

The Funky Raw

Issue 18 - Winter 2011

Healthy eating for everyone

magazine

£3.50 / €4.25



Recipes • Detoxing • Kids Organic Clothes • Positive Living

From the Editor

Deciding what to eat can be difficult. When I first discovered the raw vegan diet, I thought "wow, this is it, this is the perfect diet for me, it makes me feel wonderful". But it didn't last and after several years I felt it necessary to add raw dairy to my diet. More recently, I have added a small amount of fish or meat, about once per week, the fish raw but for now the meat is cooked.



Now what I think makes it harder is that there seems to be no perfect diet for everyone - some people might be fine eating a raw vegan diet, whereas others may need dairy and still others may need animal foods. The key is not to get too attached to any particular diet, keep watching how you are feeling and change your diet as necessary.

This issue we have an extract from the new book by Susan Schenck, *Beyond Broccoli*. A few years ago, Susan wrote a book called *The Live Food Factor*, about how wonderful the raw vegan diet was, but she has been through a similar process to me and her new book is subtitled *Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work*. It's not been released yet, but I'm looking forward to reading it when it comes out, and I hope to be able to review it for the next issue.

Enjoy the magazine and if you have any comments, please get in touch.

love from Rob - email me at rob@funkyraw.com

Cover Artwork

Celestial dragons, our second cover by Merav Wheelhouse. Merav and Janta are establishing a permaculture project called Karuna, read their story as told by Janta on page 34.



Advertising

Next issue deadline **14th Mar 2011**.

Rates start at £33.60 with discounts for block booking. Please see www.funkyraw.com/ads/ for full rate list.

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www.ink.uk.com



Raw Food: What? How? Why?

Raw food is about eating the way nature intended. It's about fresh ripe fruits and vegetables, nuts and seeds. It's about delicious flavours and healthy living.

No other animal on this planet cooks its food, and in general they enjoy much better health than humans do! Many people find benefits to eating more raw food including increased energy, uplifted mood, weight control, less need for sleep, better skin, clearer thinking and intuition, increased effectiveness, calmer, more contented children. Many people notice that their connections to nature and to other people deepen.

Due to the current state of humans, the state of the soil (lacking minerals due to intensive farming) and the actual fruit (changed through many thousands of years of hybridisation by humans) this is the diet we currently recommend:

Fruit - High quality fruit, fully ripened and grown on rich soil is essential, our main fuel.

Greens - high quality greens grown on rich soil, particularly wild greens, in the form of salads, juice and blends (which help digestion), are essential for minerals and rebuilding.

Nuts and seeds - these are vitally important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. We recommend they are soaked to aid assimilation.

Animal products - insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food and wild figs are laden with insect matter. At the very least we need to substitute for this. We can do this with unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Some people choose to consume raw eggs, if you do, buy them direct from a local farmer.

Supplements and Superfoods - these help to compensate for not only our malfunctioning system but also for the degeneration of the soil. It may be possible however to avoid supplements if one eats food that are grown on very rich soil.

High Quality cold pressed oils - these are essential for brain maintenance in our current condition. Flax and hemp seed oils are excellent. Keep all oils in the fridge.

Find out more on our website:

www.funkyraw.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 a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **7th March 2011**.

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

The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

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

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News, Events and more

Fresh Food Festival, Denmark

The dates have been set for **July 7-10** but not much else has been decided, although I'm sure there will be the usual talks and workshops, yoga and more. See the website for updates: www.freshfoodfestival.com



Fresh Food Festival, Sweden

August 8-17, Lönsboda, Scania, Southern Sweden

August 8-10: Pre Festival with Yoga, Nordic walking and other activities.

August 11-14: Main festival.

August 15-17: Course in Fresh Food Living and Self-Healing



Festival themes include healthy living, growing your own food and social networking.

Activities include yoga, meditations, sharing circle, music and film screenings. There will be lectures on diet and healthy lifestyle in everyday life, growing food, stopping smoking, healthy diet and children, organic hair and skin care and lots more.

Price for the main festival is SEK 2300 (approx £220), accommodation in the Youth Hostel SEK 225 per night (approx £22). Price for the course to be announced. For more details see the website en.self-healing.eu

Anyone want to organise a raw festival? by Lara

Time for some new hands to come forward to organise a Raw Food Festival!

Funky Raw / Space of Love Festival has been a brilliant community project, being organised by a number of different people over the years.

For me it has been an amazing experience! It defiantly had its challenges too, but I think its been one of my greatest teachers in this life so far. Its a lot like having a child I guess - we birth a beautiful gathering and once the people start arriving it evolves of its own accord and we can only support and guide it.

Its time for Matt and me to release it, but we are happy to offer support and advice to anyone interested in organising something. And Funky Raw Rob can help promote it.

You can contact me by e-mail - lara@spaceoflove.co.uk

May the perfect people step forward and organise a beautiful gathering to bring the community together.

For anyone interested in this, also see the the article by Janta on page 34, which ends with the offer of a place to run a raw festival...

Wise Traditions Festival



Saturday March 26, London, the annual UK festival of The Weston A. Price Foundation, a nonprofit founded to disseminate the research of Dr. Weston A. Price.

Price studied the diets of "primitive" tribes in the 1930s and wrote a book called "Nutrition and Physical Degeneration" describing his findings.

If you are a vegan or vegetarian, you will find the information presented at this conference challenging, but it is good to go with an open mind to get a different perspective on what constitutes a healthy diet.

Kaayla T. Daniel, PhD will present a workshop on longevity & fertility.

Dr. Thomas Cowan, MD, a holistic family doctor, will talk about holistic medicine and nutrition. He will discuss the holistic treatment of heart disease, cancer & auto-immune disease.

Dr. Natasha Campbell-McBride, MD, will discuss the unconventional truth about heart disease and present a workshop on Gut And Psychology Syndrome (GAPS), her revolutionary nutrition program for digestive and mental wellness.

Barry Groves, PhD, will discuss how we can eat fat to lose weight and avoid diabetes.

Zoë Harcombe will explain what caused the obesity epidemic and what we can do to stop it.

Sir Julian Rose, pioneering organic farmer and renowned countryside and raw milk campaigner will chair the main stage event.

Food included in ticket price: Breakfast porridge from Rude Health.

Lunch buffet with organic meat from Laverstoke Park Farm. Evening sandwiches with organic beef from Ford Hall Farm & bread from Virtuous Bread. Condiments from Cultured Probiotics. Vegetarian & special diets catered for on request

Film Preview: "The Moo Man" a film about East Sussex organic dairy Hook & Son's attempt to survive by ignoring supermarkets & selling raw milk directly to the public.

For tickets and more info see

www.meetup.com/westonaprice-london/ or call Philip Ridley on (01962) 620910

For more details on the Weston Price Foundation see www.westonaprice.org



Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on www.meetup.com and also see www.funkyraw.com/events/ or start your own.

Another great place to try and find raw fooders in your area is the Raw in UK web forum. This is an online discussion forum specifically for the UK where you can chat and ask questions: www.rawinuk.com

If you organise a potluck, email the details to news@funkyraw.com to have it listed here.

Edinburgh

Sun 27th Feb and Sun 27th March, 1pm, at Real Foods, 37 Broughton Street

www.meetup.com/Edinburgh-Raw-Food-Meetup-Group/

Stirling

Sun 6th Feb and Sun 6th Mar 1pm, Croftamie.

www.meetup.com/Stirling-Raw-Food-Meetup-Group/

Glasgow

Thur 17th March, 6.45pm at Grassroots and Mon 21st March 6.30pm at The Flying Duck.

www.meetup.com/The-Glasgow-Raw-Food-Meetup-Group/

Leeds

Every last Sunday of the month from 1pm onwards phone Sue on 07980064092 for details.

www.leedschiropody.co.uk/raw-spirit/events.html

Bristol

Tue 1st Feb and Tue 1st Mar, 7-9 pm. Booking essential as spaces limited.

www.annamiddleton.com
info@annamiddleton.com

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.

Southampton

A fortnightly potluck on Sundays 12-3pm. Dates and themes: 13 Feb Valentines & Shrove tuesday, 27 Feb Detox, 13 Mar Mothers Day, 27 Mar Spring, 10 April Easter, 24 April Favourite sweet.

Bring a dish to share and own plate & cutlery. Near Swaythling train station.

www.rawinuk.com/showthread.php?t=658
Contact kcreations@live.co.uk

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.

Wangford (Southwold) Suffolk

Raw vegan potluck every third Sunday of the month, from 12-3pm. Bring a dish to share. Suggested donation of £5. Includes talk by Jenny Yemaya.

rawdolphins@live.com 07884 438758

London

There are several potlucks in London.

Walthamstow: The potluck at the Hornbeam is now monthly on the second Saturday of each month. Bring food to share and donation for room hire.

Hornbeam Cafe, 458 Hoe Street, Walthamstow. Map/directions
www.hornbeam.org.uk

Further details contact Theresa on workshops@kitchenbuddy.eu or 07734 166 738

Barnet: Raw Valentine Celebration, Sun 13th Feb, 1-6pm, Green Hill New Church Hall, 177 Leicester Road, New Barnet. Contribution £6

See the website for full details: meetup.com/london-organic-rawtreat-potluck/

There is also **The London Raw Food Meetup group** at www.meetup.com/rawliving/ see the website for future events.

Hastings

We meet at various locations in Hastings & St Leonard's on the 3rd Sunday of Every Month.

Please contact sallyholloway@boltblue.com or 01424 444172 for latest info.



Workshops, Talks and Events

| Title | Details | Description | Contact |
|---|---|--|--|
| Sexy on Raw Philip McClusky | Saturday 5 February 9.30am to 5.30pm Health Etcetera, Hinton House, Winchester. £80 | After thirty failed diet attempts raw food saved Philip's life, transforming him from a morbidly obese 400 pounds to a fit, energised, and glowing 185 pounds. All day event, price includes lunch. | 01962 883 821 www.healthetcetera.com |
| Living Foods and Alkalisating in Nutritional Therapy | Saturday 12 February 9.30 am - 4.30 pm Institute for Optimum Nutrition, Richmond £65 £45 for students | Workshop with Gareth Edwards, a leading voice on living food regimes. Intended for nutritional therapists and those who would like to know more about the theory and practice of raw nutrition. Covering History and Theory, Scientific basis, Practical demonstrations (including juicing, blending, sprouting and dehydrating). | Helen on 02086147812 www.ion.ac.uk/ cpdseminars.htm |
| Bristol Magic with Kate Magic | Friday 18 February 7 - 9 pm Central Bristol £12 in advance £15 on the door | In this two-hour class, Kate will be cramming in as much as she can of the Raw Magic philosophy. What are the best raw foods to include and which are the best to avoid. How to transition easily and achieve your goals effortlessly. Some of the common bad habits people slip into and ways to avoid them. How to avoid deficiencies on a raw diet. | emelia@rawliving.co.uk www.rawliving.eu |
| Bath Magic with Kate Magic | Friday 19 February 4 - 6 pm The Love Lounge, Bath £12/£15 | Same as Bristol Magic above. | emelia@rawliving.co.uk www.rawliving.eu |
| Raw Magic Party | Friday 19 February 8 - 12 pm The Love Lounge, Bath £15 in advance £17 on the door | Entry includes one slice of raw chocolate cake and a glass of pink milk. There will be a bar with more food and drink available to purchase. The night will include party games and great music. | emelia@rawliving.co.uk www.rawliving.eu |
| Raw Food Demo Day | Saturday 12 March 10am to 6pm Health Etcetera, Hinton House, Winchester. £80 | This event is suitable for everyone learning about raw food. There will be hands on demos, delicious lunch, inspirational lectures and more. | 01962 883 821 www.healthetcetera.com |
| Spring Equinox Detox Retreat | Fri 18 to Sun 20 March 10.30am Fri - 2pm Sun Combe Martin, North Devon £250 inc juices, classes and accommodation. | 3-day Juice Feast with unlimited freshly made healthy juices. Daily Yoga and Mindfulness meditation workshops and inspirational talk on meditation, yoga or raw food. Opportunity to walk on the beach each day | Lisa 07971 148 531 lovinglifemagic@ gmail.com www.rawlisa.com |
| Raw Food for Health and Vitality | Saturday 09 April 10am-4pm Hallsannery Centre, Bideford, North Devon £50 includes food | An introduction to how to get more raw, vibrant food into your diet, the joy and wisdom of it, and the surprising benefits to be gained! We will be juicing, blending, sprouting, fermenting and dehydrating. | Lisa 07971 148 531 lovinglifemagic@ gmail.com www.rawlisa.com |



Vantra Restaurant Review

by Theresa Webb

The first VitaOrganic restaurant began in Finchley, complete with a mini water feature, bamboo interior and jungle style plants. It has since moved to Wardour St in Soho and has recently been renamed Vitao. I've been eating there for over 7 years. Phong and his wife ran Vita Organic until Autumn this year and now head Vantra, their third restaurant.

It is a spacious, open style restaurant with a high ceiling and wooden bar tables in rows with mostly high bar stools. (I envisage 'Wagamama' style dining). Seating also runs along the back wall, with individual natural wood tables.

Music is a fusion of different styles; world, lyrical, peaceful, funky melodies add a backdrop to compliment the large space. The décor is simple; with plain light bulbs hanging from a central star in the ceiling and a natural slate floor, plus the small stage area for talks and presentations.

Downstairs, the toilets are presentable and clean, with natural skin care products.

Drinks

The bar offers organic alcoholic choices plus non-alcohol choices by request.

I sampled a Tahitian Mojito with Kombucha instead of rum; a long, refreshing drink which instantly took me back to student cocktail days. It is beautifully presented in a tall glass, packed full of ice and fresh mint, layered with lime. It's the best non-alcoholic cocktail I've tasted in a long time and very refreshing (but I suspect with some kind of sweetener as it tasted like organic lime cordial).

Their extensive range of drinks include fresh mocktails, juices, smoothies, lassis, fresh coconuts and handmade dairy-free milks.

Fresh young, green coconuts line the top of the bar. I'd tried one on my first visit; it was full of water and a delight to find it in central town.

On previous visits I've tasted a delicious non-alcoholic pina colada (coconut and pineapple blend) and the strawberry and rose almond milk. This is fruity and feminine, with a pretty rose petal garnish. It's both nourishing and decadent simultaneously. In fact, this describes much of the menu. It's the shape of things to come.

Staff

The small team of staff is comprised of some new members and those who have worked for years and are friendly and open.

Deserts and Sweets

The desserts are sweetened with yacon syrup and dates and are agave-free.

The individual chocolate Truffles tasted exceptionally chocolatey and firm.

The Cheesecakes are based on almonds and macadamia nuts rather than cashew nuts (so are more candida friendly). Rose, raspberry and vanilla on a nut base with rose petal garnish: reminded me of childhood cheesecake with a buttery tasting base but not overly sweet filling, an excellent combination. There's also Blackcurrant Cheesecake and deep fill dehydrated Apple Pie all served with nut or soya cream on the side.



I am a student at the nearby College of Naturopathic Medicine (CNM) and I invited a group of 3rd year Naturopathic students to sample the self-service buffet at lunchtime. The Menu is based on Ayurvedic principles which balance Chakras through texture, colour and seasoning.

My friends were hungry and sampled a large selection of dishes. One had to leave half as she felt so full and explained that it was much nicer than the alternative organic supermarket on the other side of town, which also offers a mixed organic buffet at a similar price. This food

wasn't sticky; it feels clean. My other friend specifically stayed for the variety of raw salads, whilst another commented that she didn't feel too full (happily digesting).

There are 6 raw salads: Slivers of butternut squash and carrot in ginger dressing, apple and beetroot in a creamy seed dressing, lettuce and sesame in a soy based dressing, olives, cucumber and tomato in a brazil nut mayonnaise and fresh salad leaves. The cooked dishes include: buckwheat noodles, pasta,

The Vantra Philosophy

Preparation according to optimum health principles; avoid frying, synthetic, GM ingredients and conventional wheat and sugar.

Sustainable ingredients from local suppliers and fairly traded. They use green renewable energy, recycled and biodegradable packaging.

Harmonious atmosphere with contemporary music and talks and events.



brown rice x 2, several different vegetable curries, sprouting brown lentils, sprouted chickpea curry with lemon grass, black beans and shitake mushroom. 3 other dishes contain soya/tofu and seasonal vegetables. Each has an individually delicately flavoured sauce. Olive oil and homemade spicy sauces and dressings are served on the side of the buffet. There is something for everyone.

Vantra provides only compostable plates, containers and cutlery, which is surprisingly nice and comfortable to eat with.

The restaurant attracts a variety of health conscious and ethically minded diners; The head of London's main Vegan Social network group had diner prior to a meeting and as we left another diner called over to me; a fellow

dancer from the 5 Rhythms group in South London. He commented that the flavours were beautiful and that it is the nicest place he's found.

Vantra ~ a taste of vitality

Prices: Daytime: eat in £6.00, take away £5.00. Evening eat in £7.00.

Open: Mon to Sat 12 noon to 11 pm, Sun 12 noon to 8 pm

Location: 11-13 Soho Street. London W1D 3DJ

Tel. 020 7287 6060 www.vantra.co.uk

Transport: 2 mins from Tottenham Court Rd Tube, 15 mins from Oxford Circus and Piccadilly Circus Tubes. Plus many buses go along Oxford Street. ☘

Winter Warming Diet by Tonya Kay & Joanna Steven

What do raw fooders eat in Winter? The 81 pages of this third eBook in the *Raw Nutritional Analysis* series answers that question. Twenty eight days worth of Tonya's diet is analysed in detail - a complete list of foods eaten, drinks, supplements taken and exercise is given for each day, along with a nutritional breakdown of the food - see the sample page to see how this works.

In amongst the food analysis, various winter topics are discussed, the cold and what to do about it, plus various other raw food questions.

Tonya cares for the environment and likes to eat local food, and she discusses what produce is available and how you can use it, and you can see from each days food analysis exactly what she does eat.

Fat is discussed at great length, helping the reader decide how much fat they want to eat. Avocados having a special place in Tonya's heart get a whole two pages to themselves, with a comprehensive nutritional breakdown. Nuts and seeds also get detailed, including their nutritional breakdown.

There is an extensive discussion of different types of seaweeds, flavours, textures and usage which might help if you are looking for new foods to add to your diet.

The eBook ends with a detailed bibliography if you wish to carry out any further research.

Available for \$13 (approx £8.25) from www.kayosmarket.com ☘

eBook Review by Rob Hull

DAY SIX - Perfect Day

Mono
1 Fuji apple 4oz
1/4 head Romaine lettuce 3oz
3/4C peanuts
1/2 cucumber 3oz
1C blueberries 3oz
1C blackberries 3oz
1/2 red bell pepper 1. 5oz

Mushroom Kale Salad
1C white mushrooms 2. 5oz
1/2 head Green kale 4oz
1/2 Hass avocado 2oz
1/4C alfalfa sprouts
1T olive oil
1T Sage honey
1/2T apple cider vinegar
1/2T mustard powder
1/8T Celtic sea salt

Guacamole
1 Bacon avocado 3. 5oz
dash Meyer lemon
dash Lava salt

Home Made Chocolates
4T cacao butter 2oz
4T cacao nibs
4T cacao powder
2T Sage honey

Beverages
Green Ginger Kombucha - 8oz home fermented sage honey kombucha, 8oz ginger water, 1/2T green grass powder
5oz Absinthe
2. 5L reverse osmosis water restructured with living mandala art, solar-charged quartz crystal and rock dust mineral wand

Activity
100 ab crunches
20 lunges
40 exercise band pull downs
40 exercise band reverse flies

| Calories: 2684 | |
|-----------------------------|---------------|
| | % Daily Value |
| Fat 187g | 258% |
| From saturated 55g | 275% |
| Sodium 333 mg | 14% |
| Carbohydrates 212g | 71% |
| Fiber 75g | 300% |
| Sugars 105g | |
| Protein 63g | 126% |
| Vitamin A | 534% |
| Vitamin C | 458% |
| Calcium | 62% |
| Iron | 101% |
| Approx. Caloric Expenditure | 50 |

"Raw food does not make you feel good. It makes you feel normal. Raw food is normal. You can't feel better than normal.

Raw food is normal and feeling good is normal. It's the other yuck that makes you feel less than normal, which is "bad". In this perspective there are two important power points:

1. YOU ARE HEALTHY AS A BASELINE - IT'S NORMAL!
2. There are levels of "bad" symptoms experienced from eating not normal (i.e.: cooked, dead) food and you can indeed control the level of disturbance by choosing your cooked foods wisely.

Assuming you are vegan first, the biggest cooked food perp is: hydrogenated oils. Followed closely by: corn syrup. Third runner up: wheat. And a final no-no to soy.

Chowing a little vending machine peanut butter cracker with its hydrogenated oils, corn syrup and wheat will have far different effects than eating some steamed broccoli and whole grain brown rice. I like to call food "clean" or not "clean" nowadays. There are some raw foods that aren't clean. And there are some cooked foods that are darn clean. But in the end, even the clean cooked foods are cleaner when eaten raw."

—Tonya Kay



The Little Sweet Recipe Booklet by Emma Schade-Stylli

You can't help feeling a little magic when reading and using this lovely, sweet recipe collection by Emma Schade-Stylli. There is something so earthly, warm, nourishing, and friendly about it. And yet while coming back to leaf through and enjoy it for the second time, I couldn't quite put my finger on exactly where the magic was coming from. Was it the names of the dishes - Elfin Loaf, Lemony Snicket, Fortune Tella, Humble Crumble, etc? The fact they are matched with the seasons & pagan celebrations (beautifully thought-out and this just feels so sacred & special)? Was the warmth flowing from the author? (Well of course!).... Or, I thought, perhaps the magic lies in the fact that this is a book of delicious, mouth-watering, raw puddings! My conclusion? Certainly all of the above.

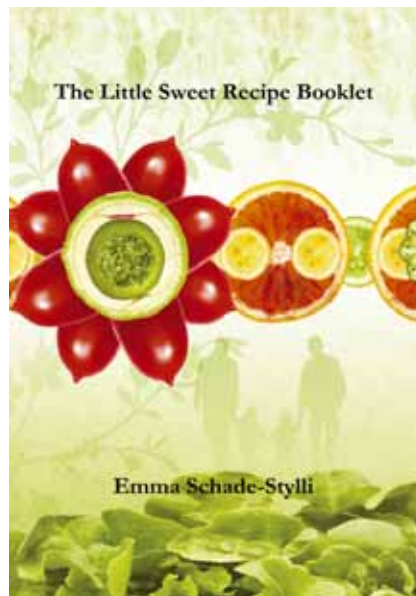
There are 63 pages of lusciousness to delve into, with TWENTY-EIGHT sweet treats!! Can you believe it? Goji Truffle Logs, Country Bumpkin Mince Pies, Angelsey Delight (tee hee, love it!).... As you read, each recipe has a matching tea you could serve with the dish, which is a nice touch, including Moon Ease, Happy Tummy, Blossoms of Health, Firefly Chai, and Easy Day. They all sound nice on their own! I like this traditional cake and tea theme also: I bet a few of us might enjoy a little of this tea and cake treatment a little more often.

The recipes are wonderfully simple, with nothing unexpected in the ingredient lists (No chuchuhuasi, for example!). Except maybe for Brandy (optional) in the 'Quarkspeise' cream topping!! Ingredients include superfood powders and sweeteners, lots of yummy whole, dried fruits, coconut oil and tahini (no complaints there!), rolled oats, buckwheaties, etc.. combined in wholesome amounts.

Emma's vegan creations are also well laid out in the book, with Celtic designs, and dishy photos. There

Book Review by Jessie Maguire

aren't pics of every recipe, but each is sufficiently inspired and inspiring to get you feeling creative and in the flow, to make the creations yours.



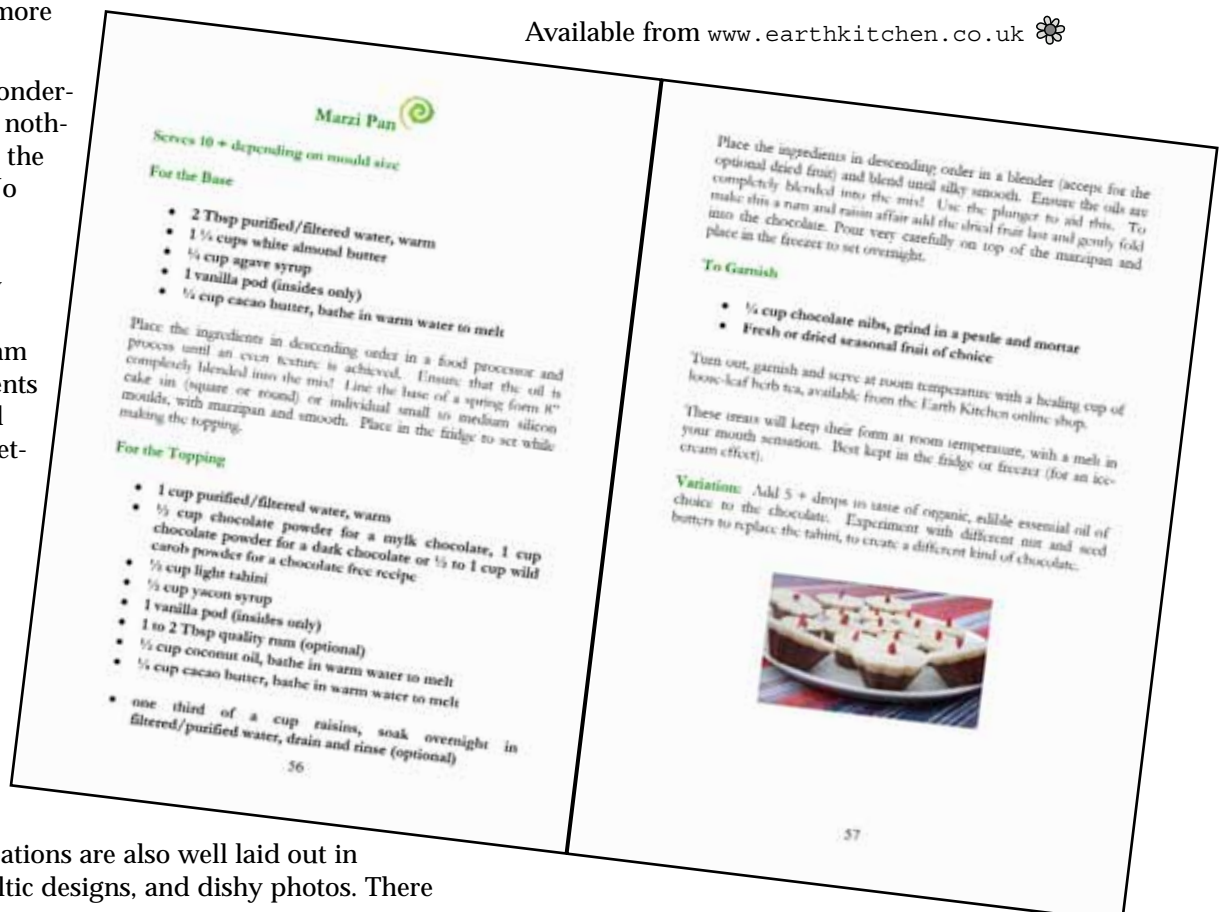
The only downside I could detect with 'Little...', is that no-chocolate people might have a little to contend with. It's a very chocolatey affair! Maybe this is an upside, actually, hehe. For some of us, it certainly is. 19 of the 28 contain chocolate powder/nibs, and others cacao butter. But I guess you could just add more carob (present in many of the recipes)? You probably know better than I do on that one ;?)

At the end of the many treats, there's a nice lil' shoppin' list, including products from Tree Harvest, which is RATHER nice to see, as well as Suma, and an edible essential oil website (hurray!). This lady has extremely good taste. She concludes her work with a page named 'For

Your Own Scribbles'. A cool way to finish a rather sophisticated collection, I reckon.

Raw tea and cake.... Oh baby! I recommend this collection as the perfect way to warm & spice you up on chilly nights in the kitchen this season. Love it Emma.

Available from www.earthkitchen.co.uk ❀



Sunfood Diet Infusion by John McCabe

What an experience, reading this book! John McCabe has really gone for it with 'Sunfood Diet Infusion', which is jam-packed with facts, an uncountable variety of inspiring quotes and a HUGE amount of information. This book is super content rich, but nice and readable too.

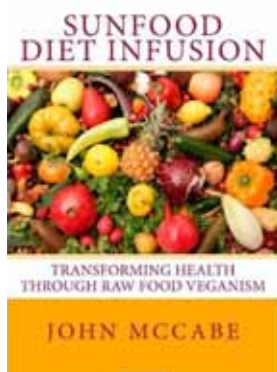
McCabe has organised his treatise into short, manageable and readable bites, with some chapters only a couple of pages each. One chapter is just a funny and moving quote from Da Vinci!

And my god, is John well-read! He shares with us the fruit of many years experience and reading, with suggested books and websites at the end of most chapters, and recommended reading at the end of the book.

John is one of the most passionate and knowledgeable authors on the subjects of veganism, environmental issues I have ever come across in the live foods 'world'.

One thing that did touch me about this book, as well as amuse me, is that John is not scared of stating his opinion. In fact, he can be very critical at times, of authors and speakers we might know quite well...! Unnamed of course. Controversial! This really made me giggle.

For me, this book was a real rollercoaster ride. John had me thinking at times how wild and naughty he is, how forthright and stubborn he is, and how beautifully big



Book Review by Jessie Maguire

hearted his is...! John could also easily turn you into a vegan, tree-lover and protector, skipping in your garden and cycling into town (if you're not already, and if you are, he gives you plenty of backup for any annoying questioning 3rd parties!). He is quite the persuader!

The only negative when reading 'Sunfood...' from front to back is a little lack of editing. What this means for you and me is rrrrepetition. Because the chapters are so small, there is some inevitable overlap I guess. At some points the book has you page-turning beautifully and flows wonderfully, but at times things get a bit bitty and samey. The reality,

however, is that once you've read 'Sunfood' through, you are going to want to dip back in to check stuff and read individual chapters anyway. Stick with it - John will win you over, and have you educated, moved and very prepared by the end.

What McCabe does so well here is challenge your existing beliefs and invite you to make up your own mind about a variety of important subjects, and be proud of it, in the same way he is! Very good value for money. Recipes at the end. Enjoy!

Available from www.amazon.co.uk

The Restoration of Nature - An Extract from Sunfood Diet Infusion by John McCabe - www.ignitingyourlife.com

The biology of the human naturally works to be in sync with that which is most healthful. It is also the design of your cells to be in tune with nature. Evidence of this is displayed by how the forces within each cell work toward cleaning out that which does not belong, bringing in that which is healthful, and building cellular structures in a fixed pattern.

The intricate activities taking place inside your cells are part of a system continually striving to create what is best with what is provided. The level of your health is in direct correlation with what you are supplying to your system. If you desire to experience vibrant health, it is up to you to provide the quality materials necessary for creating that level of health.

The sunfood diet is in tune with nature. It transforms health by supplying your ever-restorative cellular structures with the nutrients necessary to form healthy tissue, using the substances your body should have been ingesting all along: raw edible plants.

A sunfood diet also allows for the transfer of the subtle and powerful resonating energy of living plants into your system. Your cells will then function with vibrancy in tune with the energy of nature. This will trigger your system to release damaging residues left over from low quality foods. As your cells become cleaner, the energy previously spent dealing with the junk you were eating finally becomes an energy used to generate health. The tissues of your brain, including the pineal gland, begin to function at a higher level. Your thinking becomes clearer and your intuition awakens. You

have a stronger desire to use your talents and intellect to succeed, and to experience satisfaction.

A diet relying purely on plants benefits the planet in many different ways. Most significantly, it eliminates the dependence on the wasteful meat, dairy, processed, and corporate food industries. Instead, the sunfood diet consists of edible plant substances, requiring more fruiting trees and culinary plants to be grown. More plants clean the air, provide oxygen, filter water, create homes for wildlife, and manifest a more healthful environment for all forms of life on the planet. Additionally, with fewer people consuming meat, land previously used to raise farm animals - and used to grow tremendous amounts of food for feeding those animals - is turned over to the wilds of nature.

In addition to healthful food choices, the sunfood diet advocates daily exercise, intentional living, intellectual stimulation, nurturing relationships, a sustainable lifestyle, the protection of wildlife, and the restoration of nature.

On a sunfood diet your power will awaken from a dormant state induced by unhealthy foods, low quality life choices, and slothful thinking patterns. Your perceptions will enlighten. What you are capable of accomplishing will become clear to you as you transform into a happier, more healthful and satisfied being in tune with your instinct, intellect, talent, and essence.

The sunfood diet provides for the restoration of your inner nature, which benefits outer nature. Begin it now. ❀



Recipes

Chocolate Rice Pudding

Ingredients:

For the Almond Milk:

Handful almonds, soaked
1 tbsp honey/date syrup or sweetener of choice
1 tsp vanilla or almond essence
1 tbsp cacao powder
Just under 1 litre water

For the Cashew Cream:

1 cup cashews, soaked
½ cup of above almond milk
1 tbsp honey/date syrup or sweetener of choice
1 tsp vanilla or almond essence

For the Pudding:

1 large cauliflower
½ cup desiccated coconut
1 tbsp honey/date syrup or sweetener of choice
Handful pecans, soaked and finely chopped
Handful raisins
A few Medjool dates, finely chopped
Sprinkling of cinnamon
Sprinkling of nutmeg

1. Blend together ingredients for Almond Milk, OR make in milk maker and then blend with rest of Almond Milk ingredients, including pulp, and pour into a large jug.
2. Blend all Cashew Cream ingredients together, and add to jug.
3. Process cauliflower in food processor until rice-like, and add to jug.
4. Add coconut, sweetener, pecans, raisins, dates, cinnamon and nutmeg, and stir well.
5. Leave overnight in fridge.
6. Pour into serving bowls and enjoy!

by Karen Shephard

Vanilla Blueberry Shake

1/3 cup hemp seeds, soaked overnight
1/3 cup almonds, soaked overnight
1/3 cup brazil nuts, soaked overnight
1 tbsp coconut nectar (or sweetener of choice)
1 cup blueberries
1 tsp vanilla powder
3 cups water
1 tsp purple corn (optional)

Make a nut milk by blending the seeds/nuts with the water and strain through a nut milk bag. Add the nut milk back to the blender and add the remaining ingredients. Blend for a few minutes until thick and creamy.

by Emma McDougal - www.rawfoodscotland.com

Tom-Mole Coracle

This recipe was born out of necessity when all I had was mushrooms and avocados, and my two lads were not keen on eating anything with visible onion in it. They enjoyed it and named it. Occasionally, we had canoes, ie hollowed courgette halves filled with it. It was one of the ways of getting fresh raw food into them...

Ingredients:

1 large flat mushroom - destalked
1/2 small Avocado
1 Tomato - deseeded and diced
1/2 shallot or small onion, spring onion, - use whatever is to hand
a few sprouted greens or seeds - use whatever is around
1/2 Lemon or Lime Juice
Braggs Amino Liquid or Nama Shoyu
Cumin - to taste
Pinch cayenne or black pepper

Optional - sweetener whatever your preference - use only to balance tartness

Optional - Yeast flakes - to taste

Take onion and dice it finely or blend it, add cumin, cayenne, and 1 spray of liquid aminos, and leave to soak with the lemon/lime juice for at least 1/2 hour or longer if possible.

Spray the mushroom with Amino liquid - inside and out, and set aside for 1/2 - 1 hour to soften the texture if liked...

Mash the avocado as smooth or roughly as you like the texture, add the onion/spice mixture and if cheesy taste is wanted the yeast flakes. Then add the tomato pieces and whatever sprouted stuff is around. Fill the mushroom with the mixture and enjoy straight away...yum yum yum.

by Tineke

Oatmeal Cookies

1/2 cup walnuts
1/2 cup oats
1 tsp coconut butter, warmed to liquefy
1/4 tsp Pink Himalayan Salt or Celtic sea salt
5 medjool dates, stoned
2 tbsp agave nectar

Instructions: Grind the walnuts in a food processor into a fine flour. Add the oats and salt and process until broken down. With the machine running, drop the dates through the chute to help distribute them evenly throughout the mixture. Finally, add the agave and the coconut oil and process just enough until fully mixed in. Scoop small handfuls out on to baking paper and press down pushing them into cookie shapes. Place in the fridge to set.

by Polly Noble - www.pollynoble.com



Nut Free Blueberry Cheezecake

If, like me, you love cheezecake desserts but need to stay off nuts, then this dessert is perfect! It is light and fluffy and much more like cheesecake than the raw recipes which use lots of nuts. It is also excellent if you are releasing waste, and with the Irish Moss being so lovely for our tummies...what more can you want in a dessert?

Time needed: 3 -7 days presoaking, 10 mins to make, 4 hrs to set. Equipment needed: blender & food processor

Base:

1 cup raisins
2 cups sunflower seeds (you may alter the amounts to suit how thick you like the base to be)

Place in the food processor and process until a fine crumb. Press into the base of your cake tin.

Topping:

1 oz or 30 g irish moss, prepared as below
3 cups Hemp Mylk.
1/4 c or 2 tbsp lecithin
1 cup or 100 g lucuma
2 punnets of blueberries (the small punnet size, or one large punnet)
1/4c or 2 tbsp agave
1/2 cup or 60 g coconut butter (melted)

Irish Moss needs a minimum 4 days soaking, so plan this dessert well in advance - it's worth the wait!

Take your moss and rinse it well. Put it in an air tight container and add 1 cup (250 ml) pure water in the tub.

When you're ready to use it, throw away the soak water, and make sure NOT to rinse the moss again. Blend it up with 1 cup (250 ml) of the Hemp Mylk. Blend it for a good few minutes until the moss is broken down as much as possible, and the mixture starts to go light and fluffy.

Melt the coconut butter over a low heat or in dehydrator.

Then add the lecithin, lucuma, agave and blueberries and blend again, until you have a thick cream. Add the coconut butter and blend again and then gradually add the remaining 2 cups of Hemp Mylk. Whip it for another minute or so, then pour out into a 10" springform cake tin. Refrigerate for at least four hours and then serve with seasonal berries.

Recipe adapted & created by Amber Dawn ~ raw food Alchemist of www.rawalchemy.org.uk

Winter Warmer

2 cups almond milk
1 tbsp maca
1 tbsp cacao
1 tsp reishi
1 tsp vanilla powder
1 tbsp xylitol (or sweetener of choice)

Blend ingredients together and leave running on machine a little longer to gently warm.

by Emma McDougal - www.rawfoodscotland.com

Fennel and Orange Winter Salad

This recipe came about simply by chopping up all the fresh produce I had left and being pleasantly surprised by the yummy results! It has a nice refreshing touch with the citrus dressing but fills in the savoury craving we tend to have during winter!



1 large pear, topped and chopped
1 navel orange, peeled and chopped
2 fennel, tops removed and chopped
1 large bunch fresh parsley leaves, finely chopped

Mix all in a bowl.

Dressing:

1 navel orange, peeled

Blend the orange and pour over the salad..

by Aj Chanter

ChocolinaGoji Hearts (makes 10-12 cookies)

Cookie Batter:

1 ¾ cups cashew flour (ground cashews)
½ cup ground oat groats
¼ cup goji flour (ground dried gojis)
¼ cup date syrup
2 tsp. almond extract
¼ cup coconut oil (room temperature)

Chocolate Chips:

½ cup coconut oil (room temperature)
½ cup cacao powder
½ cup carob powder
1 tbsp. spirulina

Method:

1. Mix Chocolate Chip ingredients by hand and put in freezer or fridge to set.
2. In a large bowl, mix Cookie Batter ingredients by hand.
3. Chop hardened chocolate chips into small chunks and fold into batter.
4. Form batter into flattened cookie rounds on a teflex sheet and refrigerate for 1-2 hours, or until slightly hard.
5. Cut into shapes with cookie cutters and keep refrigerated until ready to eat.

by Karen Shephard

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



How a Vegan Diet Compromised My Health

by Susan Schenck

Beyond Broccoli is a new book from Susan Schenck, due to be released in the next few weeks. Here we give you the first chapter, look out for a review in the next issue of Funky Raw.

Your body is the only “authority” you can trust unconditional-ly. —Konstantin Monastyrsky, *Fiber Menace*

I woke up one morning in January 2009 jumping and shouting for joy. My book, a comprehensive guide to the raw vegan diet, was on the Amazon bestseller list due to an ad campaign I ran.

When it reached number 23 for all genres, I could hardly contain my excitement. Despite a great economic recession, thousands of people were willing to pay \$29.95 for my book. I was riding the wave of one of the fastest growing subjects in the publishing industry: the raw vegan diet.

People often tell me, “You are so lucky to have so much energy!” I smile, because that is like telling someone who has practiced playing the piano for several hours a day for four decades, “You are so lucky to be able to play music.”

I have been a health seeker since the age of 16. Unlike so many people I know, I refuse to get locked into dogma. Show me where I am wrong or some better way, and I will listen eagerly. Energy and health have been my lifelong passion. Nutrition, I have found, is the main key.

Given that half the world’s working population earns \$2 a day, I count myself lucky that I can wake up every day and ask myself, “What would I like to eat today?” Indeed, I consider myself blessed to have been financially able to experiment with every diet that arouses my curiosity, from Atkins to the Zone, while most people are forced into a sparse diet of beans and rice.

When I found the raw vegan diet, the search ended. *Or so I thought.* I began my raw food journey in 2002, and my health and energy levels at the age of 46 quickly became like those of a child. I had discovered the perfect diet, the best kept secret to health.

After about six months on a raw vegan diet, I experimented for a few months on the raw animal food diet. But I really liked the taste of plant foods better, and I got constipated from the dairy. So I dismissed the diet as completely off track.

In addition, all the action was taking place on the vegan side of the raw diet. That’s where all the lectures and potlucks were. It was more politically correct. It was more cool and hip. Who wanted to eat dead animals? I love animals, and I hate the abuse just as much as anybody.

Animals are sentient beings with emotions and, as my thinking went, don’t deserve to be eaten. Besides, our teeth are not like those of carnivores. Our digestive tracts

are too long for rotting, putrid meat, which it is what it becomes when you cook it and then consume it.

I made a commitment to the vegan team. For six years, I was about 95 percent raw (with some popcorn and potatoes as my favorite cheat) and about 99 percent vegan (eating only an occasional raw egg yolk to supplement my sublingual methylcobalamin B12 vitamins, as well as occasional raw ice cream).

A raw vegan diet is usually restricted to the four “food groups” of fruits, vegetables, nuts, and seeds. Some grains and legumes are OK to eat sprouted, but these tend to be bloating, so for many people they cannot be eaten in as large amounts as when cooked.

You might think, “How can anyone live on such a restricted diet for long?” I did it for six years. I rarely felt deprived.

When people came for dinner, they would get a menu listing what I spent three hours or more preparing: appetizers such as raw nori rolls, soups such as creamy celery cilantro, main dishes such as mock chicken nuggets made of

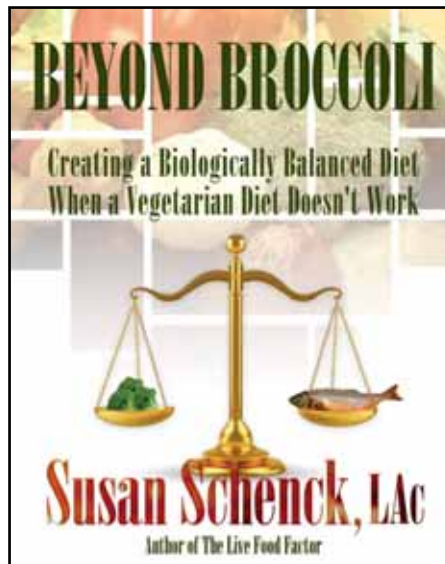
almonds, beverages such as carob mint sesame seed milk, and desserts such as raw carrot cake made with walnuts, dates, and carrots, topped with cashew cream icing.

People always commented that I should open a restaurant, but my passion was research and writing. Because I was a voracious reader, I came to know a lot about the diet and felt it was perfect for everyone. How could I question that a vegan or vegetarian diet could be inadequate for optimal health when even the American Dietetic Association gave the diet its stamp of approval?

“It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.”¹

A few years before my book came out, after I had been a raw vegan for several years, my health had begun to deteriorate somewhat. I was continually bloated, sometimes looking very pregnant. I know *now* it was due to my high-carb, low-protein diet. That type of diet doesn’t work for my body, though it may for others.

I had tried all the right things: proper food combining, let-



1. Craig and Mangels, “Position of the American Dietetic Association: Vegetarian Diets,” *J Am Diet Assoc*, Jul 2009, 109(7):1266-82



ting my digestive tract heal, drinking green smoothies. But the bloat would pop up nearly every time I ate a meal. Some raw fooders suggest going easy on the nuts to avoid bloat, but it is hard to get enough protein without them.

I eventually gained about ten or fifteen pounds, the amount I initially lost after going raw, and I would get very tired some times. This was because of eating too many carbs and releasing too much insulin. The fatigue grew stronger due to a deficiency of vitamin B12. I was also so protein starved that I overate nuts and seeds, which are very high in calories.

Some might say, "Hey, you were postmenopausal, in your 50s, *what do you expect?*" I don't accept that concept. If I am on the perfect diet, I should be able to slow down the aging process. Otherwise, what is the point of being on a particular diet? Why spend so much money on healthful organic produce, why sacrifice some of my favorite treats, why go to the bother of making meals from scratch?

When I had first learned about the raw vegan diet, my first reaction was, "I will collapse from all those carbs and sparse protein!" As soon as I discovered raw desserts and packaged treats, I did. I would eat and then nap. I eventually gained weight. I was challenged several times with, "How can you be a raw fooder? I thought raw fooders were *thin!*"

I once gave a lecture just after eating at a raw food restaurant. My friend told me that my belly was all bloated. She could see a young woman sneering at me and thinking, "Who wants to look like that?"

Alsoph Corwin, PhD of chemistry at John Hopkins University, may have the explanation for my weight gain: "The body hunger for missing essential amino acids may cause overconsumption of food in an effort to right the deficit."²

I'd see photos of myself and be shocked beyond belief at how big I was around the middle. Sometimes I'd go give a lecture looking very slim and then eat a raw food dinner before speaking. Someone would take a photo of me talking, and I couldn't believe how bloated and large around the waist I was. How could I tell people this was a weight-loss or health diet if it wasn't working for me?

Frankly, I was always so bloated that I looked like I was pregnant. If I ate a big salad or a raw gourmet meal, I would sometimes look as if I were five months pregnant, so I had to wear a baggy top. After I lost some weight through a low-calorie raw diet, I still looked pregnant — just three or four months along instead of five.

I discovered that the bloating can have many causes related to overeating carbs. Sometimes it is caused by high insulin levels telling the kidneys to retain sodium and hence water. Furthermore, a high-carbohydrate diet will reduce the hydrochloric acid needed to digest protein foods.

If we overeat carbs and we are not on a low fat diet, we feed the candida yeast, which adds to bloating. In addi-

2. Alsoph H. Corwin, PhD, "Forgotten Food Factors," Price-Pottenger Nutrition Foundation, 1979:4 #1

tion, a raw diet is rich in cellulosic fiber, which humans cannot digest. This doesn't mean we should avoid it, just that it may bloat you if you overeat it. If plant food is all you are eating, you'll likely get so much cellulose that you will be bloated much of the time.

I was so bloated that I had to wear baggy tops, usually a large size — even though my hips were slim. I went on an anti-candida diet for about six weeks. The bloat was gone. I finally had a flat stomach, but if I went back to eating fruit (I especially loved fresh orange juice), the bloat came back, even if the fruit was properly combined (eaten alone or with greens). The same thing occurred with a lot of sprouts or a huge plate of salad, but less so.

One day, Aajonus Vonderplanitz (raw meat eater and author of *We Want to Live*) told me, "You are not an herbivore! Your digestive tract can't handle so much cellulose. Man was an ape that traded his gut for a bigger brain." I later learned he was right: I never get bloated with meat or eggs.

My thighs, once huge, firm, and muscular, became droopy skin — especially noticeable in a yoga pose known as the plow, in which the person lies down on the back and bends the legs over the face. This must be from aging, I thought, but that is not good enough.

I have read studies showing that losing muscle with age is unnecessary. According to my research, the effects of aging can be prevented or at least slowed down. Otherwise, there is not as much point in putting time and energy into any health practices.³

I knew the culprit was not the raw diet.

Eating raw, organic foods was the greatest health secret, and I had compiled 66 studies in *The Live Food Factor* to prove it.⁴ Eating raw changed my life and brought me to a whole new level of health. To this day, I eat at least 85-90 percent of my calories from raw foods. There was something else wrong, but I didn't know what.

I also went on a raw version of the Flat Belly Diet. I got rid of my belly by eating monounsaturated fats at every meal, but when I wrote about it in my newsletter, I got hate mail. People unsubscribed from my newsletter. They accused me of heresy.

"Eating that much (25-50 percent) fat can't possibly be healthy," people pleaded. I was a heretic, straying from the essentials of raw foodism by prescribing this diet for women like me who yearned to have a slender waistline.

My memory had also been deteriorating. I'd had an outstanding memory, and even graduated magna cum laude in my acupuncture college because of it. I took great pride in the fact that whenever I was talking and digressed, I could always recall what my original point was and get back to it.

I had now lost this ability and felt extremely frustrated. I

3. See Schenck, *The Live Food Factor*, chapter 1, for ten reasons to eat a high raw diet. Health and anti-aging are two of them.

4 See chapter 8 of *The Live Food Factor*, 2nd ed, "Cooked Vs. Raw Diet Experiments and Research," as well as Appendix D, "Studies From Scientific Journals."



would go into a room to get something and forget why I went there. If I was dialing a phone number, I could keep only 2-3 digits in my head at once before needing to look at the number again. I would go to the food co-op, which I went to regularly, at least once a week, and be unable to remember my co-op number. I knew it was really, really bad when I couldn't even remember my husband's cell phone number. There was a moment when *even his name was on the tip of my tongue!*

You can't give me the old line, "Oh, it's just a part of getting older." You see, the whole point of studying and pursuing peak health is that we can extend our health span.

There are records of people living over 100 and in great health.⁵ Even in our toxic, polluted environment, we should be able to live much longer than the typical 80 years, and we should stay very healthy if we follow a healthful lifestyle.

Even as soon as my flagrantly pro-vegan book was fresh off the press, I was being prompted to learn about the dangers of veganism. A string of coincidences made the message undeniable: my poor memory, my weight gain, and the alarming results of some blood tests.

I started researching weight loss. I couldn't market my book as a weight-loss diet if I was overweight myself. While researching, I wrote an e-book with all sorts of weight-loss tips.

I began to catch up on all the Dr. Barry Sears Zone Diet books. As I read *The Omega Rx Zone*, I discovered how important *docosahexaenoic acid* (DHA), an omega-3 essential fatty acid, was to the brain. I also learned from Dr. Nicholas Perricone's books just how vital omega-3 fats were for weight loss. It is the only true weight-loss "silver bullet" he had found.

I grew convinced that pharmaceutical-grade fish oil was the most critical supplement to take. A friend of mine was taking krill oil. I stumbled upon an article by Dr. Joseph Mercola, DO, whose website has a major Internet impact, saying that it was five times more bioavailable than fish oil, so my husband and I experimented with it as well.

After about three weeks of taking a mega-dose of six to nine grams per day of fish oil, my memory improved. My mood improved to the point that initially I was feeling quite blissful. Fish oil increases serotonin. My brain was starving for it! The *eicosapentaenoic acid* (EPA) in the fish is needed by the nervous system for well-being. After about a month I went down to three grams a day.

I also found keeping the weight off much easier. I was more energetic and could even climb the hill at the daily walk I took much more easily.

Eventually, I had to cut back to about a gram or so a day because any more than that produced gas, perhaps from toxic lipid peroxides. For about a year, I continued to take purified fish oil for the DHA and EPA. At the time, no vegan algae product contained EPA for emotional well-being. I switched later to cod liver oil, since it also con-

5. For more information about man's longevity potential, read the Bible; Hilton Hotema, *Man's Higher Consciousness*; and De Vries, *Primitive Man*.

tains vitamins D and A, which plant products don't contain.

While studying and researching for the weight-loss book, I came across several tests I felt I should get in order to see how I was doing. I went in for blood tests and found I had high LDL (the "bad" cholesterol) and high triglycerides, both of which are bad biomarkers for the heart. I now know these were from excessive carbs.

I also had a B12 deficiency. B12 is reliably found only in animal foods. We make a bit in our digestive tract and mouths, but not much. Some people make enough for themselves; many others like me don't.

I realized that this deficiency was not something to mess with, as it could cause permanent damage to the nervous system. So I took bi-monthly injections and proceeded to research how to get it into my diet. I found that liver had the most and red meat more than white meat.

For years, I had even been taking sublingual B12. I took the best kind, methylcobalamin, and one of the top brands. This proves that it's always best to get nutrients from food sources, not supplements, in which they are far less bioavailable.

In addition, I had a vitamin D deficiency. D is available in food form only from animals. Contrary to myth, most of us cannot get enough from sunshine alone. I also had a vitamin K₂ deficiency. My skeleton was headed for an osteoporosis train wreck!

My hair was falling out a lot (insufficient protein), and my muscles were diminishing, replaced by flab. As we'll see later, I was burning sugar, not fat.

I was stunned to find out about all this. I realized that a nervous facial twitch I had developed must have been caused by the B12 deficiency. My liver probably stored enough for just a few years. Once that was depleted in 2006, I began to exhibit some deficiency symptoms.

I was also getting bags under my eyes. I read somewhere that insufficient B12 can cause bags under the eyes. In addition, I experienced drooling on my pillow while sleeping, another sign of B12 deficiency.

Dr. Stanley Bass

Dr. Stanley Bass, ND, DC, PhC, PhD, DO, DSc, DD, is a hidden gem. He is 92 years old, outliving many vegan leaders in the raw food movement in part because he recognized early on the deficiencies that often arise on vegan diets.

When I told him about my B12 deficiency, he related the story of how Dr. Christopher Gian-Cursio, a hygienic doctor, discovered the need for animal nutrients by observing the effects that strict veganism had over three generations in a family of his patients.

Dr. Bass taught me to eat raw egg yolks when I consulted him over the phone. He suggested I eat three eggs a day. In order to be able to consume the whites for their protein, I could do as Dr. Cursio suggested and boil the eggs for just two minutes. The yolks would still be raw, folded in with the poached egg white as an omelet. I added chopped onions, tomatoes and other vegetables.



I also added some raw kefir and raw goat cheese once or twice a week.

Dr. Bass had once experimented with raising mice on various diets for four years. He found that the raw vegan mice were killing each other to eat their brains! Those that ate raw egg yolks would thrive. He said if people won't eat meat, they should eat three egg yolks a day to get B vitamins, including B12, as well as small amounts of vitamins A and D.

My local doctor had me on bimonthly B12 injections for about a year, but the deficiency symptoms still persisted, even when the blood levels checked okay. That may be because blood tests are not the most accurate: the urine MMA test is better. Meanwhile, I conversed with Dr. Bass from time to time as he dared me to go down the rabbit hole. He gave me a list of books to read that challenged many of my vegetarian beliefs.

Eating Meat Brings Improvement

Let me make clear that I do not particularly like the taste of meat, raw or cooked, with the exception of highly seasoned cooked meat, such as chicken curry and Kentucky Fried Chicken, which has the "secret" ingredient monosodium glutamate! I find it bland, tasteless, and as far as culinary factors go, a waste of calories.

Even after the B12 tests, *I refused to eat meat for a year*. I resisted as I was disgusted by the idea of eating meat after 6 years without it. I would often look back at my experience of having tried raw meat for a month with great disgust. What was I thinking? How could I have done that? After a few years as a vegetarian, eating meat seemed like cannibalism or vampirism.

I was afraid of spiritual devolution. There are so many vegetarian books that make it seem as though you can't possibly be part of the spiritual scene if you are still eating meat.

Most of all, *I didn't want to be a hypocrite* and not practice what I preached in my book.

Desperate situations make us do things we thought we'd never do. I remember the one and a half years I worked at multi-level marketing (MLM) full-time. Making cold calls every morning, I was sure that if I put in the time and money, I could be one of the few who make it work, living forever on residual income. After using up nearly all my savings, I realized the MLM stood for Many Losing Money.

I began to realize the problem was not with *me*, but with the *industry*. It is set up so that only one in a hundred really makes good money, because you need a steady hundred in your downline. I knew a few could make it work. Those people were usually charismatic leader types who had vast social connections and had the luck to hit upon a new, fast-growing company that is destined for stability. At that turning point, I realized that trying to succeed at MLM was for me like putting a round peg into a square hole.

I had that same epiphany one day with diet. It wasn't that I was not trying hard enough, detoxifying enough, or lacked discipline; it was that I simply had a biological

need for meat (especially small oily fish) for optimal health. The vegetarian diet did not suit my body's constitution any more than MLM suited my personality.

I went to Whole Foods to get clean meat, the stuff from free-range animals fed their natural, organic diet, without being tortured with hormones, antibiotics, and steroids. Afraid someone might recognize me, I made sure my cloth grocery bag was lying over the tell-tale meat package. When I got home, I marinated it — and ate it raw!

So, after about a year of being raw ovo-lacto vegetarian (vegan plus eggs and some dairy), I began to eat raw wild fish and free-range, organic-fed chicken, both marinated in lemon juice in order to kill any parasites. My health and energy improved.

I hadn't eaten meat in about six years, and I never thought I would. My intuition eventually sent me the message to try red meat. I ate some dehydrated, free-range, pasture-fed buffalo. Eating three or four ounces of that every day alleviated my B12 deficiency symptoms, but they are still there to some degree. I may have permanently damaged my nervous system.

A funny thing happened when I resumed eating meat, just three to four ounces a day. My appetite lessened, and my blood sugar became more stable.

I had been diagnosed twice in my youth as being hypoglycemic. Both times I had the whole fasting glucose study done. Even after those tests, I remained in deep denial because of my fondness for carbohydrates, which I considered the fun foods. Yet I couldn't deny it: I felt great with just a little meat (usually fish) in my diet once a day — and not even every day. Sometimes I just ate a few eggs.

When I added meat to my diet, my B12 stabilized. I no longer needed injections. I kept a food journal, simply writing down what I ate and noticing how I felt each day. I noticed I was less hungry and more productive when I ate meat or two to three eggs at breakfast time. My blood sugar stabilized, and I wouldn't crave food all day.

Other Benefits

Other benefits have accrued since I started including animal foods in my diet. Blood tests showed my HDL got higher, and my triglycerides and LDL got lower.

HDL is supposed to be high. Pamela McDonald, author of *The Perfect Gene Diet*, notes, "HDL provides our body with a natural artery-cleaning service. You simply cannot have too much of this good type of cholesterol."⁶

I am almost never hungry. On a raw vegan diet, which is high carb, I was frequently hungry. But when I eat fewer



6. Pamela McDonald, *The Perfect Gene Diet*, p.22.



carbs and incorporate more animal protein, I find I never get hungry. It is easier than ever for me to eat a high-raw diet because I have so little interest in food, especially the cooked carbs that used to tempt me.

Another great benefit: My food prep time is less than it's ever been! I no longer crave complicated recipes with intense, stimulating flavors.

Furthermore, I am saving money because I no longer need to buy so many supplements. I was always taking things as a vegan and vegetarian because these diets are low in certain nutrients, as I will point out later in the book. I now get everything from nutrient-rich, wild meat and cod liver oil, in addition to mineral-rich plant foods. For the most part, I use supplements only as needed.

Best of all, my brain is sharper than it's ever been. The real improvement occurred when I got my carb intake down to 100 grams a day or less. My brain worked better than it ever has in my life. When I curb my carbs, I am clear, sharp, focused, and my memory is better than ever.

If I make a mental note of a page number (not having a book marker handy), I often even recall the exact page numbers of where I read things. This is quite a turn-around for someone who couldn't remember her husband's cell phone number!

Whenever I go a week or more eating 100 grams of carb a day (or less), I read faster than I have ever read in my life, and I often find I get bored with "soft," or light, reading material. I find myself often preferring science, college

textbooks, and things that used to be a chore to plow through. Things that were once very challenging for me to understand are much clearer, as my mind is now performing at a higher level.

I usually refrain from writing what I eat because it changes all the time. But after much experimentation and especially after building back my muscles and replenishing my fat soluble vitamins, I found I don't need to eat meat every day. I eat two or three eggs for breakfast nearly every day (with chopped vegetables—no bread, potatoes, bacon, etc!), four ounces of raw liver every week or two, and about three ounces of fish three times a week. The best fish is wild salmon and small oily fish such as sardines or mackerel three times a week. Where I live, it is hard to find these small oily fish raw, but the canned ones have been steamed at about 130F, so at least toxic byproducts are not formed. The fish keeps me mentally sharp and very happy.

Beyond Broccoli will be available through your local book shop and amazon.com ISBN 978-0977679522.

Susan Schenck is the author of the 2-time award-winning book, The Live Food Factor, The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet, which has gained the reputation as the raw foods encyclopedia or bible. You can get a free copy of chapter one by signing up for her newsletter at www.livefoodfactor.com She currently writes full time at Cuenca, Ecuador and is available for raw food coaching at livefoodfactor@yahoo.com ❀

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Winner of



Stuck in a raw rut?

by Emma McDougal

What to do when you're stuck in a raw rut? It's easy enough to fall in to the trap of eating the same-old same-old no matter whether you're eating cooked or raw food and I know I've found myself in this situation quite a few times over the last three years. I'm a changeable gal, I get anxious if I haven't moved the furniture around every month (much to my husband's delight) and I need a bit of sexing things up now and again to keep me on my toes. It's not that raw food isn't interesting, I've barely even scraped the barrel of what's possible with raw food, it's just that unless you vary your diet it can begin to stifle you after a while. When you're stifled you can't grow and everything needs to grow baby!

So what's a girl or guy to do? Well, these are a few of the things that have worked for me in the past when I'm stuck in a raw rut. Mixing it up a bit with something you haven't tried for a while (or at all) can really make all the difference!



Greeeeeeens

Up your greens! We all now how sexy greens can make you feel. A variety of greens (particularly wild ones) literally transform any raw food diet from the amazing to damn well tremendous. Decide on a short green smoothie feast or green juice feast for 2-3 days to catapult you out of rutsville and in to awesomeville. There are endless possibilities on how to make the most amazing green smoothies that you could keep going till kingdom come. Find a local foraging course or get a wild food edibles book and discover new foods growing in your back garden!

You Make Me Wanna Sprout

Sprouted foods again are tremendous to include in your diet because they are actually alive, living and growing and saving all their powerhouse of nutrients for your good self. They're great to experiment with and nothing is more satisfying than eating something that you have nurtured from seed to plant! If you don't have the time or motivation to grow your own you can buy them easily enough these days in most good healthfood stores. Adding these in to your diet will make all your cells do a little dance and give you a very special feeling.



Super Duperfood

Ever controversial, the inclusion of superfoods in the raw food diet can for some work wonders while others don't see what the fuss is all about. Personally, I love superfoods and find that including them in my day-to-day raw foods can transform the dish and send me to another dimension! Cacao is probably my all time favourite but foods like maca, purple corn, reishi, spirulina, crystal manna, suma, he shou wu, chia, hemp and many more all have a place on my plate. If you haven't tried superfoods before, perhaps pick 2 or 3 that sound good to you and experiment with them to see if they float your raw boat!

Sexy Recipes

I am one of those people that buys recipe books, has a flick through oohing and ahing, picks one or two recipes and then makes the same two or three over and over while the book sits on the shelf. If this is you, get your recipe books out again and decide to make one new recipe a week. If you don't have any books borrow them or visit your library and demand they order you in some raw books. If you want new recipes at the touch of a button then websites such as www.goneraw.com are the place to go for free raw recipes. On top of that a menu plan is a great idea to make sure you're getting a few new meals crow-barred in to the week!

Nuts For Nut Milk

Nut and seed milks are another fab way to introduce something new. You can combine these with superfoods to make a supercharged drink jam-packed with nutrients to turn you in to a superhero. I LOVE my nut and seed milks. Today's was almond and brazil milk blended with strawberries, blueberries, raspberries and purple corn. Yummy! You can be soooo creative with the milks you make which adds that extra element of sexiness. If you're bored of your usual breakfast a nice nut/seed milk can liven things up a bit! Remember to soak your nuts/seeds first!



Sea Veggies

I really only started experimenting with sea vegetables last year and they are awesome. Not always 100% raw guaranteed but just so ridiculously good for you. Dulse and Nori are great additions especially for making wraps. Arame, wakame, sea spaghetti, kombu the list goes on. Try them out, see which is your fave!

Colonic

If you're looking to cleanse your system ready to start adding some super nutrient dense foods in to your diet then colonics can be a great way to kick things off. If you haven't had one before you may be a little anxious but seriously these are a walk in the park and can really make you feel wonderful!

Potluck

If you're lucky enough to live near other raw foodies then attending a potluck can get you back in your raw groove. Just being around like-minded people and seeing what sorts of things they bring to eat can give you new ideas, fresh motivation and a refreshed buzz about raw foods. I always come away from potlucks feeling truly blessed to have found this path!

T'Internet

If you're lacking a sense of purpose or direction with your raw path and don't have many raw foodies around you then the internet is your friend. Youtube has about ten zillion raw food videos with speakers and recipes that can renew your passion and excitement all over again. I recently watched some videos that I'd first found three years ago when I was drinking everything in. I got little goosebumps all over again when listening to some of the awesome information out there. LOVE IT!

These are just some of the ways you can renew you raw food passion. We all know and have experienced the raw honeymoon period, enjoy coming up with ways to relieve the raw equivalent of the seven year itch!

Emma MacDougall is a raw food teacher, author of Me Raw: You Cooked and organiser of raw potlucks across Scotland. She can be contacted at emma@rawfoodscotland.com and you can read more at www.rawfoodscotland.com ☘



Raw web sites to get you started

www.rawinuk.com - UK based discussion site

www.giveittomeraw.com - Social networking

www.goneraw.com - Recipes

www.renegadehealth.com - Daily videos



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Kaayla T. Daniel, PhD, CCN

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DOORS OPEN: 9 AM MAIN EVENT: 10 AM - 5 PM with talks in two halls and many stalls selling food, raw milk and more. Luncheon rants by Rude Health & special guests. Bonus evening session with lectures and a film until 9 PM.

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Kaayla T. Daniel, PhD, CCN, (USA) is The Naughty Nutritionist™ because of her ability to outrageously and humorously debunk nutritional myths. She will also present a workshop on longevity & fertility.

Dr. Thomas Cowan, MD, (USA) is a holistic family doctor in private medical practice in San Francisco, California. Dr. Cowan will talk about holistic medicine and nutrition. He will discuss the holistic treatment of heart disease, cancer & auto-immune disease.

Dr. Natasha Campbell-McBride, MD, will discuss the unconventional truth about heart disease and present a workshop on Gut And Psychology Syndrome (GAPS), her revolutionary nutrition program for digestive and mental wellness.

Barry Groves, PhD, will discuss how we can eat fat to lose weight and avoid diabetes.

Zoe Harcombe BA, MA (Cantab), will explain what caused the obesity epidemic and what we can do to stop it.

Sir Julian Rose, pioneering organic farmer and renowned countryside and raw milk campaigner will chair the main stage event.



The Moo Man

FILM PREVIEW: "THE MOO MAN" a film about East Sussex organic dairy Hook & Son's attempt to survive by ignoring supermarkets & selling raw milk directly to the public. **Graham Harvey,** Agricultural Editor of Radio 4's "The Archers" will also discuss benefits of grass-fed animals for human health & environment.

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Seven Simple Ways to Feel Positive

by Elizabeth

Are you sad and gloomy after a long Winter? Have you still got "the Winter Blues" even though Spring is just around the corner? Here are some tips to fight those negative feelings and put some sparkle back into your life.

1. Can't afford a spa break? In that case you need to **set aside some time to pamper yourself** in your own bathroom. If possible, safely arrange some candles to create a luxurious, relaxing atmosphere. Put on some soothing music and prepare your bath.

I found a good web site which describes exactly what to do next, here is a snippet from www.herbfacts.co.uk. Click on *Features* then scroll down to find *Bath time bliss*. "There are several ways to create a relaxing herbal bath. You can either steep the herbs in hot water, strain, allow to cool and add the liquid to your bath or wrap them in a cheesecloth or muslin bag and hang it from the tap so the water runs through as your bath fills up. Alternatively, you can crush the herbs slightly, place them in a saucepan, cover with an inch or so of water, simmer for around 20 minutes before straining and adding to your bath. See below for herbs to choose to suit your mood:

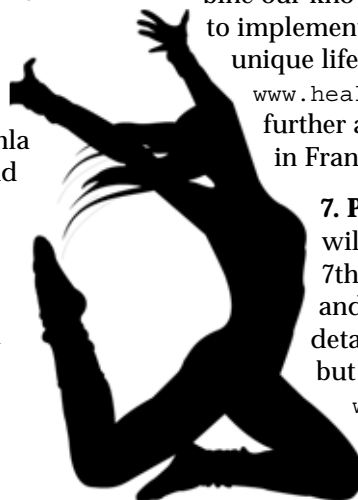


- For relaxation, choose camomile, rose and hops
- For soothing aching muscles, try thyme, lavender and rosemary
- To relieve stress and anxiety, combine rose, jasmine and sage
- For a quick boost, opt for mint or rosemary
- For energy, try lemon verbena, bay leaf and basil
- To calm your nerves try geranium"

There's lots more information on the use of herbs for all the family and its possible to subscribe to a free e-mail newsletter.

2. Give your skin a glow by using a Raw Gaia Chocolate Face Pack. It consists of raw chocolate powder, red clay, organic turmeric and organic amla fruit powder which helps to promote a smooth and well-toned complexion. It will cleanse your skin gently and help to draw out toxins and is suitable for all skin types for both men and women. Although it comes in a fairly small jar, you only need to mix 1 teaspoon with water to form a thick cream so it should last for some time.

3. If you can't get out due to the bad weather or haven't time to go to the gym, put on a lively CD, **dance and stretch to raise your mood**. Activity is



believed to increase the level of serotonin, the mood regulating chemical found in the brain. Ask a friend round, you'll feel more motivated exercising together.

If that sounds too energetic try a DVD giving instruction on the 24 forms of T'ai chi, an excellent form of exercise for those who feel more comfortable moving slowly and just stretching rather than something too strenuous. Its surprising what a feeling of wellbeing just 30 minutes of movement will give.

4. Try a new recipe. I've just found a delicious recipe for Simple Beetroot Soup posted by Shell on <http://therawkitchen.blogspot.com>. There is also a recipe for Manna's Chocolate Orange which is a simple cake in 3 layers. This site give loads of names of other sites for recipes and support groups.

Simple Beetroot Soup

Juice of 3 big carrots and 1 yellow pepper, Peel 1 medium beetroot, squeeze of lemon, ½ small avocado, big handful of baby spinach, 2 – 3 medium tomatoes, small piece of chilli pepper. Blend until smooth, no need for salt or oil.



5. Visit a Local Gathering or Potluck.

Here you will make new friends, exchange ideas and try new foods. See pages 5 and 6 for events listings. If you can't find one near you why not be brave and start one yourself. E-mail the details to news@funkyraw.com to have it listed in the news and events pages.

6. Try a weekend or week long stay at a Raw Retreat Centre

such as Health Etcetera which is in Winchester, just 50 minutes from London. They promise to "combine our knowledge of live food nutrition with a way to implement these changes according to your unique lifestyle challenges." More info at www.healthetcetera.com or if you want to go further afield, try www.retreat-biarritz.com in France.

7. Plan for the Summer Festivals. There will be raw food festivals in Denmark from 7th to 10th July and Sweden between 8th and 17th August, see page 4 for more details. I don't know of any UK festivals yet, but they will be listed at

www.funkyraw.com/events/ and in the next issue of Funky Raw if any get organised. ❁



Detox with Arise and Shine Herbs

by Susan Laing

My first ever experience of an intense 1 week detox was run by my friend and colleague Peter Hinde held in a beautiful cottage, with 5 other people, in one of the most beautiful scenic parts of the UK, Solva on the Pembrokeshire coast in Wales.

After driving across Wales from Manchester my chum Monica and I arrived at the cottage ready for a completely new experience! The cottage was just perfect and the surrounding coast and scenery were also just perfect for what we were about to experience. We later came to realise how special this area is. It is one of the least polluted areas in the UK and the energy was so conducive to our whole week of healing.

The first night was just about getting our selves settled in, meeting the others and arranging the sleeping spaces with whom and what room to use. So that first night was the only detox free night!

The next morning we were woken up at 6am sharp ready for the first of our 4 shakes of the day - psyllium husks and bentonite clay with water. The first mouthful really is not very pleasant but I found it easy to just get on with glugging down of this strange and slimy grey mixture because you learn very quickly, that the quicker you drink this strange mixture the easier it is, otherwise it can thicken into one real thick gluggy even slimier mess and its impossible to swallow. We were then just glad to get back to our beds and nod back off into dreamland as we knew the next waking time was at 7.30am and this was for our Arise and Shine herbal capsules -these are taken 5 times through out the day with plenty of water. So awaking again at 7.30 am isn't at all that bad really as you can just reach out your arm and pop these capsules into your mouths with some water and once again nod off - easy peasy.

The `real -morning` waking hour was at 9am- I mean this is when you usually got up and stayed up for the rest of the day, well that is for the first few days anyway because later on in the detox there were times when standing or walking seemed like just like too much to do! So at 9am it was shake time once again! Yes another of those grey concoctions to glug down. And then you found things to do between the next installment of things to swallow which was some more Arise and Shine herbal capsules plus a green juice plus a liver cleanse concoction- (by the way, this is really yummy and it helps to stave of those hunger pangs), plus we always took a certain amount of colloidal minerals in spring water. Peter believes this is an essential part of the whole detox. When I did the detox then they were added to our green juice.

The day carried on with us all swallowing, glugging and sipping all these various healing, cleansing concoctions that were going to help us feel healthier and more wonderful! Well this is what we used to all tell ourselves every day, one of our little mantras!!

We had heard and read testimonials from previous clients

and Peter had brought the famous book written by Dr Anderson - ``Cleanse and Purify Thyself`` - who cured himself and many others of many ailments. This book became my bible for sometime as the testimonials are just amazing alongside the incredible photos of the strange black mucoid plaque that comes away from the colon and in the shape of the colon!

We only had one meal per day, which was all raw food. Nuts and fruit are usually not recommended. The green juices usually consisted of loads of wheatgrass plus green vegetables. Now, as the days passed by these green juices were easy to drink to begin with, but I soon found out that as I started to pass that strange mucoid plaque stuff, which was on the second day, I began to find it more difficult to drink these green juices without feeling yuk! Now I must say that some people found it easier than others.

Soon I began to experience some typical cleansing symptoms like feeling light headed, confusion, nausea, weakness, perspiring excessively and so on. And for this reason we all found great relief in the daily use of various types of enemas. The two bathrooms were in constant use. Either folks were on the loo doing the 'mucoid- thing' or they were finding refuge with the use of their enema kits. These became quite a religious act as you can imagine. The shrieks from the toilet were quite a common daily event when someone passed the mucoid!! It might sound strange but if you can imagine passing feet/ meters of this stuff on a daily basis you would understand!! Christmas presents don't seem quite the same again after the first Ureka shout from the bathroom!! If you really want to know we talked about this mucoid stuff a lot. I had never seen this stuff before let alone quite believe this was coming from my very own bowel!

One thing you learn is to drink plenty of water! And I mean loads as it makes it a lot easier on the whole detoxification process.

I have to say the whole week became a unique and wonderful experience. Quite spiritual. Sharing a cottage with other people going through the same experience of detoxing is quite a bonding experience, not to mention we were a great support to one another. Emotions began to unfold in every way possible with the various healing techniques that Peter used alongside the detox. And as the mucoid left the body the emotions associated with the foods that formed the mucoid began to evaporate. Dr Anderson talks about the negative emotions that we experience at the time of eating these mucoid forming foods and as the mucoid plaque begins to dissolve so do the emotions attached to this stuff! It really is quite profound. I noticed that I began to experience some extremely vivid dreams about white bread, infact I could even smell the bread! And another one of the dreams I had was about me visiting a market with stalls laden with an abundance of all kinds of cooked meats and I remember drooling at the



choice of all this. I do think that as the mucoid plaque began to dissolve, was it the mucoid linked to these foods? The body definitely has its own body wisdom.

This very first detox week was a challenge! And at the end of it all I felt so peaceful and serene. The thought of returning to the city was not appealing at all. I decided to continue a scaled down version of the detox for another week or so, as things were `moving` so well!

It was great speaking to everyone else about how they experienced greater inner peace along with their improved physical symptoms such as cleared sinuses and the sense of smell and taste had improved for everyone involved, plus a great deal more.

So since the first detox I have continued to go on these one week intensive Arise and Shine detoxes, because each time I have gone on one I have managed to manage my life a whole lot easier. I suffered from CFS where by my immune system was very low, suffering from Dysbiosis, Hypoglycaemia and allergies. I had at one point gone down to 6 and half stone , had jaundice, no period for two years amongst other symptoms not to mention depression galore. I was advised to eat raw food. So each time doing one of these unique detoxes I have been able to move on

where by my body needed to be. And, I found it a whole lot easier to give up certain addictive foods. Things really do unfold and on my third detox I began to write poetry!:(

I would recommend this type of detox to anyone who wished to help improve their health , because health is wealth after all. But I can't leave out the spiritual side either because all that gunk really does gunk up the emotions/soul too. Even if you have been eating raw food for a number of years you would still benefit from this wonderful healing detox!:(

There are some things which I did not mention like the use of the Grainfields Fermented Bacteria, or the type of water used and for this reason I recommend you to go on to the Peter Hinde's website: www.bodyelectronics.co.uk to learn more and see some great testimonials.

Another point I would like to mention here is that Peter has been running these type of detoxes for over 10 years and through experience has managed to refine and improve the daily schedule which is centred around the core of the Arise and Shine cleanse.

Susan is a Naturopathic Iridologist & Nutritionist. Find out more at www.raw-spirit.com ❀

Ten Ways To Get Detoxing Today

Eliminate stimulants. To get your metabolism and digestion working like magic, the first important thing is to avoid the highly addictive foods, that are also taking up all of your energy to digest it, such as meat, refined sugars, all processed foods and yes- alcohol.

Get your Green on. Green smoothies (that is 50% greens, like kale and parsley, 50% fruits and some water) are full of chlorophyll and fibre to renew your weak blood cells and help rid of the old ones.

Fibre it up. Speaking of fibre in smoothies, this is big part of detoxing, as that is exactly what you need for elimination. Eat plenty of whole foods, especially cabbage, broccoli, apricots, papaya, etc.

Sweat it out. Be it a sauna, Bikram yoga, hot tub or exercise, get those pores opened up and eliminating toxins via perspiration.

Mineralise. We have become so deficient in minerals, that not only have we forgotten the requirement for us to function well, but what our bodies are actually made of! Start by adding Superfoods, such as Spirulina, Goji Berries and Camu Camu (Vitamin C!!) to your diet.

Get Drunk. On water what else? Drinking a minimum of 2 litres filtered water a day will help flush out impurities and even suppress appetite.

Practice hydrotherapy. There is no better way to wake every cell in your body up and get energised for detoxification, than taking a really hot shower to thoroughly

by Tanya Alekseeva

warm up, then switching to cold for 30 seconds, repeating 3 times.

Dry skin brush. Our largest body organ must be ready to release toxins when we do, so don't let it be blocked up with dry skin cells, brush your skin before showering to also get your circulation up and even reduce cellulite.

Smile. Stress is highly toxic and blocks all functions of our bodies, from thinking clearly to digesting food and shedding the unwanted weight. Read inspiring books, breathe in fresh air and do whatever makes you happy.

Go Raw! Last but by far the most the most vital is to eat plenty (or even better ALL) of fruits, vegetables, nuts, seeds and sprouts that have not been cooked. These foods have not had any of their nutrients diminished in the heating process and are full of enzymes to practically digest the food for you, leaving you with plenty of energy to detox properly and reclaim your youth in the process.

Tanya Alekseeva is a Raw Food Coach and Natural Detox Expert. She is the founder of Better Raw (Raw Food nutrition) and Corporate Crème (Corporate Wellness). Her latest book Purified- Your Complete 7 Day Detox Program is available now, with every meal mapped out for you and even a ready shopping list!

To find out more and purchase your copy for just £15, go to www.BetterRaw.com ❀



Natures First Food - Raw and Intelligent!

by Terri Henry

In all her infinite wisdom, Mother Nature made sure that the first substance for human consumption was a raw and living liquid superfood. Filled with a complexity of nutrients and immune boosters, breastmilk is the perfect food for babies who can thrive on it exclusively for at least 6 months and continue to benefit from its health enhancing properties (alongside other natural foods) for the first few years of life.

As a tandem-nursing mother of two, (tandem; meaning breastfeeding two or more infants concurrently...not on a bike!), I am constantly amazed at the power of breastmilk. In my mind it bestows an almost super-human quality on the lactating mother - I mean, we can actually produce a food from our own bodies that supplies an infant with the best possible start in life. The whole system is a marvel and really is nature at its finest.

But wait, before I get ahead of myself here, let's begin with nature's true first food which is not breastmilk but colostrum. This golden elixir produced in the first few days after a baby's arrival into the world, is a powerhouse of vitamins, minerals, amino acids, antibodies and growth factors. Colostrum is highly concentrated and only produced in small amounts which is totally enough for a newborn baby with the stomach capacity of just one ounce. As well as getting all the nutrients required from these precious drops, colostrum is also a mild laxative which purges the baby's body of meconium (their first, tar like, stools) and prepares the gut for the second or third day of life when Mama's milk arrives in full abundance!

When the milk comes in, it does so in full force. Nature supplies a huge amount in case there is more than one offspring and because there is no way of knowing the appetite of the baby. The amount of breastmilk produced is then regulated during the next few days/weeks according to the intake of the infant. This system of the supply being met and regulated by the demand continues throughout the time of breastfeeding. The more the infant suckles, the more milk that is produced and conversely, less suckling will slow and diminish milk supply. This is why the use of pacifiers and/or supplements to breastmilk reduces its supply and will eventually cause the dry up of the flow. Keeping a baby close to the breast through carrying, allowing on demand access to feeding, co-sleeping at night and eschewing any other foods for the baby for at least the first 6 months will keep supplies high and everyone happy!

Breastmilk provides a baby with enhanced health and a natural immunity to infections. This is borne out by statistics from the World Health Organisation which show that breastfed babies suffer less with colds, diarrhoea, sudden infant death syndrome, and future diseases such as asthma, allergies and obesity. Breastmilk also promotes intellectual development.

Breastmilk is highly adaptive and helps babies with their immunological development in a number of ways.

Because the mother creates antibodies in response to any pathogens in her environment, the baby receives the protection it most needs - against the infectious agents it is most likely to encounter in the first weeks of life. In addition breastmilk contains certain hormones and smaller proteins which act to close up the leaky mucosal lining of the newborn, making it relatively impermeable to unwanted pathogens and other potentially harmful agents. Talk about the intelligence of nature!!

Breastmilk amazingly changes its composition during one feeding session and during the course of the day. Firstly, during each feeding session, the milk that comes out of the breast first is called foremilk and it is quite watery. Milk coming out later is called hindmilk and it is creamier and may have 50% more fat. It has been suggested that the main purpose of foremilk is to quench baby's thirst while the high-fat hindmilk is designed to fill baby up and signal to him to stop sucking.

And it gets even more intricate with the composition of all this breast milk changing quite markedly throughout the course of the day. A recent study, published in the journal Nutritional Neuroscience, has shown that during the day-time breastmilk contains specific ingredients that stimulate activity in the infant whereas at night this changes and the breastmilk contains other night-time components that induce sleep and help the baby to rest. No matter how much research, product development and chemical equations there are, formula is never going to be able to do all of this!

Feeding a baby with breastmilk can also mean the difference between life and death in emergency situations. I once read of a family who were trapped in a snow storm for almost a week with no access to any foods. Their newborn baby only survived because the mother was breastfeeding and would have surely perished if they had been using formula as it was not available.

It is important for lactating women to eat healthy foods which can replenish her nutrients as they are used for supplying milk to the baby. In my early days of breastfeeding two infants, I made the following smoothie daily which I felt helped boost my energy, health and production of milk.

Breastfeeding Mama's Super-Smoothie

Ingredients:

1 avocado
2 bananas
5 dates
Handful pumpkin seeds
Coconut Milk
2 tsp spirulina
Honey (optional)



Instructions:

Soak the pumpkin seeds overnight and the dates for at least an hour

Grate one coconut and mix with 250ml of water. Squeeze through a fine mesh cloth to produce the milk

Blend the seeds and dates first with a little of the milk before adding all of the other ingredients.

Sweeten if necessary with a little raw honey or other acceptable sweetener.

Enjoy!

Breastmilk is our birthright and denying it in place of any artificial substitutions is unnatural and inferior. As Chele Marmat, a lactation centre director, says "People need to understand that when they're deciding between breast-

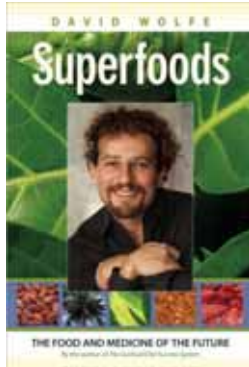
milk and formula, they're not deciding between Coke and Pepsi.... They're choosing between a live, pure substance and a dead substance made with the cheapest oils available." Almost all women can breastfeed, even if it does take a little time to get used to. If any complications arise, speaking to a lactation consultant, a local branch of La Leche League or another experienced mother can often solve any issues. Breastfeeding is a natural part of life which should be celebrated for mother, child and indeed the whole of society. Breastfeeding in private and public needs to be encouraged and fully accepted. I give thanks for this gift of nature and the abundant joy, love and vitality it brings to our family and wish the same for you.

For more features on breastfeeding, tandem-nursing and many other aspects of eco-natural parenting check out www.childofnatureblog.com ❀

Book Recommendations

Superfoods - The Food and medicine of The Future by David Wolfe

I bought this book a month ago whilst I attended The David Wolfe 2010 The Best Ever You event in London. David has such a powerful inspiring energy and it also comes through in his books. *Superfoods* is a great book to add to your Raw food books.



It is really easy to read and it covers the benefits of what David considers to be the top ten superfoods and more. Some of the delicious & nutritionally - energised Superfoods David covers in this book are things like Goji Berries, Cacao, Maca, Bee Products, Spirulina, Aloe Vera, Coconuts & more. Each topic is covered in depth with an abundance of scientific factoids & research along with beautiful illustrations and recipes.

by Susan Laing

Choosing the path of eating raw foods is a truly wonderful & liberating journey of discovering the abundance of nature's pharmacy. And for this reason we cannot overlook the benefits of superfoods to help further enhance our physiological and spiritual being. They are loaded with much needed enzymes. The more enzymes we can add to our bodies the more efficient our homeostasis will be.

Superfoods are part of the raw food jigsaw. They enhance our health and well being and are just great to add to any recipe.

Have you read a book you think other Funky Raw readers would like? Write a paragraph or two about it and send to magazine@funkyraw.com

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The Fentons' approach to parenting

by Jessica Fenton

Natural parenting, attachment parenting, child led parenting, whatever you prefer to call it; it's all a similar thing and is fundamentally about fully respecting the child. My husband, Tom and I are passionate advocates of natural parenting and try our best to help raise our toddler, 21 month old Leo, alongside nature in a wholesome way. We make a conscious effort to bed share, use washable nappies, carry him in a sling as much as possible, breast feed full term, purchase only wooden toys, provide nourishment through a mostly raw, vegan diet, believe in Leo's cries, support his natural immune system, communicate in a non-violent way and fully support and respect him and his choices. It may sound 'hippy' or 'new age' but we genuinely believe that parenting in a heart-led way helps to create a confident, emotionally and physically stable and healthy human being. We're 100% certain of this.



Leo wearing Organic Hooded Playsuit (£30) by Piccalilly

Organic Clothing for Kids

Dressing our son in as much organic clothing as possible has been something that we chose to do since the day he was born. In fact during my pregnancy I was obsessed by organic baby clothes, nappies, bedding and toys, as I believe young skin shouldn't need to be covered in clothing that has been sprayed and treated with harmful pesticides and fertiliser chemicals. Around 80% of what you apply to the skin gets absorbed within, so it makes sense to keep it as natural as possible right from the start. Even if Leo wasn't dressed head to toe in organic clothing, we would always ensure that at the very least he was wearing an organic vest over the top of his organic or bamboo fibre washable nappies. As parents we've got to do the best that we can with the resources available to us so I feel some organic clothing worn next to the skin is far better than none at all.

Cotton Trade Ethics

I'm also passionate about organic clothing because manufacturers usually take part in fair trade programmes to produce it, which is to be commended in the high street fashion culture of sweat shops and child slavery. But there are also further benefits to be gained as Hannah, the owner of Piccalilli – organic and fairly traded clothes points out “the impact of using harmful chemicals within cotton production is huge. The farmer's health is compromised and farmers often end up in a cycle of debt as they borrow more and more money to pay for them. The suicide rate amongst cotton farmers as a result has become a big issue. So by growing cotton organically, without the use of nasty (and expensive) chemicals the farmer and their local environment become free from toxic chemicals and the chemical companies! And for all their hard work Piccalilli's organic cotton farmers can enjoy the bigger fruits of success further down the supply chain because they own a 20% share in the factory!” This is really positive news.

The £2 trouser on the high street and within supermarkets also brings up a greater ethical issue. Although some giant clothing brands have taken quite some stick about this within the media of late, I feel that it's the companies that try and conceal the cheaper retail prices by slapping on extortionate clothing RRP's that are the ones to seriously blame. To fool the consumer whilst pocketing vast profits, with minimal manufacturing costs due to human rights abuse to me is unethical.

Environmental Benefits

Members of the communities where non organic cotton is grown risk their health and that of their families on a daily basis through the use of harsh agricultural chemicals used within their environment. Often cotton crops are grown alongside food crops too. Damage can be reversed when farmers adopt an organic approach to cotton farming.

Organic Clothes are Better Value

You will probably have noticed that 'cheap and cheerful' clothes just don't last! They tend not to wash too well which means they can't always be handed down to younger children, making for an uneconomic outlay. Organic cotton is stronger and softer making it more durable. Although the outlay is slightly more, these clothes are set to last. What's more is that clothing lines such as Piccalilli and Frugi make organic clothes that are cut slightly larger and are therefore suitable for bottoms that are covered in cloth nappies.

Organic clothing has finally turned modern!

It wasn't that long ago since most organic clothing lines were a beige colour, but not today. Some of the most colourful, well designed pieces are from organic clothing companies. One of my favourites has to be this Grey Playsuit by Piccalilli that Leo's pictured in. If you didn't know it was organic until you felt the quality of it, it would have been tricky to guess. Now there are organic clothing companies sprouting all over the place, both on the internet and opening as popular retail shops too. It's brilliant that all so many people on a daily basis are being introduced to natural, ethical, funky organic clothing.

Resources for Children's Organic Clothing

www.piccalilly.co.uk
www.welovefrugi.com
www.greenbaby.com
www.hug.co.uk
www.organicforkids.com
www.arabellamiller.com

To read more from Jessica, see her blog www.NaturallyMummy.com to follow the story of their natural family life and read her latest health news and reviews. ❀



Water Element

'like the seed that cannot sprout until it has gathered sufficient strength, our ideas and plans cannot manifest with strength if our energy is dispersed or drained'

In Traditional Chinese Medicine we are now in the element of Water. The season of Winter. Bare, still, quiet and dark. The earth has drawn inwards, silently observing, reflecting. We draw our energy inwards, this is a time of inward yin energy, not like the external yang energy of the spring and summer.

Our connection to ourselves and the earth creatively drawing together, this connection is more powerful now, than at any other time of the year. It is a time of deep connection to self, a time for self nurture, nourishment, love and comfort. This time is the dark time connected with moon and mother, our creative driving force going inwards getting strong for the coming spring.

The emotion is fear, the organs bladder and kidneys, the colours blue, black and purple. So eating foods of these colours will support you during this season, even wearing these colours it is said in TCM will support this element. Some foods to eat that support this energy are beetroot, purple kale, seaweeds, black sesame seeds, sun dried apricots, figs, prunes.

In TCM the kidneys are where your life force is stored, your vital essence which preserves your vitality and desire. If you are lacking commitment, drive, or ambition then you may have a water imbalance.

The kidneys are the root of yin and yang energy for the whole body. Anything out of balance in these areas are going to have an effect on your emotions, usually in the form of fear, being stuck, scared to move into a new change. Why be fearful of change as it is the only thing that is certain. Embrace all change weather positive or negative as it will be pushing you forward in the direction that you need to go to be fully in yourself. It is very important to keep this area warm, getting cold here could create an imbalance in the body, a way to keep this area warm is by wearing a cotton band around the kidneys and bladder at all times to keep all heat in and the essence strong.

The kidneys filter and clean the blood, and generally keep the body in balance. By maintaining fluid and mineral balance and controlling the PH level in the blood. The bladder receives, stores and excretes urine which is made form the filtering of the blood. It is vitally important to keep the kidneys balanced as weak kidneys can lead to weak bones as the waste acids that are excreted through our bladder cannot be flushed efficiently from the body



by Nicola Pledger

which then causes mineral loss in the bones. Drink plenty of warming drinks, cinnamon, ginger, chilli hot cacao. These spices will get the blood flowing and warm you up. Drink plenty of herbs to support the bladder and kidneys, I find a blend of these herbs most helpful at this time of year to be taken as a tea, they all flush the body, warm, and support my kidneys and bladder - marshmallow, plantain, couch grass, cleavers and cornsilk.

Another great way to support this area is to take a ginger bath either make a tea and pour that water into the bath or add some essential oil of ginger. You could also make a ginger compress for this area by making a ginger root tea, placing muslin cloth in the prepared tea and then applying to kidney/bladder area, pop a towel around the muslin cloth to keep the warmth in and relax for an hour. This will warm the area up but most importantly draw out anything that needs to come out emotionally or physically. You can repeat this 3 times, it will be most effective when the moon is closer to the new moon as the body detoxifies at a faster rate than when it is near the full moon when the body draws things inwards.

This is a time of quiet, stillness. Of going inwards, staying in the flow and not becoming stuck or fearful by life. Look to the free flowing river that runs so free, nourishing the earth. Fear can come in many forms and take over our lives until we become fixed, stagnant. If you are feeling 'fixed' this is the time to melt that ice and come into yourself. Look at what it is that is keeping you stuck and then make moves to remove these emotions, ideas, people, job from your live. It can be scary letting go of old things but with change brings beautiful new things to open you up and bring yourself closer to yourself. Take time for

some gentle yoga or tai chi to keep the emotions free flowing so they don't become stuck in the body, to keep the body moving, to keep flowing. It is important also to get outside in the day light as much as possible to absorb the vitamin D - lack of this is linked to low mood during winter. Vitamin D can also be found in raw dairy.

We should in an ideal world at this time be able to work shorter days, get longer in bed and generally be able to become house creatures free to be creative and nourishing of self and the ones we love. This is easier for the ones of us who are lucky enough to work for ourselves. We innately know that this is what we should be doing yet we are having to constantly go against our internal body clock and bow to the pressures of time keeping in the modern world. If you are not able to keep to your natural



rhythms due to your work then just make sure you take it real easy on yourself when you have time off, stay in bed longer allow yourself that lay inn, nourish yourself with warming foods, hot baths, healing herbs and nurturing creativity.

Recipes To support the water element and using seasonal yummys, British super foods rule!

Sea spaghetti salad with a chipotle chilli, Brazil nut sauce

Serves 2

1/2 grated small onion squash
bunch shredded cavolo nero kale
8 sun dried tomatoes, shredded
2- 3 handfuls sea noodles, soaked and drained
sprouted pumpkin seeds
black sesame seeds

For the sauce blitz the following ingredients:

- * cup of Brazil nuts for selenium important to keep the happy chemicals boosted while the we cannot get as much light from the sun
- * juice of one lemon
- * a good glug of cold pressed flax, hemp or extra virgin olive oil or do a mix of all 3
- * as much as you like crushed black pepper
- * sun dried chipotle chilli for boosting vitamin D levels

and warming the body, this will need soaking before adding to sauce

* 1-2 cloves of garlic super immune boosting, anti viral and bacterial

You may need or want to add some spring water to get desired consistency.

Toss the sea spaghetti in the sauce, add the kale, squash, sprouted seeds, mix well toss the sesame seeds through.

Beetroot, celery and lemon juice

Beetroot is in force at this time of year, a British winter super food, I love that we have such amazing super foods here on our doorstep and it is a great cleaner of the blood, as it is a root vegetable it helps us to go inwards and connect with the earth.

The ginger warms the circulation and supports the immune system.

5 small beetroots or 2 big ones
bunch spinach
head celery
whole lemon
lump ginger
tablespoon barley grass powder
as much crystal manna as one desires!

Put all through juicer, put in glass jar, shake in the barley grass and crystal manna. ❀

Healing Naturally

Having been diagnosed with cancer twice by the age of 28, it's fair to say that I have had a rollercoaster few years. First diagnosed with cervical cancer aged 24 and very frightened, I chose the conventional route and had key-hole surgery followed by weeks of gruelling chemotherapy and radiotherapy which left me frail and weak. I was barely able to eat anything and all I wanted were ice lollies to take away the horrible taste that chemotherapy had left in my mouth. After 2 blood transfusions and a very painful lymphoedema in my right leg I was finally able to return to work a year later.

While my life seemed to be finally getting back to normal, it would seem that my body had other ideas. A year later, a week before Christmas I was rushed to hospital with a very bad case of pneumonia and was kept in for over a week. This happened once again just before Christmas last year, only this time there was something else to worry about. On being examined, a small lump around my collar bone had been found and tests soon confirmed that my cancer had spread to my lymph nodes. I was told that I had secondary cancer and that it was incurable.

Having been very badly affected by the treatment the first time around and now being diagnosed for the second time despite having treatment, I decided to heal myself naturally. At the time of telling my doctor this back in February of this year, I wasn't really sure how I was going to do it, only that I was going to do it. We agreed I would

by by Polly Noble

have six weeks to research other healing methods and she would scan me periodically to monitor me to keep track of my progress.

I have read many books over the years and the two that stood out for me at this time were Louise Hays "You Can Heal Your Life" and Brandon Bays "The Journey" so I knew what I was attempting was possible - I just needed to work out how to apply it all to myself. It is now 10months since my re-diagnosis and am happier and healthier than ever before. Having adopted a raw vegan diet and juice daily while using meditation, visualisation, yoga and a few other practices, I am making great progress. Surprisingly, it has actually been the most creative period of my life and I have started a blog where I help to inform others how to improve their health and happiness. As a Life Coach, this has transformed into teaching others how to incorporate more raw into their life and improve their overall being. I feel passionate about helping people and in doing so have created a free eBook, "The RAW24 Challenge" that people can download to help them go raw. I believe in the power of the mind and body and with that, know I can heal myself.

Read more or sign up to the RAW24 Challenge at
www.pollynoble.com ❀



Getting into the Vortex

by Holly Paige

Over the holiday period I finally got round to watching the complete 'Getting into the Vortex' DVD set by Abraham Hicks. For anyone who is not familiar with this material, Esther Hicks is a dynamic and lovely lady who 'channels' a non-physical entity called Abraham. This is no ordinary channelling - totally down to earth and inspiring advice about being aware of and reinventing our thought patterns to give us the best possible experiences in our lives. The Abraham Hicks teachings require no esoteric belief systems - just the understanding that we attract into our lives according whatever we are vibrationally and the very best thing we can do is to feel good as possible. This is the best place to act from, the best place to think from, and the best place to be of any use to anyone. The vortex is that place in our consciousness where we are aligned to our full potential and to source, divine intelligence, or God, depending on the language we prefer and where everything we truly desire is lined up for us to live - we just have to get there ourselves! Our way of thinking affects the way we feel, and we can refine the way we think step by step in order to get into the vortex space. There are many Abraham Hicks clips now available on Youtube.com and to get tasters I recommend googling 'Abraham Hicks vortex' and 'Abraham Hicks focus wheel.'


Now for some thoughts I have had recently which are not beliefs one would have in order to enjoy and benefit from Abraham Hicks teachings. Recently it has become more and more obvious that that most of reality is in fact in the non-physical dimension; probably I have just been more in touch with that side of things than ever and it feels more fulfilling to be in this state of awareness. Most of the connections between us take place at this level, whether we are conscious of it or not. Physical reality is being continually created from non-physical dimensions, and the sooner we as a human race work that out, the sooner we will move into the world we dream of. If we always take our cue from physical reality then we are essentially behind the times - current physical reality is the result of our previous thoughts, collective and individual. The best way to stay connected to what we call current reality is through our sense and feelings. There is an anatomy to our consciousness. Our creative mental powers were designed not to continually analyse current situations but to create the things we wish for. In truth everything is connected to everything else and our wishes are much more powerful when we desire the same good fortune for others that we desire for ourselves. Goal setting is important. It is through this process that we align ourselves with our desires. If we 'go with the flow' of current reality we can find ourselves in a perpetual 'Groundhog Day' where we go round and round in the same old circles and, unwittingly supporting the continual perpetration of the shortcomings of the world. Our challenge, as comparatively aware humans on the planet, at this time, is to become aware of the unseen dimensions of life, our dreams and hopes, and our incredible creative potential.

Humans have been very much out of touch with their feelings and intuition for a long time and that is why the physical world is on shaky foundations and so much is being swept away at this time. There is a chance for the creation of much that is new and better. Staying connected to our feelings (feeling them not analysing them!) is essential in order to keep our bearings, to have feedback and to make life worth living. The more we can feel the deeper we can feel pleasure and the more effectively we can avoid situations that are damaging. A nutritionally dense raw diet, supplementation with melatonin, exercise out of doors, grounding (spending time barefoot and in direct connection with the earth, ideally sleeping grounded) and meditational activities are some of the most powerful physical strategies we have to stay in contact with our feelings and senses.

It may be that memories of paradise are just as much about future possibilities as they are about a Golden Age in the past. They exist in non-physical reality - the dreams we wake up from in the morning, the pre-birth experience that we were born out of, the daytime reveries when we slip out of our conceptual minds. Connecting to that reality whilst we are awake and busy as well as we are asleep or dreaming brings extra meaning to our lives, changes it from robotic existence to a life with purpose and direction. We are here to bring through these dreams of paradise into this dense physical reality. It can seem slow and this physical reality is the 'cutting edge' - we should give ourselves full credit for how well we are doing. Again I am convinced that a natural non-toxic and most of all unsuppressing way of eating and living makes this infinitely more possible. It is a different life - it changes everything. As long as it is done to feel this way, as a way to feel good and spread joy, not as a way to trap our minds.

There is no doubt that humans have gone off on some kind of detour from their natural evolution, however this is explained. We have become removed from our divine natural biological lifestyle and our minds invaded with thoughts that could be said not to be our own. The pain we feel is the pain of separation - from each other, from source and our own incredible divine selves. Joy comes from reconnecting to all of this.

The clearest ideas I have come across about what has gone wrong regarding brain and pineal biochemistry has come from the work of Tony Wright and the clearest understanding of our mental delusions from the work of John Lamb Lash. You can find more information about all of this and much else at my blog

<http://foodforconsciousness.blogspot.com> and
website www.foodforconsciousness.co.uk 



Adventures in a life of three!

Gardening and Going Green

Me: Full time mother, Full time business woman, Full time Chocolatier, Market stall holder, Head chef, Teacher & all round entertainer!!

Family: Husband: busy man, mostly in charge of stuff. Son: 4, Chief explorer, head of operations, World leader of all things, head of democracy.... I say, you do....!

Gardening is I believe my favourite thing, I love walking along my road and seeing the beautifully manicured gardens with neat lawns and clipped shrubs. One neighbour must be in her 80's and has a garden from a fairy story, all miniature trees and coordinating flowers. I love fantasising and dreaming up orchards and neat rows of leeks and cabbages....in our garden that is a swamp!

Moving in 7 years ago we were pleasantly surprised that our garden had hundreds of daffodils and roses galore, aromatic shrubs and a well tended lawn, acers and rhododendrons clipped and perfect lined the drive.

Then we foolishly attempted to venture across the lawn to view the small stream at the back of our land to discover that, and I am sure that November was not terribly wet, it was a mirage of stability. We skidded and slipped, squelched and got sucked down into what can only be described as a bog that had been turfed.

How had we not noticed??

Then we decided that the front driveway needed to be more drive less garden, So I could park our cars. Seven tonnes of gravel and about 3 tonnes of hard core delivered by a lorry that when the hapless driver attempted to reverse onto the drive, sort of fell in! I mean 38 tonnes of lorry just tipped off the tarmac and then tipped into the swamp/ornamental plants at quite an alarming angle.

We all stood around and stared for a moment or two then he began rev rocking the remaining wheels that weren't off the ground...several minutes and an enormous hole later we had our space back. Can't really call it a drive or garden at this point.

So after a whole day of raking gravel we had a lovely drive. I filled the hole left by the lorry with concrete hard core blocks...quite a lot!

We then drove the first of our 3 cars and 1 van on...for a while it worked really well..I'll come back to the front later.

Meanwhile round the side and back of our house was a respectable space that was going to be our office extension and the builders were coming, the man arrived to dig a pilot hole as we were worried about foundations and water! They had not taken us seriously when we said that the foundations for the office might need more than usual cause we lived in a swamp and next to a running stream, now 2 streams as we found the other one that wasn't on the map! He dug four holes a metre deep then left.

by Karen Bennetto

He returned next day to find 4 ponds of beautiful crystal clear water, the blue clay providing a near perfect filter... Alas the quote for the extension jumped £5K to allow for deeper foundations, however we had to have it done so we just nodded and agreed that the builders could come.

They did, in a mini digger....that turned our turf on swamp into a vision that any war film director would weep with joy at...I know building sites look rough but ours really did look bad! Even the newly gravelled front took a hell of a beating!

Surprisingly quickly our home had gained a 10ft wide and 25ft long office with an odd view across the battle ground. We tried for a whole summer to nurse the mud into life but with the tree canopy and constant appearance of extreme damp areas, a bit like failed springs, we finally gave up hope and got it decked. With a big hole for our 14ft trampoline and an extra strong section for the hot tub.

Wow things were going well 6 years ago, not a whisper of a recession, not a mention of the whole worlds financial burp that was lurking on the horizon. Lucky for us we had decided to see what it would be like to live life a bit greener and had down sized the cars to 1 and 1 van, when the recession forced us to sell the car too!

Still back just before the recession we were pondering life and how we could be a bit greener, how could we help our planet a bit more than we did, which was not really much. We had a few energy efficient light bulbs and had the house double glazed but that was it really!

I have always foraged and wildfooded, mostly because I enjoy it and occasionally because I've had no money. I began to look at the space we had left as soil with a view to creating a usable veg plot.

First obstacle to overcome was the now not needed gravel! However we found that digging it in proved successful at improving drainage, so we began to dig. Days & weeks passed and finally we had a weed free area that was most of the front garden, back to the single strip of driveway just for the van.

We made a few low wooden boxes to plant in to raise off the still quite muddy ground and planted some courgette seeds and potatoes, rocket, spinach and a little apple tree. We were rewarded with a bumper crop that encouraged us to try harder. So we did and we made bigger and better wooden boxes, we have 4 that are 3 meters by 1.5m and stand 600mm high and one that's only 300mm, we expanded the tiny apple tree giving it two more apple trees for company, a pear, a peach, a cherry and a fig tree.

We moved the greenhouse into the front garden and tried growing things in it...zero success here! Still trying to get



a successful system in it! The only things that grew really well were hemp and rocket...and it is now full to bursting with rocket. I just open the door a crack and grab a handful all year round...it's been like that for about 3 years! I planted a little olive tree in the green house but have no idea if it is still there!

We planted the boxes with a variety of greens from borecole to garlic, scattered a few blueberry bushes around and encouraged the borage to thrive. We ended up with: Pear, Apple, Peach, Fig, Tayberry, Blueberry, Strawberry, Raspberry, Blackcurrant, Redcurrant, Gooseberry, Grapes, Potato, Courgette, Squash, Sweetcorn, Mixed beans & peas, Cucumber, Tomato, Lettuce, Rocket, Borecole, Broccoli, Kale, Nettle, Sorrel, Cabbage, Hamburg Parsley, Borage, Sunflower, Thyme, Sage, Basil, Mint, Lemon Balm, Coriander, Feverfew, Sweet woodruff, Artemisia, Camomile, Herb Robert, Onions, Garlic, Beetroot, Salsify, Kohl Rabi, Spinach. That's probably not everything but it's a good idea.

My brother made us a few planter boxes for the decking out back and all in all things were looking up. We decided we really liked this new way of life and began making plans to get the rest of our house off grid...a slow but positive process!

Some things have been great in our tiny garden, because it is all in the front these boxes and trees are in a space about 10m long and at it's widest 7m tapering to 1m at the end furthest from the house, a large triangle. There is also an area for wood chopping and a very successful herb & strawberry bed.

We have a allotment that is mostly cared for by my mum we just trudge over there and pull up weeds every few weeks or so, but on the allotment we grow things like potatoes and cabbages that are just to big to grow on our small plot.

We were really pleased as this summer saw our first crop of peaches and our small tree that had produced 2 pellets last year seemed to go into overdrive and we had peaches for about 2 weeks. They all seemed to ripen at the same time! We are getting used to seasonal eating and finding that the food tastes great and we are happy to have some weeks of mono crops and some weeks of wild abundance.

I have been improving my wildfooding, some of it is just jogging my memory about plants that I ate years ago. I have increased my wild food books as well and have only poisoned myself twice with mushrooms! Once was years ago when I was just starting out wildfooding and ate an



earth ball...like a common puffball but with a black middle, I had tummy upset for a few days but nothing too serious.

The other was a couple of months back when I was leading a wild food walk and we were gathering Birch Bolete, a mushroom that is easy to spot and like the Bolete family

are easy to recognise. Amongst the birch trees were lots of oak and amongst the Birch Bolete were Lurid Bolete, a Bolete that grows with oak. The books list it as edible but with a caution that some people might get gastric upset. Well me and a friend certainly found out what they meant by gastric upset.

I went to bed feeling slightly bloated having eaten the mushrooms mid afternoon. By 2am I

began throwing up, ages later I was throwing up blood...and the following day was a daze of lethargy and doing very little..and my whole body hurt for a few days. I didn't think it was mushrooms at first as I had eaten an egg and I usually am sick but when my friend rang and said she too had been ill I set about re reading all my mushroom books and finally found what I believe was the culprit. Have been somewhat put off gathering mushrooms for a while, although I couldn't pass the giant puffballs without gathering a couple. I intended to leave one of the balls for nature as they were all about 20cm across except the big one that was about 35cm. I carefully placed the balls in my bag mentally thinking this is lunch for the whole family. James my little boy was really happy as he loves our foraging and frequently helps me turned and said "here mummy" passing me the last of the puff balls, I was thrilled that he will now recognise these wonders for future as picking and feeling them in there natural habitat is better than any book, but he had just picked the one I had left! I couldn't be cross he was only copying me!!

As the first frosts are carpeting the garden I am amazed at what we are still able to gather from the garden, a really healthy patch of parsley and winter cabbages are great. I even pulled up a few spuds from plants that we didn't intentionally, grow they were in some soil that we had moved from the allotment. There is some really green kale that has that really green taste not the fresh light taste from shop bough kale, a bit almost medicinal and very interesting to eat.

I have lost interest in spending hours hoeing and picking off creeping buttercup as the days get shorter and much colder. Southampton has escaped the freezing blizzards that have raged across much of England this passed week (last week of Nov) but the icy wind is not fun to be out in.



Every day James & I venture out to explore and look for cows...his most recent love is to walk into a field of cows and make kissing sounds like when you are attracting a cat, all the while walking towards then hoping to befriend one...the cows have gone from the field behind us but he knows that each year they will be back and he can once again gather handfuls of grass to give them. Now though going up on the top field is a miserable affair the icy north wind steals your breath and makes him turn bright pink, the only food worth picking are the rosehips and hawthorns. They both make tasty dishes.

Recently we took part in Southampton Sustainable homes exhibition. Our home was open to the public for a couple of weekends and people could come and ask questions. Rather than a recipe this month I have added the Go Green on a budget tips that I printed for our visitors.

Karen is Head Chef at Health Etcetera, see the website www.healthetcetera.com. All Karen's chocolate is available from Sunnyfields farmers market, Marchwood, Southampton every Saturday 9 til 3pm and a selection is listed on www.rawinuk.com a raw food forum with a little page all just for her chocolate, Raw Chocolate Heaven. ❁

Going Green on a budget – Try the following

Tips for being green and not spending any money or very little!

- ▶ Buy a body brush & try INSTEAD of showering, you could cut showering down to just occasionally this way, check sites on line that show you how
- ▶ Pit Rok deodorant stone instead of sprays or roll ons
- ▶ Ladies try Moon cups instead of tampax, explore washable menstrual wear
- ▶ Use washable clothes instead of toilet roll, you can either make yourself or check it out on line its popular and lots of people are selling family colour coordinated packs!
- ▶ Washable nappies, I got the idea to use washable toilet cloths from using washable nappies...why throw all that paper down the toilet???
- ▶ Handkerchief ...out of fashion but certainly green, if worried about bugs try soaking in tea tree oil or lavender, or make a spray up of oils and lightly spray your hankie.
- ▶ Patching mending and darning...
- ▶ Solar cooker box try the odd meal & build to regular usage, great on line resources to show you how to do.
- ▶ Eat more raw food, those lovely salads in summer are just as tasty in winter, most veg (except potato) can be eaten raw, try using a potato peeler on squashes and sweet potato or beetroot cutting into thin ribbons and serving with a simple salad dressing winter veg can become more than soups!
- ▶ Come along to a pot luck both vegan and raw pot lucks are gaining popularity
- ▶ Wear warm clothes & bed socks instead of heating you can delay turning heating on by a few weeks and then turn thermostats down.
- ▶ Keep freezers full, part empty they are inefficient
- ▶ Forage for seasonal foods, store apples, plums, berries & nuts in freezer for winter use. Email me kcreations@live.co.uk if you are interested in local wild food walks, led from my house or local areas at least once a month from April to October on Fridays. Also for information on local potlucks and food things.
- ▶ Get a veg box delivered, this also cuts down on plastic bags not just carry to car but what the veg is packed in!
- ▶ Put name down for allotments, a long wait so try emailing friends & family to see if you can share an allotment? A row of spuds or some rhubarb?
- ▶ Local seed swaps, check out your local library or independent shops and allotment society to see what's in your area
- ▶ Eco green cleaning cloths, I use Enjo as they even do a dish washing one that only needs cold water to clean!! Brilliant but pricey!
- ▶ Ask if you can pick from neighbours gardens if you see a pear tree laden with fruit! Or a ornamental garden bordered with lavender & rosemary! Get ASKING...find out who in your street has food growing and offer a share, if you don't grow anything offer to weed a border ...Anything but get doing it locally!
- ▶ Try urban planting, scatter surplus seeds in local NOT COUNCIL SPRAYED areas , areas like edges of woodland that doesn't get strimered or rural parkland check regularly and you could find your self picking cabbages or leeks! Or anything else you happened to have spare seeds for! Most people don't even realise and would pass your wild veg by unnoticed!



Flu...the vaccination in pregnancy decision?

by Dawn Waterhouse

Wow...you have just found out you are going to have an amazing little being of light join you. You are going to start your own wonderful family unit. How exciting. You let your GP know, he checks your blood pressure, dips a stick in a small specimen of urine gathered with all the challenges a girl would ever want to face and then...he just happens to mention that you need a flu vaccine, because if you don't the risks of losing your precious one are high. Well guess that bubble of tranquillity has just been popped. What do you do now?

The thought that mums were going through this experience never entered my head until this year. I heard of an odd case where a pregnant teacher had been asked to be vaccinated against swine flu, on account of her being in contact with children. The vaccine recommendation was given one week before she was due to start maternity leave! This autumn I have had other "mums to be" come to me. Their Doctor urging that vaccination could save both their lives.

Okay, deep breath and relax – the first thing I would do is ask the million dollar questions – How safe is it? Where are the controlled study findings? What are the side effects? Of course – the chances are there are no side effects to tell you about (!?!), and of course it is completely safe (!?!). The truth is there have been many reports about miscarriages from the vaccination¹ and worse².

I am not going to tell you all about the consequences of the individual ingredients³ - I have chosen to add links into this article so you can research for yourself. I am going to ask you to think carefully about what you want for your baby and your body. If you want natural immunity and a natural pregnancy it would be good to do the research and feel able to argue your case. Mainly because the average person will hear the amazing press stories of how at risk we all are. How we are all at risk of dying from this awful pandemic and how brilliant the pharmaceuticals industry is in coming up with a cure - and it is free so you should feel privileged if invited to receive a jab! Phew....how grateful we should be.

Hang on there. How come everyone has not contracted it yet? Is there some secret to protecting ourselves from flu's and bugs? There is. In simple terms it is clean right, eat right and rest right.

It does not matter if you are male or female, planning a family or just planning on keeping well, these rules will help your well being. So, what do I mean by **clean right**, well, there is the obvious "coughs and sneezes spread diseases" so use natural cleaning products (such as hydrogen peroxide) to help keep the house clean and wipe over door handles where sneezed on hands may leave something behind!

1. <http://bit.ly/dUD71W>

2. <http://bit.ly/g6vprS>

3. <http://anse.rs/glzE24>

To help clean the air try putting a drop of lavender oil and water in a dish near a warm place and allow it to diffuse naturally into the room. Not a lavender oil fan? One of my favourite essential oil combinations is orange and cinnamon however there are plenty of others you could explore⁴, do remember that not all oils are suitable for use in pregnancy, so please consult a qualified aroma-therapist if you are unsure.

It is believed that a common way of contracting the virus is by putting virus contaminated hands to your eyes. Keep your hands clean and try to sneeze /cough into a hanky (then wash it with soap pods using your favourite antiviral oil as an after rinse).

So your hands and the house are naturally squeaky clean - now we need to naturally boost your immune system. I bet you have guessed I was going to mention **eating** lots of lovely green juices and smoothies, try to pack in your rainbow each day and use organic as much as you are financially able. Do kick the sugar into the dustbin - and the alcohol too. These all deplete the immune system as do other refined foods. It is a bit like having your natural defence shields up when you eat healthy and having them right down when you eat....not healthy.

Do drink plenty of fresh water to keep hydrated. We are approximately 60% water. If you are not a water fan, try herbal teas, hot water with a slice of lemon or make up a jug of water for the fridge with some lemon slices or something similar.

In addition to populating the good bacteria with probiotics or kefir, it is really good to eat nature's antiviral foods. There are many to choose from, here is a small selection : Apples, berries, carrots, shitake and reishi mushrooms, cloves, garlic, ginger, lemon balm, aloe vera, coconut oil and green tea. Enjoy those you like. Other herbals to consider are olive leaf and elder berries (or elder flowers in the spring).

And finally - on a food note - please do get your vitamins - if you are juicing and making smoothies you should be okay - just remember to get vitamin C with your citrus - or if you are not a citrus fan try kiwi fruit and berries.

Now to the **rest** - if it is your first pregnancy you may be trying to prove you are superhuman and that you can throw up on a daily basis and hold down a full time, high flying job. Mmm would you do that if you were not pregnant? Or perhaps you already have children and there is no time to stop because someone always needs something. Then again, you just might be pregnancy and child free and want to know how to take a fair shot at avoiding 'flu.

Please take the opportunity to get fresh air as much as

1. <http://bit.ly/hcb8jA>



possible (as best as you can). This is a good time to rest your brain and hopefully breath some of nature's medicine. Take a moment to focus on the nature around you - (even if you are surrounded by concrete - focus on a cloud, or the night sky?)

If you happen to feel run down or low - listen to your inner body - give in and have a few early nights, lazy day, sleep in. The body does a great job of fixing things when it has nothing else to do - so you can either rest when you choose - or have your body force rest because it needs some immediately due to ill health!

Oh yes.. And the doctors surgery is good to avoid - how many healthy people do you see there?

Stress creates an acid environment in the body, just what ill health needs to develop. So take perspective of the stress in your life -can you change it? Have a think about what you can do to make life easier and more uplifting? Likewise, laughter is an alkaliser, so have a laugh, perhaps even arrange a healthy pot luck with a few friends, have some juices and make a great night of it. (Just make sure you get enough alkalising sleep to go with it).

One more thought for you - just in case you do pick up a bug - you can also have a homeopathic remedy kit to support you. There are quite a few remedies that help the body with 'flu. Here are just a couple for you:

Gelsemium - You may feel **weak, tired and ache throughout the body**. There is **constant chilliness** and you may hug the fire. The **cough may be hard and painful**. You may be **Drowsy, Dull and Dizzy**. It is also helpful post flu for exhaustion.

Arsenicum Album - You may be **restless, anxious** or fearful. You may be **thirsty** but drink only small quantities and often. You may be **prostrated**, have diarrhoea after eating or drinking and nausea on seeing/smelling food. There may be **burning pains**.

To take your homeopathic remedy, place the pillule under your tongue and allow to dissolve. Avoid eating or drinking for 15 minutes either side of taking the remedy. Repeat the remedy up to three times a day for 2 days. If the remedy is helping, please continue to take the remedy up to 3 times a day. Reducing the dose as your health improves. If there is no improvement I would recommend seeking the advice of a professional homeopath / health professional for support and advice.

There is so much more to share about this subject, so here are a few bonus links for you to explore (In addition to the footnote links at the end of this article).

If you want to research more stories about the consequences of the swine flu vaccination - here are some additional links - I don't recommend these as bedtime reading!
<http://bit.ly/eH6Xx6>

This link will help put some focus on the myths about flu vaccines <http://bit.ly/fIfheC>

This link will provide a little more info about Well, just take a look! www.momsagainstm Mercury.org/mercury.htm

The informed parent provides a great service - I would

recommend subscribing to this.
www.informedparent.co.uk

If you do not have a homeopath and want to know what first aid option to take for suspected flu or any other acute illness, you could consider the homeopathic helpline.
www.homeopathyhelpline.com/consultations.html#phone

Calls are charged at £1.50 per minute, call 0906 534 3404

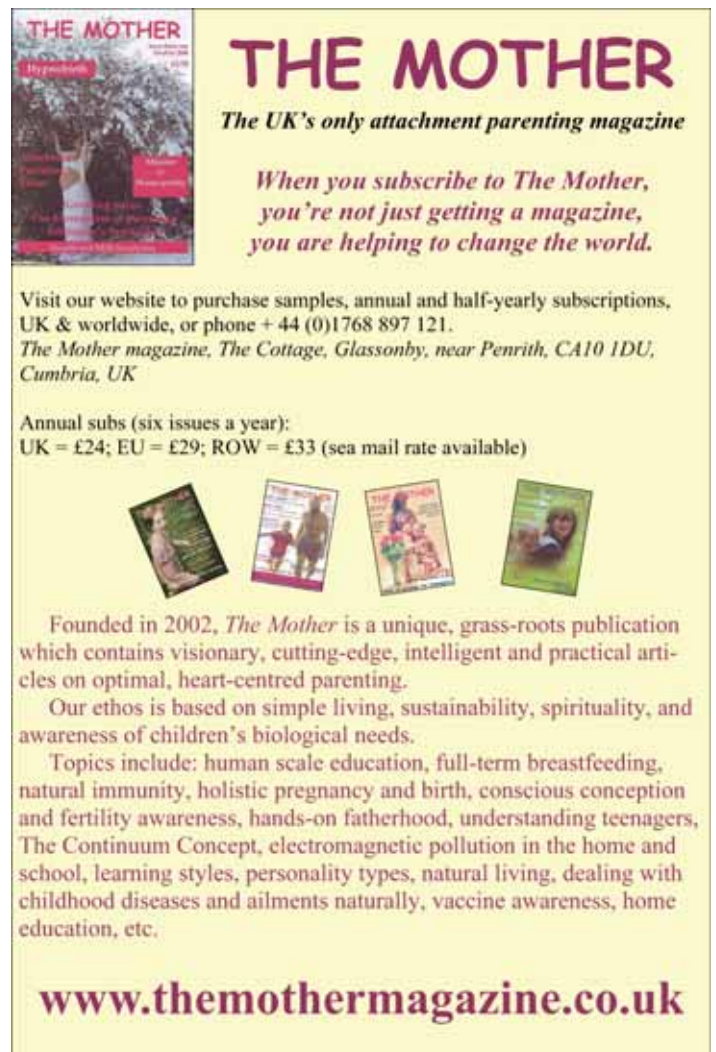
Dawn is a raw foodist and is a qualified homeopath. She also holds qualifications in diet, nutrition, mediation and reiki and has a busy clinic in Colchester, Essex. Further details are available on her website www.dawnwaterhouse.co.uk.

If you have any queries about issues raised in this article or would like more information email Dawn -

dawn_waterhouse@homeopathy-soh.org or telephone 01206 735 780. Full details are available from the web site www.dawnwaterhouse.co.uk

The legal bit - Disclaimer

The contents of this article are intended as an aid for readers to adopt a healthy approach to their health. The article is not intended as a substitute for proper medical advice and should not be relied upon in this way. Always consult a qualified Doctor, Homeopath or health practitioner. The author cannot take responsibility for illness arising out of the failure to seek medical advice. Some foods, herbs, essential oils and remedies are best avoided during pregnancy. If you are unsure whether something is suitable for you, please seek professional advice. ❀




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www.themothermagazine.co.uk



Our Raw Life

We have created and live within a forest garden in the hills of Shropshire; an Eden. During the summer, we gather from more than 50 herbs and about half that even in dead of winter - not actually dead after all!

My wife and I have lived 100% raw. A few years ago, we lived in a remote farmhouse in the eastern Algarve for eight months. We had sold our cottage in Wales to move in the area, but found it too expensive to buy a small place with land. The offer of caring for a remote farmhouse in Serra de Caldeirao was much welcomed and, at that moment, seemed like a gift from the gods.

A new friend gave us a copy of Nature's First Law. It resonated so well with us that we quickly ordered the raw food bible, "The Sunfood Diet Success System".

And that was that! We responded immediately to David Wolfe's brilliant books and were off in no time collecting Carob pods to grind into a powder from the surrounding trees. We were so lucky to have olives, loquats, lemons and grapes growing about us and, from the well in the valley below, excellent drinking water.

I started with a 10 day fast: three days carrot juice, four days Lemon water and ending with wheatgrass and water.

Naked: we grew a veg/herb garden together. This provided us with a variety of crisp fresh lettuces, unique tangy basil, coriander and bell peppers. We only ever spotted locals on the land twice, they were grafting Olive trees. There was just one unoccupied neighbouring property in view, a charming ruin perched on the hillside, and as much nature as you could ever want. The place simply oozed peace and tranquillity; the perfect retreat for finding the Guru within.

We'd drive to town most Saturdays to buy organic produce from the old folks, smallholders. It was very good quality and cheap. We bought green and black figs, avocados, oranges, various greens, Alfarobira (Carob), orange blossom and eucalyptus honey.

Applying two decades of Yoga and Thai Chi practice and experience we dived into a raw lifestyle for eight incredible months.

Our new-found raw inspiration was akin in some ways to the Sattvic (pure) diet mentioned in yoga (though it's not really pure because much of it consists of cooked food!)

How beautiful is change for the better.

Until that point in time I had been sinking into depres-

by Janta Wheelhouse

sion. Rare for me. I was becoming dependent on the wonderful Portuguese wines. I am an escapist and was trying to drown my sorrows after failing to provide a new home for my family.

We re-started our practices: Daily Vipassana meditation, Yoga asanas, Pranmayas, chi gung practice, traditional Thai yoga massage, five day fasting each full moon, enemas, gall bladder flushes and colonics. No more wine!

We dived into Rawdom: 100% raw with the exception of shoyu and Oolong cha' (which is excellent for the cleansing stage but not needed once toxins have been cleared from the system and only raw food is coming in).

Though we were naked our bodies did not suffer from sun exposure. We put a little olive

oil on our outer bodies and inside, only raw food, so no bad reactions appeared on our skin. This left us looking and feeling very good. We were slightly in-land, in the hills away from the coastal breeze. Still, the heat caused no problems: amazing! It was the hottest summer in 40 years.

The three most incredible experiences of our experiment were:

- 1) The passing of wax 'marbles' during my gall bladder flush.
- 2) Our heightened energy, especially creative. Merav was almost always painting a canvas, naked in the sun.
- 3) The bizarre experience, when I broke the raw diet, of my vision altering from what had become broad, fisheye-like alertness and receptivity, to instantaneous 'blinkers on'. It goes to show that those who consume raw foods are really 'alive'.

When we moved out and hit the road in our bus we shifted to a part cooked diet. A raw diet usually requires a base to be successful.

We travelled for a few years, getting as far as S.E. Asia. Mmmm Malaysian & Burmese Wild Durians!

We ended up back on the 'grey island', the UK, about five years ago and bought 18 acres of land on the Shropshire borders. We are developing a project, called Karuna (which means compassion in Sanskrit) to demonstrate positive 'change' by recycling monoculture pasture into diverse forest gardens and applying permaculture methods.



We commit the sin of baking bread and making vegan pizzas in our homemade earth oven, but raw food is still a massive part of our diet.

We have planted a diverse mix of 7,500 trees at Karuna. There are 80 varieties of apple alone, some keep and store very well and last almost all year round. We also grow pears, plums, cherries, damsons, gage, quince, medlar, mulberry, walnut, chestnuts, hazels, asian pears, and for the first time this year, apricots, edible bamboos and numerous fruiting shrub and plants.

Next spring we will have a 50 X 30ft Polytunnel for growing and researching chillies, peppers, ginger, turmeric, etc. We also forage the extremely diverse, ancient hedgerows that surround us. There is such generosity in nature, we



only have to discover and utilise it.

I believe chlorophyll is the basis of all physical life and we must include a wide diversity of plant materials in our lives. Food should always be fresh and organic, but I'm convinced that we should also be immersed in the raw energy stream that feeds us. The way to achieve this is by growing your own food. These are our roots: eating raw should lead to environmental activity, radical in its own way.

We still hold a deep interest in raw foods; we'd like to share our venue with like minds by offering our lush Forest garden venue for some kind of raw event this coming summer. Please get in touch if you have any ideas.
www.karuna.org.uk ❀

Rawtallation!

What a rollercoaster of emotions and experiences the raw food journey is. Raw highs, raw lows, moments of health success and periods of frustration when nothing you seem to do or eat seems to work. Everything is being made harder due to the fact that raw food was hijacked in the early 1980's by a small gang of extreme radicals who have used the raw food movement to exert their hard line all or nothing views and beliefs on everybody coming to raw food. This tiny element is creating the tension and the conflicting information and the battle for raw supremacy by individuals who want to be right, that we are seeing today. "Raw Hubris syndrome" has invaded the raw food world. Raw Hubris creates Gurus who after experiencing the power that being a raw guru brings them, begin to have their judgement affected and they become blinkered and shut off from any information that goes against their particular approach. The battle to be right has begun and unfortunately it is everyone else who will suffer. It doesn't have to be this way...there has to be a better way....it's time to "Rawtalliate"!

Deep inside we all know that raw food makes sense and we all desperately want to be eating the perfect diet just like "everybody else", and doing all the things you read about that "everybody else" in the raw food world is doing in order to experience those raw highs and explosions of health, but somehow, for what ever reason it often doesn't quite happen like that. On top of all this stress, the people around you are not helping either. It almost seems like they want you to fail in your quest for the healthy grail. Not as raw as you would like to be, afraid to admit this to more experienced raw peers and yet considered weird by your friends and family, you feel like you are getting it on all sides and the frustration

by Pete Vincent

almost makes you wish that you had never ever heard of raw food!

Sound familiar? Rest assured that despite what most people will tell you, there are more people struggling within the raw food world than you know. This is not the fault of raw food. Raw food is just the fuel. It is neither right nor wrong. It's the way raw food is being applied in individual cases that is at fault. This can be the fault of the individual in question not having educated themselves properly before making the radical shift of diet. It can be that they have misinterpreted the words of someone who gave them some good information. More often than not, it can be due to the way raw food is being promoted by some raw food educators and the overly high unrealistic expectations that are installed into people either intentionally or unintentionally that create a situation where people just think that all you have to do to be healthy is eat raw food. In order to create the raw food surge and to create interest, requires a certain amount of marketing to attract people. The benefits are of course given maximum exposure as they should be, but I fear that people are being given the impression that all they have to do is eat any old raw food and that they'll be healthy. The human body is a little more complex than that, and while some people do owe their miraculous healing to raw food, raw food is just one very important piece to a bigger more complex jig saw puzzle. The trouble is that the truth doesn't always help when trying to give people what they



want these days...an easy diet to follow as a way to stay healthy and lose weight without them having to think for themselves.

Often people's expectations of what raw food can do for them and what raw food ACTUALLY does for them differs. Again, this isn't the fault of the raw food, it is either the fact that an individual hasn't eaten the right raw food, hasn't eaten enough of the right food, their body couldn't digest the raw food or utilise it, or be a result of the fact that they still haven't addressed another health factor that is having a negative effect and preventing the raw food from having a positive effect. All of these important factors often get ignored by people who are afraid to question a powerful raw guru and or raw food itself, in fear of sounding like someone who is against raw food, or as someone who dares question the laws of raw food laid down by the radical extremists who rule their diet.

There has to be a better way. Surely 2011 is the year when everyone who has an interest in raw food comes together and creates a more positive supportive energy free from judgement. If predictions are right then it's all over in 2012 anyway, so if you believe everything you hear then it really is now or never! This is a difficult conversation to be having because of a certain element within the raw food world who are inadvertently creating this unnecessary tension. There are people who are afraid to admit that they had to have some steamed vegetables whilst at a raw pot luck whilst surrounded by people all saying they are 100% raw. There are people losing too much weight and not feeling good saying that they have never felt so

good. There is an air of elitism from people who are raw vegan against people who eat raw dairy. I see all this as negative elements that are none conducive to health and not only that but it causes some people to turn away from raw food altogether which is bad. Do I expect everybody to see it the same? No. I have been in the raw food world long enough to know that the hard liners will see this view as an attempt to destroy the raw food movement and water it down. It will be seen as a rawbellion.

Instead I see it as an attempt to create a more friendly positive environment that attracts more people to its fold and a situation where we have 80% of the population eating more raw food and eating less animal products, rather than an attempt by less than 3% of the population who are eating 100% raw vegan trying to tell everybody else how to eat. It's a means to an end. Our society is in The Transitioning Zone. We are moving slowly from a cooked food existence to a raw food existence. This will take time as it did when the concept of the world being round came into force. It didn't happen over night. We need to be more supportive to people who are beginning to make the shift. Don't be a raw vegan Nazi. Rawtaliante and be a shining example of what raw food can do for you.

Pete Vincent is author of The Most Sensible Raw Food Book in the World...EVER! and is founder of www.rawhumour.com. Be sure to sign up to the Vitamin L12 newsletter on the Raw Humour website and join in the fun with likeminded people at TheRawFoodMovement.ning.com online community. Or why not give me a twitter at [petevincent](https://twitter.com/petevincent) or email pete@rawhumour.com ❀

How to Succeed during a Recession

A recession is possibly the best time to launch a new business or to expand an existing one. It's also a great time to get ahead in your career. I know this sounds counter-intuitive, so let me 'splain.

First, the media goes nuts during a recession. They turn a little bit of negativity into a mountain of pessimism. This makes a lot of people financially paranoid. People become socially conditioned to expect the worst.

If you buy into this social hysteria, you become a victim too.

But if you tune out such stupidity (not watching TV helps a lot) and maintain a grip on rational thought, you'll see some amazing opportunities popping up everywhere you look.

During such times people get scared and start cutting back on expenses. They cut some of the fluff from their lives. They stop buying so much stuff they don't need.

This causes some businesses to do poorly, especially businesses that don't provide stuff we really need. We can live without new credit cards and gas-guzzling SUVs for a while. Those non-essentials can be put off.

by Steve Pavlina

We also become more sensitive to receiving genuine value. When we spend money, we want to make sure we're getting a fair deal.

Consequently, businesses that provide genuine value can actually do better during a recession. More people will flock to those businesses in tough times, while the fluff businesses will become more and more paranoid.

In the USA there are a lot of fluff businesses. Many are based on the moocher mindset, trying to extract money without providing fair value in exchange. A lot of the dead or dying financial companies are like that. The American auto industry has been contracting as well, at least in part because they've been creating inferior products that people don't really need. (Erin and I own a Honda, despite the fact that we could have gotten a significant discount on GM cars because two of my family members used to work for GM. We looked at some GM cars and quickly concluded they sucked. Other family members weren't so lucky.)

A lot of people have been learning that job security doesn't mean much these days. More than 500,000 Americans learned this lesson last month when they lost their "safe and secure" jobs.



The Stupid Approach to Making Money

Lately I've seen a lot of people, some of them friends, do some really dumb things in an attempt to earn more money. They buy into lame money-making programs, join and promote useless MLM schemes, and fall prey to scammers.

The common pattern is always the same — they're focused on trying to make more money. They make it their top priority. They think about it constantly. But they keep getting sucked into trying to make money without providing any real value, and it's unsustainable.

In the end this sort of thing eventually self-destructs. The only way to succeed with it in the long run is to find lots of suckers and basically rip them off in order to enrich yourself. Most people have a strong enough moral resistance to this sort of thing that they'll sabotage themselves from going too far with it. This isn't a path of long-term abundance. It's a path of scarcity.

As a general rule, the people I know who are most focused on trying to make more money this year are doing worse, not better. In some cases they're doing much worse. A few have lost or are in the process of losing their homes.

The exceptions are those that are able to sufficiently kill their conscience, so they can remove any incongruencies about ripping people off. But again, this is a pretty rare exception. Most people would rather deal with scarcity than knowingly rip people off to get ahead, so they just make the bare minimum to meet their needs and avoid getting ahead.

The Smart Approach to Making Money

There is a smarter approach, however.

Instead of focusing on trying to make more money, put your time and energy into CREATING and DELIVERING real value. Find a way to give people what they want and/or need.

Take note that the keywords here are CREATE and DELIVER.

Creating value means expressing your unique talents and skills in a way that can potentially benefit others.

Delivering value means ensuring that other people are actually receiving and benefiting from the value you've created.

If you don't do both in some fashion, then it's going to be hard for you to generate sustainable income, especially during a recession. I'll explain why.

If you only create value but don't deliver it, then your value isn't being received by anyone. So how can you receive value (such as money) in return?

Instead of focusing on trying to make more money, put your time and energy into **creating** and **delivering** real value.

I see this problem a lot with creative types such as would-be artists, musicians, and writers. They may spend lots of time honing their craft, but if they don't actually get that value into the hands of sufficient numbers of people, they struggle financially, and this hurts them creatively too. A goodly number of these people are currently seeing their homes in foreclosure now.

The sad thing is that some of these people work very hard. But they spend too much time creating and not nearly enough time delivering. They watch people they consider hacks pull ahead of them. The hacks may not be as good on the creative side, but at least they're getting their value into people's hands, and on some level people are appreciating their work.

I went down that road myself. In the late 90s, I went bankrupt, even though I was working very long hours and creating a lot of potential value in the form of a computer game my company was developing. My problem was that I didn't do a good job of getting that value delivered. I relied on publishers to do that, and for various reasons the game was never released. That resulted in years of wasted effort, aside from the valuable learning experience that is. So I know where this road leads because I traveled it.

On the other hand, if you only deliver value but don't create it, then you're delivering someone else's value. This isn't a terrible approach in the short run, but it's a short-sighted long-term strategy if this is all you do. There's nothing particularly special about delivering other people's value. Anyone can do it. Anyone can sign up for affiliate programs or join an MLM program or become a reseller. If this is your primary means of generating income, your long-term outlook is weak. The better this works for you, the more it will draw competitors into your field. Eventually everyone will be working harder and harder for scraps. This happens all the time. This strategy can be especially weak during a recession, as more people turn to less expensive sources for the same value you deliver, squeezing your profit margins thinner and thinner.

Bloggers fall into this trap when they rehash other people's content and don't really have anything unique or compelling to say. A year later their niche is flooded with competitors doing the same thing. And hardly anyone is earning decent income from it.

The most viable long-term strategy is to create AND deliver value. You can mix and match other strategies with it, but this should be your primary method of income generation. If you get good at creating and delivering value, you can basically write your own ticket and enjoy lots of abundance.

A Choice of Mindset

I know a lot of people are dealing with financial challenges these days. Las Vegas is basically the foreclosure capital of the USA right now. I know people who've lost their homes. I see "bank owned" signs all over the place.

If you're going through something like this right now, I totally empathize with you.



However, I have to point out that the pattern of what causes this is so clear, it's getting a bit ridiculous to see it play out over and over again.

Generally speaking, people who CREATE and DELIVER value are doing just fine. In fact, I'd say most are doing better, not worse. Many of these people are seeing their incomes go up during this time.

People who don't CREATE and DELIVER value are seeing their finances grow progressively worse. This leads many of them to panic, so they head even further away from creating and delivering value (such as by chasing lame money-making schemes), which only quickens the decline to insolvency.

I know it seems logical that if you're seeing your finances decline, then you should focus single-mindedly on trying to make more money as quickly as possible. People fall into this trap all the time. I used to fall for it too. This is absolutely the wrong strategy though. I know that must sound counter-intuitive.

The correct strategy is that when you see your finances decline and you want to increase your income, then you need to focus on CREATING and DELIVERING more value. If you do that, then you're doing the very thing that will generate a sustainable income increase.

What is money? Money is simply a medium for exchanging value. Money is what you receive in exchange for the value you create and deliver. If you can increase your outflow of value creation and delivery, you can increase your inflow of money received.

If, however, you try to increase the inflow of money without increasing the outflow of value, you're trying to get something for nothing. This approach is untenable and will ultimately collapse. Please don't waste your time on it.

I actually figured this out right around the time I was declaring bankruptcy. I was totally broke, yet I found a way to focus my energy on creating and delivering value instead of on trying to scrape together more money. Within about six months, I was back on my feet financially, and year after year my financial situation just kept getting better. I started on this path about 9 years ago, and I've maintained a nice positive cash flow every year since then.

I know that when you're in a financial crunch situation, six months may seem like a long time. But it doesn't matter if it takes you several months or several years to get in the habit of creating and delivering value. The time is going to pass anyway, and this habit will serve you well for life. Be patient and get started. It doesn't matter what happens to the economy — if you keep creating and delivering value, you'll do just fine.

A Record Year

Financially, 2008 was the best year ever for Erin and me. Erin had a six-figure year all on her own just from doing readings.

I expect that 2009 will be an even better year for us, regardless of what happens to the economy. How do I know? Because it's another year we can create and deliver value, adding to what we've already created.

Why are we enjoying increases while others are experiencing decline?

First, it helps that we don't have jobs. I haven't been employed by someone in more than 16 years. Many people mistakenly assume that being jobless is the riskier route, but that's nonsense. It's much less risky to control your own means of creating and delivering value than to be a pawn of some larger entity. No matter how bad the economy gets, Erin and I can't get fired or laid off. So our career paths enjoy much more stability.

Secondly, while others are tightening up and cutting costs, Erin and I focus our attention on creating and delivering more value to people. The way we go about this may seem a bit counter-intuitive at first glance.

For example, I wrote a lot about diet and health this year, such as by sharing my experiences with the raw food diet.

That may not appear to be a very sexy topic. Some people find it totally uninteresting and would prefer that I write about other things. My health articles never make it big on social bookmarking sites, so they don't generally yield a major traffic boost either.

However, such articles can provide a lot of value to people who are interested in those topics. Many people have made significant lifestyle changes after reading those articles, improving their health and/or enjoying significant weight loss. For some people the benefits have been amazing.

So even though these articles might not seem too exciting at first glance, they make a difference in people's lives. Obviously they don't affect everyone equally, but that's okay. They certainly do a lot of good. They deliver value.

Many bloggers post content with the intention of getting something, such as links, attention, or sales. I've done some of that too, but I generally avoid creating that style of content. Instead I remind myself to stay focused on creating and delivering value. I know that when I keep my focus on that side, the rest takes care of itself.

This is an example of such an article. I didn't write this piece to get something from you. I don't expect it will become a huge hit. I know that because of the length, many people won't even bother to read it.

But I also know that for many of the people who take the time to read it, this article has the potential to create some subtle yet helpful shifts. It may give someone the extra insight needed to get moving in a new direction. Someone, somewhere will receive positive value from it.

That's all I intend with this article. Just provide some kind of benefit to someone who could use a little encouragement in the right direction. It's not that complicated. This sort of focus inspires me to share what I've learned openly and honestly, even if it runs contrary to the way most people think.



I know this approach sounds overly simplistic, but if you get this — if you really get it — then it's really not that hard to generate plenty of income.

Turning Value Into Income

So how does one generate income from creating and delivering value? Can't you run into a problem of creating and delivering lots of value and making no money from it?

As it turns out, making money is the easy part. If you can create and deliver value to people, the income opportunities will literally come to you. People will practically line up with ways for you to make money. I'm serious.

Here's how this works.

If you get good at creating value, you can connect with other people who are good at delivering value. They deliver your value, such as by selling it, and they pay you a royalty, commission, or licensing fee.

For example, Hay House offered me a book deal last year, so I wrote a book called *Personal Development for Smart People*, and it was published in September. I received an advance for the book, and I'll also receive ongoing royalties based on sales. I might even receive royalties from this book for the rest of my life, especially since the content is timeless. Also, writing a book has led to other opportunities, such as paid speaking engagements. So in this case I created the value (the book), but others deliver it.

Now suppose you get good at delivering value. In this case you can generate income by plugging other people's value into your delivery system. For example, my blog is great at delivering value. It's a very efficient medium for that. But since I give my value away for free, it doesn't generate income directly. However, I can generate plenty of income by promoting other people's products that I like. Then I split the profits from sales with the publisher. I earn six figures a year just from doing that. The product publishers come to me. I get way more offers for this sort of thing than I can handle. It doesn't require a lot of work to do this. Once you have a system for delivering value, you can plug other people's value into it and generate lots of extra income.

If you have the means to create AND deliver strong value, you'll have so many opportunities it will be totally ridiculous. First, you can plug the value you create into other people's delivery systems, so you can earn ongoing royalties and such. This is easy residual income. I'm still getting checks every month for deals I entered years ago.

Secondly, you can plug other people's creative value into your own delivery system. You pay them a royalty on the sales, or they pay you as an affiliate. Once again you generate ongoing residual income. As long as you're selective about the products you promote, doing your best to ensure that they provide strong value, everyone is happy, and everyone wins.

Thirdly, you can plug your value into your own delivery system. Strangely, this is something I haven't done yet

with my blog, although I used to do it all the time with my computer games business. This is something I intend to explore in 2009. It simply means that I could create and sell my own products direct. Many other bloggers have already done this with great success, releasing e-books, audio programs, DVDs, etc. They create the value and sell it directly to their visitors.

A big chunk of the income I received in 2008 was from work I did in previous years. I could do no work for all of 2009 and just live off the residual income I know is coming. That's a nice situation to be in. It's no accident though. Years ago I decided that this is how I wanted to set up my financial life, and then I focused on creating and delivering value to make it work. There's no reason you can't use the same strategy. It isn't trademarked.

Avoiding Distraction

Once you develop the habit of creating and delivering value, it's pretty hard to fail. However, it's very easy to get distracted along the way. Distraction is perhaps your biggest obstacle.

You can't get sucked into every money-making scheme that crosses your plate. Getting sucked into a job, where you have to trade hours for dollars, is just as bad. These are dead ends you should avoid by any means.

You have to stay focused on creating and delivering value. Everything that detracts from this focus should be viewed as an expense, obstacle, or just plain evil.

This is so important, but most people just don't get how important it is.

Getting a job is such a bad idea if you want to enjoy long-term financial abundance. The odds of success on that path are so low, it's not even worth considering.

Seriously, you are better off being broke and homeless, so you can focus on creating and delivering value from that place. You're much worse off if you have to waste day after day showing up to work for someone else. That won't move you closer to financial abundance. It will only distract you further.

If I had to choose between being homeless and getting a full-time job, I'd go the homeless route. Having a job would be 10x worse. As a homeless person, I could stay hungry and focused on creating and delivering value. I might not have the means to produce much value at first, but at least I could get out there in front of people and deliver something. It would be a good start on the right path.

A job is just a monstrous distraction. In many ways it's a modernized form of slavery.

Homelessness is a huge upgrade from traditional employment. Have you ever talked to a homeless person? Some of them find the idea of having a job insulting — it represents a loss of freedom. Sure you smell better and can get

Getting a job is such a bad idea if you want to enjoy long-term financial abundance.



a nicer place to live, but you lose your humanity in the process. Perhaps such people realize something you don't.

Employment is the ultimate form of destitution.

Fortunately, employment is an easy problem to fix. If you have a job, just stop showing up. The rest will take care of itself. Pretty soon you'll feel some motivation and drive to start creating and delivering value, especially if you happen to like eating.

Genuine opportunities are based on creating and/or delivering value. If you see something that looks like a new opportunity, and it doesn't require you to create value, and it doesn't require you to deliver value, then it isn't an opportunity. It's a total waste of your time.

Is creating and delivering value harder than getting a job? I would say no, not at all. Having a job is a lot harder. With a job you still have to provide some form of value usually, but all the residual benefits you produce turn into residual income for someone else. So you're already doing most of what needs to be done, but you aren't enjoying any of the benefits. In the long run, you'll probably have to work much harder if you have a job, but the bulk of the rewards will go to someone else. On the one hand, that's generous, but on the other hand, it's quite dumb.

I could get a job as a writer and get paid a certain amount for each word I write. But then someone else owns my work, and all the residuals from that work go to them. Alternatively, I could write articles for my own website and retain the freedom to republish them as books someday, use them to generate traffic (and thereby income), license them for various publications, use them to promote my book, etc. The correct strategy is a no-brainer really.

Trying to make money is itself a distraction. When you focus on making money, too many things will catch your eye. You'll run around like a chicken with its head cut off, chasing down all sorts of things that look like opportunities. You'll waste a lot of time and energy if you chase dollars.

Creating and delivering value is simpler. This focus is well-aligned with truth, love, and power.

When you create and deliver value, you can be open and honest about what you're doing. You get to spend most of your time doing stuff you'd naturally enjoy. It's pleasurable to hone a craft you're passionate about, whether it be writing articles, composing music, or planting gardens. It's much harder to do boring, non-creative work day after day. It's also very empowering to share your value with others and to see that you're making a positive difference in people's lives.

Once you make a habit of creating and delivering value as your primary career focus, you won't want to go back.

There's More to Life Than Money

Of all the things I do as part of my "work," making money plays only a small role. Despite having written some popular articles on the subject, I spend little time thinking about money these days.

I don't even bother to set financial goals anymore. That seems totally pointless to me.

Sometimes months go by, and I don't even know how much money I'm currently making. I just know there's always plenty and that I'm earning more than I'm spending. The gap is wide enough that I don't need to do any special budgeting or fussing with figures.

The reason this works for me is that I focus on creating and delivering value. I know that as long as I keep doing that, I don't have to do anything special to try to make money. New opportunities just keep showing up. It's not that difficult to maintain.

I remember when I was at a conference in 2004 where Dr. Wayne Dyer was speaking. He said that people would come up and say, "You know, Dr. Dyer. Some people say you've made a LOT of money."

Dr. Dyer's response was, "They would be right."

He went on to say something along these lines: "It's not my fault! I just keep doing what I'm doing, and there's always plenty of abundance there."

At the time it was hard for me to relate to this mindset. It seems a bit too unrealistic and exceptional. But still... I wondered what it would be like to live at that level, where you could just assume abundance and it would be there for you. No striving or struggling. It took a few years, but I'm finally grasping what that sort of mindset feels like.

I'd say it's not really a complete mindset by itself though. I doubt very much that Dr. Dyer focuses a lot of attention on trying to make money. I think most of his attention is elsewhere, wrapped up in the material he writes about. And that's exactly where it should be.

Having written about two dozen books, it's safe to say that Dr. Dyer has internalized the concept of creating and delivering value. I have it on good authority that his books sell quite well too. (We share the same publisher.)

Incidentally, Erin and I finally had the chance to meet Dr. Dyer in October at the speakers' dinner for the I Can Do It! Conference. We only spoke with him for a few minutes. He was very warm and friendly.

This whole abundance mindset might sound really annoying if you're dealing with financial scarcity right now. I can totally relate. I've been there, and I'm sure I'd have been equally annoyed if someone said this sort of stuff to me back then. I'd have been vehement that making money was NOT easy because I tried very hard to do that and failed big at it. Ironically the real problem was that by focusing on making money, I was making a huge mistake.

The key is where you focus your attention. If you focus your attention on making money, I can virtually guarantee that you'll have a long and difficult road ahead of you, filled with setbacks and disappointments. If money is really what you seek, good luck with that. All you'll do is give more and more of your power away, and you'll end up living a pretty empty and shallow life.



Another corrupt form of thinking is to focus your attention on attracting financial abundance. Law of Attraction promoters often present this as a good idea. I once thought it was a good idea too. Now I realize it's a dead end. It will just run you in circles. The irony is that in order to enjoy real financial abundance, you want to be thinking about money as little as possible.

I know it sounds like focusing on money is the right idea. I assure you that it's a mistake. If you need to take several years to figure that out the hard way like I did, be my guest. But you'll be really pissed that you could have saved yourself all that trouble if you simply let these ideas sink in a bit deeper. I hope that on some level what I'm saying strikes you as common sense. But I know I'll be getting emails five years from now from a few people who went the other route. I hope you aren't one of them.

Try to recognize the truth that focusing on CREATING and DELIVERING value is the smarter, more sane approach to long-term financial abundance. You may start out a bit slow at first, but eventually you'll learn how to get good at both pieces of this puzzle. Once you have both aspects working reasonably well, it's awesome. Just plain wonderful. And it leads to a really fun and exciting life too. Lots of freedom. Lots of joy. Plenty of cash. And yet the cash doesn't even matter.

The nice thing about having plenty of money is that you can largely ignore it. You can focus your attention on doing more important, more interesting, and more enjoyable things. The funny thing is that it's this sort of focus that creates financial abundance in the first place. Then you come full circle and realize that you never needed money at all. You just needed the courage to go after your dreams full steam ahead, even when you were dead broke. You needed to stop hiding behind a lack of money as an excuse not to live your best life.

If I could learn and apply this lesson while going bankrupt and having less than \$100 in the bank, surely you can apply it today. I learned that I could create and deliver value even when I had no money and few resources. It wasn't the greatest value in the world mind you, but at least it was something. I focused on creating something people would like and enjoy. Then I got it into their hands and made sure they enjoyed it. Back then it was a simple computer game. Today I do pretty much the same thing with blogging. The content is different, but the overall strategy is the same.

The DELIVERING part needn't be complicated. If you just create something and share it online, other people will spread it around if they like it.

If you've been putting your value out there for months and months, and you haven't been able to generate much interest from others, that should tell you that your mis-

takes are on the creative side. The feedback is that people don't care for what you're producing. You think you're creating value, but the world is saying, "Not good enough; we don't need or want this." So you need to adapt to that feedback and use it to improve. Let it encourage you to go deeper within yourself, so you can be more genuine and authentic. Become more real and less phony. Keep working at becoming a more expressive creator until people start to take notice. Then you're golden.

What About the Economy?

Personally I think that economic recessions, including the current one, are a good thing. Recessions help to weed out the crappy companies that aren't creating and delivering value people want. Many of those companies were doing a good job at one time, but they failed to keep pace. As our values change, our companies need to adapt. Companies that can't do that deserve to die off, and the jobs they created should be eliminated. They'll eventually be replaced by new companies that have a better sense of people's current needs and desires. Company that just don't "get it" will be replaced by companies that do.

Consider the notion of bailing out the failing U.S. auto companies by having the taxpayers fund them. Is this a good idea? It's okay except for one small problem — it's STUPID! It's one of the dumbest things our political reps could possibly do with our tax dollars. An auto company bailout is definitely not in the best interests of our country, nor is it in the best interests of the auto workers themselves. It's totally short-sighted. And FWIW I think the whole financial bailout was just as dumb.

I have family members who used to work for GM for years (not in the automobile division of the company though). If they were still working for GM today, I'd sooner see them lose their jobs and have to find new work elsewhere than encourage them to live under the illusion that their company should continue doing business as usual. As I mentioned previously, Erin and I bought a Japanese car in 2006 even though we could have gotten a great price break on a GM model with the family discount. We just didn't like any GM cars.

During a recession some companies are going to die off. That's a good thing. To artificially prop up the proven market losers is just dumb. Sure, it will have some rippling consequences. But those ripples are necessary. We need that sort of self-correction to prevent bigger problems down the road. We need to send a message that if you fail to create and deliver value people genuinely want, your business will ultimately fail, and no amount of political lobbying will save you. Of course we get the opposite result when too many people think that the point of life is to chase dollars, especially our politicians. Can you blame them though? Have you ever been known to fall into the same trap?

It's better — and much more compassionate — for millions of auto workers to lose their jobs and be re-integrated back into society, where they can start doing socially useful work again instead of wasting their time doing



work that simply isn't needed anymore. If it takes years, it takes years. There are other companies that are doing a better job of providing what people want and adapting to the planet's changing transportation needs. Giving more money to the losers is a stupid strategy.

Similarly, if you work for a company that is falling out of sync with creating and delivering value that people want, you should indeed lose your job. It's better to retrain yourself to do more meaningful work elsewhere than to waste your time doing work that isn't needed. Becoming obsolete is a trap that can be avoided. Even if you're an employee, you still need to make sure you're contributing to the creation and delivery of real value. If you fall away from that, it's only a matter of time before you get the axe, so don't be too surprised when it happens.

A Value-Centered Career

How do you know if you're creating and delivering real value?

Ask yourself these questions: If you stopped doing what you do, who would care? Who would object loudly? Who would revolt?

If you're creating and delivering genuine value, and you suddenly stop, people will notice. People will definitely care. Your contribution will be seriously missed. There will practically be rioting in the streets.

Such people may not even credit the value to you directly, especially if your contribution remains somewhat anonymous, but they'll soon detect that something important is missing from their lives. Even if they don't know your name, the removal of your ongoing value creation and delivery will have a definite effect.

If, however, hardly anyone cares that you stopped, that should tell you something. It means that people just didn't value your creative output... not really. What you were doing was either unnecessary or easily replaced. You weren't yet living as a conscious, self-actualized human being. You held back from shining as brightly as you could have.

You have a choice of whether or not you want this to be your fate. You may have been conditioned from a young age to view your life path in terms of getting a job and making money. Go ahead and live that way for a few years if you think it's intelligent. You'll soon see what a pointless, soulless dead-end it really is.

When you finally begin to hear that subtle inner voice screaming at you, "This is just so wrong," realize that it's still possible to live a life of fun, freedom, and fulfillment — and still make plenty of money and not starve. But in order to get there, you have to focus on doing what really matters. You must clear your head of all that socially conditioned nonsense and stop doing what everyone else is doing.

Start living as a conscious human being, not a mindless minion. Focus on expressing your child-like creativity on a daily basis. Stop thinking so much about making money, and focus on connecting with people and sharing your creations with them instead.

Create and deliver. Create and deliver.

The correct focus for financial abundance is so simple it's ridiculous. You learned it in kindergarten.

You: "Hey, look at this picture I made!" (Value created)

Adult: "Wow. That's awesome! You made my day!" (Value received)

My five-year-old son and eight-year-old daughter pretty much have it figured out. If they just keep doing what they naturally like to do, they'll be able to enjoy financial abundance as adults too.

My job as a parent isn't so much to teach them something new in this area — it's to prevent them from being brain-washed into thinking like everyone else.

It took me about 5 hours to write and edit this 6,000-word article. I wasn't even planning to write an article today. But I got inspired by an idea, so I sat down and wrote the whole thing in a single sitting.

My investment of time and energy on the creative side was fixed. But this article will keep delivering value to people for many years to come. That's a good investment then, isn't it?

It doesn't matter whether or not this article generates income for me. I don't think about it like that. I just know that if I keep creating and delivering value, I'll continue to enjoy financial abundance, and I'll feel really good too. Money is basically a non-entity. It doesn't motivate action, nor does it serve as a reward. It's just something that recedes into the background while real life is unfolding.

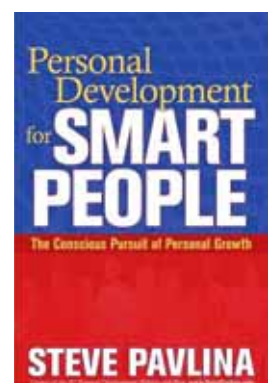
I'd love for you to be able to enjoy similar benefits if this is something that appeals to you. It all starts with the choice of where you focus your attention. The more you pursue your own creative self-expression, the less you'll have to fuss over money.

The irony is that this is probably what you tell yourself you'll do when you finally have enough money, but that sort of thinking is a trap that will only keep you stuck. The way you would live if/when you're enjoying financial abundance, start living that way now, for that's the very strategy that will produce the abundance you seek. And when you begin to experience financial abundance, you'll realize that you never needed it to begin with. You just needed the courage to start expressing the real you under the conditions you find yourself in this very moment.

Steve Pavlina writes on the subject of personal development, covering a broad range of self-help topics, including productivity, relationships, and spirituality. He has written a book Personal Development for Smart People, available from your local book shop or from www.amazon.co.uk

This article was first published on Steve's website

www.stevpavlina.com where you can read over 1000 more of his articles.



Poetry: I am A SECRET by Benedict Goldsmith

It is spring
And I long to meet HE
Within whose eyes
Is the ecstasy
Of the Earth!

In the centre of the green forest
Laughs the exiled king
And the dappled sunlight of the forest
Reflects in his eyes as birdsong!

I enter the forest-presence
Where a great silence is falling,
In an overpowering stillness,
From whence arising in its passing...
The birdsong and the light within the eyes
Of he who is sitting beneath the tree

Through those spaces which yesterday
Were full of the light of birdsong~
Now falls the light of heaven;
Upon the ground,
The very music of the silence;
Within the forest where crawls the snake;
Our Ancestor
Within the time of space
The Guardian
Of the birdsong!

I find the Book of Life
And when I unopen it
As soon as I begin each word,
they turn to notes of birdsong!
And the pages turn
To Autumn leaves
Which fall away in the wind!

Aah! My heart is filled with light!~
And the birdsong is become the light
In the eyes of the dark forest
I take off my shoes in joyous bliss
To walk
In your
Ancestor- Presence!



RFD (Raw Food Dude)

by Sally Holloway

Outside it might
be

Freezing



Your dinner
might



Cold

OR
Luke Warm



But RAW FOOD
makes you

HOT!



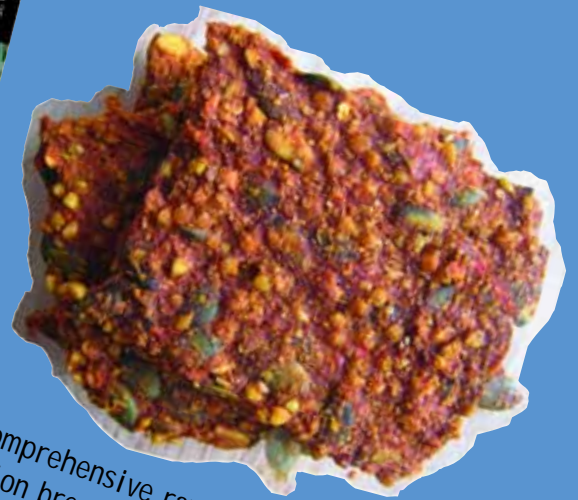
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