in Goa.

www.MetamorphicJourneys.co.uk 07863 544 036 ❀



The Healing Power of Empathy

by Shantigarbha

During the time I was doing my training in Nonviolent Communication (NVC), I worked at the city's local psychiatric hospital. As a Nursing Assistant, depending on which ward I was assigned to, I could be cleaning, serving food, talking with the 'clients', playing Pool or watching television.

One day I had been assigned to the 'secure' ward – locked doors, fences, and specific times for the different activities of the day. I was sitting in the Common Area looking through a newspaper. A young man – I'll call him Eric – was walking back and forth nearby saying, "I'm not sick! Look, it's the drugs that are making me ill. I've got a degree to finish – why won't they let me go back and finish?" Eric was speaking in a voice that could be heard above the music, by everybody in the Common Area. He was clenching his fists and looking from side to side as he spoke. His face looked changed from how I remembered it from my previous visit, when we'd chatted and walked in the garden area together. Eric was in the secure ward because the people who knew him, including the doctors, were afraid for his safety (and the safety of the people around him.) They said that he had 'schizophrenic episodes'.

I felt sad, because the time before I had enjoyed the contact with Eric, and now, he didn't look at me as he went past, and I doubted I knew how to reach him. While I was feeling sad, and reading the paper, he came past, and he seemed to recognise me, because he repeated to me in the same tone of voice, "It's the drugs that are making me ill. I've got a degree to finish,".

I'd been learning to empathise on a workshop a few days before, so I decided to take the plunge and try it for real. In a voice that could be heard throughout the Common Area, I asked, "Are you pissed off because you want to get on with your life?" "Yes!" he said, louder than before. "And the fuckers are holding me down and injecting the drugs into my bum!" He went off again, repeating this.

I felt disappointed – it looked like I'd tried, and got a moment of connection, then lost it again. I went back to reading the newspaper. To my surprise, over the next five minutes, Eric slowed down walking, talking and gesturing, and his voice became softer, till he came and stood in front of me again.

"You know," he said, loud enough for everybody in the room to hear, "We need more people like you in here – people who seem to understand what's going on."

I felt elated that I'd found a way to keep the connection with him, even in what the people around were calling his 'schizophrenic' state.

So what did I do differently? First of all, I didn't sympathise with him ("I'd be angry if I was in your situation"),

or try to console him ("Things will get better"), or ask questions for my own benefit ("How are the drugs making you feel?"). I'd learned from Nonviolent Communication that these are unlikely to make a connection.

Secondly, I didn't try to put my side of things ("When I hear your voice, and see you walking and gesturing like that, I'm fearful for your safety and the people around you"). I was guessing that Eric didn't have the space to hear this.

Thirdly, because I wanted to keep my connection with him, I tried to guess what Eric was feeling and needing. I guessed that he was angry because he wanted the freedom to live his life in the way he chose. And that's what I asked him, "Are you pissed off because you want to get on with your life?"

In hindsight, I could also have guessed that he needed understanding – that he had a different idea of psychological 'sickness' and 'health', and that he was confident in his psychological 'health'.

So I guessed what he was feeling and what he was needing, and I'm still delighted with how I kept my connection with him on that day. And it helped me to realise the healing power of empathy. It's a power I've used every day since, with myself and with others.

Here's my suggestion for you to experience the power of empathy. Next time you find yourself facing a person you assess to be 'angry', or find yourself in a disagreement, I suggest you take the following steps. One: give yourself space, find out what you're needing, give this space. Two: when making contact with the other person is the most important thing to you, bring your attention to what they are feeling and needing in the situation. Three: guess. Here are some examples I've used: "Are you angry because you need respect?", "Are you tense because you need space at the moment?", "Are you irritated because you would have liked to have been consulted?", "Are you curious because you'd like to understand?", "Are you disappointed because you'd like to contribute?", "Are you scared because you want to be safe?", "Are you frustrated because you'd like to be understood?" and so on. Questions like this have brought a richness and depth to my life that I didn't imagine before learning Nonviolent Communication.

Shantigarbha is certified as a trainer with the International Centre for Nonviolent Communication (www.cnvc.org). To see his workshop schedule and to contact him, visit his website at: www.seedofpeace.org ❀

Twelve ways to find your Bliss

by Magic Kate

1. Everything happens for a reason. There is a divine intelligence at work in the universe that is orchestrating a whole grand masterplan. We cannot expect to comprehend it's workings, that's why it's a higher intelligence. When we hand over that control and understand we are just actors on a stage, that brings with it a huge sense of relief and inner peace. The more that you hand the power over, the more the universe looks after you, and the more you can just enjoy being in the moment.

2. I am doing exactly what the universe wants me to do right here and now. Find the perfection in the moment, it is always present, it's just that we cannot always see it. But know that you are right where you are meant to be, doing what you are meant to be doing, at every instant.

3. My job is to be a clear channel for my higher self to work through. All we need to do is access the divine intelligence which exists in each and everyone of us, encoded in our cells, our DNA. We also hold programming, patterns both inherited and learned, which blocks the messages of our DNA. So it is a perpetual dance between working on clearing the channels, and manifesting the intentions of our higher selves.

4. All that matters is the moment. The whole of reality exists right in the here and now. It always was and it always will be. All that matters is being in the moment and accessing the divine within it. If you think what you're doing in the 3D is important, or that you understand, or that you're in control, you're on the wrong track. Truth is a magical mystery beyond our present state of understanding.

5. Love it all. Everything that happens to me is a manifestation of my own holographic matrix; outer reality is simply a reflection of my own inner state of being. So all I see is a part of me, and the best way to deal with anything that troubles us is to love it into submission. Love dissolves all patterns.

6. It's all an illusion. The material world is an illusion, a thinly disguised veil for multi-dimensional reality. It's a game, and it's our mission to see through the veil, penetrate the illusion, and reveal the hidden truths within the matrix.

7. Money and time are tools created by the dark forces to enslave us. Money is not real, it's the biggest illusion of them all and everyone buys into it. The universe is abundant, and if we are serving her, then she will take care of us. Time is only a linear representation of a point in an infinite universe and as such is pretty meaningless way of plotting change and growth. Being always present in the moment you enter the bliss of the eternal now.

8. All darkness comes from a sense of separation. There is no separation only oneness, separation is illusion, we are never alone. Find the unity and the oneness and dissolve the darkness, the fear, anger, resentment and lack.

9. There are beings from other dimensions looking out for us. We are far from being the only intelligent life force in the universe. Angels, archangels, ascended masters, members of the Galactic Federation, they are all around us, guiding us, nurturing us, loving us.

10. Humanity is going through a shift in consciousness. We are at the dawn of a new golden age, ascension, enlightenment, there are many different ways to look at it, all of them inadequate for the full multi-dimensional glory that we are just beginning to get glimpses of.

11. We find fulfilment in service. The more we walk our truth and help guide humanity into the light, the more fulfilling a life we lead. The more we give, the more bliss we receive. Balance that with your own inner work to find perfection in your life. Every day, spend time doing physical exercise e.g. yoga, walking, swimming, cycling, dancing; time spent on your own in meditation; time spent with loved ones; time spent creatively manifesting your own special unique gifts to the universe; time spent nurturing yourself with the best food available. I believe if you have these five elements in your day that is all you need to live a fulfilled and abundant life.

12. The universe loves me and it wants me to be happy. Whenever you feel troubled and challenged, just repeat this mantra. It's not going to be hard this time, it's going to be easy. The universe loves me and it wants me to be happy. ❀



Lady Gaia by Martha



The Raw Chocolate Breakthrough

Raw Chocolate is actually good for you... the best news you'll hear all day!!

It's one of the most unlikely concepts in the world, that yes, chocolate is actually good for you! But it's better than you think, much better. I'm not just talking feel good serotonin levels here, in a feeble way of helping you to find little excuses to make yourself feel better about your chocolate eating habit. No, I'm telling you in a really big way that eating raw chocolate has never been so healthy!

The cooked versus raw war

I bet that the first chocolate bar that you ever ate as a kid was cooked. Mine certainly was. Even though it lacked nutrients, had been mass produced and probably was manufactured years previous to eating it, it was still great. This is because chocolate is a gift from the gods, and that is that. But what if there is a method of making chocolate that made it taste even better, fresher, purer and actually healthy! Well, all I can say is thank goodness for raw chocolate! Raw chocolate is where it's at. You will never feel the need to bite into another refined sugar filled bar of dairy fuelled madness and mayhem for as long as you shall live!

The difference between cooked (roasted) and raw chocolate is simple. Raw chocolate is really just pure chocolate that hasn't had the life force destroyed. For years now chocolate manufacturers have roasted the chocolate bean, otherwise known as the Cacao Bean. They do this predominantly to extend the shelf life. It's a common practise among Cacao plantations in countries like Peru and Ecuador. The down side of this procedure is that roasting a bean not only stimulates the caffeine, but heating anything over 40 degrees kills life force and destroys nutrients.

Raw chocolate for overall health

All chocolate comes from cacao beans - the seeds of the cacao fruit - which grows on a jungle tree. In 1753 Carl von Linnaeus, the 18th-century Swedish scientist who developed the plant and animal Latin categorization system, thought that chocolate was so important that he named the genus and species of the chocolate tree himself. He named this tree *Theobroma Cacao* which literally means: cacao, the food of the gods. Just what the indigenous native Central Americans called it.

In ancient Central American cultures, raw cacao beans were actually used as money. Imagine edible money! When the Spanish came, they called cacao black gold (oro negro) or seeds of gold (pepe de oro). Maybe this is because Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth!

Substances in chocolate that have been discussed in the scientific literature as pharmacologically significant include: Anandamide (bliss chemical), Arginine,

by Jess Michael

Dopamine (neurotransmitter), Epicatechins (antioxidants), Histamine, Magnesium, Serotonin (anti-stress neurotransmitter), Tryptophan (anti-depressant amino acid), Phenylethylamine (PEA), Polyphenols (antioxidants), Tyramine, and Salsolinol.



From the Heart

Dr. Bernard Jensen's research on the heart indicates that this organ requires two minerals more than any other; Magnesium and Potassium. Magnesium is concentrated eighteen times greater in the heart muscle than in the bloodstream and is the primary mineral missing when heart problems occur. Magnesium increases the overall vigour of the heart muscle and this mineral also decreases blood coagulation thus lowering blood pressure and helping the heart pump more effectively. Cacao, of course, is a fantastic food source of heart-supporting Magnesium.

Chocolate truly is food for the heart - it is the heart's "blood," due to its Magnesium, antioxidants, love chemicals and esoteric properties. Chocolate is known for its sensual love vibration. Chocolate is the symbol of sensuality, pleasure, and sexuality. Some writers have claimed that 50% of women prefer chocolate to sex! Imagine if they were given real raw chocolate: cacao beans!

Magnesium also helps to balance the brain's chemistry, builds strong bones, and is associated with higher levels of happiness and heightened awareness. Sadly Magnesium is the most deficient major mineral on the Standard UK Diet (SUKD), with over 80% of us being chronically deficient in Magnesium.

Understanding the Breakthrough

This raw chocolate breakthrough is all part of the bigger picture of securing health and happiness here on planet earth. The momentum of the raw food movement is rolling faster and faster, it's growing by the day. Never



before have things looked so great for health seekers world wide. The introduction of raw chocolate into the mainstream UK market has played a vital role in shifting human consciousness, for the better.

Before we started making and selling raw chocolates along with the entire snack range available at Total Raw Food, and running our famous raw chocolate training courses (known as the 'Raw Chocolate Goddess Training' sessions) people were interested in raw

food, but transition to a high raw diet would be slowed down by limiting beliefs surrounding naughty but nice foods like chocolate. Thanks to the raw chocolate breakthrough, people's health can continue to fast track and gain new highs.

Why is The Raw Chocolate Breakthrough so Special?

Raw chocolate companies and organisations are popping up everywhere! Because chocolate is so blissful, it seems that the raw chocolatiers behind the bars are so in the flow that they don't feel the need to get lost in the detail of competition. Because there is enough raw chocolate in the world to supply and feed the revolution that has begun to sweep the UK, no one company feels the need to be threatened. Raw chocolate is so special because it unites people as one. These messages are taken onto another level, with the love and superfoods that are present within each handmade bar.

If each company is as excited as we are about the raw chocolate break though (and believe me they are) they



will naturally be spreading this love to the people that they employ to make each of their raw chocolate bars. The amount of love and positive energy that's applied to food during the making stage, takes the power of universal love and light onto a whole new level.

This entire concept incorporated into a bar of blissful 'food of the gods', and is one gigantic break through. Hence we named our first bar: Raw Chocolate Love Bar. Keep an eye on Total Raw Food

(www.TotalRawFood.com), for the launch of our latest raw chocolate products.

More Information

For a wide range of raw chocolate superfood fuelled snacks, such as Brownies, Cake, Bars and NRG Balls, as well as literature please visit www.TotalRawFood.com or call 0700 340 1233. A great chance to stock up on your superfoods and raw kitchen equipment too...

Jess Michael, known to many as The Raw Lifestyle Coach, cured herself from debilitating Chronic Fatigue Syndrome at 19 years of age, and went on to successfully set up the online one-stop-raw-food-shop, Total Raw Food by the age of 23. Jess Michael coaches a wide range of clients all seeking better diets, from individuals and people feeding young families to giant blue chip organisations such as Estee Lauder. She has been featured in many magazines and newspapers, not to mention appearing on ITV's Central News. ❀

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RAW with laughter

By The Man From U.N.C.O.O.K.

No 3. What really happened in the garden of Eden



Not an avocado in sight!

by Tree

One Sunday morning, the sun called me out of our communal house and off for a run up to the closest green space, a nearby nature reserve. Rather than run through the woods where months earlier we'd collected bags full of blackberries and plums, my feet came to a standstill at the sight of an open glade. Here, crouched down, dead nettles and baby cleavers grow tall as a mini forest. Picking a few tips to chew on, I marvel as a bluebottle cleans its legs and pied wagtails fly overhead. I stopped eating; the leaves tasted oddly bitter, later to leave my mouth dry. Jogging back, sun gleaming, I wondered if perhaps today would make a good day for a fast. Besides, we were out of avocados ...

What is sungazing?

by Rob

Sungazing is the practice of looking directly at the sun (with your eyes open), but only when the sun is low in the sky - up to one hour after sunrise and from one hour before sunset. (Although to start with you might be happier doing it within 10 minutes of sunrise/sunset.) The first day you sungaze, you do it for 10 seconds, the next day for 20 seconds, adding 10 seconds each day. According to Hira Ratan Manek (HRM), it should be done barefoot, standing directly on the earth, although I don't always do this!

Why? To get energy direct from the sun. After sungazing I feel extremely energised and positive and I feel it has a beneficial effect on my eyesight. According to HRM, after you have followed this procedure for 9 months, you will be looking at the sun for 44 minutes and then you will never need to sungaze or eat food again! Now I personally don't want that to happen, I love my food - fruit exists for a reason and I have a digestive system for a reason!

More info can be found at www.sungazing.com and www.solarhealing.com. Sunrise and sunset times can be found at www.sunrisesunset.com

Disclaimer: Only ever look directly at the sun at the safe times just after sunrise or just before sunset. Stop immediately if you feel pain or discomfort. Sungaze at your own risk.





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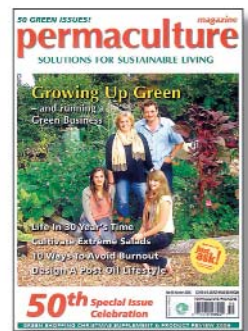
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