

The Funky Raw

Issue 13 - Spring 2009

Healthy eating for everyone

magazine

£3.50 / €4.00



News • Reviews • Recipes • Permaculture • Wild Food

From the Editor

We're back! First of all, I'd like to apologise to everyone for the delay. It's been an interesting year for me and I've learnt a lot! I hope you like this issue, it's a special bumper issue with some new writers plus the continuation of the serials started in the last issue.



The raw food message seems to be getting stronger all the time, with more shops starting to sell raw products, more cafés/restaurants opening, more farmers markets, etc. This prompted me to write my raw guide to London which you will find on page 22. If you know of any great raw friendly places in your town, let me know so we can feature them in future issues.

I'd love to hear your feedback on what you like or don't like about the magazine and what you would like to see in future issues, please email me at rob@funkyraw.com or write to the address opposite with your comments, and the writer of the most useful comments (as judged by me) will receive a free one year subscription (or a one year extension if you are already a subscriber).

love Rob - rob@funkyraw.com

Cover Artwork

This illustration was a collaborative effort done by two friends on opposite coasts in the United States. California based designer Matthew Quinton's work can be seen on his website mwqdesign.com. East coast illustrator/painter Tracy Villa Carrera is a rising star in bold, sensual imagery celebrating a multicultural whole foods lifestyle. Tracy's website: www.tvcarrera.com and www.veganica.com



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

Submission deadline for next issue: **18th May 09.**

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

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THE MOTHER

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Founded in 2002, *The Mother* is a unique, grass-roots publication which contains visionary, cutting-edge, intelligent and practical articles on optimal, heart-centred parenting.

Our ethos is based on simple living, sustainability, spirituality, and awareness of children's biological needs.

Topics include: human scale education, full-term breastfeeding, natural immunity, holistic pregnancy and birth, conscious conception and fertility awareness, hands-on fatherhood, understanding teenagers, The Continuum Concept, electromagnetic pollution in the home and school, learning styles, personality types, natural living, dealing with childhood diseases and ailments naturally, vaccine awareness, home education, etc.

www.themothermagazine.co.uk

Advertising

Next issue deadline **25th May 09.**

Rates start at £32.50 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 editor's complete opinions, beliefs, thoughts or own experience.

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

Contents

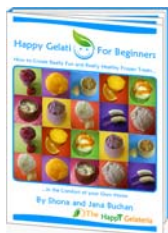
- 2 Rob's introduction
- 4 News, events, festivals, workshops, retreats, talks, etc
- 6 David Wolfe's new book *Amazing Grace* reviewed by Christy
- 6 Elizabeth reviews the *Raw Nirvana* DVD series
- 7 Review of Star Khechara's *The Holistic Beauty Book* from Rob
- 7 Jessica Fenton's *Delectable Desserts* DVD review by Elizabeth
- 8 Review of *The Raw Food Files* DVD by Elizabeth
- 9 Review of *SAF Restaurant* in London by Cath Parker
- 10 Recipes: A massive selection of recipes including garlic sesame noodles, mayo, cheesecake, museli, tzatziki and chocolate cake
- 13 Extract from *Raw Magic*, Kate Magic's new recipe book, with sample recipes.
- 15 Rob reviews a selection of wild food books. This months wild greens are garlic mustard and sheep's sorrel
- 16 In part five of *The Art of Raw*, Kyle Vialli discusses probiotic foods
- 17 Part one of a new series on permaculture by Steve Charter
- 21 Training tip from Tonya Kayos
- 22 London's raw food cafes, shops and markets mapped out
- 24 Aj, our youngest columnist on how to deal with your parents
- 25 Why drink raw milk plus cheese recipe from Holly
- 27 A selection of uplifting poetry
- 28 Personal story from Anabrese in Scotland, with more recipes
- 29 Why we should be eating wild plants by Dani
- 31 "The Terrible Thing in Portamaloo" - The second part of Katie Jackson's short story about the world.
- 34 The Path of Shamanism by Anam Gemma
- 36 Teaching Nonviolent Communication in a US Prison
- 38 *Hempman* - Part 2 of the novel by Saab Lofton
- 40 *Creature* - The second part of MC Miller's cartoon series
- 43 The Back Page with another *Raw with Laughter* cartoon and preparation for the Apocalypse by Kate Magic



News, Events and more

The Happy Gelateria

Get ready for the summer with this new website and eBooks on how to make raw 'ice-cream' and other frozen deserts. The website is aimed at kids and parents, but it's suitable for anyone who wants to make raw frozen deserts! There are free recipes on the site and the Happy Gelati for Beginners eBook is £9.99 with a special price of £7.99 for the first 20 sold.
www.thehappygelateria.com



Raw Festivals 2009

Funky Raw retreat 3rd - 10th July

A week of relaxation and connecting with each other in nature. A space for everyone to contribute their creativity, talents, knowledge and individual gifts. Yoga in the morning, yummy raw food, and jamming around the fire in the evenings.

Details and ticket sales will be on the website soon
www.spaceoflove.co.uk

Fresh Food

Festival

10th to 12th July,
Denmark

The first Scandinavian Fresh Food Festival took place last July and was a great success, and the food was amazing (see photo). More info about this years event will be posted on their website



soon: www.freshfoodfestival.com

Space of love summer gathering

14th - 16th Aug

A weekend packed with workshops, yoga classes, raw food demos, talks from some of the experts on Raw food nutrition, fantastic music, lots of fun, the amazing 'Raw food cafe', and lots more.

Details and ticket sales will be on the website soon
www.spaceoflove.co.uk

Festival of Life Saturday 26 Sept, London

A one day festival with talks, workshops, stalls and a party in the evening, something for everyone. Now in it's sixth year. More details www.festivaloflife.net

Local Gatherings / Potlucks

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.

Leeds

Every last Sunday of the month from noon onwards phone Suz on 07980064092 for details.

London

There are two lists for hearing about potlucks, picnics and restaurant visits in London:

[www.funkyraw.com/email/
rawfood.meetup.com/18/](http://www.funkyraw.com/email/rawfood.meetup.com/18/)

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.

Penpal or Email pal wanted

Hi! My name is Moon and I am 10 years old and live in the South of Spain and I like animals. I have never been to school and I don't want to go ever either.

We eat Raw Food and live in a tipi. I love music and I am crazy about books (Harry Potter, Charley Bone, Lord of the Rings, Terry Prachett, Eragon, The Dark is Rising)..

I'd like a pen-pal or e-pal girl or boy any age interested in the same things.

P.S. When I am older I'd like to be come an actress.

Love Moon

Moon, APDTO 122, 18400 ORGIVA, Granada, Spain
moonandcuddles@yahoo.com



Raw Yoga Teacher Training in Bali

10th May to 7th June

Learn to be a yoga teacher in the lush tropics of Bali at the world's only all organic, living foods (raw) yoga teacher training. Covering different yoga styles, Jivamukti, Iyengar, Astanga, and more from 11 guest teachers including Dr. Gabriel Cousens.

A 200-hour Yoga Alliance certification course presents a comprehensive curriculum from challenging asana to enlightening philosophy, uplifting live music to divine, healthy chocolate.

www.radiantlyalive.com ❖ +62 81 337 823 719

Yoga Flows with The Seasons

Saturday April 18th 9.15am to 4pm, Anglesey, North Wales. £35 per person (raw lunch included)

A yoga workshop with Ulrike Schade designed to attune the body to Springtime. As nature is awakening Yoga nourishes through simplicity and we combine the movements of the postures, gentle breathing practices and peaceful relaxation with the changes in the world around us and allow ourselves to be sustained by the embrace of the Earth.

To book please contact Ulrike Schade on: 01248 450 533 or email: ulrike@schade.fsnet.co.uk

Friendly, informal Living Foods B&B

Ellen Gray has opened her lovely garden square flat in **St Leonards on Sea** and can offer you a double bedroom with fruit and herbal tea-making facilities, your own gorgeous bathroom and breakfast consisting of smoothies, muesli, fruit, rice or soya milk, juice, coconut oil and a VAST choice of teas! You can take a fresh salad lunch out with you, and with enough notice, she will also prepare you a delicious live and uncooked evening meal. Then sit by an open log fire (in winter) or in summer have a drink in the garden overlooking the sea.

Ellen would love to meet kindred spirits. Phone for more information on 01424 423570 or email ellen@ellengray.myzen.co.uk. See you soon!

Raw chocolate truffles

Booja Booja, well know for their high quality organic chocolates have now started making raw truffles. They have two flavours available, Raspberry and Dark Chocolate, both made with chocolate made in Ecuador.

They come packaged in cute little gift boxes and are available in health food shops (and other independent shops) across the country and also online at www.funkyraw.com



Workshops / Talks / Retreats

Spring Raw Food Workshop with Holly Paige
Sun 5th April 11am to 5pm, Cornwall, £60

Learn how you can cover nutritional requirements and integrate raw foods into your life. Including information on feeding children a raw diet.
www.oceanwavevibrations.com

Superhero Foods with Theresa Webb
Sunday 5th April 10.15am to 2pm, Manna, Brighton, £35

Demonstrations, preparation skills and techniques. Recipes and nutrition notes. Breakfast, lunch and dinner recipes. 3 Course lunch: Fresh Houmouses, Guacamole, Sweet potato crudités, Seasonal sprout Salads and Apple and Cinnamon Cream.

www.kitchenbuddy.eu ❖ 020 8697 2755

Cacao Magic with Kate Magic
Mon 6th April, 1pm to 5pm, inSpiral Lounge, Camden

Kate will be sprinkling her magic in London again, and revealing the truth about the world's most popular food - chocolate - the good, the bad, and the beautiful. Book online at www.rawliving.eu £12, or £15 on the door

Eco-nutrition Introduction with Theresa Webb
Sunday 19th April 10.15am to 2pm, Abingdon, £35

Demonstrations, preparation skills and techniques. Recipes and nutrition notes. Breakfast, lunch and dinner recipes. www.kitchenbuddy.eu ❖ 020 8697 2755

Introduction to Raw Food with Diana Store
Wednesday 22nd April, 6:30pm to 9:30pm, Amsterdam

Learn how to prepare tasty, healthy, innovative cuisine. This workshop will include an introductory talk as well as food prep demonstration.

www.rawsuperfoods.com ❖ +31 (0)20 4038844

The Truth About Nutrition with Kyle Vialli
Saturday 25th April, 11:30am to 5pm, £48.50

Join Kyle Vialli at a workshop that is designed to dispel once and for all, the confusion and dismay that comes with the question "So what the hell am I meant to eat?"

Includes live food organic meal with cake and juice from the Manna menu.

www.galaxyofvitality.com ❖ 01273 690 540

Raw Turkish Detox Delight with Yoga
4th to 11th May in the eco-retreat centre of Yuva in Turkey: www.ecoyuva.org

Learn how to make amazing raw food with Shell and Janet. Kundalini yoga sessions and nutritional information. Full details on the website.

www.rawdietandhealth.com ❖ 07704 682693



New raw chocolate bars

Rawr is a new range of raw chocolate, with a great selection of flavours - orange, mint, fruit and nut, goji, chili, almond, walnut, cashew, pecan and more! Currently available from their website and from some shops in Cambridge, but look out for it in more shops soon.

www.rawrchoc.com



Amazing Grace

The Nine Principles of Living in Natural Magic

A Galactic Cliff-Hanger

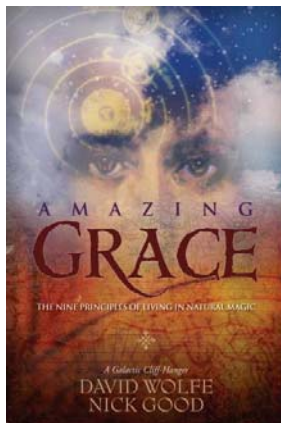
by David Wolfe and Nick Good

book review by Christy Korrow

David Wolfe is well-known in the living foods community as a revolutionary pioneer teaching the power of raw foods, chocolate, and superfoods. His nutritional philosophy is underpinned by the connection between what we eat and how it affects our spiritual consciousness. So, after writing three books on food (Sunfood Diet Success System, Eating for Beauty and Naked Chocolate), Wolfe has teamed up with Nick Good to write this fun and semi-psychedelic cosmic guidebook on consciousness adventures using the framework of the Seven Principles of Huna, to "learn to become a superhero and have the best day ever." One can see the thread of ancient mystical paths (Christianity, alchemy, awareness of angels and nature spirits, Shamanism) woven together with newer teachings (Star Wars, Victor Schauburger, quantum physics) giving spiritual development a 21st century twist that begins with Grace and ends with Forgiveness.

Wolfe and Good take the reader on a journey toward inner development via the ancient Hawaiian spiritual path, emphasising holistic health, subtle energies, how thoughts affect reality, the development of innate psychic abilities, creativity, heart wisdom, fun and warmth. Weaving in quotes from Goethe, to Jesus, to Ramtha, all the while articulating a new paradigm of how we can move through the world with expanding awareness, Amazing Grace is sure to inspire a new generation of spiritual aspirants. The book includes 20 pages of poetry and an extended section on Ormus (life force) energy.

Published by North Atlantic Books and Sunfood Publishing.



New Brighton Raw Cafe

Manna is a new raw cafe / juice bar just off Lewis Road, Brighton. Organic raw vegetarian food, cakes and chocolates, kombucha and herbal tea and more.

Manna also has a therapy space and holistic treatments on the first floor. They have regular talks, workshops, gatherings and conscious film screenings, alongside intimate live music performances.

24 Coombe Rd, Brighton, BN2 4EA

01273 690 540 ❖ Contact@galaxyofvitality.com

www.galaxyofvitality.com/manna/

Raw Nirvana

DVD review by Elizabeth

Raw Nirvana is a set of six DVDs of raw recipes

If you would like to go to a raw food preparation workshop but it isn't convenient for you, you want new inspiration for recipe ideas or like me are just taking the first steps along the road to becoming raw, you will think these girls, Shama and

Dia are fantastic. They are full of infectious enthusiasm and I felt a connection with them immediately. I found an easy recipe on disc 2 to get me started, Hummus using courgette instead of chickpeas – delicious!

Disc 3 has a long interview with David Wolfe which was informative and entertaining, I could have listened to him for hours! Good health radiates out of him – certainly a good advert for going raw. Amongst other things he says that if a raw beginner starts with food such as goji berries and raw chocolate, they will see immediate effects on their well being which will encourage them to continue to experiment with other foods. According to him, the secret of staying raw is to change gradually then you are more likely to stick at it.

Disc 4 has lots of ideas for different juices and number 5 a fascinating interview with Cosmo Meens who has loads of ideas for promoting raw food in the future in his "5 year plan". Also enjoyed watching Scott McMahan with his mouth watering chocolate recipes.

Throughout this DVD collection there are recipes for all seasons including "hot" meals such as curries and soups for warming winter meals. So if you want new recipe ideas, want to get the kids involved in food preparation or want to gently coax a friend into trying raw food then this is definitely for you!

Raw Nirvana is available from www.funkyraw.com and www.rawnirvana.tv



Finding fresh spring water

We all know how important it is to drink clean, natural, high quality water, and the best place to get this from is a local spring. But how do you find a local spring? Well, that's where a new website www.findaspring.com comes in to play. It aims to be a database of springs all over the world, although as it is new it currently only has about 10 springs in the USA and Canada listed. The idea is for people everywhere to join in and build the database.

Hemp: What the world needs now

John McCabe has released his new book for free on the Internet. According to the hemp industry, it is "the most up-to-date and complete book on the history, laws, and uses of hemp, the world's most useful plant." You can read it by going to www.hempnowbook.com

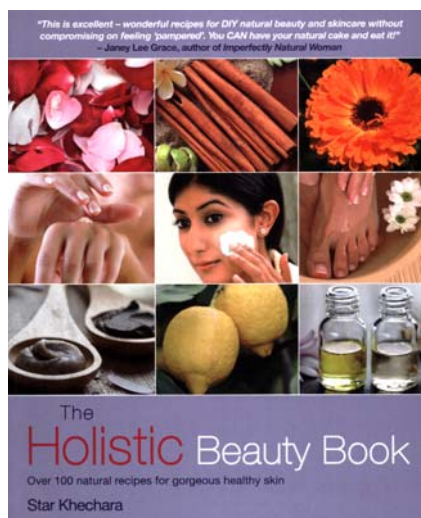
Please send your news to news@funkyraw.com
You can also list your events on the Funky Raw website at www.funkyraw.com/events/

The Holistic Beauty Book by Star Khechara review by Rob

Some of you may remember Star from her articles on making your own natural skin care in previous issues of Funky Raw. Now she has continued that theme with a book.

The book starts with what is wrong with the products of the commercial cosmetics industry, including so called "natural" products. Next Star discusses "Beauty from within" with suggestions and recipes for a healthier diet (with lots of raw food of course) to feed your skin from within.

A comprehensive "Potion making basics" chapter gets you ready to get your hands dirty, looking at the different ingredients



you will need, the tools of the trade and tips and techniques to make the best potions.

The main part of the book has DIY recipes for every situation and part of the body - face moisturisers and cleansers, lip balm, tooth-paste, body lotion, deodorant sprays, hair cleansers and conditioners, hand cream and lots more. Plus sections on chocolate potions and love potions!

The book is very easy to read, with a touch of humour, clearly laid out and printed on 100% recycled paper.

Published by Green Books. Buy online from their website www.greenbooks.co.uk

Star has a website with potion recipes and more information: blog.starkhechara.co.uk

Jessica Fenton's Delectable Desserts

DVD review by Elizabeth

Since watching Jessica's contribution to the "Raw Files" DVD I was eager to see her own new DVD. I wasn't disappointed.

First of all she describes the equipment needed to get best results and takes us through the preparation of 12 delicious deserts in an unhurried way. They are all presented in an appetising way and as she says "if it looks good its going to taste good!" I like the fact that if you assemble all your ingredients beforehand you can prepare all the dishes along with Jessica.

Several of the recipes are for chocolate lovers but if like me you enjoy something a bit different, how about trying ginger and apple pie, strawberry cheesecake tart or banana and orange ice cream. It is amazing how quick and easy it is to produce mouth watering desserts and if anyone hasn't had a go yet, thinking it must be too complicated, I'm sure Jessica will give you the confidence to continue experimenting after you



have tried her suggestions. As she says, most of the recipes you can "mix and match" the toppings and bases to create several different recipes from the basic ones she demonstrates.

Jessica then explains the health benefits of about a dozen of her most often used ingredients in raw food preparation. All her recipes are free of wheat, refined sugar, dairy products and eggs so no need to feel guilty about indulging.

She rounds off the DVD by encouraging us all to consider the benefits of a raw food diet. Jessica, who is one of the UK's leading raw food experts and has a degree in nutrition, overcame serious health problems after changing to a raw vegan diet at the age of 19.

Available from www.totalrawfood.com and www.funkyraw.com

One rainy afternoon I settled down with this 2 DVD set and didn't expect to be still there a couple of hours later, glued to the screen. It is a fascinating collection of interviews with 14 people who are committed to eating raw, mainly raw or are in the transition stage from cooked to raw food.

Nirankar estimated that in the UK around 20,000 would identify themselves as being raw fooders or being raw at some time. He personally eats porridge and steams vegetables such as broccoli and cauliflower but is raw apart from that. It took me by surprise to see Terry explaining why he eats raw meat and how he combines this with steamed and raw vegetables which has contributed to him coming off medication for a long standing illness. He recommends that if you have any worries about your health it is wise to have your blood checked with a doctor to establish if you are low on such vitamins as B12, a very important one for nerve function.

Holly also made the point about listening to your body and adjusting your diet from time to time to avoid a deficiency in certain vitamins and minerals. This is particularly true when raising raw children who have specific needs which are different to adults. She also discusses the thought that raw food nourishes the right side of the brain through which we access our spirituality, intuition, creativity and energetic connection to the environment and other people.

This is a subject that Shazzie and Kate Magic also talk about. They feel that using such things as super foods and yoga cause the right side of the brain to shine therefore making you a more balanced person. Amongst other things they say that the nettle is the number one ecstatic food in the UK and it is delicious juiced with celery. They have recently written a book together which encourages positive thinking and shows the possibility of everyone living an "ecstatic" life and making the earth a better place to live.

One person who has been in the transition stage for a while is Janet. She is trying to find the diet that is most appropriate for her. This was one thing that Paz emphasised, that is, the need to tune in to our inner wisdom to find out what effect certain foods have on our system. He stresses the need for a balanced diet of fruit and greens. It was particularly interesting to hear how he trained as a medical doctor and has now greatly changed his beliefs.

Chris Kennett gives us an insight as to what goes on at Ecoforest near Malaga, southern Spain. In this community they are all raw or vegan but the main thing is to be as sustainable as possible. You can find out how Chris uses waste oil to run his car and encourages us to appreciate our home grown super food such as nettles, hemp and

goji berries. He wants us to question where our super foods are coming from and asks whether importing them contributes to putting unnecessary toxins into the environment.



I never knew a blood sample could say so much about someone's state of health. Pam, who does Nutritional Microscopy, looks at blood under a very high powered microscope. From this she can see many conditions such as food sensitivities and nutritional lacks of such things as low magnesium. There was so much information to take in I must watch it again soon.

The UK Centre for Living Foods is run by a trained Naturopath, Elaine Bruce,

where it is possible to spend a week with her in her own home. She will teach you that chlorophyll has a powerful effect and can draw toxins out of body tissues. She has a holistic approach (head, heart and body) and believes in the benefits of positive ways of thinking. Try to guess Elaine's age – I thought she was over 10 years younger than she actually is!

The shortest interview was with Rob Hull as he was foraging for wild greens and berries in a London graveyard. I would love to have a much longer DVD on this subject as it is so much easier to identify plants shown to you in this way rather than wandering around in the countryside with a book in hand and not being sure if you have found the right plant.

What a surprise Tom and Jess's wedding guests would get when they turned up at their raw wedding reception! They run their own company and are very enthusiastic. Jess used to have ME before becoming raw. She is now a Raw Life Coach and will give advice and support to others considering changing their diet due to health problems. If you want further information on this subject or on any of the other people who are interviewed, all give their web site addresses.

I thought that Paddy, who did the interviews, asked intelligent questions which got everyone to open up and give us a small snapshot of their lives. Have you ever wondered what it is like to have a colonic? We share the experience with Paddy – rather him than me!

It was great to put a face to many of the well known contributors to Funky Raw magazine. Their articles will mean even more to me now I've heard them express their views and feelings on living a healthy, sustainable lifestyle. What makes all the interviews interesting is the fact that everyone doesn't believe the same thing. Some have totally conflicting views for example on the subject of the health benefits of chocolate, to eat raw or steamed vegetables, to use super foods grown in the UK rather than imported from South America.



The interviews may help you sort out in your own mind what you believe is the right combination of food for you. The main point is to feel empowered by taking control of your own health now rather than feeling ill before you do

something about it. I hope you will enjoy the DVDs as much as I have.

Available from www.positivetv.co.uk and www.funkyraw.com

SAF London

Restaurant review by Cath Parker

First the background information on SAF: the menu is 100% botanical with no animal products, dairy, refined or processed ingredients. The ingredients are locally sourced and organic where possible – and the tap water is ionised. Most of the dishes are kept below 48 degrees C, and those that are gently cooked are indicated with an asterisk.

The executive chef Chad Sarno has been described by GQ magazine as 'the king of uncooked and vegan cuisine', and the head chef David Bailey used to work at E&O in Notting Hill. The bar selection may not interest most of us, but for the record the sommelier is Joe McCanta who was described by the New York Times as having created the 'epicentre of organic cocktails' when he worked at Counter in New York. He is somewhat of an alchemist, making many of the syrups etc that are added to the cocktails.

The interior is beautiful – lots of exposed concrete and solid tables with banquette seating. There is also a lovely looking terrace outside where many of the herbs and flowers for the menu are grown.

The kitchen is open plan so you can see Chad and Amy (who some of you will know from the Raw Chocolate Company) doing their thing.

Anyway – at last London has a gourmet raw food restaurant. This time I visited with two women I have known for over 15 years now – neither of whom are raw, but are very open to 'new' ideas. Although in truth it could have been that they are just fed up of seeing me picking at a side salad whenever we meet up for dinner.

The menu had grown a bit since I had last visited – which was good news as there was a danger that soon I would have already tried everything they had to offer. Between us we managed to order practically everything on the menu (or so it seemed).

We started off with 'snacks and olives': the olives were marinated in citrus oil and tasted fabulous. The nuts (cashews and almonds) were nice – but nothing special for anyone who has experimented with flavouring and dehydrating nuts.

Then for 'proper' starters we ordered beetroot ravioli – a beautiful looking and tasty dish – and some maki rolls. It was only after we had ordered that they both mentioned how neither of them liked seaweed so I managed to get that dish all to myself..

Then came the cheese course – I was very pleased to see this spelt with an 's'. I have this (I admit completely irrational) dislike of calling fermented nut cheese 'cheeze'. We

shared the tasting plate between us, and despite the fact it wouldn't have been my choice I have to say it was delicious. There was a macadamia caprese which came sandwiched by semi-dried tomatoes, and almond cream sitting on top of some candied pecans (or so they said, they looked and tasted like dates to me!) and then two cashew cheeses, one flavoured with sun-dried tomatoes and one with green olives. The cheese was accompanied by some more olives and a few flax crackers – which were surprisingly dull, but I guess were there just for a touch of different texture. They definitely could have been a bit more crunchy in my opinion – but then I am very picky when it comes to raw crackers.

For the main course we ordered a lasagne, the sushi plate and also the daily ravioli, a vegan cooked pasta with tofu and a tomato sauce. I think all the 'your type of food' as she puts was getting a bit too much for one of my friends!

The lasagne was great, beautifully presented and very filling. The sushi plate looked amazing but I think I was just a bit bored with nori rolls by then. The lovely waitress did warn me that we were ordering too much sushi and now I was regretting not taking her advice.

Along with the main course we ordered the 'Greens and Flowers' salad, a Caesar salad and also the beets. These had been slow roasted so I didn't try them, but my friends said they were gorgeous, and the walnut chutney they came with went down especially well.

After eating all of that we felt it would be rude not to order some dessert, so we tried the apple cheesecake and the brownie sundae. The cheesecake is a bit solid for my liking, but the mint chip ice-cream that came on top of the cacao brownie has to be one of the best raw creations I have ever tasted. I am tempted to ask to have just that next time I go.

Some have said that SAF is too expensive, and I admit it isn't cheap, but considering the amount that we ate I didn't think the bill was too high - £150 in total including plenty of ionised water, two bottles of wine (vegan and biodynamic of course and of decent quality) and service. Or maybe I am just used to being charged extortionate amounts for some non-organic lettuce and tomato in a 'normal' restaurant.

I believe that they have just introduced 7 course tasting menu for £35, I guess I will just have to go back soon so I can try that. Anyone want to join me?!

SAF is at 152-154 Curtain Road, Shoreditch, London, EC2A 3AT. 020 7613 0007 www.safrestaurant.co.uk



Recipes

These recipes from **Ginger Robinson** look mouthwateringly delicious. You can find more recipes and photos on her website www.therawpath.com

Garlic Sesame Noodles with 'Fried' bananas

For the noodles:

Spiral golden beets in a saladacco

Mix in with the noodles:

shredded napa cabbage
bean sprouts
chopped red pepper, cucumber, celery (the thin chinese celery is great in this), mint
(I keep a tub of this mix on hand at all times for wraps and salads etc)

Sauce:

equal parts nama shoyu & agave or maple syrup
pinch of grated garlic
sprinkle of sesame seeds (hemp seeds work too)
shredded red chili pepper
dash of sesame oil

'Fried' bananas:

Peel and slice banana in half horizontally & vertically to make 4 quarters.

Marinate in shallow dish with a little nama shoyu then place in dehydrator until they soften and look cooked.



French Onion Soup

First you need crunchy onions. To make them (I keep them on hand for salad toppings & in wraps etc!) just thin slice a bunch of sweet onions and marinate them in nama shoyu & water for 15 minutes or so then dry in the dehydrator till crispy. You can store them in the fridge.

Add a few tbsp of crunchy onions to a bowl of hot (well really warm anyway!) water.

Add a dash of olive oil and a little herbemere seasoning.

Add a grated clove of garlic.

Stir and let sit a few minutes.



Sunflower Mayo (just like real mayo!)

Add to blender:

1 cup almond milk (sweetened with agave), not too thinned out - you want it to have some 'cream' to it.

1 tbsp onion powder or dried chopped onion
2 tbsps apple cider vinegar
1/2 tsp mustard powder
dash of dill

Blend on high

Then while blending on high, slowly pour in: 1 cup raw sunflower oil

Chill it in the fridge and it will thicken up a bit, but should be already pretty close to perfect mayo consistency.



Great on BLTs!

Raw 'Coffee' - The official drink of superheroes everywhere!

Try to contain your excitement...

Grab your blender and add:

a scoop of cacao powder
a few capsules of fo-ti (he shou wu), minus the capsules, or use he shou wu powder
a scoop of maca
a tbsp of lucuma
a squirt of yacon syrup
a squirt of agave
1/4 inch vanilla bean
dash of nutmeg
handful of cashews
cup of ice
cup or so of water

Blend!

Chocolate sauce for lining the glass and topping the drink:

Cacao and a capsule of he shou wu and a dash of sea salt mixed with agave.



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

Amazing Chocolate Lemon Cheesecake

Base

1 cup almonds
3/4 cup mulberries
2/3 cup buckwheat (sprouted and dehydrated)
2 tablespoons melted cacao or coconut butter
lemon juice
small amount of orange zest

Grind almonds, mulberries and orange zest adding buckwheat at end so it stays crunchy. Add lemon juice and melted butter, stir then press into cake tin.

Middle layer

Soak the following ingredients overnight:

1 cup hulled sesame seeds
1/3 cup whole sesame seeds
1/2 cup pine nuts

other ingredients:

flesh of 1 young (green) coconut
1 cup of water from coconut
1/4 cup agave syrup
130g cacao butter, melted

Blend sesame seeds with coconut water, agave and melted cacao butter. Then add the rest of the ingredients and blend until smooth.

Split this into two halves, one for a lemon layer and one for a chocolate layer.

For chocolate layer stir in:

6 teaspoons cacao powder
4 teaspoons carob powder
2 teaspoons lucuma
1 teaspoon mesquite
5 drops orange essential oil

For lemon layer blend in:

1 large lemon (use the whole lemon, chopped up)
4 teaspoons lucuma
3 drops lemon essential oil (optional)

Put chocolate layer on base and place in freezer for approx 1 hour until set. Then add the lemon layer and put in freezer to set.



Chocolate topping

3 teaspoons cacao powder
2 teaspoons carob powder
2 teaspoons lucuma powder
very little agave syrup
3 drops orange essential oil
1/4 cup coconut butter

Melt coconut butter and stir in the rest of ingredients. Pour over top of cake.

by Jolita

Really Raw Bircher Muesli by Monica Shaw

Long before there were juicers and nut grinders, there was Maximillian Bircher-Benner, a Swiss doctor who used raw food to treat patients at his sanitarium in Zurich. Bircher believed that a healthy life depended on one's harmony with nature. He also believed in breakfast and in 1900 invented the now famous muesli cereal.

Bircher's original muesli recipe is vastly different from the sugar-coated toasted variety we typically find in the grocery store today. Instead, Bircher used uncooked rolled oats, raw fruit and nuts, soaked overnight, then mixed with grated apple and lemon juice and topped with sweet cream or yogurt. Nowadays, oats are typically heat-treated to stabilise them so they don't go rancid, but you can easily recreate Bircher muesli with buckwheat groats or raw oat groats.

The following recipe is my daily go-to breakfast, but feel free to experiment with different combinations of fruit and nuts. Top it with fresh fruit, kefir, honey, or any combination of the above. I recommend blending the muesli for a smoother texture, but you can also eat it chunky, making it the ultimate traveler's breakfast, especially for the campsite.

Serves 2

Ingredients:

85 grams buckwheat groats
5 grams flax seeds
10 grams sliced almonds
2 apricots, chopped
1/2 lemon, juiced
1 apple, grated
1/8 tsp cinnamon

Directions:

1. Soak the buckwheat groats, flax seeds, almonds and apricots in just enough water to cover for 12 hours.
2. Blend the soaked stuff with everything else (or mix in the grated apple by hand for a chunkier texture).
3. Serve with toppings such as fresh fruit, kefir, nut milk or raw honey.

Monica Shaw is a freelance writer and the author of smarterfitter.com, a popular food and fitness blog. For more, see monicashaw.com



RawforLife 'Tzatziki'

We are a grecophile family so naturally I had to come up with a raw non-dairy version of the famous Greek dip. Luckily, this one has met with approval from family members so I offer it to you! Great with crudites, flax crackers, raw olives...wonderful!



Ingredients

- 1 cup cashews (soaked)
- 1/2 cup grated cucumber (unpeeled)
- Juice of a lemon
- Pinch sea salt
- Garlic to taste, crushed (suggest 1/2 clove)
- 1/2 cup water
- Small handful mint, chopped

Blend cashews, lemon, salt, garlic and water until really smooth.

Stir in cucumber and mint, adding a little extra water if necessary. Serve really cold, and, like the cheese above, this is also even better the next day!

by Debbie Took - www.rawforlife.co.uk

Little Guru Chocolate Cake

I have been dabbling in the kitchen with lots of 'uncooking' over the past few months, trying to perfect a cake that is chocolate and raw. I have scoured the internet for inspiration to gather some creative gems of wisdom on how to make a raw cake taste great when there are no sugar, eggs, milk etc present. And I think I may have cracked it!! So do you want to make it?

For Amazing Cake, you will need:

For the Crust

- 2 cups of brazils
- 2 cups pecans
- 3 tbs raw carob powder
- 1 cup cacao butter
- 1 tbs raw agave nectar

For the Filling

(To give the man a lot of credit, this part is based on a recipe I came across on www.rawchefblog.com - genius man!!)

- 2 avocados
- 1 & 1/2 cups cacao butter
- 2 cups raw cacao powder
- 1 vanilla pod
- 2 cups cherry soak water (see topping!)
- 1 jar cashew nut butter (250g)
- 1 jar almond nut butter (250g)

If you can stretch your budget to buying the nut butters raw that is great. I sometimes use the ones you can get in local health food stores that are not raw - but the cake will taste even more alive if they are!

For the Topping

- 1 cup dry cherries (I used morello - yum!) soaked overnight in three cups of water
- 1 cup fresh strawberries
- 3 tbs mesquite meal
- 3 tbs raw carob powder
- 1 cup cacao butter
- 1 tbs raw agave nectar

How to Make it!

You will need a nice big mixing bowl, a blender (I use a Blendtec which is a high speed one but a regular one should cut the mustard)

1. To make the crust, blend the brazils and pecans on the highest setting you have. On my blender I have a 'Grind' setting which transforms them into a powder. Alternatively, you could grind them down yourself by either beating them lovingly with a rolling pin or in a pestle and mortar!
2. Mix in the carob, agave and mesquite with the nuts. Melt the cacao butter (you don't want to cook it - I sometimes just quickly put mine over a low heat on the hob then stir it - it soon melts - or you could get a pan of hot water, put the cacao butter in a dish and it will melt quickly.)
3. Mix it all up with your hands or a spoon, press firmly into a cheese-cake tin (preferably one with a detachable bottom), working the mixture up the sides to about three centimetres.
4. Place this in the freezer whilst you then work on the filling!

Filling

1. Blend the avocados, 2 cups of cherry soak water, agave, cacao powder and vanilla until smooth and creamy.

2. Mix gently into the nut butters. Then stir in the cacao butter.

3. Take the crust out of the freezer and pour the mixture in. Taste it - and melt with joy and wonder! (and you won't be worrying about

food poisoning from raw egg as there isn't any! My toddler loves to help me lick the bowl at this stage and will open her mouth for small spoonfuls of the mixture).



4. Put the (now heavier) tin back into the freezer whilst you make the topping. The cacao butter basically will set this cake in no time and you should get a delicious cheese-cake/torte texture.

Topping

1. Blend the cherries and strawberries with the agave nectar and the melted cacao butter
2. Add to the mesquite and carob and stir.
3. Take the cake out of the freezer and check it is set

enough. Spread the topping over the top and sides as thickly as you wish - you can always save some for eating later!

4. Put in the freezer for about half an hour then transfer to a fridge,

Your Amazing Cake is now ready to serve and eat. It should last for a week or two in the fridge. You will also find you don't need a big slice - it is so rich!!

by Victoria - www.littleguru.co.uk

New Recipe Book: Raw Magic by Kate Magic Wood

This is a recipe book and a work of art! Full of amazing superfood recipes by Kate and beautiful photos taken by Shazzie. The book starts with an information section including detailed descriptions of each of the superfoods, and then on to the recipes in the following categories: dips and dressings, salads and savouries, crackers, breads and burgers, puddings & breakfasts, cakes & biscuits, sweets & spreads, chocolate and drinks.

Below is an extract from the start of the book and a couple of recipes.

There are some foods that have the power to change your life. There are certain foods that when you eat them, your body is in heaven, your cells start singing, your mind becomes ecstatic. "Yes," they cry in unison, "Yes, these are the foods that I have been waiting for. These are the foods that I have been craving, that my body has been missing my whole life." Sometimes, it is a particular nutrient you have been lacking. But more often with these foods it is their synergistic properties. They have a magical energy which comes not only from the nutritional combination they contain, but from the way they are grown, the lands they are from, their history. Many of them are sacred plants in their countries of origin.

There are many amazing foods I have omitted from this book, foods that are more commonly recognised as superfoods: vegetables like broccoli, kale and cucumbers, fruits like cranberries, blueberries and grapefruit, sprouts like lentils, sunflower or alfalfa. I was tempted to include avocados and olives, buckwheat and oats, all foods I eat on a daily basis. But these are foods that most of us are familiar with, and if you are not then there are plenty of books out there that do cover them. This book is about the new breed of superfoods which are unique to the West in the 21st century. Never before have we had access to such a wide variety of

plant foods. Some of them we are accustomed to in different forms, like cacao; others have been around for a few decades now, like Spirulina; some are widely known in their country of origin, but novel to the UK, like goji berries; and some others are utterly brand new to us, like purple corn.

When I was a child, avocados and kiwis were considered exotic, now they are standard fare in every shopping basket. I believe that such is the potency and vitality of the foods in this book that as people catch on to them, they are going to revolutionise the way we eat, shop and live.

These foods are transformative foods. By eating such high potency foods they change the very nature of our reality.

They affect our consciousness and raise our energetic level to a degree that has profound implications on all areas of our lives.

It is not possible to eat these foods on a daily basis and not feel altered. We live in a culture which is intrinsically false; fuelled on junk food, media lies, false gods and political whores, we have forgotten how to be our true selves. These foods help us realign, connect with who we really are, and tune into our higher selves.

It becomes increasingly harder not to live in our power when we eat this way, and this can be a hard adjustment to make in a world where the individual is fundamentally disempowered.

Revealing our inner core is usually painful, as we let the masks of self-deception slip away, we have to let

go of people and life situations which have been holding us back and preventing us being fully who we are. It is a scary thing to do, to step into our truth and reclaim our birthright when we have been taught our whole lives to avoid truth at all costs, to keep up the facades and not rock the boat. But the more of us who make these choices, the easier it becomes. And the more we attract into our



lives people who have made the same choices and appreciate us for who we honestly are.

Rocking the boat is what we are here to do! Isn't it exciting and exhilarating when you stand up for what you truly believe in? Our time has come, and the old ways are not working anymore. Paradigms are crumbling and new ones are rising in their place. As we understand eternal truths, we see the world for what it is, and understand how desperately things need to change.

We align with our higher purpose, the divine intelligence, and see what our life's path is. What mission have we been given? What is our role here at this time? It is to wake the world up, to guide humanity through the massive shifts and changes that are taking place. And of course, that starts with ourselves. We must awaken ourselves, and we must keep the balance between being fully awake i.e. masters of our own reality, knowing that we create everything with our own energy, taking full responsibility for our lives as a manifestation of our own inner state of being; and between being of service, helping to awaken the sleeping masses, and doing everything we can to help people through these times.

And you know what the best part is? It's fun. Believe it or not, the universe actually wants us to be happy, it doesn't want us to suffer. And the more we work with the universe, the happier we become, the less we suffer.

Supersexy Curry By Kate Magic Wood

Time needed: 15 mins

Equipment needed: Blender

Serves one

Charged with superfoods, this dinner is perfect for feeding to your very own god or goddess.

- ♦ 1 large avocado
- ♦ 3 small tomatoes
- ♦ 2 sticks celery
- ♦ ¼ red onion
- ♦ 1 lemon, juiced
- ♦ 2 tbsp hulled hemp seeds
- ♦ 2 tsp curry powder
- ♦ 1 tbsp maca powder
- ♦ ¼ tsp suma powder
- ♦ 100 g or 1 cup cauliflower
- ♦ ½ red pepper
- ♦ 50 g or 1 cup spinach
- ♦ 1 tbsp goji berries

Peel and pit the avocado, and put the flesh into the blender. Half the tomatoes, and chop the celery sticks into eighths, and put them in the blender too. Add the onion, lemon juice, hemp seeds and curry powder and blend to a thick puree. Add in the maca and suma and blend briefly. If you blend maca for too long it goes bitter. Remove the sauce from the blender and put in a bowl. Chop your cauliflower into small bite-sized pieces, and dice your pepper into pieces the same size. Stir the cauliflower, pepper, spinach and gojis into the sauce. Eat straightaway.

Hi-Cake by Kate Wood

Time needed: 30 mins, 3 hours setting time

Equipment needed: blender

Makes 8 large slices

By popular demand, here is a raw chocolate cake recipe for you, so you can see what all the fuss is about. These cakes are so nutrient-dense, one slice is a meal in itself, packed with vitamins, minerals, proteins and healthy fats. Easy to make, and even easier to eat! Remember the Hi-bar? The first raw chocolate bar to be sold in the UK (and beyond!), made with cacao nibs and brazil nuts, this is the Hi-bar in a Cake.

Cake:

- ♦ 250 g cacao nibs
- ♦ 250 g brazil nuts
- ♦ 250 g lucuma
- ♦ 6 tbsp agave nectar
- ♦ 150 ml water

Icing:

- ♦ 2 avocados
- ♦ 30 g raw chocolate powder
- ♦ 2 tbsp agave nectar
- ♦ 60 ml water

Decoration:

- ♦ 2 tbsp goji berries
- ♦ 2 tbsp dried cranberries

Grind up the nibs and nuts separately in a high power blender or coffee grinder. Transfer to a mixing bowl with the lucuma and agave. With your hands, mix the all the ingredients so you have an even powder. Add the water gradually, kneading the mixture into a ball with your hands. It should end up as a fairly thick dough-like consistency. Press into a springform cake tin, and leave in the fridge to set for a few hours.

To make the icing, put the avocado flesh in the blender along with the chocolate powder, agave and water. If you haven't got chocolate powder, you can substitute carob or mesquite. Blend until you have a thick cream. Once your cake is set, you can remove it from the cake tin, and spoon the icing evenly over the top and the sides. Decorate with dried goji berries and cranberries sprinkled over the top. Uneaten cake can be stored in an airtight container in the fridge for up to two weeks

Raw Magic is available from www.rawliving.eu, www.detoxyourworld.com and www.funkyraw.com

Hedge Garlic Pesto

by Rob

Hedge garlic is a wild green and there is lots of it about at the moment, see next page for more details and a photo.

- 45g pine nuts
- 15g garlic mustard leaves
- 1 tablespoon flax oil (or other oil of your choice)
- 2 sun dried tomatoes, soaked
- dash of lemon juice

First grind the pine nuts, then add the rest of the ingredients and blend. It does have a strong flavour, hope you like it!



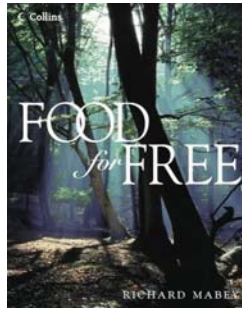
Wild Food: Books and Resources

I regularly get asked what books I would recommend about wild foods, so here are my thoughts.

by Rob

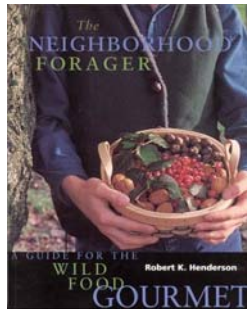
Lets start with the classic British wild food books are *Food For Free* and *Wild Food*.

Food for Free, by Richard Mabey, comes in several versions; one with colour photos, one with hand drawn illustrations and a pocket version (with less plants). I have the edition with colour photos, some of the photos are good, but many are not clear - if you already know the plant they help to jog your memory but are not for identification. This edition also devotes a lot of space to recipes (cooked, so not of much interest).



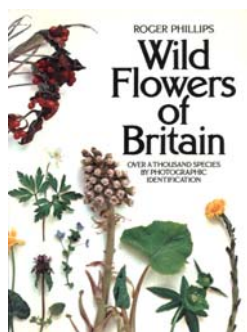
Wild Food by Roger Phillips covers sea food as well as plants and devotes even more space to cooked recipes so I've not purchased this book.

The Neighbourhood Forager by Robert K Henderson is an American book which has a lot of useful detail about a smaller number of wild foods but not great images for identification. Most of the information is also relevant for the UK.

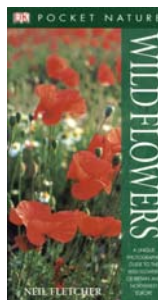


As the number of wild food books available is limited, I started looking at other books about wild plants. I found that the books below work well in conjunction with a specific wild food book, or the PFAF website (www.pfaf.org) where you can look up whether a particular plant is edible or not. It even gives an edibility rating - some plants are edible but are hard to digest or don't taste good so this gives a quick evaluation.

Wild Flowers of Britain by Roger Phillips is an excellent identification guide. Each plant is photographed on a plain background so you can see it clearly. This book is not specifically about edibles, although it does mention that some plants are edible.



Wild Flowers by Neil Fletcher is very good for identifying plants, each plant has a photo of the plant, a photo of the plant in it's habitat, a closeup of the leaves and a closeup of the flower plus text explaining identifying features.



Another quick tip to help with identification - if you go to www.images.google.com and enter the plant name you will get lots of photos (although this is not always accurate, always double check before eating anything!)

Spring Greens

After a very cold winter which meant hardly any wild greens, I'm really appreciating spring! The most abundant green right now is **Garlic Mustard** (*Alliaria petiolata*), so named as it has both garlic and mustard flavours. In small quantities the flavour is delicious. It is also know as hedge garlic or Jack by the hedge, and yes, it often grows under hedges! See previous page for a garlic mustard pesto recipe.



A little later in the year it has small white flowers which are also edible and delicious - the same garlic mustard flavour with a little sweetness.

There is also quite a bit of **Sheep's Sorrel** (*Rumex acetosella*) around at the moment. It's got a sharp lemony flavour which is great to add some flavour to a salad but not great in larger quantities. It is high in oxalic acid which is a good reason not to eat too much as too much can stop the uptake of other minerals.



The Art Of Raw - Volume 5

The Missing Link

In almost every vibrantly healthy person there will live approximately three pounds of happy friendly bacteria. These symbiotic internal-dwellers are, as I will explain in this article, the “missing link” in the chain of what standardly constitutes good dietary habits.

It is one of the fundamental missing links many chronic-sufferers will have been searching for. It is one of the key reasons as to why some people seem to be “incapable of thriving on the raw food diet”. It is the highly under-acknowledged domain that spells the difference between strong vigorous vitality and advanced decrepitude, between digestion and indigestion, between glowing cells and inflammation. Its disregard is known to cause IBS, poor immune function, psoriasis, allergies, asthma, chronic fatigue syndrome, candida, poor weight gain and mental confusion (to name just a few common ailments). It is “The Missing Link” because probiotic nutrition has largely not been given the important standing it demands in the human vitality movement.

Today people eat and eat! People like food! People say things like “You are what you eat”. This is misleading. The modern institution of nutrition is a hugely confusing body. It would have you believe all sorts of things. They would happily perpetuate the notion that if you want 100mgs of calcium then you should consume 85grams of kale. It is not as simple as that. Sure some hearty, healthy, individuals may get very close to the mark by digesting this amount of kale, but a large majority will assimilate less than half that amount of calcium. Put simply they do not have the required digestive force. The fact that a particular food has entered someone’s mouth is certainly not to say that all the required chemical and energetic constituents will be taken. Put another way, a starfruit could yield all the nutrition and life force in the galaxy, but unless my body is able to assimilate its energies, then it will not offer me any benefit. More specifically, this normally means that their biological terrain, their internal flora has been heavily compromised. They do not have the appropriate number and mix of probiotic strains in their digestive tracts. Friendly bacteria are like tiny metabolic dynamos that keep certain key digestive, assimilative and metabolic processes working smoothly. They are powerful units of digestive force, with thousands of different species adapt-



by Kyle Vialli

ed to man’s internal anatomy, each specialising in the break-down and synthesis of certain proteins, vitamins and minerals. This is true alchemical symbiosis. They keep us well-oiled and vital.

The healthy man or woman is less common than the socialising apparatus would have you believe. She is an equally exotic fixture at the Capital’s athletic track, as she is at the international human vitality symposium. (This said the situation is changing. Not only is the net health of humanity on the verge of rising, the influence of attuned trailblazers is picking up speed with a crescendo to match).

Nutritionally almost all of us have come from less than ideal beginnings. Let us compare these beginnings briefly with our ancestors.

As a society intrinsically bound to Earth, our ancestors ate wild food and drank from pristine, enlivened streams all their lives. Even when agricultural leanings changed the social milieu, men and women tended their crops in a way that did not significantly alter the probiotic species

that naturally thrived on the surface of their primary sustenance - fruits and leafy greens. Every mouthful of wild, unpolluted food they took would provide an abundance of the most appropriate probiotic species for the digestion of that particular food.

Clearly this does not compare with our own dietary habits.

Detergents, chemicals, soap, fast running water, hot water, industrial processing, blending and EMFs, are all detrimental to a fresh, daily supplementation of good bacterial species. And all this without mentioning the modern conditions that the majority of today’s farms and rural habitats are subject to. The chemical and electromagnetic minefield, in which most of us live, continues to maintain its insidious effects. Chemicals like chlorine and sodium fluoride,

plastic residues, aluminium runoff, pesticides, automobile pollutants, methane and prescription antibiotics, seriously harm the sensitive probiotic families, regardless of whether they reside in our livers, or the kohlrabi patch in our gardens.



Today a two-edged dilemma can be clearly expounded. Firstly we were not fed largely from wild, probiotic-dripping foods and streams. Secondly, because our parents were not either, we have inherited a certain degenerated heritage. As such, at the time of conception the breast milk we drank (if we were lucky enough), and our mother's birth canal were deficient in healthy bacterial strains like the bifidobacteria species. As a result, the much lower population of probiotic battalions encouraged a proportional increase in undesirable pathogenic organisms—clearly symptomatic of today's fungal and bacterial epidemics. Our intestinal flora was highly compromised from the word "Go".

Let us go back to see our ancestors again. Ah great this guys making kombucha tea...

All ancient cultures cherished their unique brand of probiotic-cultured food and drink. They knew both experientially and instinctively the power of the sacred probiotics. These wholefoods and beverages not only served as wonderful preservatives, (for example when cabbage was seasonal, sauerkraut could be enjoyed all year round); they also supported the body with a powerful enzymatic, metabiotic, and probiotic-rich cocktail. These cultured recipes also became such strong dietary mainstays because they increased the digestion and assimilation of hard-to-digest foods like meat and starchy vegetables by many times. Secondly, their strong antibiotic effect helped to dispel putrefactive bacteria from dietary (especially meat) and other environmental sources. Lastly, they ensured optimal levels of good bacteria, when environmental conditions were not so favourable for the beloved probiotics (e.g. too cold or too wet).

From here the upshot of my argument will be clear.

Do what your ancestors did! Sure, get out there in the jungle, your local field, national park, private garden, or favourite dandelion patch. And eat more wild food. Find the most pristine patch and tuck in. This will always be

Permaculture: Part 1

The Role of Permaculture in the Raw Life

So what is the potential role of permaculture in all this funky raw stuff? And what is permaculture anyway?

Permaculture is about designing and creating sustainable lifestyles, and the impacts of what food we eat are very important in determining how sustainable our lives are. Assuming one of your main reasons for eating more raw is a strong personal interest in health, then a key thing to understand is that health and sustainability are essentially the same – one is primarily applied to ourselves, or our internal systems, whilst the other is applied to the external systems, the environment, economy and our culture as a whole.

The most widely used definition of sustainability is that it's about 'meeting the needs of the present without reducing the ability of future generations to meet their needs' –

top advice. For far more potency though, your bid to revitalise the predominance of the friendly bacteria you harbour should come from daily/very regular consumption of probiotic foods and drinks. Raw milk kefir, lemonade kefir, grape kefir, green tea kombucha, coconut milk kefir, elderflower kombucha, macadamia nut cheese, probiotic pesto, sauerkraut, cultured cucumbers, sproutkraut, raw yoghurt, and beetroot kvass are just some of the tasty ancient/modern creations that you will get to delve into. (Check out issue 7 for my in depth article on raw dairy and kefir)

What about probiotic supplementation I hear you cry, does it work, is it good?

The quick answer is: depends on how much you want to spend! Hundreds of inferior probiotic brands litter the stores like confetti after the wedding. The alleged number of probiotic specimens and strains is pure nonsense in many cases. In others it is only correct at the time of manufacture, and the vitality and number of the bacteria begin to decline from day one. More expensive, normally refrigerated products can be very effective however, especially in certain chronic conditions. From a purely probiotic perspective, the very best probiotic supplements are comparable to a wide spectrum cultured wholefood or drink. Nonetheless, all fermented wholefoods also come replete with enzymes, essential acids, metabiotics, vitamins and other useful pre-digested and metabolised products of bacterial action. As such, the cultured whole food or drink should be the first choice for fast track health improvement. Join me next issue when we bring cultured foods and drinks to the forefront!

Kyle Vialli is a qualified nutritionist and spiritual lifestyle coach. He writes, speaks and demonstrates on a variety of topics in a bid to reveal reality. He is currently helping to unite the Indigo's. Find out more at www.galaxyofvitality.com, groups.myspace.com/indigoadultsuk, or contact him on 07772 640422 or kyle@galaxyofvitality.com. ❀

by Steve Charter

the 'Brundtland definition'. But in many ways an equally useful definition is:

An Alternative View of Sustainability ...

*This we know; the Earth does not belong to humanity;
People belong to the Earth, this we know.
All things are connected.*

*Whatever befalls the Earth, befalls the people of the Earth.
We do not weave the web of life, we are merely part of it.
Whatever we do to the web, we do to ourselves.*

The 'Chief Seattle Speech'¹

¹ Recently credited to Prof. Ted Perry, written for a radio play script, and based on a 'real' speech by Chief Seattle.



If you want to understand sustainability, permaculture and natural health, and how to create it or live it then read the quote above again and again, and others of a similar vein. They are very valuable for generating a deeper understanding of what sustainability means in practice.

One problem for those seeking to shift their lifestyle to a more wise and sustainable path is that the vast majority of people no longer know how to grow food – whether individually or as communities to serve local needs. So they have become trapped by their ignorance, and have to take what they are given by supermarkets and the global food giants, lacking information and skills, and therefore lacking quality and true choice, because they lack the choice to grow any of their own foods. Permaculture is directly and deliberately designed to help us break out of this trap, and to enable us to enjoy more choice, more freedom and more fulfillment in life, whilst also enabling us to live more responsibly ... because what we do to the Earth, we do to ourselves.

In theory permaculture is a system for designing sustainable lifestyles and sustainable living environments. In practice it is about seeing things differently, and about making changes in our lives and living environments that are positive, constructive and more sustainable. Its essence is to work with the patterns of nature and processes of life, health and sustainability rather than against them – *working with nature, rather than against nature* is a core principle of permaculture. And it is about designing and *making small changes in our lives which have big effects*, as a route to changing our world. So it's about taking responsibility for our lives. And that is the essence of sustainability. Eating more raw is about taking responsibility for our health, it's about working with nature in our diet, and it's about making changes which have big effects ... so you can see the parallels.

Permaculture is highly adaptable and is largely what you make it. And from the enthusiastic way in which many people have taken up its ideas, it's clear that permaculture is very useful and enjoyable too.

The Prime Directive of Permaculture, According to Bill Mollison:

The only ethical decision is to take responsibility for our own existence and that of our children. Make it now.²

Sustainable Living, Health and Permaculture

As stated already, health and sustainability are essentially

² Quoted right at the start of *Permaculture: A Designers' Manual* (Tagari Press), the 'Bible' of permaculture written by Bill Mollison.

the same processes, one within the person (or organism), the other within the environment (ecosystems).

Permaculture is an evolving set of ideas, practices and lifestyles that provides us with a practical set of tools to move towards sustainable living – those tools then can also be transferred across to a focus on health creation.

Permaculture is a movement concerned with the impacts of the ways we live, and its objective is to find practical ways of transforming our lifestyle impacts from being negative impacts to being positive impacts - environmentally, socially and economically. It has been described as 'applied common sense', and the most useful of 'green' ideas. It is solutions-oriented system of lifestyle and landscape design and a set of tools and techniques for creating sustainable lifestyles and sustainable human habitats.

The term 'permaculture' comes from combining the ideas of permanent agriculture (including horticulture and silviculture) and permanent culture.

"Permaculture is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter, and other material and non-material needs in a sustainable way..."

Bill Mollison, *Permaculture: A Designers' Manual*, Tagari Press, 1988.

My book *Eat More Raw* explains how permaculture thinking can be used to design and create naturally healthy lifestyles, which is an essential aspect of sustainability to me. Diet, food and nutrition is an important part of any culture and has to be a core concern for a sustainable culture – making our food systems sustainable should be a key concern for the raw food culture, much of which is still trapped in the self-obsessed "me, me, me" mindset. A truly sustainable culture must be a naturally healthy culture, so a raw food culture which is directly promoting and creating sustainability alongside natural health and nutrition is

much more powerful than one that is solely focused on personal diet and health.

Permaculture was designed to be beyond the ownership of any person by Bill Mollison, the initial creator of permaculture, with David Holmgren – this is one of its strengths. So its ethics and principles are applied by different people in different ways – for example, there are now many vegan permaculture systems, as well as permaculture systems applied to conventional farms and gardens. In Hawaii there are plans for a raw permaculture farm, and Cana Dulce in Spain is a fantastic example of a mainly raw permaculture project with a parallel focus on



Cana Dulce's eco-shower, made from recycled and reclaimed materials, with solar hot-water system.

whole health. So don't get stuck with the idea that permaculture is any one way of doing things – it can be an art or a science, a mental technology or a spiritually based philosophy. Fundamentally it is a way of thinking and living that is about 'designing sustainable lifestyles', and it has three core ethics:

- EARTH CARE
- PEOPLE CARE
- FAIR SHARE

These three ethics provide a good starting point for considering how to meet our needs in ways that naturally create sustainable health. After considering these core ethics in this article, in future articles we will look at six permaculture design principles, and how they are relevant to health, nutrition and diet, as well as a practical set of tools to apply permaculture in our own lives.

Earth Care: Ecological Sustainability

In most habitable climates nature will create a forest if it is left alone, and in Ecology this is called the 'climax ecosystem'. These are generally the most productive land-based ecosystems in terms of biodiversity (variety and quantity of species) and plant biomass. Woodlands and forests are very stable, and they create, maintain and protect soil fertility through a wide range of beneficial and productive relationships between trees and other plants, animals, insects, bacteria, fungi, worms, soil and so on. Similarly with health, if all the elements in the system are healthy and inter-acting properly with each other then we have complete system health.

For me, Earth Care means a general intention of care for all the Earth's living creatures because all creatures are part of the Earth's web of life. So for myself I prefer a vegetarian or vegan lifestyle, and food producing habitats that supply the needs of both humans and wildlife. Forest gardening and agro-forestry are core techniques in permaculture as they can maximise care for the earth and all its inhabitants - they create highly productive, diverse and stable forest and woodland ecosystems. They are ideal for a high percentage fruit or raw food diet, and for supplying many other needs such as timber and fibres.

Meanwhile, growing huge quantities of wheat has serious implications for Earth Care. Growing wheat invariably means mono-cultural arable deserts, involving massive energy and agro-chemical use. The Romans massively extended the Sahara in north Africa because it was their wheat growing belt (even without using agrochemicals and heavy agricultural machinery). And now to grow wheat 'successfully' we still mimic its natural environment (i.e. semi-desert) and create, maintain and expand man-made deserts all around the world (e.g. even for organic wholemeal bread or pasta) – and to me this is not an ideal strategy for Earth Care or sustainability!

In contrast, fruit grows on trees and salads can be grown as part of a forest garden or localised market gardening, small farm and agroforestry systems, with less energy inputs and creating a diverse and stable habitat. That's what I call Earth Care!

People Care: Meeting Human Needs

People Care is about meeting our own many and diverse needs – as individuals and groups – because if we are to care for the Earth we need to care for ourselves, as part of the Earth, rather than waging war against the Earth and nature to meet our needs (which is what, in effect, conventional agriculture does). Ecological thinking and sustainable living can be used to meet our physical needs, security needs, love, affection and belongingness needs, esteem needs and our needs for deeper fulfilment in life – the healthy needs of an individual identified by psychologist Abraham Maslow (known as Maslow's Hierarchy of Needs).

So to me it seems that if we want to maximise People Care, we want to create and maximise vibrant health in people – physical, mental, emotional and spiritual.

Physiologically a well balanced health creating diet is an alkaline diet. In contrast, a more common but less natural high protein, high fat and artificial sugar diet creates an acid body, which increases physical stress and emotional tension – stresses and worries eat away at you. So if you look around, you'll see that an acid body often creates an acid personality. Many of our society's major illnesses are strongly linked to an acidifying diet. Our ability to fight illness and disease (our immune response) is directly linked to acid-alkaline balance, and our health is a key factor that affects people's quality of life because they give people more confidence about their health, with increased vitality and mental clarity. The forms of agriculture required to produce the core foods of this acidifying diet are also more destructive for the world's ecosystems.

Meanwhile raw foods cleanse the body's systems, increase alkalinity, boost the immune system and thereby support health and healing. A healthier lifestyle and diet also reduces the chance of friends and family suffering as a result of a loved-one's illness. So acting to reduce the 'web of suffering' by living a health creating lifestyle is something I see as excellent People Care. Even if I alone take responsibility for my own health, that helps avoid the worry and emotional pain others might experience if I did become ill – which is caring for those that care for me. So in many, many ways an 'eat more raw' lifestyle is a very powerful form of People Care.

Fair Share: Equity in Choice and Consumption, and Sharing of Surplus – sometimes termed 'Resources for Need, not Greed'.

This is about fairness in resource consumption; it also means sharing surpluses. For me, Fair Share means aiming for everyone and everything having its basic needs met. Fair Share is also about:

- Aiming to make sure that our lifestyle only uses our fair share of planetary resources – which means much less resources than a typical western diet and lifestyle require.
- Not playing a part in the exploitation of others – human or animal, plants, soils, landscape and habitats as a whole.
- Sharing our surpluses.



US raw food advocate David Wolfe points out, raw plant foods are by far the most naturally abundant foods on the planet, and that nature clearly likes to provide foods as raw plant foods, because so much life depends and thrives on them. And abundance means more chance of fair shares for all – whilst animal farming and farming to feed those animals tends to create greater scarcity because it is so resource hungry.

All life should have its fair share of resources, so an eat more raw lifestyle, catered for by forest gardening, agro-forestry organic horticulture and permaculture can meet all my physical needs. For me this is a great vision for a fair and equitable way of meeting human needs through ecologically positive and sustainable locally and regionally based food growing systems, which leaves more land for nature, using ecologically and energy efficient, healthy and accessible ways to feed ourselves, whilst also catering for the needs of so many other living things.

There's two particular points about the role of permaculture in raw food lifestyles – one coming from the theory side, and the other from the practical side. Firstly, in many ways I've come to realize that I've got a hidden hypothesis in my book *Eat More Raw* – which is as follows:

My hypothesis, proposal and strong belief is that if anyone truly applies the ethics and principles of permaculture (or of natural ecological thinking) to health, diet, natural nutrition and lifestyle then the most logical conclusion is the 'eat more raw' lifestyle.

Secondly, on the practical side, growing and eating your own fresh food really does make a great deal of difference to an 'eat more raw' lifestyle – even if it's just a little, but more so if it's quite a lot. So if you're looking to change and improve your diet and you're not already growing some of your own food then I encourage you to start growing some *at the same time* as changing your diet; to directly connect eating more vibrantly fresh raw with eating more home grown and wild foods.

In essence permaculture is simply a way of embodying the principles and practices of nature – or the laws of nature - into a form of thinking and a practical system that we humans can apply to our lifestyles, the way we grow food, what we eat, and how we live. For example, drawing on the observation that *there is no such thing as waste in nature*. Recognizing this as a law of nature, permaculture aims to make sure that each part of a system (e.g. a person or plant) has its needs met from another element in the system, and from a number of sources of supply. It also aims to make sure each element provides several uses, outputs or benefits to other elements in the system. These two principles are called *multi-function* and *multi-supply*.

A practical example of this thinking is a 'fedge' - or 'food producing hedge' (i.e. fruits plus hedge-row salad plants such as hedge garlic). A fedge is also a boundary, a sun-trap/wind break and a wildlife habitat, as well as a teacher and a thing of beauty. A forest garden is also a wonderful example of permaculture thinking and practice, including both multi-function and multi-supply,

which is of direct relevance to an 'eat more raw' lifestyle. So, for example, through careful design of a forest garden you can:

- protect and improve the soil and water resources;
- create a diverse supply of foods, timber and other outputs;
- create an excellent habitat for wildlife;
- create a partially self-managing ecosystem - with plants, insects and other wildlife all working together to meet each others needs.

For example, falling leaves and dead annual plants create a good mulch layer which becomes humus, which enriches the soil and then feeds the plants again, which then drop their leaves... so a natural cycle that builds fertility is established and maintained. And this forest garden thinking, which is about producing sustainable multi-layered food producing systems, can be and has been applied on any scale, from a small backyard to a suburban garden, and from small-holding to farm scale. And if you want to know more about forest gardening, and other simple examples of permaculture thinking and practice, they are explained in more detail in the coming series of articles in the next 3 editions of *Funky Raw*.

So to summarise, in practice, permaculture is about:

- Solutions that *combine* Earth Care, People Care and Fair Shares;
- Being observant, to see, feel and experience the nature of nature, and to understand our web of effects in the world;
- Taking action to make our web of effects as positive as possible, for ourselves and the outer world.
- Developing positive, healthy and beneficial relationships between parts of our life, actions in our life and our living environment, including our inter-related mind-body-spirit system.

The key point to get across is that whilst permaculture thinking is most easily learnt by applying its thinking and techniques to our gardens, food growing systems and our homes, its principles and thinking *are equally relevant and powerful if applied to our health as a whole, including our diet and general lifestyle*. So the series of articles that follow in the coming editions of *Funky Raw* are intended to give you a feel for permaculture thinking, but are not intended to limit the way you apply it in practice in your life. The hope is that you'll learnt it and use it anywhere and everywhere in your life, and have a lot of fun doing it ...

Steve Charter took around 100 students through unique 2 week permaculture courses at Ecoforest and Cana Dulce in Spain – the Ecoforest courses were raw food permaculture courses, whilst the Cana Dulce courses included regular yoga alongside natural hygiene based catering, including all-raw catering as an option. Steve is currently working on the second edition of his book Eat More Raw with Permanent Publications, publishers of the excellent Permaculture Magazine and producers of the Earth Repair Catalogue, an excellent resource for obtaining books and other resources to aid the path towards more sustainable living. ☘

Serious About Play: Training Tips from a Raw Professional Dancer

by Tonya Kay

I have been known to outlive the big boys at the gym, lost in an iPod and meticulous technique. Three hours at the dance studio flies by without note, leaping landing sweating stretching, pausing only to refill water. I've had my splits since I was seven, danced professionally since fifteen - mom swears I was doing situps in the womb. It's been an athletic life - I have known nothing different, and like you, my body is my obsession; my passion.

Giving 110% physically, lungs ripping open, muscles aflame, is the basis of our claim to the title athlete. But when we give 110% emotionally, going deeper, exposing more, it is then that we realise the true exertion of self-expression and no matter what the sport, can claim the title artist as well.

Emotional exertion ups the anti of any physical activity: 15 minutes on stage equals an hour on the Elliptical. If you want to get more from your training I tell you: try screaming at the top of your lungs for a mile. Try sobbing while swimming your laps. Try cracking up the other players on the court for two minutes. Your conditioning will improve, your stress level will plummet, and you'll be a more honest human being simply by exercising your emotions.

To performing artists it is obvious, this influential factor in training. There is even a backstage term for it's lack: we call it "phoning in" when a cast mate can't get it up, like making a long distance collect call from stage to audience. And it baffles me why athletes of the "non-artist" variety, look so concerned, perhaps almost panicked when their tried and true methods one day give way. They set the same alarm, blend the same shake, tie the same sneakers, scale the same weight, but max out three reps early and log ten seconds slow.

If you find yourself bored or ineffective in your training when just last week you were flying high, I can almost guarantee you have neglected a major muscle group; the emotions, those elusive butterflies. If you would like to shape up the way you feel and perform at your peek, then take it from an artist and try this simple exercise.

Simply continue doing everything according your routine, but resolve to do it entirely differently than the day before. This may seem like a fated contradiction, but it is not. If you always brush your teeth, try standing on one foot while you polish the pearls. If you must go to the office, take a new route - the one you made up just now. Answer the cell phone in a strange voice, do a spin every door you walk through, find a tiny little bottle of bubbles and blow them away while you hike. While the body responds amazingly well to consistency, emotions prefer adventure and play. By doing the above exercise, the consistency of your training is not sacrificed in the least, yet emotions become stimulated and surprised. Of course, the further you take this, the larger the return - making people stare is great, getting them to shake their heads is better, but if you can make them actually laugh when they see you coming, you will never be stuck again. Of course, some of the shier athletes can stick to drinking tea instead of their usual H2O - just so long as that is not what they did the day before.

You may feel silly doing these things at first, but that is exactly how you know you are successful. Silly is not bored and silly is definitely not depressed, so keep it up and as soon as your physical training regime starts feeling mundane, goof off more - the emotions love to play. Whether artist or athlete, artistic athlete, athletic artist, we are all striving to perform like the stars. It is time to stop "phoning in" on life.

TONYA KAY is a film actress, television personality and professional dancer. She has released a workout dvd geared towards helping the student forget they are exercising called *How To Spin Poi*, which teaches the exotic art of fire spinning. To learn more about Tonya Kay's projects and career, visit www.tonyakay.com and www.kayosmarket.com. ❀

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Raw resource guide to London

by Rob

Availability of raw food in London is increasing at a pace. Raw cafés and restaurants are springing up and raw chocolate bars are appearing on the shelves of wholefood shops across the capital. If you live in London or are just visiting, this guide will help you find the best places to eat and shop. All the restaurants/cafés also serve cooked vegan food so you can go with friends who don't want to be limited to raw!

Dragonfly Wholefoods Tube Highgate
Wholefoods shop with raw cafe. All food is organic. Salads, pizza, soups, cakes, chocolate and more. Delicious food, something for everyone with both indoor and outdoor seating.
24 Highgate High Street, Highgate, N6 5JG
020 8347 6087 www.villagewholefoods.co.uk

 Restaurant / Café / Takeaway

 Shop

 Market

inSpiral Lounge Tube Camden Town
Café/bar with a good organic raw selection - salads, smoothies, chocolate and cakes and good music. Raw talk by Kate Wood first Monday of the month.
250 Camden High Street, Camden, NW1 8QS
020 7428 5875 www.inspiralled.net

Earth Natural Foods Tube Kentish Town
Large selection of organic fruit and veg, plus unpasteurized cheese, nuts, seeds, dried fruit, herbs and raw chocolate.
200 Kentish Town Road, NW5 2AE
020 7482 2211 www.earthnaturalfoods.co.uk

Marylebone Farmers Market Tube Baker Street or Bond Street Sundays 10 am - 2pm.
This is the largest farmers market with a good selection of produce.
Cramer Street Car park, Just off Marylebone High Street, W1

VitaOrganic Tube Leicester Square
A vegan restaurant with a raw menu with some gourmet raw dishes, juices and smoothies and raw cakes.
74 Wardour Street, Soho, W1F 0TE
020 7734 8986 www.vitaorganic.co.uk

Rainforest Creations Tube Hammersmith
Thursdays 9am to 3pm,
Hammersmith Lyric Square, King Street, W6

Notting Hill Farmers Market Tube Notting Hill Gate
Saturdays 9 am - 1 pm in the car park behind Waterstones.

Whole Foods Market Tube High St Kensington
This is a wholefoods supermarket, on three floors, but is much more expensive than the independent stores and much of the fresh produce is not even organic. There is a small section of shelf dedicated to raw foods, with things like cacao butter, mesquite, lucuma, raw chocolate bars and Larabars.
The Barkers Building, 63-97 Kensington High Street, W8 5SE, 020 7368 4500 www.wholefoodsmarket.com

Luscious Organic Tube High St Kensington
Wholefoods shop with organic fruit and veg.
240 Kensington High St, W8 6NE
020 7371 6987 www.lusciousorganic.co.uk

Bonningtons Tube Vauxhall
Most of the time this is a vegetarian cafe, but on the second, fourth and fifth Sunday of each month, it becomes a raw cafe. The food is delicious, gourmet raw food, with wonderful cakes and deserts.
11 Vauxhall Grove, Vauxhall, SW8 1TD
www.bonningtoncafe.co.uk

Rainforest Creations Tube Sloane Square
Saturdays 9am to 3pm - Chelsea Market,
Duke of York Square, Kings Road, SW3

Alexandra Palace Farmers Market
 Rail **Alexandra Palace** or Tube **Wood Green**
 Sundays 9am to 3pm Both **Rainforest Creations** and **Dragonfly** have takeaway food stalls at this market. Wood Green, N22

Second Nature Rail Wood Street
 Good selection of organic produce.
 78 Wood Street, Walthamstow, E17 3HX
 020 8520 7995

Hornbeam Market Stall Tube Walthamstow Central
 Saturdays 10am to 3pm with organic produce from East Anglia plus some produce grown on local allotments.
 458 Hoe Street, Walthamstow, E17 9AH
 www.hornbeam.org.uk

Bumblebee Tube: Kentish Town
 Great selection of organic fruit and veg, nuts, seeds, herbs and spices, etc
 30, 32 & 33 Brecknock Road, N7 0DD
 020 7607 1936

Farmers Markets
 London has a good range of farmers markets where you can get local produce, much of it organic and many also have unpasturized dairy. There is not room to show them all on the map but there are currently markets in Acton, Blackheath, Clapham, Ealing, Islington, Marylebone, Notting Hill, Peckham, Pimlico Road, Queens Park, South Kensington, Swiss Cottage, Twickenham, Walthamstow and Wimbledon Park - for more information see www.lfm.org.uk or call 020 7833 0338. There are also other markets which are not connected with the official London Farmers Markets, including one which rotates around several locations in Lewisham on Saturdays, and one in Dulwich on the last Sunday of the month.

SAF Tube Old Street
 High class restaurant, see page 9 for review.
 152-154 Curtain Road, Shoreditch, EC2A 3AT
 020 7613 0007 www.safrestaurant.co.uk

Friends Organic Tube Bethnal Green
 Wholefoods shop with organic fruit and veg.
 83 Roman Road, E2 0GQ
 020 8980 1843

China Town Tube Leicester Square
 A few shops selling durian, young coconuts, mangosteen and other tropical and exotic fruits.
See Woo: 18-20 Lisle Street
New Loon Moon: 9 Gerard Street
Loon Fung: 42-44 Gerrard Street
Golden Gate: 100 Shaftesbury Ave

Rainforest Creations Tube Liverpool Street
 Old Spitalfields Market, Brushfield Street, E1

Rainforest Creations - Stalls in several markets serving up Caribbean style salads and delicious raw cakes. See www.rainforestcreations.co.uk for more details.

Fareshares Food Co-op Tube Elephant & Castle
 A non-profit-making voluntary project stocking some organic fruit and veg plus dried wholefoods.
 Open Thursday 2-8pm; Friday 3-7pm; Saturday 3-5pm
 56 Crampton Street, Walworth, SE17 3AE
 www.fareshares.org.uk

Raw Food Delivery Services

Raw Fairies offer daily deliveries of freshly prepared raw food. The menu changes daily and includes a smoothie, salads, pizza, quiche, burgers, deserts and more.
www.rawfairies.com 07879 246 501

Dragonfly Wholefoods also offer a raw food delivery service.
www.villagewholefoods.co.uk 020 8347 6087

Brixton Whole Foods Tube Brixton
 A good selection of organic produce.
 59 Atlantic Road, Brixton, SW9 8PU.
 020 77372210

Blackheath Farmers Market Rail Blackheath
 Well placed for a visit to Greenwich park afterwards.
 Sundays 10 am - 2 pm, Blackheath Rail Station Car Park

Raw Teens: Dealing with your parents

by Aj

I went raw when I was 14. My parents were already freaking out about me turning vegan, just a matter of months (or even weeks) before.

I've got an 'all-or-nothing' attitude. When I (re)found out about vegetarianism – I went veggie; my family had been vegetarian for 7 years, so thankfully, they were fine about that. When I found out about veganism – I went vegan – but that they did not know about, so I decided to arm myself with information... which led me to find out about raw veganism. So then, finally, I arrived at my current destination - raw foodism. A revolution happened, and I went raw. No pondering – it just made sense. But, of course, it wasn't so obvious to my parents that this lifestyle was ideal. Each stage was an adventure for me, diving deeper and deeper, eager to find the source and purest lifestyle.

Looking back, I don't think my mum and dad were stupid because they worried about me – even if, to me, like going vegan, raw was just plain logical. Like I said, I found out about veganism and such. It seems to me that people have been programmed to believe that they need certain foods, and to want certain foods – and alternative lifestyles and diet weren't a visible option for my parents, and they still aren't for most of the people inhabiting this world.

Over time, I've picked up a few helpful tips and tricks about how to deal with parents and family:

① Confidence – One that has always been challenging for me, even now I can sometimes tend to shy away. But I've realised that when I really gave it my all, and didn't act embarrassed about my lifestyle choice, people notice. They become interested, instead of put-off. I've discovered that the longer I am raw, the less awkward it is for me to just *be me*. When I first started raw, I would be too shy to even tell anyone that I was eating a different way; if we went out to dinner, I would just say I wasn't hungry, or had eaten early. Now, I get excited about telling people... Not over the top excited, but enough that they want to learn more! Lots of my mum's friends are now very interested in raw food because I dared to mention it. It also serves me a purpose, because it is ever so liberating to talk about and share the subject of raw food – something that I feel so passionate about.

① Persistence. Keep at it! Don't give up or let go of an idea just because some other people shun it. I've had plenty of people warn me off my vegan ways, saying I'm too young to get all the nutrients my body needs from just plants. I never let the comments interfere with my choices, but what it did make me do was learn more – I started researching massive amounts of information on health, veganism and such, so that when people asked me where I got ____ (insert nutrient), I could reply with the response that would hopefully satisfy their curiosity and worry.

① Humour! Smiling is contagious, and so it can make the raw diet contagious too! When I smile while talking to interested people and my parents about raw food, instead of being shy and feeling awkward, they relate that happiness with the raw food diet/lifestyle.

① I have found that a vital aspect is to respect people's ideas (or at least pretend too!). When I first went raw, I held very strongly to my beliefs, almost religiously, and thought that anyone else's opinion was wrong! I soon came to realise that my parents would listen to me much more when I wasn't so 'pushy' or righteous!

① Be honest and direct. Try not to beat around the bush. Even my parents have said that they rather that I just go straight out and tell them I don't eat a certain food they're not sure about, rather than having to deal with the hassle it creates later.

① Learn from mistakes. There's always a positive side in the end; even in a situation that feels like the most negative experience at the time. And, as long as you survive it, you'll learn from it. I love this quote: "All things lead to my success".

① Treat your parents how you want to be treated – even if they *do* eat cooked food! In fact, this should apply to anyone. Be nice! When I first started on my path of veganism and raw foodism, I would get mad at people who didn't just switch when I told them about it... I thought it would be automatic if I told them about the environmental, health, and other benefits then they would immediately switch. But it just doesn't work like that for most people. They need *time* and a good, shining example to follow – so be that inspiration!

① Laugh *with* them. The other day, while my mum and I were out shopping, my mum suddenly seriously says to me, "Aj, I haven't seen you eat anything purple this week. You need to eat something purple tomorrow, like this (purple) cabbage." I had to laugh. But instead of laughing at her remark, I laughed with her, making the situation much lighter. This way, neither of us got annoyed or offended.

① Accept that there will be difficult times but that there will be less and less the more you embrace them and learn from them. Sometimes, I thought I would never be free from the hassle my new diet and lifestyle 'created', but I now see that it all gave me a valuable lesson, and after all... How can you know what Heaven feels like, when you haven't experienced hell! ;) Besides, sometimes the hard path leads to the best place...

① Time! With time, anything and everything will heal. It took my parents time to come around and accept the fact



that this was my lifestyle now, and not just some random fad. They will come around to the idea in their *own* time.

When I started the raw food 'diet', I didn't directly tell my parents, as I knew they would freak out. I just stated that I wanted to get healthier and start eating more fruit and veg. I was already consuming mostly organic foods when vegan, and so, it wasn't a big deal for me to convince my parents to buy me only organic.

However, after a while, and when I felt I had built up enough information to arm myself, I started to inform them of the raw diet. Not so much that they thought I was completely raw yet (or mad!), but enough that so it would seep into the back of their consciousness and they could have time to get used to the idea and the concept.

However, after a while, I think they may have noticed, especially from the astounding large amounts of produce that would get gobbled up by me! Although some emotions and worries came to the surface, I stayed by my beliefs and led by example.

It might feel like they're not accepting now, but if you really stick to your guns – show them this is really how you want to live – then they will have to, sometime or another.

Result: A year later, my parents are now endorsing and embracing the raw lifestyle, and are including more and more of the concept in their own lives, learning new things everyday! They have even opted for a vegetarian/mostly vegan way of life again, and eat a large percentage of their diet raw! I also am still learning, and my 'diet' has changed a lot over the course of the year; I now follow a simple raw diet with an important emphasis on greens. It is now my parents that beg me to make them their green smoothie every morning! Sure, they still sometimes fret over me, but – well, *I'd* be worried if they didn't!

Aj has a blog at www.chooserawnotwar.blogspot.com ❁

Why Drink Raw Milk from Pasture Fed Animals?

It's Raw!

It's becoming increasingly understood how eating raw foods can benefit us - increased energy, better overall health, clearer eyes, skin and thinking and much more. The benefits of eating raw apply to dairy products as well as plant foods. When food is undamaged by heat the nutrients are in a form that the body can recognise and use effectively. Undamaged amino acids (protein) and fatty acids (fats) in raw food are particularly important for brain function.

Until the 1950's, raw, unpasteurised milk was the norm in Britain. Often people who are allergic to pasteurised dairy products do well with unpasteurised. Heat treatment changes milk's composition making it more difficult to digest. Raw milk has its lactose-digesting Lactobacilli bacteria intact. This may allow people who have avoided milk to drink raw milk without mucus or other reactions. Many 'colds' are really the body clearing out pasteurised milk residues which is one reason dairy products have acquired a bad press over the last few decades.

In fact pasteurisation cannot be guaranteed to remove harmful organisms. A more effective strategy is to maintain excellent standards of hygiene and care of animals, which is easier on small farms.

Raw cow's milk has all 20 of the standard amino acids, which saves our bodies the work of having to convert any into usable form. The immunoglobulins are an extremely complex class of milk proteins also known as antibodies. These provide resistance to many viruses, bacteria and bacterial toxins and may also help reduce the severity of asthma symptoms. Research has shown a significant loss of these important disease fighters when milk is pasteurised.

by Holly

Raw milk contains a broad selection of minerals ranging from calcium and phosphorus to trace elements.

Calcium is abundant in raw milk. Its benefits include a reduction of some cancers, particularly colon; higher bone density in people of all ages; lower risk of osteoporosis in older adults; lowered risk of kidney stones; the formation of strong teeth; as well as a reduction of dental cavities.

An interesting fact about minerals as nutrients is the special balance they require with other minerals to function properly. For example, calcium needs a proper ratio of phosphorus and magnesium to be properly utilised by our bodies. Raw milk is in perfect balance.

Whole raw milk has both water and fat soluble vitamins. No enriching is necessary. It's a complete food. pasteurised milk must have the destroyed components added back in, especially the fat soluble vitamins A and D. Fat soluble vitamins such as A and D seem to be assimilated in a different way from animal sources than plant sources. Raw milk is a safe way of getting these nutrients undamaged from an animal source.

In their raw form saturated fats are actually very beneficial. Saturated fats play a number of important roles in our bodies. They construct cell membranes and key hormones, they provide energy storage and padding for delicate organs, and they serve as a vehicle for important fat-soluble vitamins.

Raw milk is a living food with amazing self-protective properties. It contains beneficial organisms which prevent bad bacteria multiplying and so keep it fresh longer than pasteurised milk.



Pasture Fed makes a Difference

The fat in the milk of pasture fed animals feeding on fast growing grasses and other green plants in the spring, summer and autumn months, is high in a very important vitamin called K2. Vitamin K2 works with the other fat soluble vitamins A and D, also found in abundance in milk, and is used by the body to place calcium where it belongs, in the bones and teeth, and not in places in the body where it can be a problem, such as the arteries. It plays a crucial role in the development of facial bones. Traditional peoples who used unpasteurised dairy products had broad and attractive well formed jaws, with plenty of room for all their teeth, without crowding. K2 is important in the prevention of tooth decay.

Conjugated Linoleic Acid (CLA) is abundant in milk from pastured cows. This is a heavily studied, polyunsaturated Omega-6 fatty acid that has promising health benefits. Some of CLA's many possible benefits are (1) it raises metabolic rates; (2) it helps remove abdominal fat; (3) it boosts muscle growth; (4) it reduces resistance to insulin; and (5) it strengthens the immune system and lowers food allergy reactions. Grass-fed raw milk has 3-5 times more CLAs than the milk from feed-lot cows.

Particular benefits of milk from Jersey & Guernsey Cows

Protein is made up of various amino acids. The beta casein protein in milk comes in two forms, A1 and A2, which differ by one amino acid. Some people who seem to be allergic to dairy produce can tolerate A2 milk but not A1. A2 has been scientifically identified as containing the original form of beta casein produced by cows thousands of years ago. Modern dairy cows that have the highest frequency of the A2 gene are the Guernsey and the Jersey.

Milk from Jersey and Guernsey cows has a higher than average fat content. Fats have unfairly acquired a bad reputation because of the problems caused by the highly processed and heated oils and fats that have become part of the modern diet. In fact heart disease actually increased this century with the replacement of butter by margarine.

Dutch researcher Wulzen found that the fats in milk it protect against calcification of the joints—degenerative arthritis—as well as hardening of the arteries, cataracts and calcification of the pineal gland. This vital substance is destroyed during pasteurisation. Calves fed pasteurised milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butterfat is added to the diet.

You can make your own raw yoghurt and cheese

With helpful bacterial fermentation, the digestibility of the vitamins and minerals increases.

You can make your own raw yoghurt by heating a pint of raw milk gently in a saucepan to body temperature (test with a finger) then stirring in a couple of dessert spoon-fuls live yoghurt. Pour into a warm vacuum flask and leave overnight. Delicious warm from the flask in the

morning. Raw yoghurt cannot be legally sold.

You can make a simple cottage cheese as follows:

Warm a pint of raw milk in a saucepan at low heat, taking care not to heat above body temperature, then add a little mesophilic starter and leave for an hour. Then rewarm it and added 20 drops of vegetarian rennet. It sets in approximately an hour. Strain the whey off, tipping it into a muslin cloth over a bowl. We like it with some ground sea salt or Himalayan salt and ground black pepper. You could also add other ingredients such as chives, sun-dried tomatoes, and different herbs.

You can buy cheese starter and rennet by mail order from Moorlands Cheesemakers who are based in Somerset, UK. Ring 01749 850 108 or go on-line at www.cheesemaking.co.uk Cheese starter is very inexpensive and goes a long way.

Kefir is a kind of super nutritious yoghurt and is very easy to make too. You just put the kefir culture into milk for a day in a glass jar. You can obtain kefir culture and full instructions from www.oceanwavevibrations.com

Obtaining raw dairy products

Raw goats milk: Bevital Biodynamic goats milk sent out frozen by mail order:

www.bevital.co.uk/acatalog/Milk_Substitutes.html

Naturemade mail order nationwide. Go to www.nature-made.co.uk and click on buy now to find the organic unpasteurised goats milk. It is sent out frozen.

Raw Goats' Cheese: 2lb truckles of Allerdale available mail order from Thornby Moor Dairy, Crofton Hall, Thursby, Carlisle, CA5 6QB, Cumbria, 01697 345555

Raw Cows' Milk: Sharpham Barton, biodynamic farm near Totnes, Devon supplies untreated (raw) milk - you can collect it at the farm or in Totnes because laws prohibit raw cows milk being sold in a shop any more. Tel no 01803 732502.

Raw Cows' cheese: Llanboidy - email sue@llanboidy-cheese.co.uk. Visit the website at www.llanboidy-cheese.co.uk.

Raw milk, cheese and butter: red23

www.red23.co.uk/Raw-Unpasteurised-Dairy_c_60.html

Other Raw Dairy Producers listed at

www.seedsofhealth.co.uk/resources/dairy/index.shtml

In the US:

Go to www.rawmilk.org and click on links, then www.realmilk.com then 'where'

More information about the benefits of raw milk:

www.westonaprice.org

www.naturalnews.com

www.rawcuisine.co.uk

Holly and her family have been drinking local raw milk since 1999. ❀

Poetry

The Land, The Soil, This Sacred Toil by Jodie Pitt

When it all collapses
What will be left but the land
The soil, the sacred toil
And from this soil we will relearn
What was once forgot
And when they come
I will be waiting
To show them how it is done
The Land, The Soil, This Sacred Toil

the life of mr grape by Susan Laing

Oh what it must be to be mr grape!
he doesn't have to be like a banana
or do an asana
he doesn't have to be so a peeling
he can be a ex seeding ly
grape in purple or green
and just to be seen
in his true colours
one wonders
if he would prefer to be a mango
who can tango
or an intoxicating delicious apple
who is the biz in being able to dazzle
due his crispy tangy taste
those taste buds don't want to waste
he s just happy being mr grape
and being able to keep you awake
with vit C, E n' beta -carotene
not forgetting OPC
oligomeric proanthocyanidins!



Euphoria by Suki Mitchell

Sweet life spilt into my space
Where all atoms and illuminations danced like fairies as I think they do.
I could hear a soul hum somewhere to a five string song
The light lulled the corners of squares
And the eyes of a loss no longer stared.
The red bill turned pig pink
And it was fine for my feet to stink.
The day could've fallen by my side
I would've helped it up and kissed it better.
The night nearly gave up so I could see tomorrow
But it tucked me up in bed instead
So I could fly in my high head.
I even thought my voice sounded good when I wanted to sing
For high or low
There was a sweet sound surrounding the whole thing.

Steeped In The Heavens by Kyle Vialli

I am languished in gold,
Steeped beneath the standing.
The day cannot stir me,
The hour will not dissolve me,
That Immortal Hand has placed me,
At once amorphous and fixated.

Hovering between this and that world,
Enchanted by sublime epiphany,
I am trailing subtly sweet revelation,
I am forever enabled at the vanguard of existence.
So full of flavour,
So at one with power,
I illuminate you, you illuminate me.

Dear Divinity,
I taste your nectar now,
I succumb to your light and clarity.
I claim once more your softness and serenity.
Languished in gold,
I am steeped and now standing.

Sweet fruits of nature by Susan Laing

Sweet fruits of nature
And so pure
Are all around us
Without any fuss
You can feel
The peel
The flesh
and see how fresh
you are after getting to the heart
that reach parts
that have never been
reached or even seen
by your naked eye
this is no lie
just give it a try
it'll just make you sigh
with wonder



Raw In Scotland

My partner and I have been raw for 7 years now and live on the West Coast of Scotland. Sharing the raw journey with all its rites of passage through detox, rejuvenation and now, the refinement process, has been an amazing adventure and still continues to be so.

In the beginning, we followed a natural hygiene approach to the diet and quickly found out that it didn't work in our cool, damp climate. We had to adapt and learn how to create a way of eating that was balancing for our individual body types and environment.

Neither of us follows a similar raw food diet. Whilst Robert, a keen bodybuilder, takes superfood smoothies and higher fat and protein content, I tend to follow a high carbohydrate approach with more gourmet food to balance my cooler system and desire for 'tasty' food.

Robert tends to the garden and grows the vegetables using sea-mineralised soil (we take a yearly trip to Inverary to collect several large bagfuls of seaweed from the beaches), whilst I am either in the kitchen creating raw food recipes for my recipe books or writing music at my keyboard. We have a good symbiotic relationship. Robert grows the food and I make him raw chocolates and other goodies!

What really drew us to raw was the effect it would have on our conscious evolution and ability to live a more fully present life.

This is and will always be our main reason for following the raw lifestyle. The personal inner changes we have both experienced as a result of being raw have led us into living a more fulfilling, joyous and peaceful life.

It's really only been in the last year that I have begun to share my personal experiences living the raw lifestyle and raw food creations with the raw community. It just seems to be evolving that way and I'm really enjoying the opportunity to make a contribution.

We had never met any other people in Scotland who were making the same journey into raw as ourselves. In fact, only recently when I presented a raw food class in Glasgow, did I meet some like-minded folks who were on the same path. It may have been the first class of its kind in Scotland!

Now, we have a raw café in Edinburgh and a few locals who are organising raw food potlucks with plans to open another café in Glasgow later this year. On the whole, the raw food scene is gathering momentum in Scotland and I believe it will especially flourish during the summer months when it is sunny and warm.

Anabrese is a singer/songwriter and raw food author. She has produced her first ebook 'Raw Lunchbox' – Quick and Easy Raw Lunches for Busy People' available at www.rawlifestyle.co.uk

by Anabrese

Berry Jelo

1 cup blueberries
½ cup dried apricots, soaked in warm water 5 mins
1 tsp psyllium husk (opt)
½ tsp ginger spice
½ pint water

Blend all the ingredients until you have a puree. Turn out into one or two ceramic dishes or jelly moulds and place in the fridge to set. The pectin in the blueberries help the pudding set like a jelly. Psyllium can also be added to make it more thickly set. Serves 2.

Courgette and Tomato Quiche



Base

1 cup buckwheat flour (made from buckwheaties)
1 cup flax seed, ground
2 tsp coconut butter or 2 tsp olive oil
pinch salt

Put the flour and flax meal into a bowl. Rub in the salt and coconut oil with your hands. Add enough water to the crumb mixture and gather with your hands to form a dough. Press the mixture into a pie dish lined with parchment/baking paper. Put the dish into the dehydrator for 40 minutes at 145 until slightly firm.

Filling

2 courgettes/zucchini
1 tomato
1 clove garlic
½ cup sunflower seeds, soaked
1 tsp oregano
dash sea salt
coriander leaves

Put the tomato, sunflower seeds, garlic and seasoning into the blender with ¼ pint water. Turn the blender on high

and add pieces of the zucchini until you have a thick puree. Add a little water if needed to use up the remainder of the zucchini. Check seasoning and spoon into the pie. Sprinkle with fresh coriander and return the dish to the dryer for another hour until the vegetable mixture has thickened. Serve with freshly ground black pepper, paprika and a drizzle of olive oil.

Recipes from Anabrese's forthcoming book 'Raw Menu' – a 7 day menu plan for creating simple raw cuisine.

Edible wild plants!

Introduction

If we are to assume that before shops, cafes, bars and restaurants were conceived we evolved and survived perfectly well eating only what we found around us or that our planet provided. It is now necessary to reflect, that we are 'well and truly' separated from the divine force that made this symbiosis with nature possible.

Q. Does this really matter I hear you ask?

A. Well that depends a lot on your viewpoint; I believe the way we eat has a lot to do with the way we react to our daily stimulus. Which in turn goes to make up who we are.

Our functions and processes can be greatly affected by the simple choices we now have to make.

In short we can become disconnected from ourselves and the way we truly feel, behaving rashly if overstimulated, or failing to act if we are low.

Why?

Mistakes are costly in relation to time and energy, so subtle changes in diet to enhance our moods and emotional state could make the all difference to the outcome of a situation were we better equipped to deal with it.

Food and drink can play a very important role in balancing our feelings and emotions, but beyond that on some level the energy involved in its production is transferred to us when we eat it.

What?

This is why we feel good when we eat organically grown food, or fresh food from our own gardens, it seduces and stimulates us with its pure energy field and prepares us for forthcoming events.

Imagine the tranquillity and vibrancy that wild food could provide you with as a positive grounding experience, should you encounter it on your travels.

All anyone needs, is to recognise a clear point of entry, to scratch back the surface and begin touching and feeling nature once again.

Where?

This entry point is 'best reached' whilst walking on a sunny day, visualise that very thing happening.

While you walk through the grass, you spy a tasty look-

Pinebell Dressing

1 red or yellow bell pepper
½ cup pine nuts
½ tsp oregano
pinch salt
½ cup water

Blend the above until smooth and creamy and toss in your favourite raw salad. 🌸

by Dani

ing green leafy plant just asking to be eaten, the question is, do you recognise it or not?

Are you too scared to eat it?

The reason spring growth looks so appealing, is that you are indeed supposed to eat it! In fact most of the naturally occurring weeds around would previously have made up a high proportion of our natural diets.

If you really think carefully about it, the truth is there wouldn't be much else to eat here; a few nuts and fruits depending on season and location, a wild animal if you were clever or quick enough to catch it.

Our teeth as those of goats are well adapted to chewing herbs and grasses and indeed to 'chew' aids digestion and is good in itself.

How?

Wild food is a whole untouched universe of beauty sitting silently in wait for the day you dare to step out of the mould and re-discover the beauty of nature.

It grows, after all with no help from man to re-seed it, carried by the wind, searching its own water and holding a blueprint to the future.

Aim

Many books have been written to help identify medicinal herbs, seaweeds, mushrooms, berries, leaves, fruits and roots.

However this piece of work, will have a new aim, to empower the reader in your return to the primitive instinctual state which once enabled us to feed directly from the earth.

Not only to learn about plants but to feel their benefits first hand, whilst still retaining a balance with today's world on a social level.

benefits

The most popular question i am asked today is...

'What is the best source of B12 for a vegan or vegetarian?'

...Unwashed leaves and live animal proteins in the forms of pupi and lava to be found living inside fresh fruits.

Although raw cheeses and raw milks may be more appealing.



The only cause of human mineral deficiency is poor diet (responsible for 70% of illness today), and the best source of food nutritionally is fresh and wild.

Wild green plants have been known to reduce gall stones, clean the liver and blood, stimulate healthy tooth, nail and hair growth, clean the intestinal tract and colon, strengthen the immune system, aid in generally detoxifying the body, rejuvenate its cells, revigorate vital organs, reverse tumour growth and positively redress the acid/alkaline balance, important to achieving a neutral p.h. allowing natural physical and mental healing to become reality.

Healing

Naturopathy is a study dedicated to facilitating an organisms own internal healing process, and for anyone interested in this subject it is important to realise at this stage, that the human organism is completely capable of healing 'itself' of any illness, given the correct mental, dietary, and living conditions.

Should we complicate our lives with over paced, stressed society or highly intricate and rich food combinations, it is almost certain to follow at some point that we will fall pray, to one or more of the many current conditional responses that we have come to know as a whole host of new illnesses and diseases such as; candida, chrones, cancer, leaky and ulceration of the gut, obesity, high cholesterol, high blood pressure, and heart attack.

There are many recently documented case histories available to substantiate the incredible benefits of raw food, juicing, fasting and wheatgrass therapy whilst 'wild food' does not enjoy the same popularity.

What could compare with the feeling of going out for a walk and actually finding your favourite food? Not choosing it, not buying it, nor ordering it, but finding it wild!

Strategy

In nature it is by chance that we discover our food, our food chooses us, we do not choose it. This is, in fact contrary to the way that most food choices are made today.

Nature relays on the strategy of chance for her survival, in humans she would have chosen her strongest and fittest contenders capable of making important decisions affecting basic issues such as food and shelter to continue her fragile cycle of life.

She relies on coincidence and the interconnectedness of all things to support her extensive community, and only by these methods can she enjoy the full rich diversity of planet earth.

History

It is relevant at this point, to look at the energy equation put forward some 100 years ago by Arnold Ehret, prominent advocater of fasting and natural food.

(energy = power - obstructions), or as i simplify it
(energy = food - toxins)

This goes to say that we are only as good as our intake or indeed as the balance of nutrients we are able to extract from that.

Principles

To understand this we must first grasp the basic principles of raw food nutrition and food combining, or more correctly put, food separation.

The principles of raw food nutrition are simple, and they state:

- 1) All food should be eaten in, or in as close to it's raw state as possible. (As soon as it is picked the food begins to droop, and lose vitality.)
- 2) To manipulate your food by heating, cooling inc. freezing, irradiating, smoking or pickling will irrepealably change or damage it. (The live enzymes, known to be the transporters of nutrients, begin to die.)
- 3) Humans best transform the life force obtained from the sun and water found in fruits and vegetables into useable energy.

Plants, cultivated for food, are by there very nature, weaker than their wild counterparts, they no longer need nature, but rely on humans to water and nourish them.

Their root systems are less developed and so, do not delve as deeply into the earth to draw up as diverse a range of minerals as their wild counterparts.

Instead they feed from depleted poorly nourished soil and cater for a public who value convenience over health.

These weeds are regularly uprooted from the garden in favour of tomatoes and lettuce without so much as a second thought, however they are usually much more nourishing to eat.

Weeds if you think about it, naturally occur as they do.

So not only is it that they have more right to be there than those which the gardener replaces them with but they are probably more right for him or her to eat than what his or her seed packs can produce. ☘

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0034 636441950 (mobile)



The Terrible Thing in Portamaloo Part 2

A short story by Katie Jackson, illustrated by Michael LoDuca

"Mr Frog" he called out "you really must help me,
My Widgetmy machine is quite broken you see.
I can't grow potatoes and I can't do a thing,
I can't teach my children to dance play or sing!"

"Don't worry at all" said the frog with a gleam,
As he munched the last crumbs of a cake layered with cream.
"We have all you need to fix your widgetmy station,
We are completely prepared at the Big Corporation".

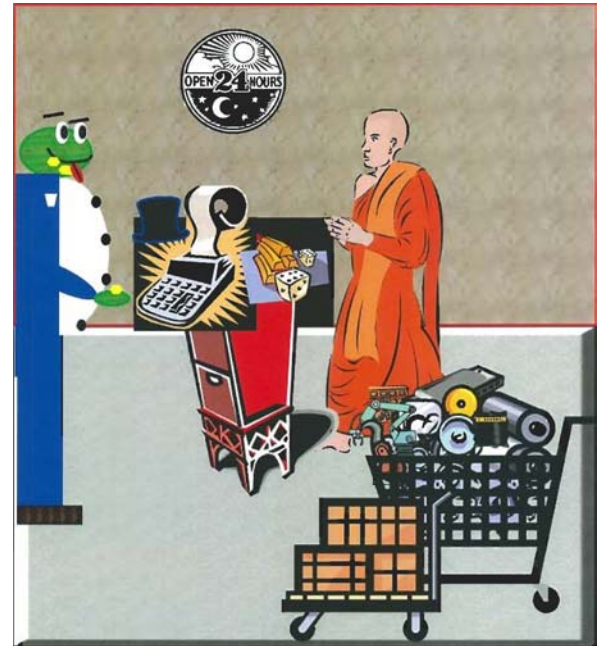
So he led Mr Magoo to isle number four,
And showed him why his machine was not working any more.
"It needs a new wotsist and a new mistikator,
And it could certainly use a new gidgetmigator."
He stacked up the parts and they reached very high,
Then he led Mr Magoo to the checkout near by.
He beeped and he buzzed and he added the price,
"That's two hundred plinkies and three worbble dice."

Mr Magoo was as shocked as could be,
There was no way to pay such an enormous fee.
"Two hundred plinkies and three worbble dice,
Mr Frog now really that's not very nice.
I think it would be cheaper to buy a new Widgetmy station,
A Widgetmy station from the Big Corporation."

The frog sighed very deeply and shook his green head,
"So you want to buy a Widgetmy station instead"
That will be very expensive you see,
Four hundred plinkies and worbble dice three."

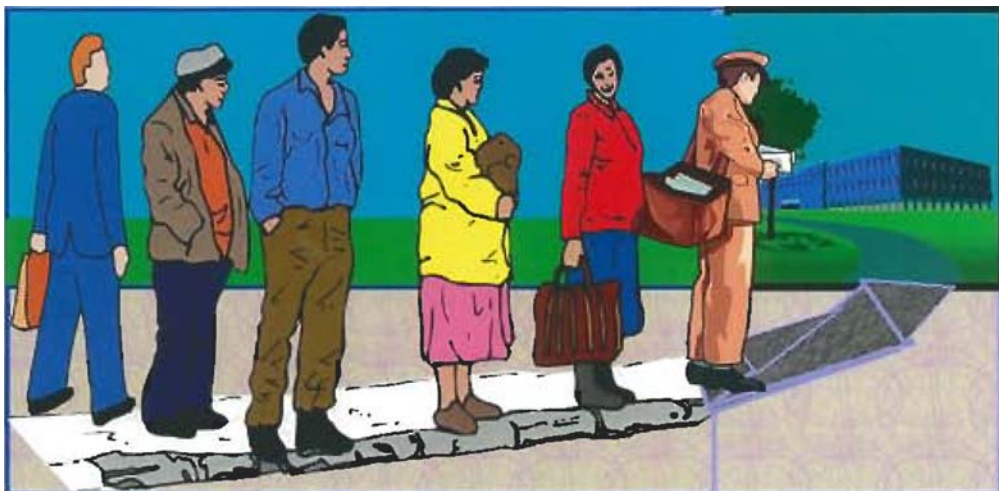
Mr Magoo was astounded, he couldn't believe
The price of a Widgetmy station had tripled by three.
"But that's very expensive frog man and no fun,
I cant afford it, even on two for one."

"No more two for one I'm afraid to say,
That offer has ended and gone right away.
Prices are rising and rising quite high,
And now that's the price it you want to buy."



Mr Magoo was upset with the Big Corporation,
He really relied on that Widegtmy station.
Now his had quite broken and he had no way,
To teach his children to dance sing and play,
Mrs Green had put her books on the shelf and away.

"I have a solution" the frog said with a grin,
"This is where your future will really begin.
I need an assistant to work here with me,
Its really been busy these last weeks you see.
If you work here at the Big Corporation,
We will give you the parts to fix your widgetmy station."
Mr Magoo was confused but agreed without delay,
And agreed to begin the very next day.



Now a strange thing began happening and happening a lot,
To the people of Portamaloo who had got,
Widgetmy stations on which they relied
Suddenly but slowly those little machines died.
They couldn't grow potatoes or teach people to sing,
Those little machines could not do a thing.

So one by one, with their broken Widgetmy Stations,
The people of Portamaloo went to the Big Corporation.
And one by one, just like Mr Magoo,
They could not pay for the parts and didn't know what to do.
One by one they began to work in the store,
And no one did what they wanted any more.

They worked very long hours in order to pay.
For the machines they needed to live day to day.
They worked very hard at the Big Corporation,
In order to pay for their Widgetmy Station.

Now Portamaloo was not a great town,
As the people all went about wearing very big frowns.
But the Big Corporation continued to grow,
And to grow and to grow and the money did flow,
But the people of Portamaloo didn't know,
They worked only for parts for their Widgetmy station,
And all the money went to the Big Corporation.
The frog continued to eat his sweet treats,
And grew ever so fat with skinny little feet.

All this working and working left no time to play,
And the people were forced to work every day,
No one really had time to stop and to think,
About the town they once had where the people were pink,
And their dogs were all blue,
And they all knew exactly what it was they should do.

Where Mrs Green was the teacher quick with a sum,
And Mr Mint was the plumber who knew how to plumb.

Then one day without warning, quite out of the blue,
A strange thing happened to Mr Magoo.

He was working and working, not stopping to play,
When quite without warning he remembered a day,
A day when he was a farmer and knew what to do,
The best potato farmer in Portamaloo.
He didn't need a Widgetmy station,
He didn't need to work at the Big Corporation.
Him and his family could live very well,
With the potatoes he grew and the ones he could sell.

"This widgetmy machine's not helpful at all"
He said as he stood up from his small work stall.
"I don't need a machine to help me to live,
There are people all round me who know how to give,
And to all live together in Portamaloo,
Where the people are pink and the dogs are all blue.

If I need some apples I should call Mrs White,
Mrs Green is our teacher and she does it just right.
This Widgetmy machine is not helpful to me,
I don't want to work here, I want to be free."



With that Mr Magoo simply got up and left,
And everyone watched him feeling very impressed.

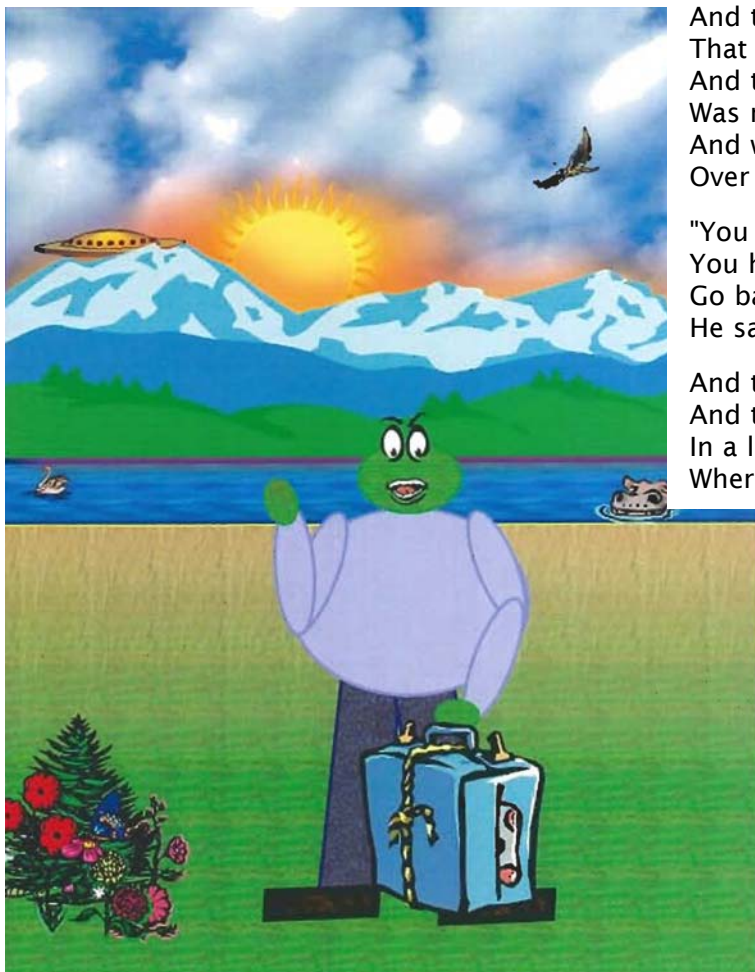
"Why do we work at the Big Corporation,
Why do we need the Widgetmy station?"
They looked at each other confused as could be,
And suddenly every one of them could see.
The Big Corporation was not a good thing,
It stopped them from being able to laugh play and sing.
All that they needed was all that they had,
This big business frog was really a cad.
The Big Corporation was making them sad,
To work for them for so long they must have been mad.

They got to their feet and walked out of that place,
And each of them had a smile on their face.

They went back to their homes and their dogs oh so blue,
And each of them suddenly knew what to do.
Mr Magoo farmed potatoes again,
And Mrs White grew her apples and looked after her hen,
Mr Mint was the plumber who knew how to plumb,
And Mrs Green was the teacher quick with a sum.

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 a field full of sun,
And no ugly grey building where that frog had his fun.



A small little flapping was all that they heard,
And they turned round to see something really absurd.
That same frog that had sold them the Widgetmy station,
And told them all about the Big Corporation,
Was no longer dressed in a suit smart and grand,
And was walking away from them out on the sand.
Over his shoulder he looked and he smiled.

"You people will never progress nor proceed,
You have no idea what it is that you need.
Go back to your houses and dogs oh so blue"
He said as he exited Portamaloo.

And that's just what they did, and they did it with joy,
And they played in the sun and they had lots of fun,
In a little old town called Portamaloo,
Where the people are pink and their dogs are all blue. ❁

The Path of Shamanism and the EntheoExpeditions

by Anam Gemma

Its intriguing the images that the word 'Shaman' conjure up in our minds... no doubt it's a little different for each one, but perhaps the general image would be one of unfathomable mystery, ancient culture, and the indigent world all mixed in with a good dose of fear, suspicion and doubt.

I have been involved in the study of shamanism in some of its many forms for the last 12 years. I had no idea initially what a shaman was, I didn't know any and I never imagined there was much of a place for one in these modern times. And still the idea that one could have visions whilst participating in a shamanic ceremony inspired me deeply enough to begin a life long adventure.

I now know with certainty that this ancient culture is as valuable today as it ever was, and my work pulls me into the life-long quest of reviving these lost or long forgotten cultures.

I have had many beautiful, magic and deeply enriching experiences with shamanism, but I would like share with you about a recent experience and a vision for the future.

Last year I felt, after being immersed in the day to day practicalities of living in London and working long, lonely hours that it was time to answer my Hearts longing to return to South America. I decided to make a journey with friends into an unknown area, location - Pucallpa, Peru, a place famous for producing some of the best shamans in the Americas.

After a couple of long flights and a very bumpy taxi ride we arrived at the Yucaiale, a river that leads onto the Amazon. From there it was a sweet calm boat journey upriver... well calm until I managed to get bitten on my finger by one of the many sharp-toothed fishes that prowl the river. This was my initiation to the jungle.... Cautionary note to self, 'if you don't know exactly what is it, don't touch it!'

From the river bank we hiked for an hour or so in the humidity of the rainforest, drenched in sweat with darkness slowly gaining in on us until we reached the sanctuary. In the twilight and the sounds of whistles and excitement we finally came to the river... a boiling hot flow of water completely surrounding the small island where we would be staying for the next 3 weeks. Here we were met by our hosts who helped us across, dressed my bleeding finger, fed us white rice and led us to our rooms... humble, simple huts made entirely in the traditional way, with 100 percent jungle fibres from fallen trees... not a single nail or screw!

Life in the jungle is different from anywhere else in so many way. Yes there are the obvious things, like a lack of luxury, a constant mass of mosquitoes attacking you, a difference in food, but the thing I always remember is way time slows down. Life moves at a very different pace... as though this is the only moment that's important and in time you also begin to slow down to its peaceful rhythm.



On my first morning in the sanctuary I went down to take a bucket shower.... Freshly warm from the river and through the vapours from the water, across the other side of the river I noticed images. Peaceful images which sparked my sense of wonder.... The spirits! I saw a man standing, watching me, his head dressed in feathers and jet black, straight hair with red paint on his face. He wore a simple skirt or sarong and

his chest was bare. I was filled with awe and felt deeply blessed.

I ran as anyone would immediately to our host and told him of what I saw...

'Oh yes' he said bluntly 'they live here, they re the Incas.'

The shaman of the house through traditional methods diagnosed each of our ailments (most of which we were totally unaware of previously) I was told I had two tumours in my belly. I knew it was probably true as I had suffered as an adolescent from bulimia severely and later had almost constant pain in my stomach as well as many food allergies due to ulcers. I had tried just about every diet I heard of to try to cure it, but nothing had worked. And so my new shamanic diet began... it was to last 5 months.

The shamanic diet is used traditionally for a few things, one to cure illnesses of the body, two to strengthen ones communication with the spirit world, three to bring personal power and good fortune and four, it is the traditional way for a student to learn the shamanic ways.

The diet consists of eating for one month only white rice and boiled plantain, accompanied by a particular remedy especially chosen for each person according to their needs. During the first month one is generally isolated in a hut in the forest, and is forbidden to use any kind of soap or toothpaste. All sexual activities are also put on hold for the entire duration of the diet.



The diets themselves vary in length, but are usually somewhere between one month to one year long.

After our time of isolation and contemplation, we were allowed to rejoin our host who took us on excursions through the rainforest. During these walks he would educate us on various plants and trees and tell us how such and such a plant is used to cure aids, anaemia, or cancer etc. It is an incredible fact that every single plant and tree in the Amazon has a medicinal property if used correctly. Some plants are taken by boiling the leaves, others by drinking their sap and some by scraping the bark and cooking it into a brew. Basil for example is used in a bath to purify the body, mind and spirit. The rainforest literally is an organic, living and growing, self sustained pharmacy!

Once one begins their journey with dieting interesting things begin to occur. One of the first things I remember is that I started to learn in my sleep. It is very common and it's the traditional way in which students learn from either their teachers or from the plants themselves. I dreamed that our host would come to me each night and show me different plants and explain to me in Spanish about their healing abilities.

The next thing I noticed was a profound sense of health beginning to grow. No doubt this was also due to the beautifully pure air. I could feel months worth of environmental toxins from the London underground lifting off my chest and my skin immediately began to glow with radiance and a distinct lack of acne, much to my delight. Even my voice became smoother. Its remarkable how I hadn't realised how unhealthy my body was until it started to become healthy. I suppose I had simply become used to feeling a bit rough.

I also began to feel a deep connection with the trees or the spirits of the trees that I was dieting.

The medicines I worked with were Ajosacha a spicy, garlic tasting plant that cured one of bad fortune.

The next was the Reinaco tree, from which I drank its fresh sap... a delicious milky soothing essence which brought calm to my stomach and sensitive body. And lastly for the last 4 months I drank a few drops everyday of the sap from the Copahiba tree, with its richly perfumed aroma which would slowly cure the tumour in my belly. It is amazing how ones inner world begins to change as the diet goes on. To diet for so long requires a strong commitment, as it challenges you in every way. But you begin to have the feeling that your not in the journey all by yourself... its almost like the plant spirits become an intimate lover, in the way that few people could ever be so intimate with us. I felt their love and care over my being... one literally begins to live with the spirits as a normal everyday phenomenon. Through this connection with the trees it literally became painful to watch as corporate machinery chopped down hundreds of years old trees and carried them off... demolishing the rainforest one tree at a time, destroying the shamanic culture one tree at a time. It made me wonder if we would stop this destruction before it is too late, before the indigenous people have no more option but to abandon their old ways

and also start to sell the trees around them to make money to feed their families. I preyed that we will.

During my month in the sanctuary I also participated in a few Ayahuasca ceremonies to help with the healing and to deepen my experience with the jungle, the universe, myself and my sense of place in the world. I have been participating in Ayahuasca ceremonies for about 7 years already. I first went to drink the medicine when I was 17 and found it to be tremendously enlightening and the ceremonies have become and an important part of my spiritual growth. Sometimes the heights and depths that I experience are simply inexpressible.... It almost seems impossible to experience so much beauty, love, healing and wisdom in one evening. It often takes me a long time to truly integrate the experience and begin to manifest the visions I receive in my everyday life. It almost requires the ability to bring the Divine to Earth. It was wonderful to have the support of so many good spirits and plants in the arduous task of completing my diet and trusting that through it the tumours and the pain in my belly would heal.

After a month I left Peru with all its wealth of ancient wisdom, tremendously rich culture and immense beauty with a bottle of my prescribed medicine , an the arduous task of finishing the remaining 4 months of my diet back home in London alone. From here on the diet was a basic staple of quinoa grain, rice and steamed vegetables and my medicine, nothing more...!

These were deep, rewarding but very lonely months. And yet I knew with no doubt that I would not stop my diet until the date I was told to. Its interesting to do such deep work in the city... due to all the toxicity that constantly surrounds us, either in the air, the water or the fast food stores all around, the diet somehow became deeper through the contrast. It was as though I was trying to paint white a sheet of black paper. Almost no one could understand how I felt. It felt sometimes like my body was in the city, but my soul was simultaneously still back in the jungle.

Finally the last days came.... I was tearful at the idea of stopping this precious experience and yet I knew my body desperately needed nourishment, proteins, oils, vitamins. And I also need knew it was time to return to the world. During a closing ceremony I participated in, a very clear voice came to me... the voice of the Copahiba and announced "the tumours have gone!" There was not a moment of doubt in my being.

In the weeks that followed I went to see a renowned homeopath who confirmed that the tumours had gone but who also expressed his concern about my lack of nutrients. He supported me in slowly rebuilding my strength and my immune system. Due to the many side-affects of the diet I had to remain dieting for another 4 months whilst also taking homeopathic medicine and nutritional supplements.

This month, almost one year later I'm again dieting...this time for one month only, to strengthen my body and spirit and reconnect with the precious experience of communing with the spirits. This time my diet is different. I



have learned what works and what doesn't. In the pristine setting of the virgin rainforests it is possible to comfortably diet for a year and feel fine, but here in the city- a jungle of a different kind, with endless bacteria and viruses to catch it does not work. One can fully embrace the mystical ways of the ancient traditions and still be practical and realistic. The old shamanic ways are as valuable as ever, if not more... we are generally so over intoxicated in both body and mind and most of us could benefit tremendously from a good detox and reconnection to the planet and ourselves. I believe its very possible to combine the wisdom of ages with modern science, to create something very harmonious... a diet a heal all ills, whilst using our modern understanding about nutrition and what is essential to the body on an everyday basis. It is naïve to think one could simply stop eating proteins and oils for half a year with no side effects.

Today I am working to support the foundation of the EntheoExpeditions. A monthly tour based in Brazil and Argentina which brings foreigners to either shamanic communities or alternative self-sustained ayahuasca communities and teaches people about shamanism and lets them experience the magic of the shamanic-diet whilst at the same time supporting the individual and making sure their needs are met. It is essential whilst going deep on the shamanic path to be supported and to know that the people around you have walked the same path, that they've fought the same inner battles and have come out

more alive and more joyful than ever. It is important to treat each person as an individual and to be sure that they know there is always someone to talk to about their process and guide them back to land once their journey with the diet is over.

My reason for supporting the EntheoExpeditions is that I truly would love to know that others are also sharing in the magic of the shamanic diet, that they have also seen miraculous healing within their own body, and that they were cared for all the way through it. Shamanism is so quickly disappearing, it is essential that we reconnect to this ancient wisdom and help support the shamanic communities that are still alive so that they may grow and prosper.

The shamanic path is not always easy, not always clear and very unorthodox... but is a path that is filled with light and wonder, just waiting to pour its peace, its health and its blessings onto any courageous soul that dares to try a different path.

I leave you with the famous and ever-beautiful poem by one of our own English mystics, Robert Frost.

"two roads diverge in a wood,
And I, I chose the road less travelled by."

To find out more about the shamanic tours or Anam Gemma you can check out the following links:

www.entheoexpeditions.org

www.myspace.com/anamgemma ❁

Teaching Nonviolent Communication in a US Prison

In the car on the way to the prison I tried to prepare myself for meeting the inmates by wondering what they would look like. A few weeks earlier I'd seen a documentary about St. Quentin Prison, in which the inmates showed off their numerous scars from knife-wounds – a common way to settle scores.

But for me, the scariest part was waiting to be let in, expecting to be strip-searched, looking at the razor wire and the heavy, magnetic remote-controlled doors. Once we were inside, I felt more relaxed, though I had to keep reminding myself where I was – a state prison on the East Coast of the US, and why I'd come – to share Nonviolent Communication (NVC) with a group of prison inmates.

We sat and waited in the 'Chapel' – a large high-ceilinged room with a glass window along one side and a uniformed CO (Correction Officer) sitting outside. Men in brown prison uniforms came in and filled up the circle of chairs around me. Twelve or fifteen of them, mainly middle-aged, three or four in their late twenties.

I introduced the purpose of NVC – to create the kind of connection that would lead to get everybody's 'needs' being met – and led through some exercises to help us get to know each other. To my relief, the men seemed relaxed with each other, and were willing to share their experiences. I talked about feelings, and how feelings give us information about our 'needs' (what's important to us).

by Shantigarbha

We made a list of 'needs' on the flipchart. I remember being surprised how easily the men identified their 'needs': safety, peace of mind, trust, honesty, independence, comfort, connection, safety (again).

Then I raised the issue of what happens when I've 'screwed up' or done something that I'm not happy with. I talked about the 'need' for mourning, for grieving lost dreams, lost lives. I said that this part of NVC had been a revelation for me. For the first 40 years of my life, I'd tried to throw feelings of grief out with the rubbish – because I couldn't see any meaning to them. This had led me to several depressions. NVC had helped me to understand that grief is a 'need' – a natural part of human life, just as much as celebrating when things go well. In fact, for me, mourning and celebration are two sides of the same coin of honouring our 'needs'. I said that by honouring grief and mourning, the process had become integrating and healing for me.

And as I talked about 'mourning for lost dreams and lost lives' something happened that I found deeply moving – every man in the room made eye contact with me, silently. I don't think I'll ever forget that, or the sense of shared humanity I felt at that moment.



After a few moments silence, one man in his forties talked about his wife and son – both had died since he'd been 'inside'. I asked him, guessing empathically, if he was sad because he would have liked to have been there to support them. He looked at the carpet and nodded. Later, he said he wanted to remember some other things about them – not just the 'bad' things. He talked about the 'fun' things they'd done together – going to Burger King, days out to theme parks, to the Coast. He realised he didn't have a picture of his wife and son in his cell. He decided to ask his brother to bring a picture of them the next time he visited.

While he spoke, the other men sat quietly, listening. I realised that I felt touched by his honesty and openness. When he finished, I thanked him for bringing this part of his life into the room.

Another man, again in his forties, started talking about his family, "I try to fix things on the phone, but they don't listen. They don't want someone ring up and telling them what to do in their lives".

I guessed empathically, "Are you hopeless of supporting your family from 'inside'?"

"Yeah, you know, when there's a messy divorce going on and the kids are in the middle..."

"Would you love to help the kids through?"

"Yep." He sat up in his chair. "I'm usually a pretty confident person. I can understand now why I'm confused at the moment." I sensed that he had found some understanding and acceptance for how he was. He seemed content with this, so I just sat and waited until someone else spoke.

A guy in his thirties talked about his son: "He's a teenager. The worst part is when we're on the phone and he asks me when I'm coming home. I tell him in a few weeks. But I've been doing the paperwork for my parole for three months now, and I still don't know when I'll get out. I need a job and somewhere to live before they'll let me out."

I guessed, "Are you desperate to be there for your son?"

"Yeah."

I sensed a connection and went silent for a few seconds to give him a chance to be with his mourning.

I asked everybody for 'closing comments' and finished the session. The men stood around in groups of two or three, chatting, before going to their next activity. I noticed that one man in his late forties was standing on his own. Then I recalled that he was the only one who hadn't spoken in the session. To include everybody in the room, I went over and talked to him. He told me that he facilitated groups in the prison with a project called 'Alternatives to Violence'. He said that the facilitation skills I had been modelling would be very useful to him and some of the other men who were group facilitators. Then he talked about his mother, and how painful it was for her to have her son in prison.

I asked, "Would you like to contribute to her life – to help her to enjoy having a son?"

"Yes, she's getting old now. Of course, when I was on the streets, I had to reject my family. But now, I think it's what I miss the most being in here..." He looked over at the other men. "I get along with the other guys here, but they come and they go, and it never really gets deep."

"Do you miss people who really know you – a sense of shared history?"

"Yes, that's what I really miss, being in here."

We stood silently together for a few seconds before saying goodbye.

It wasn't until we were on the way home that I found out that their lives on 'the outside' were not the only ones that had been lost. The person who had accompanied said that some of the men were 'inside' because they had acted intentionally in a way that had led to the death of another person.

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

Resources

www.CNVC.org - The international Centre for Nonviolent Communication

www.NVC-UK.info - Trainers in the UK

www.life-resources-shop.com - NVC books etc. online in the UK ❀

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Hempman Part 2 of the novel

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 shapely figure, she's known to the world as Hempman...!

Dr. Len Carteret was a physicist and not an athlete, let alone a track star. So when asked to run — even for his life — by the helmeted, armored stranger who offered Len a new life in another reality, he simply couldn't rise to the occasion ... not with all the snow from a post-apocalyptic nuclear winter slowing him down.

When Len's fallout shelter was discovered by his sick, starving neighbours, word spread fast, and before long, a mob was out for his blood. Whenever one of them managed to get within striking distance of Len, this so-called "Hempman" would rope their feet up with twine, but this could only be done for so long since they numbered in the hundreds.

And even though Hempman was literally flying via a jet-pack, it evidently wasn't powerful enough to support the weight of more than one person, its wearer, for very long (it didn't help that Len was overweight either). This meant Hempman would have to continually double back and retrieve Len before the zombie-like hordes of famine-stricken survivors of World War III caught up with him. This also meant they had yet to clear the radiated area which was causing electro-magnetic interference with Hempman's reality-jumping technology.

"I-I'm sorry," Len panted, "go back to your — 'Hemptopia' without me. I should've drove less and walked more before the war."

"C'mon!" Hempman yelled back over the increasingly audible, desperate cries for food and/or escape gaining on them from behind. "Don't give up! Just another quarter of a mile!"

Without bothering to say he couldn't make it, Len simply collapsed. Hempman then ceased to hover above him and landed besides the physicist amidst the radioactive snow. In the forearms of that hemp woven body armor were artificial spinnerets which spun strands of hemp fibre — and after firing a couple of lines around Len's torso, Hempman took to the air and began to pull. Hard. "I may not have enough hemp fuel to carry your fat ass," Hempman sardonically thought out loud, "but I can at least drag you."

Eventually, the physicist and his saviour had reached the perimeter of the interference which wrecked so much havoc with Hempman's instruments. Relieved beyond words that a certain remote control had finally decided to start working again, Hempman imputed directions to be sent "home," and as a result, a white, shining hole in the fabric of the space-time continuum was temporarily opened. It closed right after Hempman pulled Dr. Len

by Saab Lofton

Carteret in and disappeared all together by the time their mutant pursuers caught up with them.

Once Len awoke, he eagerly looked around for any signs of the utopian lifestyle Hempman described when they first met. He'd been told of an alternate 2008 in which poverty, bigotry and atrocity were abolished on Earth thanks largely to decades of widespread use of industrial hemp and the first sign of such a life came in the form of the beautiful woman who stood over him in the nude. As he was coming too, Len also noticed his clothes were being hurriedly removed by this same woman — an even better sign, Len thought.

Len then noticed something familiar: The helmet and armor of the Hempman who saved him from post-WWIII America were sitting in the same box his clothes were being thrown in and it occurred to the physicist that this naked beauty and Hempman were one and the same. "Where am I?" Len groggily asked.

"We made it, Dr. Carteret," the woman in her birthday suit answered, "I'm Marilyn Janeway. Welcome to Hemptopia."

Len scanned his surroundings with narrowed, cynical eyes, "the great society I left everything I know for — is an all-white rubber room?"

"Decontamination, Dr. Carteret," Janeway explained as she took off the last of Len's clothes, "this is the stripdown room. Next we need to go to the washdown room and then the examination room, where we'll spend a couple of days—"

"Days?!" Len exclaimed. "But I was in a fallout shelter when the bombs fell. The only time I left it is when you came along and—"

"No more than a week, don't worry." Janeway continued. "After they make doubly sure we're not sick, I'll show you that — 'great society,' as you put it."

Len blushed, and when he did, it showed all over. "S-Shouldn't we, uh, be in s-separate rooms? S-Since you're a, uh—"

"One of the many differences between your world and ours," Janeway grinned, "here, the sexes are equal."

Though the culture shock was something to deal with, Len had to admit he liked being able to lean over and catch glimpses of Marilyn Janeway showering in the washdown room. It was the closest he'd ever come to personally seeing someone nude who also happened to be as pretty as she was. Simultaneously, Len felt horrible since he hadn't been even remotely skinny since junior high; Len wasn't obese, but the odds of her finding him attractive were very slim, no pun intended.



After being issued generic white robes to wear, Len felt even more horrifically self-conscious when the doctors in radiation suits asked if he was hungry while Janeway was within earshot. As they took swab samples between Len's teeth and gums, the doctors audibly debated whether he should go a day without food so the resulting fast would cleanse his system of any lingering radiation. This hurt Len even more, but Janeway didn't seem as though she was really paying much attention since similar questions were being asked of her.

After much discussion, the doctors decided they should be flushed out with juice rather than be given solids, so several bottles of some sort of fruit puree were brought in. It wasn't long before Len had to urinate but, like prison, the examination room's one toilet was in plain view. Sensing his discomfort, Janeway turned her back to Len and silently waited for him to catch the hint. Once he did, Len eventually and trepidatiously approached the toilet, and to further take his mind off the lack of privacy, Janeway tried to distract him with conversation. "Dr. Carteret, I'm usually briefed on the histories of the alternate realities from which we rescue dissident scientists, but in the case of your reality, I was only told there had been a nuclear war."

"A 'nuclear holocaust' would be more accurate." Before he realised it, Len was finished and fastened his robe with its rope belt.

Marilyn Janeway finally turned to face Dr. Len Carteret again, "I'm curious, who threw the first punch, as it were? How did the hostilities start? Why was there a nuclear holocaust in your reality?"

"The short answer is 'Human nature,'" Len fanned his hand dismissively, "the first Human skeletons were found with spears embedded in them—"

"Actually, Doctor, I was hoping for something more specific and less stereotypical." Janeway's tone of voice hardened and darkened. "Don't condemn Humanity because of what some ignorant, prehistoric primitives did and don't condemn the entire Human race because of the actions of a spoiled elite — unless, of course, that nuclear holocaust was started by all six-point-five billion of the inhabitants of your Earth? Did every single household have a missile silo in its backyard?"

Len frowned as his face reddened with shame. Saying the words "Human nature" seemed akin to shooting himself in the foot insofar as his chances of getting to know the lovely Janeway better. "I'm sorry, you're right. It was — if they were all to be counted — only a few thousand at the most who had anything directly to do with what happened."

"So, what exactly happened?"

"Before you brought me — here," Dr. Len Carteret looked at the blank, white walls around him, "you told me everything here is made out of hemp. Well, where I came from, everything was nuclear. As you said when you — suddenly appeared — in my bunker/laboratory, my revolutionary work in cold fusion is what attracted you to me ..." Len

tried to accent the word "attracted" to see if that'd have any subliminal effect, but if it did, he wasn't able to tell. "Unfortunately, most of the fusion in my world is hot. Whereas I'd found a way to achieve nuclear fusion at room temperature, everyone else was still using huge reactors to generate enough heat to make nuclei fuse. In fact, those profiting from the use of reactors did everything they could to discredit me so my discovery wouldn't render them obsolete."

Bringing this up almost brought a tear to Len's eye since it prompted him to recollect all the harm that discreditation campaign caused. "T-They all but ruined me ... as far as the war goes, the irony was all those nuclear reactors were perfect, giant targets for terrorists. I warned them — even as they were destroying my reputation — 'suicide bombers don't need nuclear weapons when you've got over a hundred nuclear power plants across the country,' but they wouldn't listen. And then, The Apocalypse ..."

"So these 'terrorists' started it?" Janeway's head cocked to one side inquisitively.

"Yes and no," Len answered, "it turned out those terrorists were once on our side. The government had cut some Faustian/Machiavellian deal with these rabid religious fundamentalists, but after the deal was done, America betrayed them. So it could be said the American government started the war with its betrayal."

In the three days the physicist was in the examination room with Marilyn Janeway, Dr. Len Carteret thought he'd lose his mind. He paid very little attention to Janeway's constant, almost propagandistic descriptions of Hemptopian life outside the examination room's walls and had to fight the instinct to stare at the parts of her body that hospital robe didn't cover. Finally, on the fourth day, Len broke, "I'm in love with you."

Janeway grimaced in chagrin and sighed. "Dr. Carteret, I have noticed the way you've been looking at me, but I'm sorry; I'm really not interested."

Len lowered his head. "It's because I'm — fat, isn't it?"

"Dr. Carteret," Janeway took a deep breath before continuing, "my personal tastes in men — and women — aside, I don't think it's a good idea for me to get involved with the people I rescue from hostile realities."

Broken spirited, Dr. Len Carteret slumped to the ground in utter defeat. Janeway then slid across the sterile hospital floor in order to lay a consoling hand on his shoulder. "Doctor — Len, if it's companionship you want, just wait until they release us. Prostitution is legal in our world, and if you want something more long-term, take solace in this: You're an invaluable scientific mind with the ability to safely fuse nuclei at room temperature. You'll have women storming the gates just to see you."

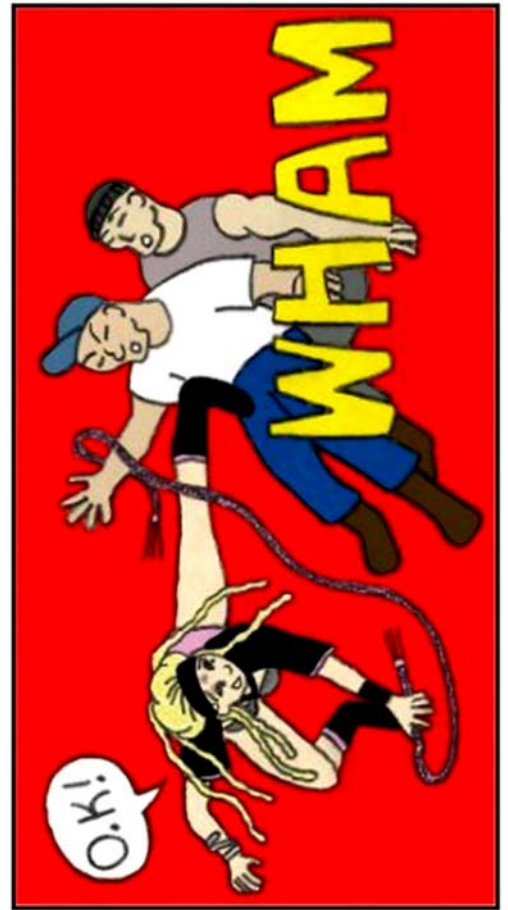
And just like that, his spirit fused back together again. The next day, they were released, and Marilyn Janeway took some time off to give Dr. Len Carteret a tour of his new Hemptopian home.

Part 3 next issue... ❁



PART TWO : BATTLE!





RAW with Laughter

No.6. In these financial times we need a Bank run by raw fooders



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The Raw Bank of Scotland



WE WON'T
COOK THE
BOOKS!

Adloway

Preparation for the Apocalypse by Kate Magic

Middle English Apocalipse, from Late Latin Apocalypsis, from Greek apokalupsis, revelation, Apocalypse, from apokaluptein, to uncover : apo-, apo- + kaluptein, to cover.

If the plethora of prophecies are correct, on summer solstice this year there are only 1644 days until the final destruction of the old world and the glorious revelation and uncovering of the new.

I am looking forward to the Apocalypse. The Apocalypse will be fun if you enjoy or are skilled in any of the following

- Squatting
- Festivals
- Growing your own food
- Eating wild foods
- Eating raw food
- Not eating very much
- Drinking your wee
- Keeping in good physical shape
- Developing an everything is possible attitude
- Having cold baths & showers
- Not depending on the nuclear family, but living tribally and practicing polyamory
- Home education, living your life with your children, not schools and keeping them separate from your working day
- Creating your own entertainment, not watching tv or reading newspapers
- Dancing to tribal beats
- Being resourceful, recycling and making stuff out of leftovers, not consumerist and indulgent
- Living and traveling sustainably, not being dependent on fossil fuels
- Not having any money
- Forgetting what time it is
- Believing you can fly



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Your Bodys Complete Internal Cleansing Kit



A Combination of Chinese, Ayurvedic, Western herbs & Vibrational elixirs.
100% natural. All ingredients organic or wildcrafted. No fillers, binders, synthetic flow agents, etc. None of the ingredients are heat treated. Contains no animal products. Éjuva provides powerful cleansing & rejuvenation effects on deep cellular & emotional levels.

Increase energy • Look younger • Lose excess weight • Protect against development of disease from arthritis to cancer • Reduce or clear symptoms from asthma, allergies, depression to hyperactivity & diabetes.

We stock:

- **Éjuva regeneration & renewal programme:** Effectively & gently removes old toxic build up from intestines, blood, lymph & cells. Allows you to better absorb & assimilate the nutrients from your diet.
- **Candinol:** Specifically formulated to eliminate candida overgrowth.
- **Paranix:** Specifically formulated to eliminate parasites.

www.gatewaystoeden.com

Funky Raw Shop

We stock goji berries, maca, raw chocolate ingredients and bars, raw sweeteners, books, dvds, etc. Good quality and fast delivery.



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