

The Funky Raw

Issue 12 - Spring 2008

Restoring paradise consciousness

magazine

£2.75 / €3.50



Raw Food • Recipes • Edible Flowers • Brain Biochemistry

From the Editor

Hello and welcome to a very delayed issue of Funky Raw. I want to apologise to everyone for the delay, hopefully we are organised now and this won't happen again.

This magazine seems to be constantly evolving, this issue see three new serialised articles - a novel called "Hempman" (p29), the "Creature" cartoon series (p32) and a short story called "The Terrible Thing in Portamaloo" (p22), which while it may be aimed at kids is also great for everyone, it's a fun look at the current world situation.

As always, we have a great selection of recipes and all the news from the raw world. My favourite article this issue is Twinkel's Brief Guide to Edible Flowers, I'm sure going to be adding more flowers to my salads from now on.

Spring is here and it's the perfect time for collecting wild greens. Right now I'm finding dandelions, sorrel, plantain, wild garlic (both ramsons and wild leek), chives, sow thistle, chickweed, garlic mustard and in the last few



days hawthorn leaves are starting to come out. Young hawthorn leaves are delicious, they are very tender, although they get tougher fairly quickly so look out for the young ones.

Please feel free to write to me with your comments on the magazine and send me anything you may have to contribute - recipes, reviews, tips, etc.

love Rob - rob@funkyraw.com



Cover Artwork by Nemo

I am committed to creating and supporting art that encourages transformation, empowerment and inspiration.

For too long mankind has devoted its creative impulses towards decoration, distraction, and personal distinction. Our ancient ancestors created art as shamanic tools for personal and tribal protection, and diverse purposes of empowerment. Their art was functional, not merely ornamental.

From reinterpreting ancient symbols to spreading the technique of ambidextrous art, my goal is to reawaken this current of transformational art in others. I intend to show people that they are more powerful than they have been led to believe, and together, to explore the potential



of this art form for our collective good and creative fulfilment.

The piece featured on the cover is a 3-D ambidextrous performance piece. This is made by first ambidextrously drawing designs on scrap cardboard and then cutting and affixing them to boards. Once the shapes are set, they are ambidextrously painted. When performing, I make two original paintings per two hour set.

To learn more go to www.nemosutopia.com (nemo.org shopping cart currently is under construction) or write to me at omennemo@comcast.net

Advertising Next issue deadline 14th May 08.

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 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 **Funky Raw**, 87 Pepys Road, London, SE14 5SE

Submission deadline for next issue: **7th May 08.**

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

Copyright of submissions remains with each individual author or artist.



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

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK. www.ink.uk.com

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News, Events and more

Funky Raw Festival 2008

The provisional dates are August 15th to 18th. More details will be posted on the website soon
www.funkyraw.com/festival

G & J Living Organic

A new online shop/mail order company specialising in raw foods from the far east including sea vegetables and freeze dried durian and jackfruit.

www.gandjlivingorganic.com 01189 479 239

Local Gatherings / Potlucks

Brighton

Regular potlucks on the 1st Thursday of the month, everyone is welcome to come and join in the fun! To join the mailing list send an email to potlucks@therawkitchen.co.uk or see www.therawkitchen.co.uk for more details

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.

London

Regular meetups - potlucks, picnics and restaurant visits. Join the email list at www.funkyraw.com/email to be notified of events. The next potluck will be on Sat 12th April at Hornbeam Cafe, 458 Hoe St, Walthamstow, E17, starting at 6.15pm. Bring food to share. Donations for room hire welcome.

Newton-Le-Willows

Every third Saturday of the month at Purely Raw, Newton-Le-Willows (between Manchester + Liverpool).

Call 0844 770 3344 or email glowing@purelyraw.com for details and RSVP.

www.purelyraw.com/potluck.htm

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.

Why not start a potluck in your area? Email the details to news@funkyraw.com to have it listed here.

Freeze Dried Durian

At last we are selling durian in the Funky Raw online shop! Freeze dried so it is easier to transport and doesn't smell. If you want some, order it quickly before I eat it all.

We've also got lots more new products in the shop, including a great selection of chocolate making moulds, wheatgrass powder, raw nori, Conscious Chocolate citrus zest, Midnight raw chocolate and more books in the Anastasia series.

www.funkyraw.com/shop



Raw Nirvana DVD set



Learn how to prepare raw foods with this new set of 6 DVDs. It includes over 35 recipes plus interviews with David Wolfe and Matt Monarch.

Full review next issue.

www.rawnirvana.tv

Available from
www.funkyraw.com/shop

Festival of Life, London

Is the Festival of Life something that you would like to see continue? If so please read on...

For the Festival to go ahead this year we need lots of help.

If you have experience in any aspects of festival organising and you are able to commit to seeing one or more of the tasks through to fruition then please contact us.

Meetings will be monthly in South London.

If you want to rent a stall, perform, talk, facilitate a workshop, steward, etc, please contact us now.

If anyone has any venue suggestions please let us know.

Email info@festivaloflife.net or phone 020 7277 6882

New Wholefoods shop in Brockley, London

"The Shop On The Hill" have a small selection of organic fruit and veg, raw chocolate and superfoods.

7b Harefield Road, Brockley, SE4 1LW

0208 6922175 ❖ theshoponthehill@hotmail.com



Workshops / Talks / Retreats

Level 1 Living on Live Foods Chef Certification

with Anna Marcon

Sat 22nd March 11am-3.30pm, South London, £70

Seven recipes covered including: soup, pates, Italian dishes and pudding! You will come away armed plenty of recipes to tempt family and friends whilst detoxing yourself.

www.therawlife.co.uk ❖ 07939 531 092

Cleansing and Rejuvenation Workshop Hunab Ku Portal for the Immortal & Metamorphosis Events

Sat 29th March 10.30-1.30, Southampton

Covering general cleansing through a live food diet, specific types of cleansing, and methods, as well as giving numerous tips for fasting and cleansing in general.

Topics: Candida, Liver Cleansing, Fasting Safely. Intestinal Cleansing. Cleansing Kits. Heavy Metal Detoxing and Cleansing the Mental Outlook to Become More Positive.

www.hunabku.biz ❖ www.metamorphosisevents.co.uk

Raw Foods Right Now - Purely Raw Kitchen Course

Sat 29 March 10am to 5pm, Newton-Le-Willows, £120

10 Delicious Recipes made While You Watch and with Your Help. We'll show you examples of how to raw-create your old favourites. Price includes drinks, snack and a full lunch.

www.purelyraw.com/days.htm ❖ 0844 770 3344

Raw Food Prep Workshop with Cath Parker

Sat 5th April 10am to 4pm, Finsbury Park, London, £50

Cath will demonstrate how to prepare some simple health-giving raw vegan meals. Learn how to incorporate more raw into your life.

www.cathparker.wordpress.com ❖ 07734 294 548

Total Raw Food Training Day with Jess Michael

Saturday 19th April 11am - 5.30pm, Brighton, £75

A fun filled day at **The Earthship** to show you directly how to make raw food seem easy. As well as learning how to make a raw lifestyle work for the whole family and trying the tasters, you will also get a closer look at the fully self sustainable Earthship.

www.totalrawfood.com/events/ ❖ 01273 248 697

The Alternative View Conference & Workshops

25th to 27th April, Totnes, Devon, £79/£99

A three day event focusing on natural health, ecology and the political machinations which affect them. The speakers include:

Phillip Day, founder of Credence Publications, a tireless defender of natural health care and exposé of health scams.

Robert Verkerk of the Alliance for Natural health who is working to defend foods and natural remedies from Codex Alimentarius.

Holly Paige who will explore the link between what we eat, our state of consciousness and the world we create as a result. She looks at how the world situation has changed over millennia and is now changing at an accelerated rate so that the food available is increasingly detrimental to us.

There will also be workshops and alternative market.

www.thealternativeview.co.uk ❖ 01803 840 069

Permaculture Design Course with Steve Read

23rd April - 2nd May, Dhama House, France

Including practical work projects around the community, plus the opportunity to practice yoga and meditation, and to walk in the beautiful surroundings of the Cévennes National Park.

Price includes 3 vegetarian meals a day, can possibly cater to raw diet, please contact for details. €400 indoors / €350 camping (conc €300 camping)

www.thedharmahouse.com

Live Blood Analysis & Alkaline Foods Workshop

with Kate Magic Wood & Ruth Daber

Saturday 26th April, 2.0-6.0 pm, YogaHaven, Hove, £90

The afternoon will include a live blood analysis by Ruth, and a comprehensive introduction to how it works and gives a unique insight into the body ecology.

Kate will demo a selection of dishes, savoury and sweet, which are especially alkalising and suitable for those wishing to correct imbalances in the body. There will be lots of opportunities for food tasting, and a question and answer session where we can go into more detail in specific issues that interest you. Ruth will take a dried blood sample from all participants, which she can examine in detail after the workshop, and send a report onto you, including photos of your blood.

www.rawliving.eu ❖ 01273 301112

Raw Foods Right Now - Purely Raw Kitchen Course

Sat 26 April 10am to 5pm, Newton-Le-Willows, £120

Details same as 29 March above.

www.purelyraw.com/days.htm ❖ 0844 770 3344

New chocolate flavours

Total Raw Food have added three new flavours to their Real range: Mint, Orange and Vanilla.

www.totalrawfood.com



Raw Restaurant in London

Chad Sarno's raw restaurant will be opening in London very soon. Keep watching their website for updates:

www.safrestaurant.com

Please send anything for this page (news, events, for sale, etc) to news@funkyraw.com

You can also list your events on the Funky Raw website at www.funkyraw.com/events/events.php



A Sacred Space looking for willing hands

'Ananta' Sacred Space, Catalunya, Spain, is looking for willing hands to help it establish itself as a self sustainable centre/venue to raise local awareness. Would help to have interest in any of the following cob/straw bale building, biodynamics, permaculture, healing, nutrition.

Contact Charlotte for more details: c_Lostris@hotmail.com or +34 647 852 810

More volunteering in Spain

Vegan Permaculture Project in Southern Spain is looking for people who would like to run courses at our project. We currently have space for new members and there is accommodation available for volunteer workers who would like an exchange.

We would also be interested in a qualified person to manage the project, who could organise courses and set tasks for volunteers. The person would take the profits, in return we would ask for a percentage donation over and above a specified amount. For info see

www.ecoforest.org

Enquiries to fol_chris@hotmail.co.uk

New raw cafe in Scotland

Red Sugar is a new superfoods cafe, store & smoothie bar which has just opened in Edinburgh. According to their website, "The cafe provides a relaxing, contemporary environment where an array of raw, sweet delights are on offer. This includes the new to the scene 'raw chocolate' which is freshly hand-made by ourselves ... the smoothie bar provides a choice of unique smoothies quite different to anywhere else. The preparation is with organic/chemical free produce and the usage of de-ionised reverse osmosis water - the purest water available."

I just had a chat with the owner and it sounds wonderful. High energy superfood smoothies with he shu wu and pollen, their own raw chocolates and environmentally friendly LED lighting. They also plan to run chocolate making classes in the future.

Opening hours Monday to Friday 9am to 7pm, Sat 9.30am to 7pm and Sun 11am to 6.30pm.

27b Raeburn Place, Stockbridge, Edinburgh, EH4 1HU
www.red-sugar.co.uk ❖ 0131 332 8455

inSpiral Lounge, Camden

London has a new raw friendly cafe! They serve a good selection of organic salads, smoothies and raw chocolates. They also hope to serve raw cakes soon.

Sunday evening is Sunday Harmonies with live acoustic music, beautiful, positive and uplifting.

250 Camden High Street, NW1 8QS (next to the canal)
020 7428 5875 ❖ www.inspiralled.net

Raw Food Deliveries in London

Raw Fairies offer a daily raw food delivery service in central London supplying you with breakfast, lunch and dinner, including dehydrated and fresh raw ingredients, with a menu which changes daily.

The price starts at £24.50 per day (minimum 3 days) with discounts for regular bookings. They can also provide lunch for business meetings for £10.50 per person (minimum 5 people).

Raw food preparation courses also provided.

See their website www.rawfairies.com for more details or call Anya on 07879 246 501.

More Raw Food Home Delivery

Purely Raw have started a new delivery service sent by post and the list of options is mouthwatering: Carrot Onion Bread, Cheeze with Spring Onion, Onion Pate, "Grilled Meat" Chunks (made from mushrooms!), Kaliphoul Curry, "Pasta" Alfredo, Apple Crumble, Tomato Soup, Caramel Sauce and Date Syrup.

See the website www.purelyraw.com/homedelivery.htm for full descriptions of the food, prices and ordering or call Zoe or Chris on 0844 770 3344.

Fresh Food Festival Sweden

A raw food festival in Falkenberg, Sweden July 4th to 6th. It will be multi-lingual with lectures in English, Danish and Swedish with most translated into English.

Including lectures on health and raw food, food demos, yoga, social and outdoor activities. And there will be a lot of raw and living foods in the form of fresh fruit and vegetables, salads, smoothies, dressings, pate, etc.

The price is yet to be decided, but will be approx 220€ which includes meals, but not accommodation - see the website for accommodation options.

www.self-healing.se/fff.htm or contact Eric Karlsson +46 - (0) 479 - 10 550

How to Create your Raw Reality

Tom Fenton of Total Raw Food has released his first eBook. Tom says this book "literally encompasses the completeness of what taking on a raw food diet really means - the food itself is simply one aspect, which if focused on too much, can mean forgetting about the essential life tools to making a raw food life a success - undergoing a raw food diet means huge change, and this can be daunting in itself. Having the right tools to adjust completely to this change can mean the difference between raw food happiness and raw food disaster. Getting people, your own mind, attitude, beliefs and clarity of focus and desire on your side allows you to create your own reality, which is an amazing feeling, and my eBook helps you to find it."

Look out for a full review next issue.

£9.99 from www.totalrawfood.com



Café Gratitude - Eat Healthier Foods - Think Healthier Thoughts

by Christy Korrow

Described by actor Woody Harrelson a "a culinary experience with a spiritual lift" Café Gratitude is a raw eating experience born out of the inspirations of Terces Engelhart and her husband Matthew. At each of the four California Café Gratitude locations, every menu item is an affirmation: Declare "I am Rapture," and you will be served strawberry shortcake, "I Am Worthy" a juice blend of apple, celery, kale, ginger and beets, I Am Thankful, their coconut curry soup, and so it goes.

More than a fresh, organic place to get a bite, partaking at Café Gratitude asks its patrons and their employees to watch their thoughts. "What thoughts do you engage in that keep you feeling less than?" And then, make an effort to discipline the mind to choose thoughts that empower and inspire. As for raw cuisine, and any nutritional doctrine, Terces Engelhart invites people to try living nutrition for themselves, and experience how they feel after they eat it, and let that be the the judge.

A new book by Terces Engelhart, *I Am Grateful, Recipes and Lifestyles of Cafe Gratitude* (North Atlantic Books), is a collection of customer favourites: smoothies, side dishes, nut cheeses, main courses, deserts and more. Most are very simple to make, and since they are raw, they are filled with health providing enzymes, nutrients and minerals. An ingredient list is helpful that summarises common foods used in these raw recipes. At home our kids love the marinated kale salad and the walnut and pumpkin seed based sun burgers are a tasty meat alternative. I am grateful!



Photo Courtesy North Atlantic Books

I Am Giving *Marinated Kale Salad* serves 4

1 cup marinated shiitake mushrooms
4 cups shredded kale
1 cup hijiki seaweed (presoak for 2 hours, drain)
1 cup shredded carrots
1 cup julienne-cut cucumbers
1/2 cup sesame seeds to garnish

For the marinade

1/2 cup olive oil
1/3 cup fresh orange juice
2-1/2 tablespoons Nama Shoyu
2-1/2 tablespoons rice vinegar
1/2 tablespoon sesame oil
1/2 jalapeno pepper
1/4 teaspoon salt

To make the marinade

Blend all ingredients until well combined.

For the salad

Slice shiitake mushrooms into thin strips and marinate in 1/4 cup lemon juice and 1/4 cup Nama Shoyu, set aside.

In large bowl place kale, drained hijiki, carrots, and cucumbers. Drizzle with marinade and toss until well coated. Remove shiitake mushrooms from liquid and add them to salad mixture. Toss lightly. Divide salad onto four plates and garnish with sesame seeds.



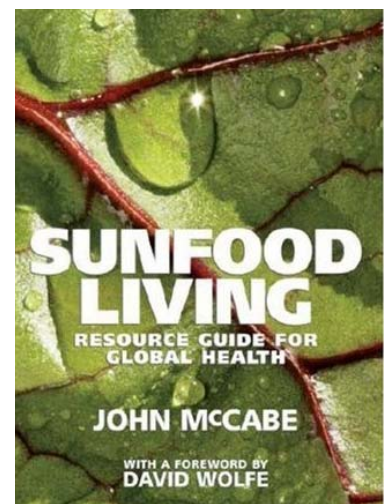
Photo Courtesy North Atlantic Books

From *I Am Grateful, Recipes and Lifestyles of Café Gratitude* by Terces Engelhart and Orchid, published by North Atlantic Books, copyright © 2007 by Terces Engelhart. Reprinted by permission of publisher.

Sunfood Living - Resource Guide for Global Health

Weighing in at 562 pages, this is a very comprehensive resource directory for changing to a healthier and more environmentally friendly lifestyle. It consists of an introductory section covering various topics on transitioning to a raw lifestyle and then the directory set out in alphabetical order, covering a wide range of topics with a text explanation and a list of resources - mostly websites but also addresses, phone numbers and books. I'll just pick out a few topics so you can see the range: baby care, bamboo, biking, biofuels, candles, communes, cosmetics, detox and fasting, electronics recycling, healing retreats, hemp farming, minerals, MSG, peace, protein, seeds, television, travel, yoga. As this book was published in the USA, many of the resources are US specific, but it still has lots to offer if you are in the UK.

www.sunfoodliving.com Available from www.sunfood.com in the USA and www.amazon.co.uk in the UK.



Strange but True - New Laws Designed to make Nutritious Food Illegal by Holly

The Codex Alimentarius ('pardon' I hear you say) laws are due to go into global effect on December 31st 2009. They are essentially trade regulations but in order to continue to trade, countries will integrate them into their own legal system.

It might be suggested that the use of Latin to name this new phenomena might put people off the scent a little... I would suggest no such thing. Anyway, for anyone whose Latin is a little rusty (I think it's what's known as a 'dead' language which is very apt on this occasion), it's a food code. And it seems to have an agenda rather opposite to what we would advocate for a healthy happy populace.

John Hammell, founder of International Advocates for Health Freedom, said this of the consequences:

'If Codex Alimentarius has its way, then herbs, vitamins, minerals, homeopathic remedies, amino acids and other natural remedies you have taken for granted most of your life will be gone. The name of the game for Codex Alimentarius is to shift all remedies into the prescription category so they can be controlled exclusively by the medical monopoly and its bosses, the major pharmaceutical firms.'

This is not the first kind of legislation in this vein - already herbal remedies once commonly used have disappeared to be replaced by pharmaceuticals. It's not widely known because once the remedies are gone people don't know that they once existed. Already it's illegal in parts of Europe to sell herbs as foods. And of course there have been the novel foods regulations in the obstacle course. As a human race we've gone from our eating the living biochemicals that supported optimal health and well being to dead chemical matter and now are moving rapidly into eating actively harmful materials. What on Earth is going on?

Time to reclaim our lives and, where possible, to grow our own foods or forage. Time to reconnect to the land to do this. Time for more land to be allowed to be wild to provide wild food - the most nutritious food possible. Time to wake up in general. The soil could be extensively remineralised and the massive grain fields replaced by smaller style permaculture arrangements, including the growing of fruits containing the compounds which help build and nourish human brains to help them connect with greater consciousness. Many of the superfoods which are currently imported could also be grown in this country. We better get on while we've still the strength to do it...These are changing times and I can't help feeling that the side of the general good ultimately has the winning cards.

More information is available at
www.healthfreedomusa.org

This article is edited from:
www.rawcuisine.co.uk/whats-happening-to-food/codex-alimentarius/

The Ringing Cedars Series by Vladimir Megre Review by Holly

Books 1 - 4 : Anastasia, the Ringing Cedars of Russia, The Space of Love, Co-creation

I was recommended to read these books by Magic Kate. She told me that whichever of the books I picked up, whichever page I opened it at, I would read something relevant to me at that moment. This has been true for me. Eventually I began reading the books from the start of the first one with my six year old daughter and seven year old son. They children seem to have been deeply inspired and also I feel given more validation in their own lifestyle outside present cultural norms. The books have had a profoundly clarifying, comforting,



inspiring and energising effect on me too. The information resonates with our hearts. It's like what we felt all along, buried under the years of conditioning, living in boxes and being told we're wrong. Anastasia speaks about the issues dearest to us, our deepest feelings. She covers the topics of how we should live, our relationship to nature and the universe, and the relationships between men and women, how to treat our children, how to eat, the world situation and visions for the future. The author, Vladimir, encountered Anastasia living wild in the Siberian forests, whilst on a business expedition. He spent three days, initially, sharing in her world and in that time they co created a child, who was born in the wild too. Vladimir engagingly portrays himself as a bit of a buffoon, slow to grasp the wise words of Anastasia. In this he perhaps shows himself extraordinarily wise too - empathising with the scepticism of the civilised technocratic world and addressing any uncertainties we may have about letting go of the nonsense we were born into. Anastasia lives truly wild - with no artificial shelter and no possessions. If she ever wants a little money to travel anywhere she just collects some wild mushrooms and sells them in the nearest village. She lives entirely off raw wild food - leaves, berries, cedar nuts etc. In Russia she is being taken very seriously and many many people have been inspired to start to grow their own food. She does not suggest we all return to the wild - rather we create beautiful lives, in harmony with nature and the universe, where we are right now. She herself spends time radiating her energy to all of us engaged in this task. These books are totally moving and seem to have a profoundly uplifting effect on all those who read them. They are available from www.funkyraw.com/shop

New Book: Raw Living by Kate Wood

Kate Wood's new book was published by Grub Street in July last year, below we have an extract with some recipes, and a competition to win a signed copy of the book.

The Journey

People are attracted to raw foods for many different reasons. Most commonly, people just want more energy; some want to lose weight, others to correct a medical condition like IBS or clear up a skin condition. Some have a serious health challenge such as cancer, others are perfectly healthy and want to stay that way. But whatever your motivation, raw foods are in themselves a journey, and I believe, a very spiritual journey. Eating raw opens you up to your true self, it helps you to look honestly at your life and the people in it.

It's a common complaint among rawfooders that they find it hard to tell a lie! Being raw is a process of stripping away the layers of cooked food addiction; the fears, doubts and insecurities we have about ourselves are revealed bare, and at first it can feel quite exposed. But the more we get accustomed to being in our raw, naked state, and shed those false skins of protection, the more liberated we feel. This kind of liberation is like medicine; it might not always taste good, but it sure makes you feel better!

When I look at my own personal growth through raw foods it astounds me. I never worry about my weight now, whereas that was a major preoccupation throughout my teenage years. I always eat as much as I want and I never feel overweight. I have limitless supplies of energy, and need on average only six hours sleep a night. I don't get tired despite my 110 mph lifestyle - three children, a thriving business, and a busy social life. Because I feed myself only the highest quality plant foods this amazing planet has to offer, I love my body and it rarely lets me down. My thoughts always tend towards the positive, because my food is so full of life energy so am I. Sure, I have challenges and crises in my life, that's all part of being human, but I now have the confidence to know I will get through them, and a faith in the universe that leads me to understand everything happens for a reason, and there is

always a valuable lesson to be learnt in every situation. I am relentlessly happy and upbeat, almost to the point of being annoying, and feel gratitude in my heart for my life and all the amazing people in it. I am so at peace with myself, I feel the joy bubbling over on a daily basis. And so I attract fewer and fewer people into my life who judge me, disrespect me, or misunderstand me. Instead I draw in people who appreciate me and recognise my contribution to humanity. The more I surround myself with these amazing people, the happier I get, and the more beautiful beings I pull in!

This can work for you because you are eating foods that have a pure and harmonious energy, so you too start to create more of these energies in your life.

When you are living in the divine flow, being present

in the moment, you are tuned in to yourself and your life's higher purpose and miracles start to manifest daily. It can just be little things like making it to the car one minute before the traffic warden comes round the corner, or a friend turning up with just the book/ CD/ raw cookies that you had been thinking about. But it can also be major life changes like finding a new partner, taking a new career path, or moving house. It's a fundamental universal law at work: the more bliss you find in your food, the more bliss you create in yourself, the more bliss you attract into your life.

Raw foods were an integral part of the journey to get me to this space. And no matter what the reality of your initial

motivation for going raw, this is where it will lead you if you follow the path. To a place of love, joy, abundance and vitality. It's what I call Raw Magic. But that's a whole other story...

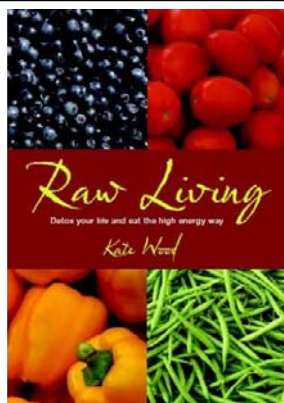
Fennel and Leek Salad

Leeks are a wonderful addition to a raw dish, surprisingly mild and pleasant. I love the way the stems separate out into rings. Smaller ones are better, as they are sweeter and more delicate. You can use just about any dressing on this simple salad; a creamy choice such as 'avo pesto' (below) works well. If you're in a hurry, just chuck on a splash of olive oil and a sprinkle of sea salt and ground pepper.

Competition

Raw Living is the second recipe book by best-selling UK author Kate Wood, and contains 150 recipes as well as lots of tips and advice on integrating raw foods into a busy 21st century life. What distinguishes Kate's recipes from most of the other books available is that these were born out of an English family kitchen, not an American retreat centre or restaurant. These are gourmet standard recipes, which are simple and quick to prepare, with such varied delights as Red Pepper Ketchup, Thai Pumpkin Soup, Courgette Chips, Coriander Wraps, Lebanese Cauliflower Crackers, Gorgeous Goji Pudding, Banana Creme Pie, and Chocolate Brownies. Kate herself has been raw for 14 years and raises three boys on the diet, so there is no-one more well-qualified to talk about making raw foods easy and fun for the whole family.

Raw Living, in association with Funky Raw, are offering three free personally signed copies of the book to the people who write in with the best stories on feeding children raw. The winners will also appear in the magazine! Send your entry by email to competitions@funkyraw.com



10 g wakame, soaked 10 mins
 1 bulb fennel
 1 leek
 ½ cucumber
 30 g beansprouts
 Any dressing

Soak the wakame in advance. Using the fine slicing blade on your food processor, slice the fennel, leek and cucumber. Transfer to a mixing bowl. Add the beansprouts and drained wakame. Mix evenly. Pour in your dressing, and toss. Serve immediately.

The best and most popular make of sea vegetables is Clearspring, and their's is the wakame we usually use. You can pick some up cheaper in Asian grocers, but the quality is nowhere near the same.

Avo Pesto

So quick, so easy, so yummy!

1 avocado
 1 bunch basil

15 mins, 10 mins pre-soaking
 Food processor
 Serves two

5 mins
 Blender
 Serves four

2 tbsp olive oil
 2 lemons, juiced
 2 cloves garlic
 2 dates
 1 tsp miso

Stone the avocado, scoop out the flesh, and put it in the blender. Cut the stems off the basil, chop loosely, and add to the blender with all the other ingredients. This is great on any salad, especially as a sort of coleslaw with grated veg like carrots and cabbage.

Adding avocado to salads can help with the absorption of both the anti-oxidants lycopene (found in tomatoes) and carotene (found in carrots). It is the mono-unsaturated fats in avocado which enhance the bioavailability of these nutrients. Which goes part way to explaining why raw-fooders have a tendency to put avocado in everything!

Kate's other new book "Raw Magic", a superfood recipe book will be out on April 1st 2008, look out for details in the next issue.

Ray Mears 'Wild Food'

DVD review by Sally Sprout

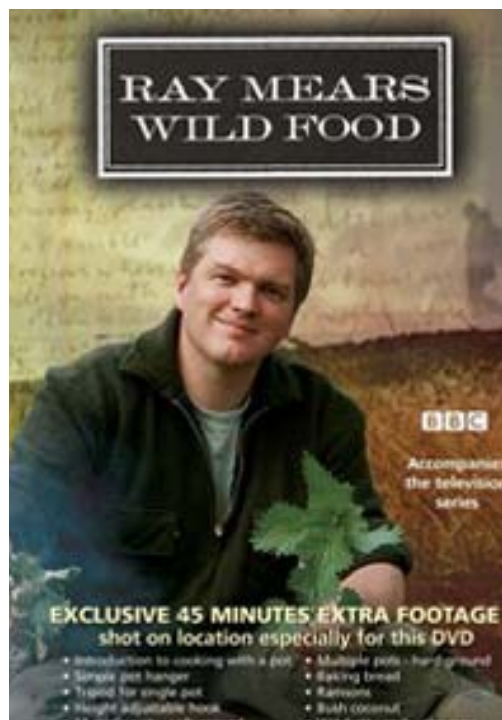
If like me you are interested in the history of food and how the raw story might fit in to it, then this DVD is well worth watching. The natural history museum estimates that 80% of the stone-age diet would have been plant based. 'The problem is,' says Ray Mears, 'there's enough evidence about what meat the ancients ate, they find it in all the archeological sites. But the plant food is harder, because everything has rotted, no evidence is left.' This is what Ray sets out to find out, I am excited because I have always assumed that our forebears must have eaten a lot of raw food even after they discovered fire because lets face it, it must have be hard to rub two stick together every time you fancied a snack.

The program particularly set out to discover what the inhabitants of the British Isles might have eaten (he points out that in the Stone Age we had we had no wheat, potatoes, rice or onions). First stop is the Australian Bush to meet the aborigines whose culture is 60,000 years old and may give us clues to our own ancient heritage. Amongst other things it showed aboriginal women grating yam using a carefully broken shell as a grater.

'If this shell was found on an archeological dig in Britain, you wouldn't think it was a tool,' Ray points out. Then we watched as the women did the dance of the sweet potato, which recreated the movements they made when digging

them up, which was beautiful and strangely wouldn't have looked out of place at a Line Dance.

Episode two finds Ray on the British coast where the earliest archeological remains have been found and Ray is looking for is plants that provide carbohydrates, as he surmises that it must have been a problem to get enough energy foods – and no one in the Stone Age was on the Atkins diet!



Ray says that Sea Kale might be the answer. Everyone knows the top of it might be edible but if you dig it up there are huge roots underneath, that are both sweet and tasty and edible raw, 'they might have been eating this before they learnt to control fire,' says Ray which excites me enormously. He also looked at Sea Purslain - high in vitamin C (or vitamin sea?), Sea Beat, full of iron, and according to an incredulous Ray, 'tastes better than spinach'. And sea radish. Basically what you've got there is your sea salad, but before you rush to the coast they were on a protected bit of beach, that's of 'scientific interest' so it's unlikely we will find many of these things on our beaches, although I have seen patches of sea cabbage on

some of the wilder beaches near where I live on the south coast.

Raw Mears showed how ancient man used to manipulate his environment to make tools. By episode three he was



down by the river bank making string from nettles and fires nearly as sophisticated as a modern oven with grill and four rings - okay I exaggerate, but certainly they had a surprising range of ways of cooking. The most impressive of which was wrapping things in leaves and covering them in embers (made by a ember rich small fire that Ray had prepared especially). In fact Ray took the opportunity to bemoan modern campers who use tin foil when there are so many leaves you can wrap things in, unfortunately, he didn't specify which ones.

Then they wilted nettles over the fire. Which go brown very quickly and fantastically, this completely neutralises the sting. Then he bit into it and said it was the 'best taste ever from a stinging nettle' and tells us this method keeps the vitamin E, iron and magnesium intact. I can't wait to do this at the next barbecue I attend. Though I'm not sure what bench mark 'the best nettles he's ever tasted is'. Ray tells us that the joy of all this is no domestic chores. No cooking pots, means no bowls, no washing up liquid, no tea towels. I wish my life were that simple, I really do.

He also looked at many other leaves you can eat raw, among them were Chick weed, which are good for the lymph system and Ladies Smock, the winter leaves of which have a mustard flavour. Ray marvelled that they appear at the time of year when we need the vitamins most. He sampled a few Blackthorn flowers, lovely almond flavour apparently but containing small amounts of cyanide, wild thyme, which I know for a fact still grows plentiful in some areas of Britain and wild garlic of which the leaves, flowers and bulbs are all edible. He stood and grazed on poppy leaves, which are soft and downy underneath and pronounced that they were delicious and unlike anything else he had tasted, I can't wait try these, I yearn for a new taste. Also he points out that young leaves also have a healthy dose of protein so if your hunter mates haven't been doing their job properly the gatherers will not go a hungry.

Towards the end of the series Wild Food got a bit meaty for my taste (especially considering the initial aim of the program). I wondered if he was running out of ideas for making eating leaves interesting. In the final program he looked at ways that Mesolithic man in Britain might have made use of the resources they had. A modern basket weaver showed how baskets could be made and used for the processing of food. They know for a fact that acorns were used around that time but not how. Taking their cue from the way aborigines manage to turn toxic roots into edible fair they split the acorns, dried them, removed their shells, crushed them, and then put them in baskets in the stream to leach out the toxins. It made some of our complicated raw recipes look like a walk in the park. I have always found the processing of raw food, the grinding, whizzing, fermenting, crushing, blending a bit of a chore and wondered if I should be eating it in a more natural way. But watching this I realise we have been manipulating our food for a long, long time. Mesolithic man lived six to eight thousand years ago, and were very similar to us in intellect and capability. They were the masters of their universe. They built monuments based on knowledge of the stars and planetary system. They painted beautiful pictures of animals some of which appear three-dimensional due to using the natural curves of the rock face. Surely people that artistic would have noticed the effects different foods had on their bodies. This series made me wonder if there were people who only gathered and refused to hunt the beautiful animals they painted. Who noticed themselves feeling drowsy after eating cooked food. Some monkey colonies are vegetarian, great apes are. Early Mesolithic humans are likely lived in tribes and had their own traditions, and I bet, I just bet some of them were raw.

Ray Mears Wild Food is a 2 DVD set and costs £19.99 from: www.raymears.com/Bushcraft_Products/DVDs/

Raw for Life DVD Set

DVD review by Christy Korrow

The Ultimate Encyclopedia of the Raw Food Lifestyle

The producers of the upcoming film Raw for Thirty Days, which profiles six individuals with Type II diabetes who restore their insulin to normal levels by adopting a raw food diet under the care of a medical doctor (LILIPOH issue 46, Winter 2006), have issued a two-DVD set, Raw for Life. The set features interviews with over 30 doctors, athletes, chefs, authors, celebrities and other individuals who have seen marked health improvement through raw food nutrition. Some of the well-known raw food advocates who we hear from in the film include: Gabrielle Cousens, M.D. (Tree of Life Rejuvenation Center and Spiritual Nutrition), Reverend Michael Beckwith (The Secret), David Wolfe (Naked Chocolate and The Sun Food Diet), Woody Harrelson, Morgan Spurlock, the creator of

Supersize Me and Bruce Lipton, Ph.D. (Botany of Desire). Raw for Life is divided into chapters: Weight Reduction, Detox and Cleansing, Nutrition, Recipes, Optimal Athletic Performance, Spiritual Aspects, and Diabetes.

This DVD is a compilation of worthwhile information about nutrition, enzymes, organic food, vital forces and the spiritual aspects of food, and makes for a compelling case that it is advantageous to health to add more raw foods to the diet. Most health experts agree that a diet high in fresh vegetables, fiber and enzymes leads to better health. Perhaps the most significant aspect of the raw food movement is its embrace of the spiritual quality of food, the role that living forces play in nutrition, and the effect they have, not only on our physical health, but also on human consciousness.

www.rawfor30days.com



What to do when you first go raw...

Beginning the change to raw: Green Vegetables

I was diagnosed with a leaky gut 4 years ago and begun to reduce my intake of wheat, dairy products and sugar upon the advice of a kinesiologist. It wasn't easy, it took several attempts but consuming greater quantities of vegetables made all the difference. I discovered a new market and shop to buy organic produce. I'd considered myself as a healthy vegetarian up to then and the news was a shock.

It's important to go at your own pace and eat as much as you like of what feels right, from the best sources available. It might be a little, it might be more than you'd ever eaten before; 'portion control' can go out of the window, since what appeared to be a good proportion of protein, carbohydrates and fats with heated foods, often differs with fresh vegetables. A large mixed salad which used to suffice for 4 people with a main dish may now form a lunch, with or without dressing. You'll find it easier to curb sugar cravings after 'adding in' more green foods. There's almost a direct correlation between craving and consumption of processed sugar and the consumption of green leafy vegetables. If sugars are high, likely that greens is low; maybe they taste a little bitter at first, but after a short while, the taste buds will detect all the subtle flavours.

Green vegetables, particularly the leaves contain many important vitamins and minerals including calcium, magnesium and iron –remember the strength Popeye gained from spinach. Magnesium is excellent for our heart, and the colour green is likewise associated with our heart chakra. Chlorophyll is chemically almost identical to our own haemoglobin.

Herb Salad with beetroot

Combine unchopped herbs with a selection of greens for a mixture of colours, green hues, with avocado and tomatoes. Herbs: chives, sage, lemon balm, mint.

Grating

Dark / Pale pink (stripy) beetroots for extra colour.

Butternut squash

Courgette

Swede (it looks like cheese...)

Cauliflower

Parsnip (a revelation to anyone who thinks they dislike parsnips, quite unlike roasted parsnips which accompany Sunday roast dinners! My family used to declare that I didn't eat parsnips until I remind them that I just couldn't stand them roasted, a small leap perhaps, but great to know that it's not the fault of the veg!)

Like with all fresh produce, there's something quite beautiful I find about pears in autumn. A tortoise-shell base, beige centre and mottled green top, like leopard's fur; a view over a parched landscape, it's everything in one. Heavy, all containing, it's all here, skin containing flesh,

by Theresa Webb

surrounding seeds, new life protected and encased. Pears falling from the trees, collecting from the ground below; treasure amongst the leaves.

I seem to teach everyone this recipe around this time of year. It's a firm favourite with Japanese, Chinese and French friends who are now adding raw ingredients to their own cuisines at home.

Pear Pudding

Ingredients

3 Pears

Chocolate Powder

Carob

Cacao butter - grated


1tsp Psyllium Husks (available from a good herbalist)

How to make your pudding

Peel and core the pears and in a mixer or blender, combine with a little carob, chocolate and cacao butter. Sprinkle in the psyllium, and allow to set for a minimum of ½ hour before serving.

Kitchen Buddy private, family and group classes in wheat-free, dairy-free, raw-vegan food, include ethical shopping visits, preparation skills and techniques. Increase confidence, balance weight and blood sugar levels. Courses are ideal for all abilities.

Raw Vegan Patisserie: Superfood sweets, chocolates and truffles. Find them in Fresh and Wild, Soho, London.

kitchenbuddy@hotmail.com 020 8697 2755 

Shi-take!

150g fresh shitake mushrooms

juice of 1 lemon

50ml olive oil

50ml tamari

oregano

2 small cloves garlic

a splash apple cider vinegar

ground pepper

Tear apart mushrooms into small pieces and mix with finely chopped garlic. Mix equal measures of olive oil and tamari together add lemon juice and a splash of apple cider vinegar and pour over mushrooms - it should come about half way up the shitakes..mix in with a good sprinkling of oregano, leave for about 20 minutes, stirring occasionally for all the marinade to soak and mingle together. Stuff into crisp romaine lettuce leaves, adorn with juicy red pepper and alfalfa sprouts and devour!

by Sam - www.ecoloco-todobio.com



Recipes

Vanilla Mousse Serves 2

This is probably my favourite thing ever to eat! I don't eat it every day because it's high in fat (good fats though) which still need to be eaten in moderation. Its sooo filling and creamy, and tastes great if you are using a Vitamix, and it warms it up slightly! You can also put it in the freezer for up to an hour and eat it as torte.

You will need:

150g really Raw Cashews*
1 ripe Avocado
1 large dessert spoon Raw Coconut Butter*
1 dessert spoon Lucuma Powder*
50g Raw Agave Nectar* (depending on how sweet you like it!)
8 drops of Vanilla Essential Oil.
Either a Vitamix* blender (dry jug), or a wet and dry coffee mill and a regular blender.
A small amount of freshly squeezed Orange Juice or Water to help with the blending process.

Next step:

Place your Coconut Butter either in your dehydrator (on high) or in a sealed tub standing in hot water, until melted. If you have a Vitamix blender, place your raw Cashews in the dry jug and mill them into a fine powder. If you don't have a Vitamix, use a wet and dry coffee mill to grind the Cashews. Add the melted Coconut Butter to the blender, along with the Vanilla Essential Oil, Lucuma Powder, Avocado and Agave Nectar. Blend on high power until its super smooth and warm. If you are using a regular blender, you might need to add a little freshly squeezed Orange Juice or filtered water to help it blend easily. If you are using a Vitamix, use the plunger to push it towards the blade. Sprinkle with a little milled cashew, and enjoy!

by Jess Michael - *ingredients available from
www.TotalRawFood.com / 01273 248697

Mock Champagne

First I soaked dates, raisins and figs (yellow colored dried fruits) in water (no goji berries or currants because of the colour...), after around 36 hours I had a very dark gold "syrup". I took a Wine glass...put just enough of the syrup in (not too much or it will have a brown gold colour) then added the "sparkling" "Highland" water (certified organic from the Scottish mountains) on top, slowly so as not to disturb the bubbles...

Really nice ...(with a bit of imagination ...of course...)

Sweet...not too sweet...nice bright gold colour...and the nice dry bubbly feeling in the mouth ...

by Valentine by Chocolate

Chocolate Bannoffee Tart

Ingredients:

1 cup Walnuts
11 Pitted Soft Dates
1 Ripe Banana
1 Ripe Avocado
2 Bar's of Raw Chocolate

Preparation:

Tart Crust:

Place the cup of Walnuts and 8 of the pitted Dates into a food processor and pulse till the mixture can be pushed down and it sticks together to form dough.

I used individual lose bottom flan tins to make mine but you could use a larger tin. With the crust mix place a ¼ of the mix in each tin and push down till it sticks together and forms a solid crust. Next turning the tin on it's side put some more of the mix in the tin on the side, forming it down to form the sides as you go. Don't make the sides crusts to thick, as it will take away from the filling. Place the tart tins in the fridge to firm up for about an hour.

Filling:

There are two fillings to this Bannoffee tart; the first one is the Banana part. Place the Banana and 3 of the pitted soft Dates into the food processor blend till the two are mixed and form a flecked white paste. This past can go in the bottom of the tart tin, filling the space to about half way up the crust. Now placed the tart back in the fridge for about 10mins to cool and firm up.

The next filling is also the topping of the Bannoffee and makes it a bit different from the usual cooked kind. Break up your chocolate and place it in a glass bowl. With kettle hot water fill a second bowl with just off the boil water and place the chocolate bowl inside resting the bottom of the bowl just above the water. Now keep the chocolate moving so it melts and doesn't get to hot. Set aside to cool slightly.

In another bowl scoop out the Avocado and mash it up till it come to a smooth green paste. Then add a teaspoon of Vanilla into the mix. Now add the cooled chocolate and beat the two together to form a chocolate moose. Top the chilled tart and Banana filling with the chocolate moose mix and chill for 15mins then serve.

by Vegan Bear - www.veganbear.blogspot.com



Email your recipes to rob@funkyraw.com - you get a free copy of the magazine if your recipe is published. Share your recipes at www.funkyraw.com/forum



Samosas

Samosa Pastry

Process 2 cups Squash, 1 cups chopped Coconut, 1.5 cups chopped Tomatoes, 1 stick Celery, 1 handful shredded Curry Leaves, Spices (1 tsp curry powder, 3 tsp cumin, 1/4tsp cumin) & 1 tsp salt until free of lumps. Add 1.5 cups ground flax and stir into veggie mix to make a dough.

Spread the dough onto a dehydrator sheet, about 3mm thick. Make a large square, score lines into the dough to make 4 smaller squares. Dehydrate for a few hours, then flip the squares removing the teflex sheet. Do not overdehydrate the dough! It needs to be slightly soft so that it can be wrapped around the curried vegetables.

Curried Vegetables

Blend until smooth:

- 1 cup Almond
- 1 cup Coconut
- Lemon juice
- Garlic
- Ginger
- Spices (curry powder, cumin, turmeric)
- approx 1 cup Water
- salt

Stir into curry sauce:

- 1 cup Chopped Cauliflower
- 1 cup Peas
- 1 cup Diced Red Pepper

Wrap the curried veggies in the pastry and serve.

by Shell - www.therawkitchen.blogspot.com



Mango Lucuma Dream Cake

(for a round cake with 12 big slices)

Base of Cake

You need two brown coconuts (share the Juice with your beloved ones), two handful of 8 hours soaked and 6 hours sprouted sunflower seeds and about half as many pitted dates by weight. Optionally you can add 2 big spoons of mesquite for extra depth of flavour.

If you use a mincer, mince the ingredients alternating through (1 hand coconut, 4 dates, 1 big spoon sunflower seeds and so on).

If you use a food processor, process the coconut and sunflower seeds first and then add the dates bit by bit until you reach the desired consistency, which should be that of a soft, but firm dough.

Now form a circular base about 1.5 to 2 cm high.

Filling

One or two ripe orange colored mangos, depending on the size, of which half is diced and half is blended with about 100g lucuma and one big spoon of coconut butter. Put the diced mango into the blend and mix with a spoon.

Spread this mix onto the base so that it is evenly covered.

Topping

Carefully sieve a layer of lucuma over the top, covering it evenly. Then sprinkle cacao nibs over that and garnish it with banana cut in circles (or fresh strawberries) and walnut halves.

Mango, lucuma and banana go exceptionally well together and children like this combination a lot (big people too!)

Great for a kids birthday party - if the kids are not used to raw foods leave off the sieved lucuma so one can see the orange coloured mango - they will surely go for that!

Lila from - RawLifeInSpain@yahoo.com / 0034-649727570
Raw Vegan Organic Superfoods, Raw Food Courses, Raw Chocolate Gourmet Courses, Catering, Retreats, Fasting Retreats & Wild Food Walks

Sticky Toffee Raw Cookies

Ingredients

- 1 Cup Macadamia Nuts (soaked for about 4hrs)
- 1 Cup of Soft Dates
- 1/3 Cup of Agave
- 1/3 Cup Water
- 1 Teaspoon of Vanilla Extract



Preparation

1. Process Macadamia Nuts in food processor until they are a slightly bitty paste. (They will work smoother when you add the other Ingredients).
2. Mix in all other ingredients in and process them till they are well mixed and you get a smooth paste.
3. Using an ice-cream scoop portion out the mix onto a non-stick sheet and place in your dehydrator.
4. Then wetting your hand so they are damp, push down on the cookies till they are the size and shape you want.
5. Dehydrate for about 12 hours, turning them when the top forms a crust.

by Vegan Bear - www.veganbear.blogspot.com



Fig & Orange Cheezecake

Base

50g currants
120g almonds
60g buckwheaties
(soaked & dehydrated buckwheat)
2T Coconut oil
2T dark carob powder
squeeze of lemon
pinch of salt

Process ingredients in blender or food processor, being careful not to overprocess, add some of the buckwheaties and almonds towards the end of processing for a crunchy biscuity texture.

Press down evenly into 9" spring-form cake pan.

Cream

200g soaked sesame seeds
50g pine nuts (soaked)
30g mesquite powder
2 dried figs (soaked, or use the partially rehydrated ones)
50g soaked apricots
130g coconut oil



1 tbsp cinnamon powder
1 tsp ginger powder
the juice of 2 oranges and 1 lemon
1 drop rosemary essential oil
4 drops sweet orange essential oil

Blend all ingredients together in high powered blender until completely smooth and creamy. Pour over

base layer and put in fridge to set (about 1 hour in freezer or a few hrs in fridge)

Fig Jam

Juice of 1-2 oranges blended with 4 soaked figs

When the cream layer has set, spread fig jam over. Slice up a few fresh juicy figs to decorate the surface of the cake.

by Shell -

www.therawkitchen.blogspot.com

Cinnamon Salad

Baby Spinach
Rocket
Other mixed leaves
Apple
Cinnamon
Walnuts
Avocado
Vine ripened tomatoes
Red pepper with the seeds left in
Squeezed lemon as the dressing
Celtic sea salt

Chop and mix!

by Sally Harte

Choco-hempy pops!

1 table spoon of hemp leaf powder,
3 table spoons of cacao powder,
1 table spoon of of bee pollen,
1 big table spoon of your favourite honey,
And as many hemp seeds (soaked overnight) as desired

Mix together and dilute to desired consistency with water.

by Tim Wiltshire Wizard

Where the Wild Things Are... Wild Jungle Peanuts

Wild Jungle Peanuts are the healthy raw alternative to the more commonplace varieties of commercial peanut. Commercial peanuts have become so far removed from their natural state that they have become weakened and vulnerable to mould attack. One particular fungi which grows on commercial peanuts, *aspergillus flavis*, produces a substance called aflatoxin, a potent human carcinogen.

On the other hand wild jungle peanuts do not have this mould. What is more they contain over 40% of the beautifying oleic acid. They contain 14% protein. That's more than hemp or flax seeds. They have all 8 essential amino acids, plus some like methionine that are difficult to find in other foods. They also contain arachidonic acid, a fatty acid typically only found in meat products. On top of this they are irresistibly delicious and can be used to recreate familiar favourites formerly unavailable to supremely health-conscious ardent rawfooders. Here are two delicious recipes to get you started.

Jungle Bars

100g wild jungle peanuts
80g dried mulberries

Process together til sticky (If necessary add a tiny bit of water to make this happen)
Shape into four bars.

Jungle Chocolate

150g cacao butter
50g wild jungle peanuts
40g dried mulberries
5g cacao seed powder/chocolate powder
5g carob powder
1g or 2g noni powder to taste
Cut up cacao butter and melt in dehydrator
Process nuts and berries together til sticky.
Mix remaining ingredients into cacao butter.
Stir in nut and berry mixture

Spoon into moulds and set in fridge or, for a quick setting with a soft melt-in-the-mouth centre, put in freezer briefly.

by Holly - www.oceanwavevibrations.com



The Art Of Raw - Volume 4

A Rawsome Life! (Part 2)

In the last issue of *The Art of Raw* I spoke about rawsome foods, which I defined as raw foods that are “awesomely wholesome”. In this issue I will continue my foray into this nutritionally potent realm by swimming out into the ocean. Here, a truly remarkable class of vegetation can be found, we know them as sea vegetables, or *seaweeds*. Mere *weeds* however, they are definitely not.

As we discussed in the last installment, the leaching of topsoil and the degradation of the hydrological cycle has quite drastically quickened the rate by which large expanses of Earth’s landmass have become less fertile. However, the advantageous flipside to the story is that Earth’s water pools, especially her bodies of salt water, have become fortified with the nutrient-rich runoff from the land. As a consequence, ocean/sea water is a potent source of mineral elements and compounds, and the living vegetables that grow in her less contaminated stretches, are a fine food for mankind.

The sea is quite literally awash with an abundance of life! Early investigators (prior to the large-scale fouling of the sea) noted, not only the distinctive absence of disease in the sea, but also the increased vitality and longevity that sea-borne creatures exhibited in comparison to land-living species. In short, they attributed their findings to the balanced and satiated elemental make-up of seawater. Here, all naturally occurring elements of the atomic table are available in the appropriate proportions for life to take off and flourish. And because seaweeds assimilate nutrients from seawater, they are one of the most rawsome foods on the planet.

There are thousands of sea vegetables and though they are not all edible, there is an exciting array to choose from and experiment with. Some of the more popular seaweeds are kelp, bladderwrack, kombu, dulse, agar, arame, nori, hijiki, wakame, sea lettuce, Irish moss, laver, sloke and one of my personal favourites, sea spaghetti. I think ocean vegetables are particularly beneficial for two key reasons. Firstly, they are simply a powerful food. Aside from a rich mineral spectrum, they contain essential fatty acids, nucleic acids like RNA and DNA, phyto-chemicals, natural polysaccharides, anti-oxidants and phyto-nutrients-many of which are not particularly widespread among land-grown flora. Secondly, they are excellent sources of many of the trace minerals that are less prevalent in our modern topsoils. For example, sodium chloride, because it is one of the most soluble compounds on Earth, is one of the first to be leached from our soils. As a result, many people are deficient in organic sodium since the soil-grown

by Warren Vialli



foods they consume do not satisfactorily yield this key mineral element. Similarly, a lot of people fail to obtain enough iodine in their diets through land-grown vegetation, particularly when thyroid problems are an issue. In all such cases of mineral depletion, eating sea vegetables regularly is an effective way of safeguarding ourselves from the undesirable effects of mineral deficiency. In summary, seaweeds are an outstanding group of rawsome food. As such, even if (for whatever reason) you can only acquire a *pure* product that has been dried above 118 Fahrenheit, they are still highly recommended.

Warren Vialli is a fully qualified nutritionist providing highly tailored nutritional and lifestyle advice that meets the needs of each individual. He specialises in the use of whole and raw/living foods for prevention, cure and vitality. Warren also writes for Lifescape magazine and is co-manager of Galaxy of Vitality. Find out more at www.galaxyofvitality.com, or contact him on 07772 640422 or warren@galaxyofvitality.com ❁



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Visit our website for more information, or contact us for consultations, talks and workshops.

No More Obese Teenagers

I went raw because ... everything in my life was leading up to that moment and always still is.

But really. In retrospect, I went raw more than anything because as I was deciding to come off medications for Manic Depression for the third and in my intentions; final time. I wanted to become healthy. Whatever that meant. I had no idea. The only thing I knew then was what healthy wasn't. I had myself as an example.

Raw foods make me feel good. Emotionally/intellectually. I eat raw food not because someday in the future I might not die the same way a burger-chomper might, but because eating raw food makes me feel good **right now**. And if I knew I only had one year to live, I would still eat raw food every day that year because it gives me that much joy every day right now it's a great way to live.

Yet, I'm about to talk to you about something else that makes me feel as good - or better even - than eating raw food.

After two years raw a lot of 401-fooders find that they are indeed more energetic, more resilient, have shed pasta puff, are better spiritual magickians and are running consistently at a higher vibration whatever-thatmeans. Vibrating totally high like sunshine. The sunshine we eat.

So full on sunshine, now what? We got here because we wondered to ourselves, "how good can it get?" and that intrinsic inborn instinct in us does not go away once we're raw. It amplifies. HOW GOOD CAN IT GET?!?

Serotonin is released during exercise. I paid high costs for seven years of toxic medication to "treat" Manic Depression when ... every time I exercised I felt better than the anti-epileptics ever did. I felt that natural serotonin release. If you want to take your health to the next level, an exertive and consistent physical play program is good for your now visible raw muscles. They shape. They work. They communicate with you. An exercise program is good for your Lover. They run clean. They look sexy. They love getting to know your body running clean and looking sexy when you both work out together. Dancing, hiking, roller skating, surfing, building, biking and a rotating combination of all of the above are good for your body, your Lover's body, your father's body and your daughter's body. No more obese teenagers. They learn how by watching YOU before you thought they were old enough to comprehend. Do situps while you talk to your family. Get them used to it. Stretch in the grass at the public park. Show others how. Give people you don't even know permission to do what their bodies, too, are calling for. Isn't your world is

by Tonya Kay

better when everyone in it stretches and feels good, too? No more bad mood bosses.

Then you don't feel so highschool wondering if you "have the right" to use your body in public. You don't need a gym pass for permission, but if that is the trick, then for goodness sake do it. I use my body not because I am trying to prevent some future ailment, or to lose weight (although all of the above are beneficial side effects to exercise as medicine) - I use my body because it literally makes me happy. Right now. And if I knew I had one more year to live, I'd do sits up several times every week until I died because ... it feels good to be in a body that does sit ups. It's as simple as that.

I don't like to work out. I don't like anything with the word work in it in fact. I don't like to hurt and I don't like to force routines upon my flow. So I find endless games to play that involve my body. And I don't have to take my pulse rate or watch the timer or measure anything when I am exercising. Because it IS the moment in my day that time ceases and I feel all my rhythms coming together. Life makes sense when I play physically. I get high and then I rest. And I can't wait to do it again.

I feels good. My lungs are large and capable and my heart is powerful and responsive and my brain produces skyrocket serotonin. I am high when I exercise. I get higher when I exercise than after a three day wheatgrass cleanse. Who needs anti-depressant and mood stabilising "medications" when our brain works perfectly fine - if we use our food and our bodies to assist it in what it does naturally.

Using my body keeps my brain happy. And my emotions flowing. And my sweat pure fruit water.

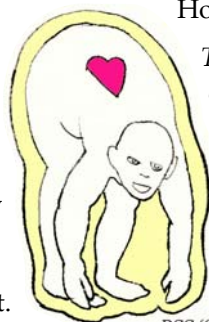
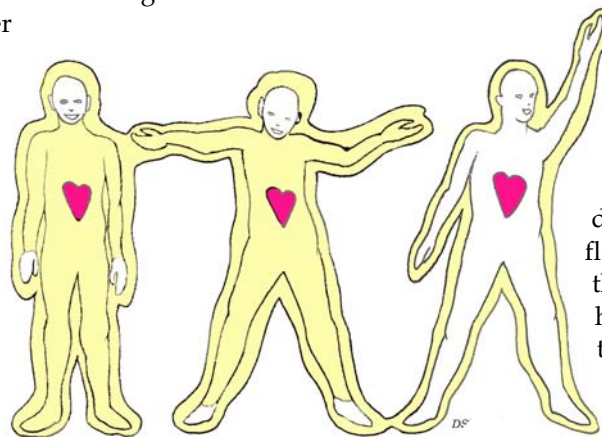
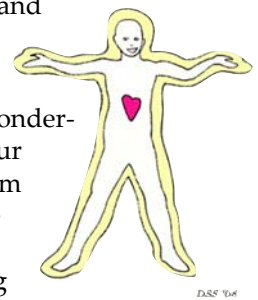
How good can it get? It's time to go to the next level.

TONYA KAY is a raw food athlete, wvo driver, film actress, television personality and professional dancer.

This October you can see her co-star on CBS's "NUMB3RS" as Nitrogurl, star in country singer, Trace Adkins, music video opposite comedian Rodney Carrington, and appear in the Ellen Degeneres HBO Comedy Special Promo. To learn more about Tonya Kay's projects and career, visit www.tonyakay.com and www.kayosmarket.com ❀




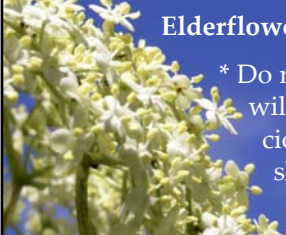


Artwork by Daniel Shaw-Smith





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A Brief Guide to Edible Flowers

by Twinkel

Flower	Description	Usage
 <p>Borage Flowers</p>	<p>Perfect five pointed stars! Bright blue/ purpley.</p>	<p>Sweet, honey like taste for puddings and desserts.</p>
<p>Marigold Flowers</p> 	<p>Many different appearances throughout the species, but often big yellow / orange balls of petals, or big dishes of petals.</p>	<p>Tangy, peppery taste, add a beautiful colour to a salad. Delicious as tea.</p>
<p>Rocket Flowers</p>	<p>White, with dark centres, four petals, like helicopter blades!</p>	<p>Taste peppery, like rocket, perfect for salad sprinkling.</p>
<p>Dandelion Flowers</p> <p>* Best when young *</p> 	<p>One of the most common flowers, yellow bursts of thin petals.</p>	<p>When young, a sweet flavour, to be used in small amounts, due to diuretic action. Can be used in tea.</p>
 <p>Elderflower</p> <p>* Do not wash, (you will lose the delicious scent) just shake to remove bugs and dirt *</p>	<p>Big creamy white balls of many tiny flowers, very sweetly aromatic and therefore easy to find.</p>	<p>Sweet aromatic scent, good for puddings.</p>
 <p>Chrysanthemum Flowers</p>	<p>Big balls of petals in many colours.</p> <p><small>Photo by Benjamin D. Esham CC ShareAlike 3.0 license.</small></p>	<p>Peppery taste and a wide range of colours.</p>
 <p>Nasturtium Flowers</p>	<p>Ranging from red to purple to yellow, often five or six of the brightly coloured petals, with a hook bit at the back.</p>	<p>Sweet, with intensely peppery after-taste.</p>

Flower	Description	Usage
 <p>Pansy Flowers</p>	<p>The wide flat petals are often two or three colours each, and in every colour of the rainbow.</p>	<p>Sweet, like green grass.</p>
<p>Roses</p> <p>* The darker the colour, the stronger the taste! *</p> 	<p>Ranging through all colours, most species of roses have big petals opening in, well a rose shape....</p>	<p>Fresh Rose petals taste like a cross between strawberries and green apples!</p>
<p>Tulip Petals</p> 	<p>Five or six big petals per flower, forming a cup shape, in many colours.</p>	<p>Colourful garnish, taste a bit like sweet lettuce!</p>
<p>Violets</p> 	<p>Violet flowers actually range in colour from deep purple to bright pink.</p>	<p>Sweet perfumey flavour..</p>

Things to remember when harvesting edible flowers:

Never pick flowers from the side of the road, from a garden centre, or florist as they will be contaminated.

Bring flowers into the diet slowly and use in small amounts. They can cause problems in large quantities for the digestion.

Never eat a flower you do not know. Ensure that you have completely fully identified the flower before you eat it.

With some Flowers, you may find the taste quite intense. In these cases, just eat the petals.

Other edible flowers:


Squash and Courgette Blossoms, Sage. St John's Wort, Thistle, Mallow, Oregano, Evening Primrose, Daisy, Pea Blossoms, Calendula, Chamomile, Comfrey.

By Twinkel... faerie@hunabku.biz * www.hunabku.biz * www.metamorphosisevents.co.uk

Disclaimer: Funky Raw magazine and the Author have made every attempt to ensure the accuracy and reliability of the information in the above article. You should seek professional advice before consumption, as some flowers are definitely not edible. www.pfaf.org is a useful website for specialist information on edible plants. If you do decide to eat flowers, please note that this is done at your own risk and Funky Raw magazine and the Author will not be liable for any undesirable consequences. Children should not eat flowers unsupervised. ☘

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The Great Raw Food Debate

by Jess Michael

Anyone out there that has done the slightest bit of research around the raw food diet will tell you that there are lots of different 'schools of thought' relating to what encompasses the perfect raw food diet. The difference in opinion is vast; some say eat fruit, some say don't eat fruit. Some say eat fat, others say don't eat fat. Some say eat Raw Cacao, other say don't eat Raw Cacao and this is just the start of it! With all this conflicting information flying around, how can you remain focused?

Which ever raw food books you pick up or websites you scroll over, you'll be faced with 'raw conflict.' The deeper you delve for the truth, the further conflicting information you will find. It's a question / issue that I am continually faced with when I speak at raw food events, or during raw lifestyle coaching consultations. Everyone seems to want to know what my opinion of this or that is, compared to what other raw food promoters may have been speaking about. I don't mind this because it's all a learning curve, and it gives me a chance to bring up a very valid point, which we shall move onto.

We are all individuals, hence our unique fingerprints that are even different amongst sets of identical twins. The fingerprint is a reflection of our own personal identity; it differentiates us from the next person, and indicates that we are unique, like no other. Taking this fact, and relating it to diet, I strongly feel that there is not one perfect raw food diet out there that suits all humans forever. Life is a journey, an exploration of discovery, and a raw food diet is just another aspect of your life. Yes people can guide you along the way, and point you in the right direction, but ultimately it's yours to live. Try and live your life identically to someone else's and it won't necessarily work out for you. This is because what works for one person, isn't always going to work for the next. A raw vegan diet is our natural diet, but there are still 1001 different ways of doing it!

So, going back to what I call 'the great raw food debate,' how does this all equate? As we are all individuals and in full control of our own destiny, by our thoughts, feelings

and attitudes, it is up to us to see what is working and what's not. When you 'go raw' you also 'go exploring' which should be a very interesting and enjoyable experience. My opinion is that it is fantastic that someone is telling you to eat bananas, and someone is telling you not to, because what is working for you in your life today isn't necessarily

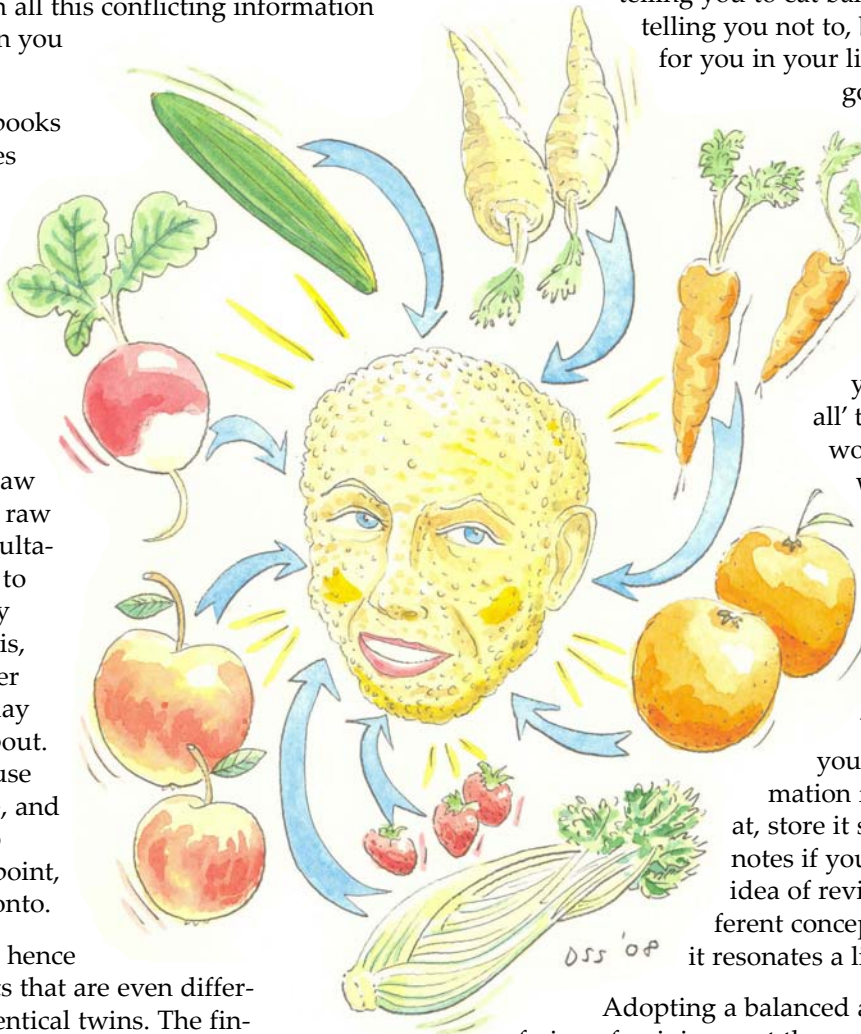
going to be working for you in 5 years time. As our lifestyle and life experiences change, so do our nutritional requirements and assimilation abilities. Also, how boring would it be if I gave you the 'one-answer-fits-all' theory on a plate? How would you feel if it didn't work for you?

My advice to you is to take in all the raw food information you can, allow your brain to act as a sponge, as you absorb as much sensible stuff as possible. If you don't need all the information for the stage that you are at, store it somewhere, and make notes if you have to. Be open to the idea of reviewing and exploring different concepts at a later date, when it resonates a little more with you.

Adopting a balanced attitude towards the differing of opinions out there will serve you well, and help you reach a higher level of inner guidance. Especially if you were one day to realise that the advice you are trying your best to follow is not quite working for you, like you've been promised it would. Just forget it for today, and remember where to look when you are next ready. You'll be so much more clued up.

Jess Michael, known to many as *The Raw Lifestyle Coach* is the *Managing Director of Total Raw Food Ltd* (www.TotalRawFood.com / 01273 248697) the UK's most vibrant online raw food shop and resource centre. TRF is home to a fantastic selection of superfoods and the manufacturer of the bestselling collection of *Real Raw Chocolate Bars*. Jess Michael has appeared many times in the media, including an interview with *ITV Central News*. ❀

"Sponge man" Artwork by Daniel Shaw-Smith
www.saatchi-gallery.co.uk/stuart/StudentArt/ast_id/23643



Poetry

Abundance by Max Salad

Everyone get ready,
Be prepared;
Soon food gathered and shared.

Tune in Enjoy the fruit,
To your intuition; Celebrate;
Download Trans-Mission. Living is a blissful state.

Work hard, Abundance is here,
No time to rest; We come together;
Abundance to Harvest. For ever, an ever, an ever, an ever.....

by Joe Hill

When eating,
let there be no beating, bleating, heating or cheating;
no lying, frying, crying or spying - no trying.
No bore, no chore, no more, more til your guts are sore;
just keep it raw, god-given for easy livin'
For fruits on the trees that bear many a seed are all one needs.
Herbs with no blurbs are truely superb,
Helping to curb all cravings and crazings, amazings.
Let Mother Nature's seeds be planted within, let silent appreci-
ation cool thy din.
Feel the flow, grow, from head to the toe.
Electrifying, till budha-budha-bing, the light dawns within,
ready to be shared with all thy kin.

Essential Sattis-factions by Max Salad

Senses seeking for sensation
Exhalation, inhalation,
Crunch, munch, salad lunch,
Sweet warm porridge hunch.

Smoothies smoothly sliding down,
Summer rising to the crown,
Sunshine warming to the bone,
All my seeds have now been sown.

Friends and music, music, friends,
Towards one's Bliss one tends,
Work to do, build an appetite,
Now to rest under a star filled night.

Make it Rain, Make it Rain!
Prepare for harvest of the Grain,
Purest water from the source
Filling my body with life force.

Yummy, yummy in my tummy,
Funny, funny, life is funny!
Praises sing unto the mother
Loving life and one another.

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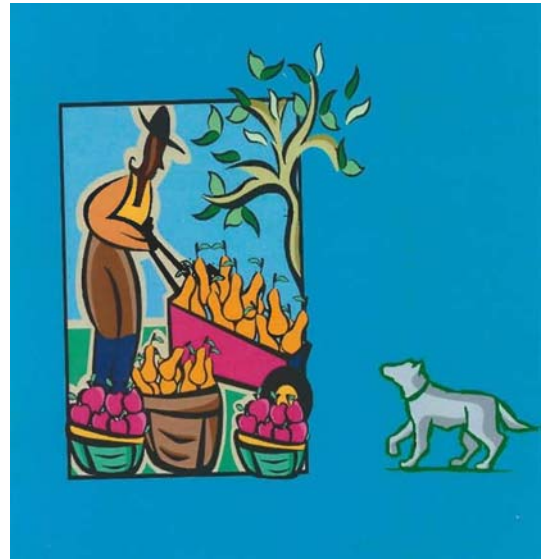
The Terrible Thing in Portamaloo Part 1

A short story by Katie Jackson, illustrated by Michael LoDuca

Once in a town named Portamaloo,
Where the people were pink and their dogs were all blue,
Came a terrible thing called the Big Corporation,
Which specialised in selling the widgetmy station.

Now Portamaloo was my kind of a town,
It was really a beautiful small little town,
Where the people all lived with never a frown.

Everyone living in Portamaloo
Bought food from the people that everyone knew.
Mr Red sold the turnips he grew in his yard,
Mrs White sold the apples she worked on so hard.
Mr Mint was the plumber who knew how to plumb,
And Mrs Green was the teacher quick with a sum.
Everyone knew just what they should do,
And everyone played with their dogs oh so blue.



Then one day without warning if I'm not mistaken
They heard a loud thump and were really quite shaken,
As though a huge giant had upped and awoken.

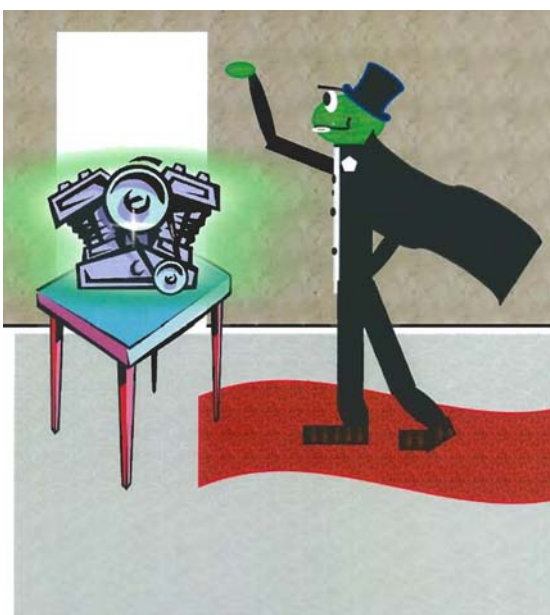
They ran to the place where the noise had begun
And found right in front of them blocking the sun,
A big ugly grey building, with nothing to do
And not at all suited to Portamaloo,
Where the people are pink and their dogs are all blue.
Nobody knew how this building had come,
Or why it was sitting here blocking their sun.
Nobody wanted this building to stay,
But as nobody owned it, it stayed there all day.

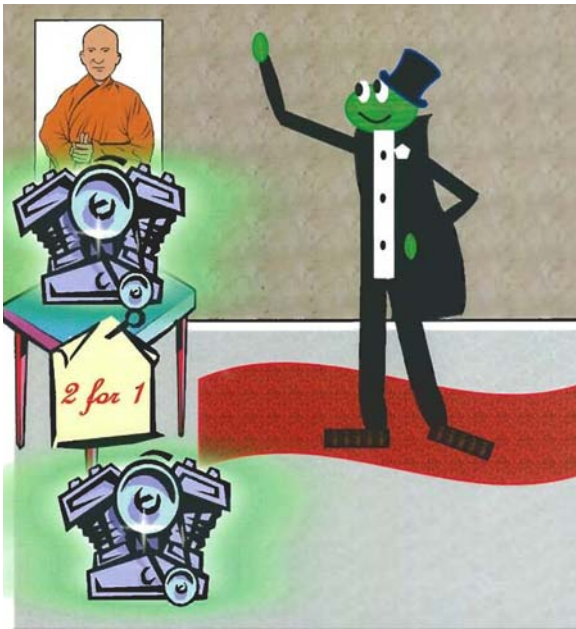
The next day without warning if I'm not mistaken,
They heard a loud trumpet and were really quite shaken,
As though there was somewhere a huge celebration.

They ran to the place where the noise had begun,
And where the grey building was still blocking their sun,
But now right in front of it blowing a trumpet,
Stood a great big green frog with a flag and a crumpet,
He wore a black suit with a hanky in the pocket,
And his eyes were set very far back in their socket.
"The crumpets for me but the flag is for you,
I welcome you all from Portamaloo".
He waved the big flag and munched on the crumpet,
And blew one more time on his massive brass trumpet.

As the frog blew and tapped on the wall,
A huge banner unfolded and announced to them all,
"We welcome you to the Big Corporation,
Come on inside to see the widgetmy station."

The people were shocked not to mention confused,
By this Big business frog who liked his sweet food.
They went to see what awaited them,
At the Big Corporation selling Widgetmy Stations.
The inside was even more grey than the out,
But the frog bounded in and was dancing about.





The building was bigger than anyone thought,
 But there was only one object in there to be bought.
 Right in the middle, surrounded by space,
 Was a widgetmy station that was lacking some grace.
 It looked oh so ugly and filled them with fright,
 But the frog danced around it and grinned with delight.

"I present to you here the Widgetmy Station,
 Fully licensed and copyrighted to the Big Corporation.
 The Widgetmy station can do anything,
 It can wash up your dishes, dance, play and sing,
 It can clean up your house, it can grow all your food,
 It can cheer you up if you're in a bad mood,
 It can fix all your plumbing and teach you to read,
 The widgetmy station is all that you need."

One of the people who was sharper than most,
 Thought of a question and put it to his host.
 "Excuse me Mr Frog but I think you're mistaken,
 As a result of all of that sugar you have taken,
 We don't need a machine to dance play and sing,
 We don't need a machine to do anything,
 We have all we need and we need nothing more,
 That machine is really a bit of a bore".

But the frog was distracted and dug in his pocket,
 And pulled out a sign and a candy locket,
 "The candy is for me but the sign is for you"
 He said as he started to munch and to chew.
 Then he propped up the sign and the people begun,
 To read how the machine was on two for one.

So the people of Portamaloo all begun,
 To leave and go home and get out of the sun.

So all of them left there, well all but one.
 The one who stayed was named Mr Magoo,
 The finest potato farmer in Portamaloo.
 "Im having some troubles with my potatoes this
 year"
 He said as that frog grinned from ear to ear.
 "I really need help, I don't know what to do,
 I'm meant to be the finest potato farmer in
 Portamaloo".

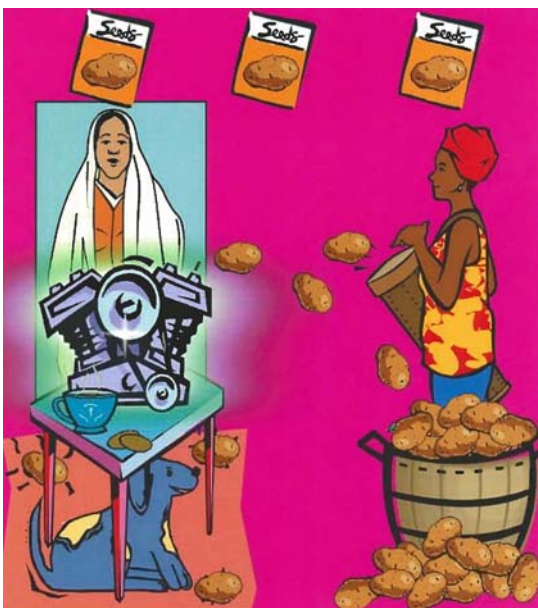
"The Widgetmy station has all that you need,
 All that you need if you want to succeed,
 It will grow so many potatoes you won't know what to do.
 So Mr Magoo paid for one and got two,
 And went home to his family in Portamaloo.

Mr Magoo took the widgetmy station home to his wife,
 Who had the greatest shock of her life.
 The machine was so grey and ugly and new,
 It was all a bit much for Mrs Magoo.

The machine was put to work as soon as could be,
 And one small crop of potatoes soon became three.
 Mr Magoo couldn't believe his eyes,
 He had potatoes enough to make one million fries.
 Mr Magoo smiled big as a banana
 And regained his place as the town's finest potato farmer.

Within one week of Mr Magoo's success
 The town was a chattering about the excess.
 "He has so many potatoes he is as rich as can be,
 And it's all down to the efforts of the widgetmy machine".

Slowly but surely in Portamaloo,
 People began to know what to do,
 They rushed in groups to the Big Corporation,
 To buy them a two for one Widgegmy Station.
 Soon everyone in town owned this helpful device,
 Which could even dispense water packed full of ice.



One day without warning, quite out of the blue,
That same noisy trumpet that everyone knew,
Was heard trumping and pumping in noisy oration,
Outside the doors of the Big Corporation.

The people all dashed to see what was new,
And there stood the frog all suited in blue.
In one hand he held up a big orange sign,
In the other he held a half eaten pie,
Quickly he guzzled the sweet centred treat
And danced as he did so on his big webbed feet.

“Welcome to the people of Portamaloo,
I am glad when I see you as often I do,
All flocking at once to the Big Corporation,
Home of the patented Widgetmy Station
Now you have all seen what the machine can do
And all that it has brought to Portamaloo
I’m pleased to announce that you’re in the right place
For parts and for services should it happen to break.”
With that the frog opened the grey ugly doors,
And led them inside the ugly grey store.

The inside was quite different and worse than before,
The Widgetmy station was alone no more.
Thousands of tiny bolts and screws,
Little metal pieces and wotsits and boos,
Were spread all around in ones and twos.
“So remember” the frog announced to everyone,
“If you need a part for you machine, its all on two for
one”.



There was no need to work in Portamaloo,
So no body needed to know what to do.
Mrs White grew the apples she needed herself,
And Mrs Green put her teaching books back on the
shelf.
The machine could give you whatever you might need,
So no one needed to work and everyone agreed.

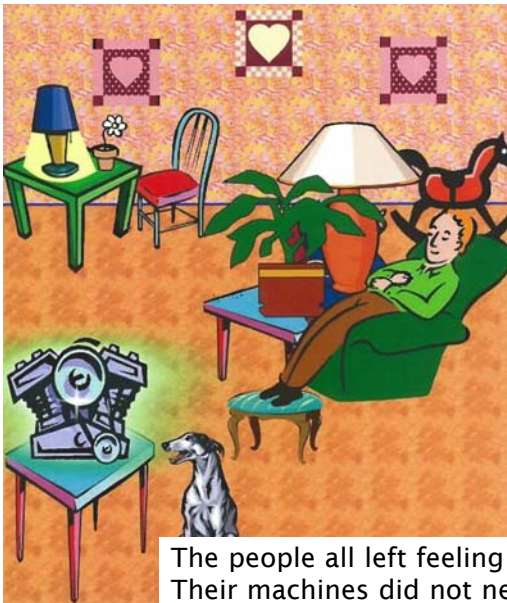
Now Portamaloo was my kind of a town,
Where the people all lived with never a frown.

Then one day without warning, no, no warning indeed,
Mr Magoos Widgetmy machine stopped working.

He prodded and fiddled and tinkered all day,
But there really was nothing to do or to say,
The machine was quite broken, quite broken indeed,
And Mr Magoos was really in need.

He had potatoes to grow and people to feed,
But the Widgetmy machine was broken indeed.
Quite flustered and worried and stressed as can be,
He rushed to the shop where the sun used to be.

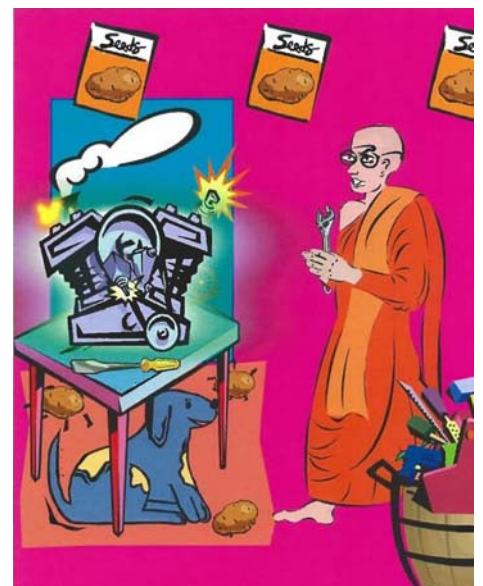
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The people all left feeling very confused,
Their machines did not need these wotsits and boos.
They went back to their homes and used their machines,
And became quite successful and wealthy by all means.

But what of Mrs White with her apples for sale,
Mr Mint who could plumb and plumb very well,
And Mrs Green who could teach but had nothing to sell.
The Widgegmy machine could teach people to read,
And would grow a thousand apples without even a seed
It could even do your plumbing so there was no need,
For Mr Mint’s plumbing, no, no need indeed.

But that was all fine and all dandy you see,
Because Mr Mint owned his own Widgetmy machine.
Anything he needed he could get right away,
And the rest of the time he could laugh sing and play.



Brain Biochemistry and Human Potential

How can we practically apply the findings of Tony Wright's research about the nature of the human brain and consciousness to improve our lives? Here are some guidelines taken from conversations and a recent interview with him.

by Holly

When I first came across the work of consciousness researcher Tony Wright it resonated immediately because it confirmed my own experiences since I had been raw. Like many other raw fooders, I had noticed that my requirements for sleep had substantially reduced. Also, I had noticed that when I stayed up late, on my new found energy, I would start to shift into delightful states of inspiration and creative activity. Since then I have had many chances to talk in depth with Tony about his work and have adopted many of the diet recommendations and approaches he thinks may help restore optimal brain functioning.

Tony's explanation is that the right brain, when fed the nutrients it needs such as undamaged amino acids, fatty acids and fruit compounds, starts to come much more to life. The right hemisphere of the brain is the side responsible for creative and artistic abilities, also intuition and spiritual experiences. There is also a lot of evidence that it is potentially more functional, in general, than the left. Tony is suggesting that the right brain needs less sleep than the left brain so the more energised the right hemisphere is, the less sleep we need and also, the more functional, intuitive and creative we can become. With less sleep, left brain dominance lessens, freeing up even greater potential.

Tony's dietary recommendations are wide varieties of fruit (including tropical fruit such as figs), nuts, seeds and greens plus small quantities of raw goat's milk products; and flax oil to balance omega 3. Superfoods and supplements are also of benefit.

Having dared to do something different like eat our food raw, we might wonder what else we might do that would bring further benefits. An important step would be to start to reactivate our pineal glands. The pineal gland is known as the 'gateway to the soul' and the third eye. Opening up the pineal gland means basically to open up our consciousness. Because it has shrunk in humans it is under producing some important biochemicals such as melatonin, dimethyltryptamine (DMT) and pinoline. Pinoline is a MAOI or mono-amine oxidase inhibitor. Monoamine oxidase is an enzyme which breaks down certain neurotransmitters. When MAOI's are introduced the neurotransmitter levels go up.

There is a desire amongst many of us to act in harmony with nature. It may seem odd at first but boosting the levels of these substances may be restoring something closer to what is really our natural brain biochemistry.

One way to start is with 'Happy Tea' - passion flower, (which contains analogues of pinoline) mixed with St John's Wort. Don't drink more than three or four mugs a day of this tea - as with most herbs moderation is a good idea. MAOI's also occur in raw cacao - one reason raw chocolate makes people feel good. DMT is created in small amounts by the human body during normal metabolism but is broken down by monoamine oxidase. DMT is still produced in larger quantities by the pineal gland during peak experiences and may be necessary for optimal brain function. If MAOI's are being taken in the DMT has more chance of staying in circulation and reaching the brain. MAOI's should be consumed separately from animal products including dairy, fermented products, and soy products.

To increase the effect you can move on to supplementing with small daily doses of ayahuasca brew. This can be made up by boiling up two herbs - banisteriopsis caapi and psychotria viridis - together with an acid fruit like oranges for several hours. The banisteriopsis contains the MAOI's, the psychotria the DMT. One tablespoonful first thing in the morning is a good starting point. It is important not to consume animal, dairy, soy or fermented products at the same time. In large doses ayahuasca can produce very dramatic effects including visions and a substantially altered sense of perception but in these small doses it just wakens the brain up a little, enhancing mood, creativity, inspiration, visual perception, and practical effectiveness.

Another supplement to experiment with is melatonin. Melatonin in small doses can cause dooziness but in doses of around 20mg, it can have a beneficial effect. You can build up to 20mg three times a day. Experiment when you have un-pressured time to find out what your individual experience with it is.

Meditation also quietens the left side of the brain and can help boost levels of these crucial biochemicals. In our current situation there is a lot to be said for lining the whole lot up - excellent diet, biochemical supplementation, meditative and natural lifestyle, etc. It seems like we could do with all the help we can get.

It may be that many spiritual teachers are blessed with particularly good brain biochemistry and so are naturally more tuned into exalted states. Advice along the lines of feeling more love may be as helpful to the rest of us as, in Tony's words, 'a cheetah telling a tortoise to run faster'. We may genuinely need biochemical help to restore our brain function to a level where it can feel more and the states of consciousness described by the spiritual traditions become reachable.

Potentially available to all of us are genius abilities - and also the capacity for deep bliss. At present our powers of




creative consciousness are largely kept literally at a dream level. The more conscious we become the greater our ability to manifest our greatest dreams. Humans whose brains were fully connected would feel an automatic empathy with each-other and their environment and would create a better world.

The approaches described here are the subject of ongoing research and are not intended as medical advice. It is the reader's responsibility to see what works for them.

Tony Wright's and Graham Gynn's book 'Left in the Dark' can be purchased at www.oceanwavevibrations.com, www.funkyraw.com or www.lulu.com/content/844522.

It is also available from the following outlets who are selling the book in support of a consciousness research centre: The Studio Bar, 40/41 Bread Street Penzance. (Signed copies) and Hemp In Avalon, 1a Market Square Glastonbury. More information about Tony's work may be found at his website www.kaleidos.org.uk

Melatonin has to be obtained from outside the UK. A reputable supplier is Pure Encapsulations at www.organicpharmacy.org. Passiflora, S John's Wort and ayahuasca herbs may be obtained on-line from a number of suppliers including www.oceanwavevibrations.com. For further information and practical advice on this topic please feel free to email me at holly@rawcuisine.co.uk 

One Year Raw

Simon Brett discusses his experiences of a year on a raw diet: the benefits, the learning, and the still-outstanding questions.

by Simon Brett

The first time I ever encountered the concept of eating raw food was around four and a half years ago. OK, that wasn't the first time I ever ate any food raw. It was the first time I became aware of the idea that eating food raw held any specific benefits. At the time, I was researching various schools of nutrition in a quest to become healthier.

My first response was basically 'huh?', and I dismissed the idea as completely cranky. Eat only raw food! Why would I want to do that?! Sure enough, I encountered raw foods again a couple of years later. This time, I discovered that a yoga teacher who I respected ate a raw food diet of 'mostly nuts and vegetables'. On this occasion, I was interested enough to explore further and seek out a book he'd apparently published ... with little success. If the book ever made it to press, it remained too elusive for me to track down.

My third, and decisive, introduction to raw foods came as a result of becoming friends with a woman who was already a raw foodie. She lent me a copy of 'Grain Damage' by Doug Graham. Encouraged by what I read therein, I decided to give it a try. By this time I was already eating a vegan diet, so my first steps towards going raw involved simply cutting out grains and refraining from toasting nuts and seeds.

Initially, I felt tremendous. Freed from the 'dulling' influence of grains, I was inspired and full of energy. I felt that my circulation was improving and I was in a good mood more often. As an added bonus, I didn't have to worry about cooking anything; food suddenly felt so much simpler!

I committed to reading as much as I could on the subject of raw foods, and absorbed the work of David Wolfe, Fred Patenaude, Doug Graham, Alissa Cohen and (at least in part) Gabriel Cousens. Well, have you seen the size of

'Conscious Eating'? It's immense! I also read some of 'Raw Spirit' by Matt Monarch and 'Eat More Raw' by Steve Charter, along with the work of anyone else whose writings seemed to me remotely relevant.

Almost immediately, it became apparent to me that these various authors all advocate varying approaches, and I was particularly drawn to the simplicity of what I now know to be Natural Hygiene. Once I'd settled into being raw and allowed myself a short while to get used to the new style of eating, I attempted to adopt this philosophy.

Although I felt very light, I wasn't ready for the commitment (including the financial commitment!) of living predominantly on fruit and green leafy vegetables. Besides, I kept craving heavier foods such as nuts and seeds. So I wandered off that path and generally felt pretty good for a few months. Whilst I wasn't exactly experiencing the 'paradise health' I had been anticipating, I was certainly doing better than when I had been eating predominantly cooked foods.

Two aspects of my health did concern me somewhat. Firstly, I was still prone to dark circles under the eyes. Secondly, I felt that my teeth were in rather poor condition. As Winter turned to Spring, I began to hanker once again for the simplicity of a diet higher in fruit and lower in fat.

Once again I turned to Natural Hygiene, and this time I really gave it my best shot. I radically reduced the quantities of nuts and seeds I was consuming, and made fruit and greens the mainstay of my diet. At first, I felt so light that I was almost dancing on air, and for a couple of months I was convinced that the diet was really working for me.

As time passed, however, I noticed a few challenges. Firstly, I could sleep for many hours and still be tired when I awoke. Secondly, the bursts of energy I received seemed to become shorter and shorter, and my stamina



appeared to decrease. In addition, I found myself needing to urinate almost constantly.

What I read on the Natural Hygiene approach seemed to make perfect sense, yet in practise I was becoming quite ill. Whilst I knew that eating more nuts and seeds could return me to the state I had been in previous to following a low-fat regimen, I also knew that it would leave me with the same problems.

What to do? Frustrated and at the end of my tether, I began searching outside the raw food community for answers. What I discovered brought both answers and further questions. I stumbled upon a website named www.beyondveg.com, where I read numerous articles written by people with long experience of raw foods and vegetarianism.

These articles described their authors' return to the consumption of various animal products, and provided some fascinating evidence that I found difficult to ignore.

I understand that Tony Wright believes that we lived in forests and ate fruit up until around 200,000 years ago. Certainly the comparative anatomy charts played a huge part in convincing me that human beings are essentially frugivorous creatures. Studies quoted at www.beyondveg.com suggested otherwise.

Firstly, I was presented with anthropological evidence that chimps and other primates do go out of their way to consume the flesh of other animals. Secondly, and even more powerfully, I read a study comparing the gut and brain sizes of humans and other primates. According to the study, the gut of human beings is the smallest (relative to body weight) of any primate. The brain is the largest.

What does this mean? Well, it suggests that human physiology is better adapted to eating 'nutrient-dense' foods than the physiology of any other primate. Couple this

with fossil evidence suggesting that we human beings have been including the flesh of animals in our diets for as long as the homo genus has existed (at least 2.5 million years), and I was flabbergasted.

All the evidence that had convinced me to become (and stay) exclusively raw vegan was being challenged before my very eyes. I didn't know what to believe.

All of which brings me to the crux of this article and to the discussion that I would like to open. I've been a committed raw foodie for very nearly a year, and I've certainly experienced considerable benefits. On the other hand, I've experienced challenges that I've struggled to resolve within a raw food paradigm. I don't particularly wish to eat animals, and at the time of writing I'm fluctuating between doing so and returning to a raw vegan diet.

I'm sincerely interested in the experiences of anyone who has been through similar challenges and resolved them. Have you managed to remain raw/vegan or do you eat animal products? I'm aware that Rob and other members of the Funky Raw team consume raw dairy and, in Rob's case, insects.

I'm also interested in ways of perceiving a raw food diet in a fresh context. I believed in raw as our undisputed original diet, and therefore as biologically correct for us. Now I've seen evidence that severely challenges that belief. On the other hand, I still find great value in the raw ethos, and I'd like to believe that it is truly possible to be vibrantly healthy on a diet consisting purely of raw plant foods. Can we make sense of raw by looking forwards rather than looking back? Can we find a new paradigm, in which raw foods are an expression of our evolving humanity rather than of our history?

Simon Brett works as a writer and lives in Brighton. He can be contacted at acedragonlimited@hotmail.com 🌸

Conflict is inevitable, violence isn't

This distinction – that conflict is inevitable, violence isn't – helps me to be present when I'm in conflict with the people around me, and when I'm mediating between people who are in conflict.

I grew up fearing conflict, fearing strong emotions, fearing people throwing saucepans in the kitchen, fearing people leaving. And I spent my early life avoiding conflict – it was too painful for me to deal with.

Through Nonviolent Communication (NVC), I've come to understand that conflict is inevitable; it's part of human life. What isn't inevitable is the violence that can accompany it. With empathy, honesty and creativity I have found nonviolent ways to deal with conflict when it arises.

With these tools, I can use the energy I previously invested in protecting myself from conflict in more enriching ways. I've found that this affects my whole way of life. I can be more free and relaxed, my life energy has risen up and my sense of joy in life has increased.

by Shantigarbha

And since I don't fear conflict in the way I used to, I am able to be present with what's alive in myself and others, even if that brings us into conflict with each other.

So how does conflict arise? As I understand it, conflict arises from differences between us – differences in temperament, upbringing, culture, the way we deal with things.

Here's an example of what I call conflict. My partner Christa gets annoyed and upset when I say that I'm going to go to bed at a certain time and arrive later than that time. And when she tells me about her annoyance and upset in a particular tone of voice, I feel angry and shocked.

Here's what I mean by violence. In the situation above, an example of physical violence would be Christa slapping



me on the face (or vice versa – me slapping her on the face). In my experience, physical violence is easier to spot – somebody does something and it affects another person immediately.

But of course violence can be both physical and verbal. With verbal violence, the effects are not always so obvious, though in my experience they can go deep as well. Here are some examples of what I mean by verbal violence. In the situation between Christa and I, Christa labels me as 'late' – she says, "You're always late". Then perhaps I blame her; "It's your fault for being so intolerant." Then she might judge me in terms of good / bad / right / wrong; "You're useless". And I might impose my judgement on her; "You shouldn't speak to me like that". And she might use language implying no choice; "You just can't get it into your head how upsetting it is for me when you're late into bed". And finally, I might make a demand (threat); "If you speak to me like that again, I'm going to leave and go back to the UK".

My understanding is this language – the language of Labels, Blame, Judgement, Imposing my Judgement, Language implying No Choice, and Demands – is violent too, in the sense that it attempts to use 'power over' the other person, and supports that by denying responsibility for my actions.

The difficulty with violence – whether physical or verbal – as a way for us to meet our needs is that everybody pays for it. It's too costly. In my experience, violence leads to fear, anger and resentment. And fear, anger and resentment are the conditions for further violence. Even without actual words or blows, there will be lack of connection, lack of trust, lack of cooperation.

Now, according to Nonviolent Communication, whatever we do, we're always trying to meet our basic human needs. Whatever action we choose, the driving force is to meet an unmet need or express a met need.

Nonviolent Communication encourages us to get in touch with the needs behind the 'violent' actions and words, as a way of increasing understanding and connection. And when understanding and connection are established, it gives us the tools to find a less harmful, more life-enriching way to meet those needs for everybody involved.

We've looked at a conflict between my partner and I and some possible 'violent' outcomes. What would the same situation look like if we applied Nonviolent Communication?

Let's take the last of my statements, the threat that 'If you talk to me like that again, I'm going to leave'. What are the needs behind these words?

I would guess two needs: firstly, the need for protection – to protect myself from pain. Secondly, the need for understanding. Here's how it works: I desperately want understanding for the depth of pain I'm in. The way I imagine getting this understanding is to create an equivalent amount of pain in them. I imagine that then they'll understand the pain I'm in. Of course they will, but they will be too busy trying to repeat the experiment in me for me to

enjoy the moment!

So these are the needs I guess: protection and to be understood.

If my partner is in too much pain to guess these needs for me, I can guess them for myself. I can remember two or three occasions when I had the presence of mind to do this – I took a 'Time Out' and empathised with myself until I was in touch with the needs behind my threats.

When I was in touch with these needs, I looked for a less harmful, more life-enriching way to meet them for everybody involved. And I found to my surprise that the first thing I wanted to do is to re-establish connection. However, I didn't want to do it in a way that re-triggered the pain in me (hearing again how Christa feels was likely to do this). So what did I do?

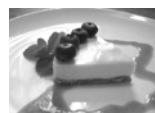
Well, the solution I hit on was to ask Christa just for her need that was unmet, making it clear that I didn't have space to hear what she was feeling about it. Here's what I said: "Christa, I notice that we haven't spoken to each other for two hours now, and I'm desperate for connection. I don't have space to hear what you're feeling at the moment, but I do have space to hear the unmet needs that's on the table for you. Would you be willing to tell me that?"

"OK," she replied, "I will do that." She went quiet for thirty seconds before speaking again. I stayed in touch with my need for connection during the silence.

"The deepest need I'm in touch with is the need for...dignity. Yes, that's it." I was surprised, and afraid for a second that I would hear it as blame or criticism. And then I found that I really did have the space to hear it as her unmet need. I really could feel the dignity of it, and the sadness behind it in me. I felt overwhelming relief – I'd re-established trust and connection in a way that had also met my need to protect myself.

Shantigarbha is certified with the international Centre for Nonviolent Communication (www.cnvc.org). He runs workshops in Nonviolent Communication in the UK, continental Europe, the USA and India. To find out more about his trainings, visit www.seedofpeace.org. For all trainers in the UK, visit www.NVC-UK.info ☘

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The World of Hempman Prologue to the novel

by Saab Lofton

Whenever a decision — be it major or minor—is made in life, the universe splinters and replicates. When Adolph Hitler wrote off atomic research as “Jew science”, at least two new universes were created: One in which his anti-Semitism cost him World War II and one where developing an A-bomb allowed him to enslave the entire planet.

With literally an infinite amount of these universes simultaneously existing on different frequencies, there’s no point in trying to determine which universe was the original one, so the term “multiverse” is much more accurate. It’s a term commonly known on worlds where sideways time travel is taken seriously and not dismissed as science fiction. And since the forces of planned obsolescence that have dominated so many other versions of Earth never gained a foothold on one world in particular, it could afford to travel sideways through time — all because one choice made by a single individual steered global history down a truly unique path.

Secretary of the Treasury Andrew Mellon — a banker who helped finance the Du Ponts’ budding petro-chemical dynasty — appointed his nephew-in-law, Harry Anslinger, to head the Federal Bureau of Narcotics for the express purpose of demonising cannabis (lest the Du Ponts and other industrial elitists have to compete with something that can be grown in every back yard).

On other Earths, Anslinger would go on to scare the United States Congress into confusing industrial hemp with marijuana via his racist horror stories of dark-skinned men using marijuana to sedate and rape light-skinned women. Except on this Earth, Anslinger fell out of favour with the Mellon clan when he was caught with a very swarthy prostitute named Marmalade (while smoking opium, no less). And without his bigoted testimony to goad it along, congress never passed the Marijuana Tax Act in August of 1937.

Again, it doesn’t matter if the decision is major or minor, for Anslinger’s withdrawal from the political arena was but the first domino in a long line of history-altering dominos to fall. Without the ban on hemp, the anarchists of the Spanish Civil War were barely able to turn the tide against General Franco’s mutinous coup with an influx of hemp products that would’ve been unavailable otherwise.

Without a Franco victory, Italy immediately emulated Spain in the form of an internal, anarchist overthrow of Mussolini. Meanwhile, Stalin and Hitler turned on each other like a pair of rabid dogs until their regimes exhausted themselves trying to destroy one another. And without an Axis, there never was a World War II — or an atomic bomb...

Without a Cold War, there wasn’t much drama during the 1950s and ‘60s to speak of. The Japanese Empire attempt-

ed to conquer all of Asia but only succeeded in totally embarrassing itself. In America — the last of this world’s imperialistic powers — a second Civil War broke out between those who accepted Paul Robeson’s 1960 presidential election and those who wouldn’t (and without the CIA, Robeson was able to survive re-election and the North won again). After which, both Japan and America finally joined the United Nations — this one being based in Paris, not New York City...

The dominos Anslinger inadvertently set in motion would eventually result in Earth being renamed Hemptopia since, by the early 1970s, the world’s industrial base stemmed from hemp. The effect this alone had on Humanity in general and the economy in particular was immeasurable. Since hemp can be grown in most any climate, mass starvation was eradicated thanks to the nutritional value of hempseed and its many derivatives. Since paper/fabric can be made from hemp fiber, the surplus of trees made it all the easier to breathe. And since hemp is ideal for pyrolytic conversion into fuel, Texas and the Middle East were at peace.

Utopian as they were, the Hemptopians only had two major hurtles: Overpopulation (thanks to life being just that good and love being easier to come by) and... something less tangible. If necessity is the mother of invention, and if Hemptopia ensures that everyone has what they need to survive, then the kind of innovation that comes with struggling under utterly hellish conditions obviously wouldn’t exist there.

Knowing the Hemptopian population would rather die than intentionally introduce any form of suffering in order to inspire itself, its scientific community decided to kill two birds with one stone. Their overpopulation problem would be solved by investing in space colonization and the geniuses needed to perfect the necessary technology would be recruited from those versions of Earth where planned obsolescence ruled.

(This was possible because in 1987, Hemptopia’s version of Dr. Stephen Hawking discovered a way to mathematically extend the geometry of a black hole into its counterpart — the white hole, “into which matter cannot fall, but only go out”, as Hawking put it. By 2003, these white holes were used as portals between the infinite Earths of the multiverse.)

Marginalised as they’d surely be on their own worlds, these geniuses would be approached and asked to defect to a world which would truly appreciate them. Hence the Refugee Retrieval Program (or RRP), a grass-roots collective of scientists and explorers. This is the story of one of those explorers, Marilyn Janeway.



Hempman Part 1 of the novel

by Saab Lofton

Hemp fuel powers her rocket pack, her hemp twine will ensnare you, her hemp-woven body armor shields her from harm — but since that bulky armor hides her shape-ly figure, she's known to the world as Hempman...!

Stan Vaughn's wife left him mere days before the men wearing black suits and wayfarer sunglasses from Crown Petroleum showed up with that check for one million dollars. If Sheila had seen all those zeroes on that thin slip of paper, she'd have surely forgiven Stan for all those nights he spent in his garage instead of by her bedside — or all the times Stan bored Sheila to tears trying to explain how bursts of light from imploding bubbles in liquid, if excited by sound, can produce unlimited amounts of power without any residual pollution...

Sheila would've wanted to move out of Kirkland — the only home Stan has ever known, even though he spent his nerdy life a target of bullies — and buy a mansion on Mercer Island, but Stan had other plans for that money. The whole point of Crown cutting Stan that check was for him to abandon his attempts to convert water into clean energy, but instead, he used Crown's bribe to buy the rotary converters necessary to find the right set of frequencies that'll enable him to use a single glass of water to power all of Seattle for a week.

That was two weeks ago, and after missing days of work, Stan squealed joyously once he realised, "I've done it!"

Stan leaned over and kissed the sky blue, 1987 Camaro which was now running on an eyedropper's worth of water thanks to his breakthrough. The sound of its motor turning over combined with the feeling of driving it out of his garage and onto Lake Washington Blvd. would forever be Stan's fondest memory. Stan cried out to any neighbour within view that his Camaro was being fuelled by a drop of H₂O, but no one listened, for they had heard this from him before.

This is probably why no one paid much attention when two dark sedans with the Crown Petroleum logo emblazoned on their doors pulled up and ominously blocked Stan's path. He recognised the two men in black who initially gave him that million dollar check and nervously noticed they had brought several, similarly dressed associates with them.

"We had a deal, Mr. Vaughn," one of the black clad men sternly said while subtly revealing the holstered gun underneath his jacket, "and from the looks of things, you broke it. Get out of your car and get into one of ours. Now."

At that moment, the men in black suits and sunglasses sadly reminded Stan of the bullies from his youth who used to call him a "lab rat" and would also demand his submission. However, just as he was about to open his car door, a white, shimmering hole in space and time — accompanied by a sonic boom and a sharp blast of wind

— opened up just above Stan's front lawn. Out of it flew someone in a padded, leathery armor, akin to a medieval knight's, with a helmet that completely concealed any facial features. Stan, his neighbours and pursuers all saw this mysterious figure hover in mid air as the blinding white glow closed upon itself. Once the glow was gone, it could be clearly discerned a small rocket pack strapped on the armour's back was what made the hovering possible.

The agent from the oil industry whipped out that gun of his out of reflex and aimed it at the armored individual flying towards him, but it was too late. In the span of time it took to unsheathe the gun, the agent's arms were already pinned to his sides by strands of fiber which shot forth from the forearm of the armor. Two other agents then tried to brandish their weapons but each of them was quickly entwined with rope as well. Those agents who were still in the other Crown Petroleum company car began to emerge, only to find themselves either kicked or punched into unconsciousness no sooner than they exited their sedan.

With the men in black tied up or out cold, the one in the flying armor finally touched down by the driver's side of Camaro. "Stan Vaughn?" A muffled voice was heard from the helmet.

Stunned that this strange saviour would know his name, it took Stan a moment to answer. "Yes?"

"You should come with me," the voice from the helmet continued. "These men intend on killing you, but let's go back to your laboratory first and gather your notes so they can't destroy them, as I'm sure they would."

Stan blushed from feeling so flattered. "Lab ..? You mean my garage? Yeah, sure."

Once Stan drove the Camaro back into the carport and the garage door was closed, his leathery armored saviour removed the helmet and stunned him even further by doing so, since the saviour turned out to be a very beautiful woman. "I didn't want to take this off until we were alone. Even though I'm not from this reality, it's best if there aren't too many people who know what I look like; I'd just as soon them assume I'm a man, as people often do."

Stan shook his head as if he didn't hear her right the first time. "What do you mean; you're not from this reality?"

"We don't have much time. Those assassins will return or your neighbours will call the authorities, so listen carefully and keep an open mind. There's backwards time travel, there's forwards time travel and then there's sideways time travel — that's what I do. There are infinite realities: There's a reality in which Hitler's Nazis took over the

world, there's a reality in which the Confederacy won the American Civil War and there's the one I'm from — in which hemp was never criminalized in 1937, as it was in yours."

Taking a step towards the woman who saved him, Stan reached over to touch her shoulder in order to feel the surface of the armor. "You're saying this is hemp?"

"One hundred percent," she answered proudly, "and my name is Marilyn Janeway, by the way. Look, we've been observing your work and we want you to defect to our reality. We're a truly free society, our environment is so much cleaner," Janeway grimaced as she tasted the air, "and you'll be given everything you need to continue —"

"You want me to stay there, permanently?" Stan interrupted. "I'm sorry, but I can't. Kirkland's my home, for all its faults."

"But they'll kill you!" Marilyn Janeway blurted out.

"Here, take my notes," Stan handed a stack of papers to Janeway, "take them with you, but I can't leave."

Without saying another word, Marilyn Janeway turned away from him, pressed a button on a handheld remote she produced from her belt and stepped into the white, glowing hole in space-time that opened before her, disappearing into it.

To be continued next issue... ❁

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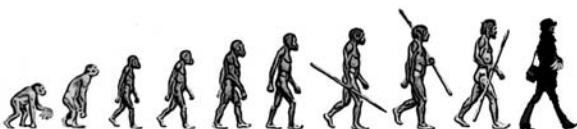
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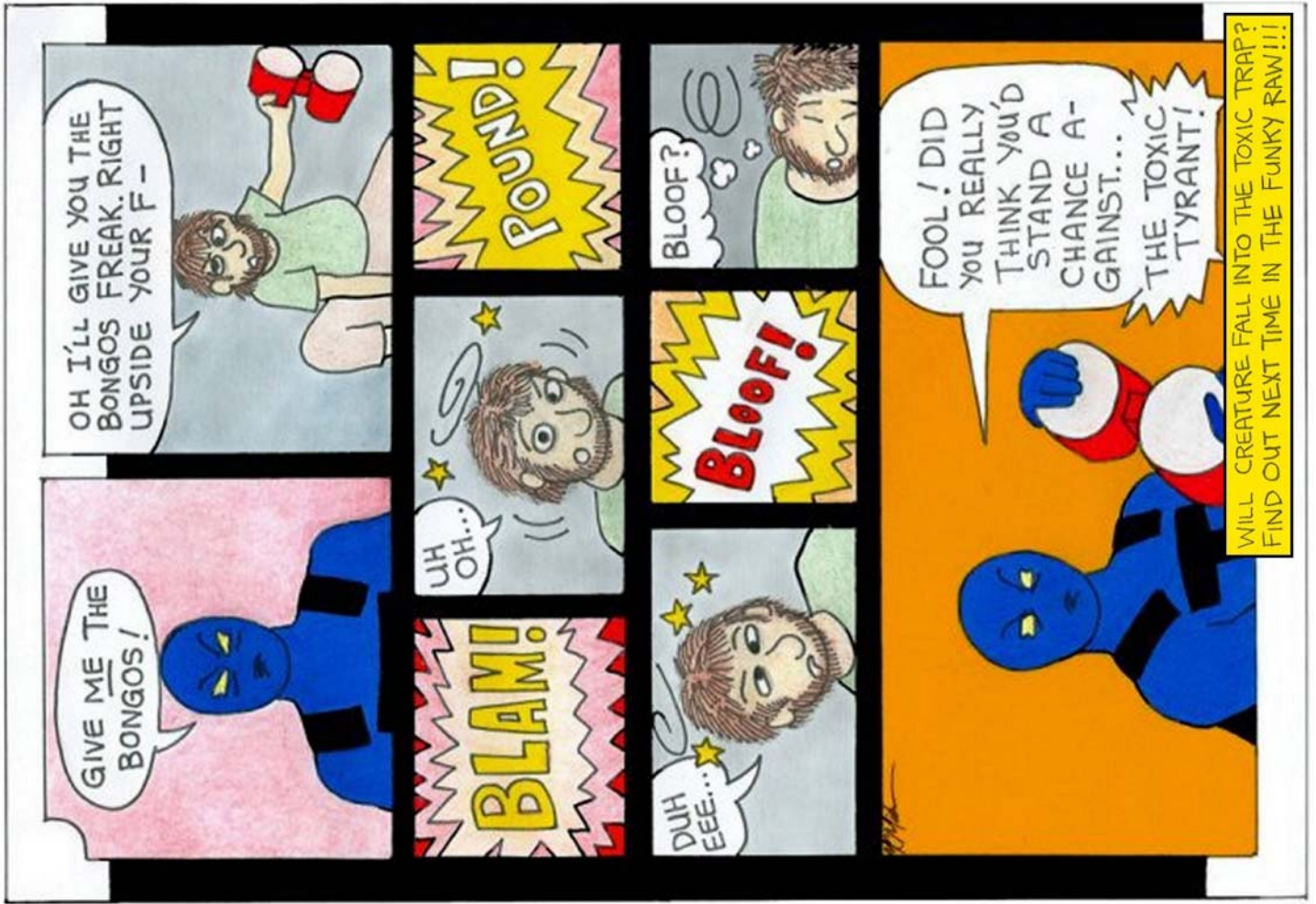
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RAW with laughter

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

No.5. Raw Fairy Tales.



...so the wicked step-mother gave the little girl a poisoned apple which she ate with some wheatgrass and other fruits high in antioxidants which cleared the poison out of her system and so she and the prince got married and lived happily ever after in their raw kingdom...

Weird by Sally Holloway

I never wanted to be at the cutting edge of food and nutrition. It was bad enough when I started drinking soya milk in the mid 90's. I remember at the time I had a new boyfriend called Chris, who it was going very well with until one day I asked him to get some shopping for me. He returned from the supermarket with his nose stuck in the air complaining that he'd had to go down what he called the 'Weird Aisle'.

The 'Weird Aisle,' I loved it. 'Nevermind,' I said, 'you can wear a balaclava next time.'

But there was no next time.

If I went out with Chris now and I wanted some milk I'd have to teach him to soak hemp and sesame seeds for half a day, and ask him whether he has a blender with a juicer sleeve or a muslin bag perhaps?

The thing is now I'm too weird even for the Weird Aisle

Luckily I have a partner who is very understanding. Not so my dog. I know he misses the old days. Pre-raw when we went walkies I was always shouting for him to hurry up whilst he slowly sniffed his way along our favourite country path. But ever since I read that book about wild food he's had to stand and wait for me while I strip some

bush of its fruit or get down on all fours looking for edible plants.

He looks embarrassed in front of other dogs and gives me a sideways glance so I can see the white of his eyes, which is always unnerving. I think he feels that we are upsetting the age old relationship between man and dog and it could effect the space time continuum.

My Mother agrees. Since I've been raw and have a long term boyfriend she has nothing to nag about. She's like a telly without any programs. I'm staying with her at the moment and she sits stony faced while I munch my way through piles of salads, nut pates, dehydrated crackers and raw cakes.

On the fifth day I cracked under her gaze and make myself a pizza, it's stodgy and fat and gooey with sweaty cheese.

Her brain flickers into action. Years ago she used to say, 'that'll make you fat', or 'you'll get spots'. But now the relief spreads over her face, the pizza is something she recognises. She leans forward, taps me on the arm and says

'That'll do you good dear.'

I smile and offer a bit to the dog, who refuses it. I think he's decided to become a raw fooder. It's the only way he can regain his dignity.



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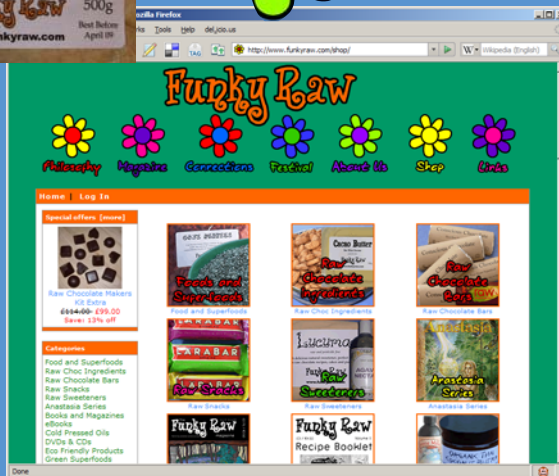


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