

The Funky Raw

Issue 19 - Spring 2011

Healthy eating for everyone

magazine

£3.50 / €4.25



Healthy Raw Recipes • Living Simply • Hemp as a Fuel

From the Editor

What's going on in the raw food world at the moment? People are starting new potlucks in Cardiff and Exeter (see page 5), as usual there are lots of workshops and events all over the country (page 6), two new recipes books on their way (pages 10-13 for some great recipes from them). It's all going so well and then Trading Standards decide to ban mesquite, my favourite superfood. It doesn't make sense, it's full of minerals, no-one has ever had a problem from eating it, yet it is now banned. When they going to ban cola? Or mars bars? Unlikely! Pete Vincent has written more on the subject in his article on page 25.



We've got an album review this issue. Actually, it's two albums from Anima. Positive conscious music is so important. The good news is that we have two sets of albums to give away, see page 7 for the details and the review.

For anyone looking for the *Beyond Broccoli* review as mentioned last issue, the book hasn't been released yet, hopefully we can review it next issue.

Hope you enjoy this issue, if you have any comments please feel free to email me. I like to know what you think and how we can improve. If you want to write an article or have artwork for the cover I'd also love to hear from you.

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

Cover Artwork

This issue's cover is by Tristan Trefoil from Finland. You can see more work from Tristan on his website:

tristan-trefoil-printmaking.blogspot.com



Advertising

Next issue deadline **28th May 2011**.

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

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

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



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 it's 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: **21st May 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!

Published by Funky Raw,
66 Hawthorn Road, Reepham, Lincoln, LN3 4DU, UK



Contents

- 2 Welcome from the editor
- 2 An introduction to the raw food diet
- 4 News, Events & Readers Letters
- 5 Gatherings and potlucks - Find a local event near you
- 6 Workshops, talks and events for the next few months
- 7 Rob reviews Anima's new albums
- 7 Frederic Patenaude's new book *Raw Controversies* is reviewed
- 8 Reviw of John McCabe's *Sunfood Traveler*
- 9 A wide range of recipes including samples from two new books Jessica Fenton's *Jessica's Raw Chocolate Recipes* and Ani Phy'o's *Raw Food Asia*
- 14 Aj tells of her journey to India as a raw food chef
- 15 Some tips on protecting yourself from radiation
- 16 Rob discusses his typical diet, including the reasons why he now eats more animal foods
- 18 Susan discusses why we need to be accepting of other's diets
- 19 Spring and the Wood Element with Nicola including wild green juice, honeyed nettles and sauerkraut recipes and a meditation
- 22 Alex shares her healing journey - Love is all you need
- 23 Natural Parenting: Jessica Fenton discovers wooden toys
- 25 Pete Vincent's Raw Humor column looks at the serious topic of why mesquite has been banned
- 27 An introduction to Juice Fasting from Polly Noble
- 28 Karen's adventures continue, this time on the beach
- 31 Some homeopathic remedies for joints and bones with Dawn
- 33 Emma's warning: Don't lose your friends over being raw
- 34 Living the simple life - Helen's European journey
- 35 More travel with Rob and Jolita on their journey
- 34 The Courage to live Consciously, more motivational inspiration from Steve Pavlina
- 41 John McCabe on the subject of Hemp and how it can help us
- 43 Another poem from Benedict Goldsmith
- 43 Sally's *Raw Food Dude* cartoon



Raw delivery service in Spain

Three international chefs are pleased to announce the launch of Cruda To Go – a raw gourmet delivery service in the Granada/Costa Tropical region of southern Spain. They offer the choice of three delicious menus – Asian, Mediterranean or Thai, each with three courses plus drinks and the optional extra of having it with a waitress service in your own home.

One of the chefs Sami has this to say “We have been researching food and flavours now for years holding a taste club each week to try out new recipes and flavour combinations and we now feel ready to share this! I feel so lucky to be living in an area of outstanding beauty and bounty, we actually harvest a lot of the ingredients ourselves and that adds a lot of joy to the experience, from picking the avocados, walnuts, olives, almonds, cherries etc to creating amazing food to embody all of the natural flavours. And that what Cruda is to us – it means raw in spanish and it also symbolises the fact that with raw food you have the best flavours in their unadulterated state.”

To celebrate this launch they are holding regular seasonal feasts. The first was on the 23rd December at The Limonero, Orgiva, “Solitica” - a raw gourmet three course feast. And coming up over the next few months, they are holding a chocolate training day “Chocolate Love!” on the 15th April and “May-Fun” on the 28th May, a three-course dinner-party in Lanjaron, for more info contact crude-food@wildmail.com

Yoga and Raw Retreat in Spain

May 21st to 27th. To be held at the beautiful Hacienda Retreat centre in Montefrío, Granada, Southern Spain, this will be 5 full days of yoga, delicious vegan food – both cooked and raw, relaxation, fun and lots of sunshine.



The Hacienda Retreat has everything you could possibly need for a luxurious and revitalising stay. Indoor and outdoor yoga areas, a meditation room, infinity pool, outdoor sauna and jacuzzi are all available.

The retreat will be set within 5 acres of stunning, rolling countryside: surrounded by woodland, olive groves and a pine forest, mother nature provides us with a beautiful and tranquil environment in which to experience the power of both yoga and raw food.

Days will follow a lazy pace of yoga, eating, meditation, unwinding, lots of information on raw vegan cuisine and making new friends. You will be given the chance to step away from the normal buzz of modern living and enjoy a week of dedicated YOU time.

£800 per person. More details at www.retreatoption.wordpress.com

Raw Easter Eggs

Raw are again producing a range of raw chocolate easter eggs, beautifully presented in a recycled eggbox. There are four flavours: after dinner mint, orange zest, dark purity, and intensity.



Find out more and order at www.rawrchoc.com

Readers letters

Send your letters to magazine@funkyraw.com with the subject Readers Letters.

Washable Toilet Paper?

I read in a recent article about the suggestion of using re-usable cloths for toilet paper. Does anyone know where any place sells something like this as well as re-usable pads for menstrual flow? - Roseann, Essex

Karen Benneto, author of the original article replies: *I too found only the site in other countries re the washable cloths so I made ours from soft nappy liners cloths that were recycled from our sons nappies as he grew out of them.*

With the washable menstrual wear there are lots of british sites, www.mooncup.co.uk being the most popular, I use "mother of eden" but searching should come up trumps for uk stuff.

Making washable cloths

Cut 20cm squares of any soft but absorbent fabric, organic baby washable nappy liners are great, the ones I got from www.spiritofnature.co.uk are sadly no longer sold by them, they were large squares that I cut into quarters.

(Spirit of nature might know how to get hold of them, they were by a German company i think and came in large packs, they were sold with the nappy system that had the woollen nappy outer, describing this should jog their memory.)

If wanted you can personalise for each member of the family by dying in different colours.

Because we have a sink right next to our toilet I wash them straight away, but I read that hanging a wash bag near the toilet and putting soiled cloths in seems to be ok.

I personally would have a "nappy" bucket in the bath filled with soak water with a few drops of lavender or teatree oil, until there were enough cloths to launder.

A worry I was asked about was "surely this uses lots of water?" well yes it does use some water but not nearly as much as is used in the manufacture of toilet paper, and if you can get the whole family doing it then money savings add up really quickly, and with menstrual wear the savings are massive! both to the environment and your pocket.



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

See the website for future events:

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

Stirling

See the website for future events:

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

Glasgow

See website for upcoming events:

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

Thur 7 April, 7-9 pm. Booking essential.

www.annamiddleton.com
info@annamiddleton.com

Cardiff

New monthly potluck, contact Nicola on kalistar@hotmail.co.uk

Exeter

New monthly potluck at the Exeter Steiner School, probably on the last Friday of the month at 2pm - contact Charlotte on 07967719456 to confirm.

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 pot luck on Sundays 12-3pm. Dates and themes: 10 April Easter, 24 April Favourite sweet, 8 May Scotland, 22 May Food Miles, 5 June Wild Food, 19 June Party/BBQ, 3 July Juices & Smoothies, 17 July America.

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 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

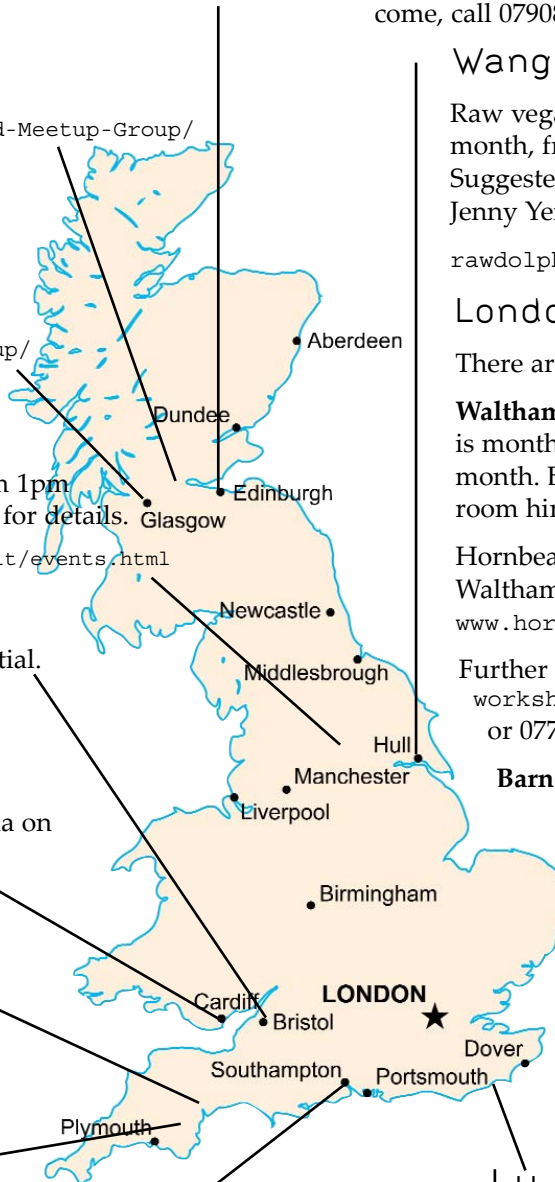
Barnet: Spring meetup, 10th April, 1-6pm, Green Hill New Church Hall, 177 Leicester Road, New Barnet. Contribution £7

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

London Raw Food Meetup group
www.meetup.com/rawliving/ see website for future events.

Hastings

We meet at various locations in Hastings & St Leonard's on the 3rd Sunday of Every Month. Contact 01424 444172 or sallyholloway@boltblue.com



Workshops, Talks and Events

Title	Details	Description	Contact
Raw Food for Health and Vitality with Lisa	Saturday 9 April 10am to 4pm Hallsannery Centre Bideford, N Devon. £50 inc food.	An introduction to how to get more raw, vibrant food into your diet. Lunch will be prepared as part of the course. Includes a booklet of information containing a range of easy recipes to try at home.	Lisa 07971 148 531 lovinglifemagic@gmail.com www.rawlisa.com
Raw Magic in Manchester with Kate Magic	Saturday 9 April 1 pm to 3 pm MERCY Centre, Manchester £15/ £10 unwaged	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	shineonsister@live.co.uk Lorraine 07749 847869
Urban Daytox Wellness session with Evie Collins	Saturday 16 April 10am to 4pm Barnes, London, SW13 £95	Urban Daytox provides the ideal opportunity to retreat from your everyday life; to cleanse, stretch and rest your body through one-day-a-week juice fasting, yoga, meditation, nature walks, nutrition and well-being classes, all in a peaceful, supportive, healing environment.	evie@urbandaytox.com 020 8274 9206 www.urbandaytox.com
Sacred Foods - journey with sacred cacao with Dawn Houghton	Saturday 16 April 10am to 4pm Northamptonshire £90	Learn the basics of making a beautiful and magical bar of chocolate. Look into the history of cacao, its use as medicine and healing food and how it can be brought into our daily lives to assist us on our journey to whole health and wellness.	sacred.tree.moon@gmail.com
Rawmasters - Fundamentals of Live Food Nutrition	Saturday 16 April 10am to 3pm	Recipe demonstrations of techniques, ingredients, equipment and planning tips to get you started. All yummy recipes created on the day will be tasted.	www.fooddots.com
Urban Daytox Nature Walk with Evie Collins	Sunday 17 April 12noon to 2pm Richmond Park (Sheen Gate), London. £20	Connect with Nature and discover its healing potential. Grounding meditation to finish.	evie@urbandaytox.com 020 8274 9206 www.urbandaytox.com
Raw Food Basics and Beyond with Dawn Houghton	Sunday 22 May 10am to 5pm Northamptonshire £40 inc lunch	A day exploring raw living foods in a tranquil sacred space, surrounded by stunning countryside. How to add more raw foods, how to move forwards positively through food addictions. Including wild green forage and collecting spring water.	sacred.tree.moon@gmail.com
Lush Escapes with Tanya Alekseeva and Colby Hank	Fri 10 to Mon 13 June Near York, UK. From £445	A long weekend of raw food workshops and yoga, while staying in stunning deluxe lodges amongst wildlife, lakes, springs and indigenous forest.	020 7733 7490 info@corporatecreme.co.uk www.lushescapes.co.uk

Raw, wheat-free and vegan Spring Detoxing. There isn't a pre-set date, more as a raw chef or for private kitchen tuition. London area, contact Theresa 07734 166 738
workshops@kitchenbuddy.eu www.kitchenbuddy.eu

Saturday 23rd April Women on Fire: Westminster Central Hall. A large central London event with popular speakers and raw catering + Easter eggs. This is a mainstream event where Theresa is providing the sweets, chocolate boxes and Easter Eggs. See www.womenonfire.co.uk

Temple of the Heart/Stars by Anima

How do you describe music as beautiful as this in words? I don't think it is possible! These two albums are both very different, but at the same time both have Anima's style. They are both filled with beautiful music, with Temple of The Heart being more relaxed and chilled out and Temple of The Stars more up-beat and sounds more like 'electronic' music, albeit with lots of natural instruments and sounds.

Temple of the Heart is an acoustic album with guitar, strings, flute and piano and Daniela's angelic vocals. Ke'o Kiwa Na has a South American feel, you could be in the rainforest while relaxing to this track

Most tracks on this album have lyrics, all of which are positive and uplifting. In Padma you find the following "Recognise you are a miracle house in flesh and skin... Inside you find, all you are is perfect peace." As with all aspects of life, listening to negative music can bring you down, so I think it is vitally important to replace a negative music in your collection, with positive music such as this.

Temple of the Stars is also a relaxing album, but in a bit more active way. According to Anima's website "The sounds and frequencies contained in this music are designed to activate



Album Review by Rob Hull

and support ones inner spiritual knowing, connecting us to our ancient origins and cosmic awareness."

Less lyrics on this album, it's more Instrumental, although some tracks are blessed with the beauty of Daniela's voice and a couple of tracks use spoken words over the music to good effect.

I could go on trying to describe the music, but I think the best thing to do is head over to Anima's website www.animacreations.co.uk and you can listen to a sample of each track from both albums...

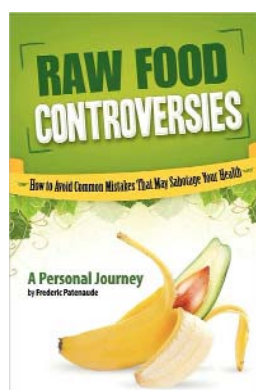
Both albums are available to purchase on either CD or as MP3 downloads from www.animacreations.co.uk

Free Prize Draw

Yes, Anima have given us two sets of these two albums to give away. To enter, all you have to do is send an email to competitions@funkyraw.com with the subject Anima Draw, or write to us at Anima Draw at the address on page 2, specifying whether you would prefer CDs or MP3s if you win. Winners will be chosen at random on May 31st.

Raw Food Controversies by Frederic Patenaude

Why do some people fail on the raw food diet? That is the question that Frederic attempts to answer in this book. He does this by taking us for a ride on his journey over the last 14 years of his life, starting right back at the birth of the modern day raw food movement. The first part of this book is essentially an autobiography, with Frederic including every detail of his life (or so it seems) including his love life, how he met and became friends with David Wolfe and got to work for Natures First Law, and how he met many other famous raw food pioneers including David Klein, Juliano, David Jubb and more. If you have been involved with the raw food movement for many years, you might, like myself, find this section fasci-



Book Review by Rob Hull

nating. If, on the other hand, you are new to the raw diet, you might, like a friend of mine, keep wondering when Frederic is going to get to the point.

This book is very refreshing in that Frederic questions the raw diet, none of the "raw is the best, raw will cure everything" some books are guilty of. Frederic experimented with various different raw diets, including animal foods, fasting even returning to cooked foods for some periods. He realised that raw diet is not simply eating all your food raw and hoping for the best, it needs careful planning.

The first few years on a raw diet left Frederic with a mouth full of cavities, which he discusses in detail, including his view on what cause the problem, and his solutions. If you read this book, I recommend you also

read *Cure Tooth Decay* by Ramiel Nagel, for a completely different view on the subject (I don't claim to know which author is correct, but if you have problems with your teeth, it's best to read both opinions).

Towards the end, Frederic starts to pinpoint what he considers to be the ideal raw diet, which is a low fat vegan diet, with lots of fruit. Which is great that he has found a diet that works for himself, but I don't agree with his belief that the same diet (with minor variations) will work for everyone. One example of how we are all different is the conversion of beta-carotene into vitamin A - we all have a differing ability to make this conversion and those people where this conversion is not optimal will not thrive on a vegan diet.

Frederic recommends a diet containing 7-15% fat, saying that before Western Civilisation took over, most people ate low fat diets, but he misses the research by Weston Price who found that traditional peoples ate diets which contained between 30-80% fat.

I realise that this review is critical, I think that is because this book is written in a way that attempts to show that Frederic's current diet is the ideal diet for everyone, which I just can't agree with. So, by all means read this book, but do it with an open mind. It is a very good book, I enjoyed reading it, and it makes some very good points. And the diet recommended might just work for you, but there is also a good chance that it won't.

Available from www.fredericpatenaude.com and through your local book shop. ISBN: 978-1456567224

Sunfood Traveler by John McCabe

In the introduction, John says this "book is an encyclopedic reference book for Earth-friendly living", which seems pretty accurate. In the "Politicians" section, he says "Don't wait around for politicians to change the world and make it into a better place. Start with yourself, working in your community to change things for the better", which sets the tone for the whole book - this is another book by John to help you actually get things done.

The first part of the book is a reference section for sustainable and healthy living. It includes items such as yoga, self reliance, gardening & farming, food irradiation, composting, light bulbs, reducing trash, peace, intentional communities and travel. There are a vast amount of topics covered, some with more detail, some with less depending on the topic. For example in the "Light Bulbs" section John explains the differences between the various types of light bulb available and which is best for the environment (LED lights are the best, they use the least electricity and don't contain toxic mercury like fluorescent bulbs).

This is the "meat" of the book, with multiple uses. Of course you can read from start to finish like any book. But you can also randomly open a page and read - most sections are only a few pages long and make great bite sized chunks. And you can also use it as a reference book, looking up a particular topic you want to know about, although this book does lack an index which could be very useful, a strange omission for a self confessed "encyclopedic reference" - John, get that index sorted for the next edition!

The second part is a directory of raw and vegan businesses. First, raw restaurants, organic shops, farmers markets and more, organised by country (and state in the USA and Canada). The listings look very comprehensive for the

Book Review by Rob Hull

USA, Australia, Canada, New Zealand and ok for the UK. For much of Europe however, there are not many listings. I'm sure this is partly because there is not much of a raw food scene in some countries, but for others maybe more research could have been done.

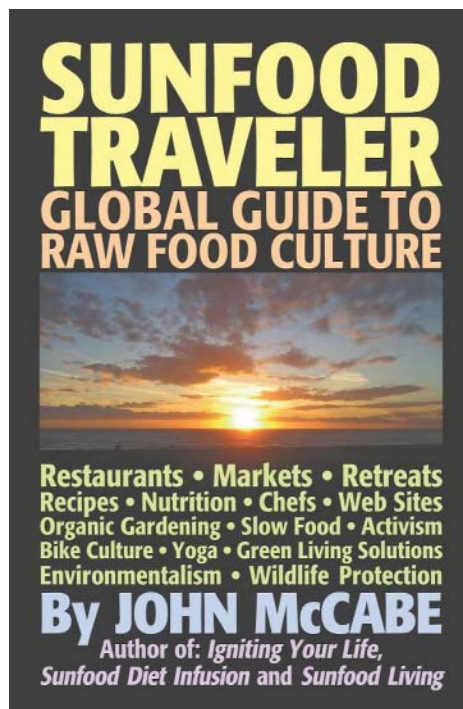
Then comes a long list of raw websites all over the world, great if you're looking for some inspiration. And a section on places you can do Raw Chef Training, again mostly in the USA.

Next there are "Sunfoodist Retreats", again the US section looks comprehensive, but the Europe section not so. Whilst there is some good information in here, it could have been researched better. Some of the information is out of date and not very accurate; of the 4 retreats listed for England, only one of them seems to actually be a raw retreat, and at least 3 retreats I know about are not listed. To be honest, you'd be better off searching the internet to find retreats in Europe.

The book ends with the section "Random Recipes for a Raw Kitchen", which is exactly what it says! There are about 70 recipes: salads, dressings, soups, crackers, burgers, puddings, deserts and smoothies, rounding off the book.

This book is suitable for everyone, from the beginner to the long term raw foodist, a reference book where you can look up all kinds of topics related to sustainable and healthy living.

ISBN 978-1884702099. Available through your local bookshop or from Amazon. More info on John McCabe's books at www.ignitingyourlife.com



Recipes

9" Chocolate Cake – Serves 8

Ingredients - Crust

1.5 cups pecans, unsoaked
1.5 cups mixed nuts (almonds, brazils, walnuts, hazel-nuts), unsoaked
16 pitted medjool dates, unsoaked
1 tbsp date syrup or other sweetener of choice
2/3 cup cacao powder
1 tsp vanilla or almond extract (optional)
4 teaspoons water
¼ tsp Pink Himalayan Crystal salt

Method

1. Grind nuts and salt in a food processor.
2. Add the dates, date syrup, cacao powder, and optional vanilla/almond extract and process until the mixture begins to stick together.
3. Add the water and process briefly.
4. Press down into a 9" spring-form cake tin.

Ingredients – Topping

3 mashed avocados
½ cup pitted medjool or halawi dates, soaked
½ cup date syrup or other sweetener of choice
1 tsp vanilla or almond extract (optional)
¾ cup cacao powder
½ cup fresh raspberries, for decoration (optional)

Method

1. Process the dates, date syrup, and optional vanilla/almond extract in a food processor, until smooth.
2. Add the mashed avocado and cacao powder and process until creamy.
3. Smooth over the top of the cake, and chill for a couple of hours or overnight. Just before serving, decorate with fresh raspberries, if desired.

by Karen Shephard

Turmeric Nut Mylk

1 cup soaked (overnight) then dehydrated almonds
small tuber of turmeric
¼" ginger
sprinkle cinnamon powder

Blend and strain to make the mylk.

Add mylk back to blender along with

1tbs mesquite powder or lucuma or raw cacao
pinch sea salt to bring out the flavour

Blend again & devour with joy!

Ani's Tip

Soak a load of nuts and then dehydrate and store for future use.

by Ani Everts

Veg Curry

grated carrot
grated celeriac
grated parsnip
leek
courgette
tomatoes
sweetcorn
fresh turmeric
fresh ginger
cumin
black pepper
sea salt



Blend tomatoes first to get liquid then add the rest of ingredients and blend.

You may need to add a smidging of liquid if it doesn't blend well.

by Ani Everts

Raw Chocolate Ice-Cream

OK, this is the BEST ever ice-cream, even better than the best raw ice-cream in your local health store. Especially, as it is a fraction of the cost when you make it yourself. I got so excited about this recipe when it came to me that I made several different flavours and filled up the freezer. Doesn't last long though. A high speed blender will give really smooth results. You don't even need to buy an ice-cream maker for this recipe.

Serves 1 or 2 really greedy adults or several children if they get a look in

2 cups ice
2 cups cashew nuts, soaked in filtered water for 4-10 hours, then rinsed
1 dsp (10ml) coconut butter
1 cup agave nectar (local, raw honey could work too if you're not vegan)
4 dsp (10ml) raw cacao powder

Blend in a high speed blender until smooth, not too long or it may melt. Spoon into bowls and serve with strawberries or other fresh fruit. If you want to keep it for later, using a spatula put into an old ice-cream tub or lunchbox with a lid and freeze. When removing from freezer, let it sit for half hour to soften.

by Chrissy Bix - www.liveliferaw.co.uk

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



Sample from Jessica's Raw Chocolate Recipes

Jessica's Raw Chocolate Recipes is a new book from Jessica Fenton which will be out soon. According to the back cover "Jessica's Raw Chocolate Recipes is an informative, inspirational and beautifully photographed recipe book that explains the exciting phenomenon that is raw chocolate." Hopefully we will have a full review in the next issue, but for now, here a couple of recipes from the book

Raw Chocolate Gingerbread People

These cute little gingerbread people aren't too rich, so they're perfect for little tummies – and bigger ones too of course. Although I wouldn't advise children under the age of three to eat any type of chocolate, whether raw or roasted, if you have an older child who is used to conventional chocolate and you are looking for a healthy alternative treat, this is a sound option. These also travel pretty well in an airtight food container.

Makes 27 small gingerbread people.

Equipment

- food processor
- gingerbread people biscuit cutters
- dehydrator with mesh screen / oven on the lowest setting

Ingredients

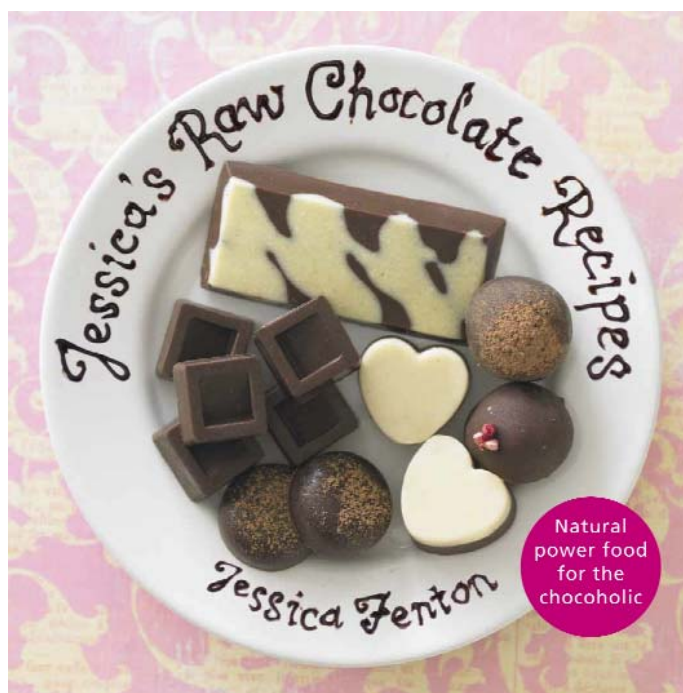
- 250 g/9 oz raw pecan nuts
- 300 g/10 1/2 oz fresh dates, stoned and halved widthways
- 6 drops ginger essential oil
- 1 tbsp raw cacao powder
- 2 tsp xylitol crystals
- 50 ml/2 fl oz raw almond milk, preferably unsweetened (see Raw Nut and Seed Milk, page 23)
- pinch of pink crystal salt
- lucuma powder, for sprinkling
- 54 dried goji berries
- 54 small raisins

1 Process the pecan nuts in your food processor until roughly ground.

2 Add the dates, ginger essential oil, cacao powder, xylitol crystals, almond milk and salt to the ground nuts in the food processor and process until the mixture clumps together to form a dough. This may take a few minutes.

3 Sprinkle a wooden chopping board and rolling pin lightly with lucuma powder to prevent sticking. Place the lump of dough on top of the lucuma powder before rolling out to a thickness of 5 mm–1 cm/1 1/4–1 1/2 inch.

4 Using the biscuit cutters, cut out gingerbread people



from the dough and place them on the mesh screen, lining them up closely together but without actually touching. Keep re-rolling the dough and cutting out the gingerbread people until the dough is all used up.



5 Add 2 goji berries for buttons and 2 raisins for eyes to each gingerbread character, pressing them in firmly. Place the mesh screen in your dehydrator and dehydrate at 40.5°C/105°F for 18 hours or until firm. Store in a BPA-free plastic container for up to a week.

Jessica's top tip

This recipe works well without the raw cacao powder, so if you want to make these gingerbread people for younger children, just omit this ingredient – and the ginger essential oil too if you wish.

Raw Ice Cream Sundae (Serves 4)

Although it might initially appear a little labour intensive to create ice cream sundaes, it will be worth it in the end when you're sitting outside in the sun with a massive serving all to yourself. This recipe works well as a dessert course for a dinner party, as you can keep the separate flavours of ice cream in bowls in the freezer, along with the frosted glasses, ready prepared until they are needed.

Equipment

- power blender
- bain-marie or dehydrator



Ingredients

- 2 handfuls fresh or frozen fruit for each glass, such as blueberries and raspberries
 - 2 tbsp your favourite nuts per glass, broken into pieces, such as pecan nuts
 - 4 tbsp raw agave nectar per glass
- Dark chocolate ice cream
- 250 g / 9 oz raw cashew nuts
 - 70 g / 2½ oz raw cacao powder
 - 250 ml / 9 fl oz fresh filtered water
 - 1 tbsp raw coconut oil
 - 140 g / 5 oz raw agave nectar
 - 10 drops vanilla essential oil

Apricot and banana ice cream

- 2 tsp raw almonds
- 4 tbsp fresh filtered water
- 4 bananas, peeled, chopped and frozen overnight
- ½ avocado, peeled
- 6 ready-to-eat unsulphured dried apricots

Cashew nut cream

- 2 tbsp raw coconut oil
- 75 g / 2¾ oz raw cashew nuts
- 3 tbsp xylitol crystals
- 3 drops vanilla essential oil
- 5 tbsp fresh filtered water
- pinch of pink crystal salt

1 The day before, make the Dark Chocolate Ice Cream. Process the cashew nuts in your power blender on full power, using the plunger, until they form a fine flour. Use a butter knife or chopstick to scrape the milled nuts away from the base and side of the blender jug if they have stuck.

2 Add all the remaining ingredients for the chocolate ice cream to your power blender and blend thoroughly on full speed, using the plunger, until smooth. Pour the mixture into a bowl and place in the freezer overnight.

3 To make the Apricot and Banana Ice Cream, add the ingredients to your power blender jug and blend thoroughly on full power, using the plunger, until smooth and creamy.



4 Spoon the mixture into a bowl and place in the freezer, uncovered, while you make the Cashew Nut Cream.

5 To make the cream, if your coconut oil has hardened and turned white, melt it gently in a bain-marie or dehydrator (see pages 20–1). Process the cashew nuts in your power blender on full power, using the plunger, until they form a fine powder. Use a butter knife or chopstick to scrape the milled nuts away from the base and side of the blender jug if they have stuck.

6 Add all the other ingredients to the milled nuts in the blender jug and blend on full power, using the plunger, until you have a smooth, creamy texture.

7 Take 4 large ice cream sundae glasses and place a layer of fruit in the base of each.

8 Cover the fruit with a spoonful of cream and then sprinkle with some of the broken nut pieces.

9 Take both flavours of ice cream out of the freezer and scoop each one into the glasses, making layers on top of the fruit, cream and nuts. Drizzle the agave nectar down the inside the glasses between the layers of ice cream. Eat straight away before they melt.

Jessica's Raw Chocolate Recipes by Jessica Fenton, Leaping Hare Press, published in April 2011, ISBN 978-1-907332-71-5, £8.99

Gingerbread people and Sundae Text and photography (c) Ivy Press Limited 2011.

Cocktail Stick Canapes

These are fun for parties – my favourite snacks!

Celery, chopped into ½-1" lengths
Tahini
Grapes, halved
Cocktail sticks

Spoon tahini into the crevice of the celery and top with half a grape. Push cocktail stick through and voilà! Ripe pineapple also works well, if you don't have grapes. Also, nut butter can be substituted for tahini.

by Karen Shephard

Karen's Green Pudding

I like this as a morning wake-me-up. The sweetness of the grapes and banana contrasts well with the tartness of the grapefruit, and the spinach gives it a lovely rich green colour!

1 banana
1 small avocado
1 pink grapefruit
Handful grapes
Handful soaked seaweed
200 g spinach, or other greens of choice
¼ cup water, depending on thickness preferred

Blend all ingredients until smooth, and serve in a bowl with a spoon.

by Karen Shephard

Exadors Power Shake

one cup of blueberries
one tea spoon of ground flax
one banana
handful of goji berries
one cup of soya milk* or raw milk

Blend and enjoy!!

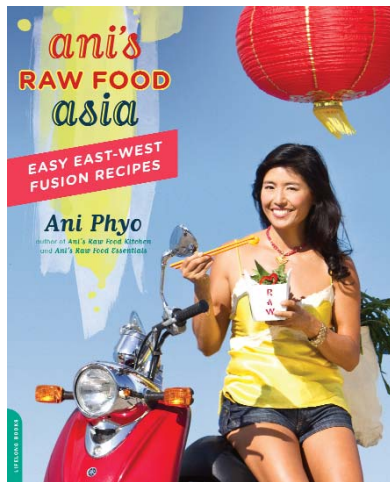
by Steve Tidd

*At Funky Raw we don't recommend soya milk, try a raw nut or seed milk instead. Rob



Sample Recipes from Ani's Raw Food Asia

Ani Phyo has a new recipe book out in June, I've seen a pre-view and it looks great. The publishers say "Join raw food goddess Ani Phyo on a journey back to her Asian roots, with delicious raw Asian food. Inspired by flavours from Korea, China, Japan, Thailand, Vietnam, India, Indonesia, and Hawaii and background information on traditional dishes, Ani's Raw Food Asia also offers essential tips on green living, well-being, longevity, fitness, beauty, and entertaining as inspired by a healthy Asian lifestyle."



Baby Bok Choy with Chinese Cabbage in Ginger Sauce - China Makes 4 servings

Napa cabbage comes from the Beijing region of China, is often used in East Asian cuisine, and is also called Chinese cabbage. In Korea, the leaves are used to make kimchi and wraps dipped in the Korean pepper sauce called *Gochujang*.

Bok choy is another type of Chinese cabbage with dark green leaves, a sweet taste, and a crisp texture. Hong Kong supposedly has over twenty varieties of bok choy. We like to think "bigger is better" in the West, but the smaller version known as Shanghai or baby bok choy is desired for its tenderness in the East.



If you don't have baby bok choy available, you can use the larger bok choy variety instead.

2 cups sliced baby bok choy (trim ends and cut diagonally into 1½-inch strips)
1 cup thinly sliced napa cabbage

GINGER SAUCE

3 tablespoons Nama Shoyu
2 tablespoons apple cider vinegar
2 tablespoons agave syrup
1½ teaspoons grated ginger

GARNISH

1 tablespoon chopped scallion

Place sliced bok choy and napa cabbage into mixing bowl. Set aside.

To make sauce, whisk together Nama Shoyu, vinegar, agave syrup, and ginger in small bowl. Pour over bok choy and cabbage and toss to mix well. Set aside for at least 15 to 30 minutes to soften and marinate. To serve, transfer into a serving dish. Garnish with scallion.

Will keep for 1 day in fridge.

Summer Rolls with Ginger "Peanut" Sauce - Vietnam Makes 4 servings

Fresh rolls of thinly sliced cucumber wrappers are filled with kelp noodles, sprouts, mint, basil, cilantro, and chile then served with a ginger "peanut" dipping sauce. If you don't have kelp noodles on hand, substitute with spiralized zucchini noodles or shredded carrots.



FILLING

1 cup shredded Boston lettuce leaves
1 cup kelp noodles, cut into 3-inch lengths
½ cup mung bean sprouts, rinsed
3 tablespoons mint leaves
3 tablespoons basil or Thai basil leaves
3 tablespoons cilantro leaves
1 teaspoon Thai hot pepper, serrano pepper, or other small hot chile pepper, seeded and julienned

WRAPPER

2 cucumbers, sliced very thin lengthwise, using mandoline slicer

SAUCE

1 batch Ginger "Peanut" Sauce (see below)

Place filling ingredients into bowls and arrange on your table or countertop.

To assemble rolls, place a strip of cucumber onto a flat surface, like a cutting board. Layer a scant 2 tablespoons lettuce and 2 tablespoons noodles at one end of the cucumber, followed by 1 tablespoon bean sprouts, 1 teaspoon mint leaves, 1 teaspoon basil, 1 teaspoon cilantro, 2 pieces of pepper. Place four cucumber sticks to either side of your noodle, herb, and spice pile.

Roll fillings up inside cucumber strip diagonally. Place in a container. Repeat.

To serve, transfer rolls onto a serving plate or four dishes. Serve with a side of Ginger "Peanut" Sauce for dipping.

These are best eaten immediately, but they will keep in fridge for 1 day.



Ginger "Peanut" Sauce (Vietnam) Makes about 1 cup

Raw peanuts don't taste very good, so this sweet and savory Thai peanut sauce-inspired dip is made with almond butter, coconut water, ginger, and lime zest.

SAUCE

¾ cup almond butter
¼ cup lemon juice
2 tablespoons Nama Shoyu
2 tablespoons agave syrup
1 teaspoon grated ginger
½ teaspoon minced garlic
½ cup coconut water, or filtered water, as desired

GARNISH

2 tablespoons lightly chopped cilantro
2 teaspoons lime zest

In blender, place all sauce ingredients. Blend smooth, adding just enough water for desired dipping consistency.

To serve, scoop into small bowl. Sprinkle on cilantro and lime zest before serving.

Will keep for 5 days in fridge.

Coconut Balls in Sweet Rose Kream with Pistachios (India) Makes 4 servings

This recipe is inspired by an Indian dessert called *Gulab Jamun*. It's a fried treat, sort of like a donut hole, that's soaked in a sweet syrup scented with rose water.

With this recipe, I blend almonds with rose water, cardamom, and coconut oil, then add coconut and oat flour to thicken. The dough is rolled into small balls and then served with a thinner version of my Cashew Mylk, made with rose water and topped with crushed pistachios.

This recipe calls for almond meal, which you can purchase, or better yet, just grind your own in a food processor. Don't over-process, or you'll end up with almond butter instead of powder.

MYLK

1 batch Cashew Mylk (*See Recipe below), filtered water with a drop or 2 of rose extract

BATTER

½ cup almond meal
¼ cup agave syrup
1 tablespoon liquid coconut oil
½ teaspoon cardamom, powder
¼ teaspoon alcohol-free vanilla extract
2 to 3 tablespoons Rose Water, or filtered water with a drop or 2 of rose extract

FLOUR

½ cup oat flour, from about ½ cup ground oat groats
¾ cup coconut flour, from about 1 cup ground dry coconut

GARNISH

2 teaspoons chopped pistachios
2 teaspoons agave, brown rice, or maple syrup,

Make mylk by blending all ingredients smooth. Pour into a container, and set aside. No need to wash blender, just move to next step. Place all batter ingredients into your highspeed blender. Blend smooth, adding only enough water as needed to blend a smooth, thick batter. Next, add flours to blender, and pulse to mix. Scrape out into a mixing bowl and mix by hand if needed, until mixed well. Form tablespoon-size balls and set aside. To serve, pour about 1/3 cup of Cashew Mylk into each of four small dessert bowls. Next, place two coconut balls into each bowl.

Sprinkle with pistachios and drizzle with agave syrup, if using. Enjoy immediately. Balls will keep for several days stored on their own in the fridge.

VARIATION: Make the coconut balls, then roll them in ¼ cup ground pistachios to make Gulab Jamun-inspired donut holes, without the mylk.

Nut and Seed Mylk (India) Makes 4 servings

Cashews are a sweeter nut by nature, and when I make cashew mylk, I often leave out any sweetener. But if you like your mylk on the sweeter side, sweeten with stevia, agave syrup, or a whole fruit like dates. Sesame seeds

make for a calcium-packed mylk but can taste a bit bitter, so you may want to mix in some cashew or almond with it. Have fun exploring different nuts and mixes to make endless varieties of mylk.

½ cup of your favorite nuts and/or seeds, soaked in Filtered water and rinsed well before using.

Pinch of stevia, or 1/3 cup pitted dates, or 3 tablespoons agave syrup, brown rice, or maple syrup, optional

Pinch of sea salt
5 cups coconut and/or filtered water

Place all ingredients into your blender, adding a small amount of water first. Blend smooth. Then, add remaining water and blend. I love fiber in my mylk, but you can always strain it out using a nut mylk or filtering bag if preferred.

Will keep for 4 days or longer in fridge.

VARIATIONS: Add cacao powder, vanilla bean, or strawberries to make different flavored mylks. The possibilities truly are endless.



Raw Food in India

Last winter I was lucky enough to be invited to go to Goa, India for 10 days as a raw food chef at an eco-resort called Bhakti Kutir. Although my Christmas holidays were meant to be used strictly as revision time (I had school exams straight when I came back!), how could I say no to an once-in-a-lifetime opportunity like this? Three weeks before heading to Goa I travelled with a friend around Mumbai and visited a rural village called Ganeshpuri - a magical little place where we visited the ashram where the guru Bhagawan Nityananda lived and spent his last days.

Punta, the owner of the eco-retreat, who cured himself of diabetes through raw food, and wanted to develop a completely raw vegan menu in his restaurant so that more people could benefit and find out about the amazing range of dishes raw food has to offer - and so, during my time there, this was my job! As you can imagine, in India, it is not as easy to get access to all the wonderful ingredients and equipment that we can so easily obtain back at home...



Bhakti Kutir's outside kitchen

Surprisingly, the restaurant kitchen was amazingly already equipped with appliances such as an Excalibur dehydrator, a Champion juicer and a food processor from a time when Punta tried to introduce a few raw food dishes onto the menu. However, the chefs working there do not know about raw food or how to make it, so in the end it was not feasible. But I can tell you now that by the end of my stay, they were all helping me wonderfully in the making of raw food dishes! ;)



Dehydrating the banana pancake wraps

by **Aj Chanter**

Ten days is not a lot of time to come up with a comprehensive breakfast, lunch, dinner menu, especially given that there were a few obstacles to get used to. Firstly, exotic raw ingredients were definitely not available, such as cacao, lucuma, etc. as were 'really' raw nuts and seeds - most were roasted and salted. But in fact, this challenge was in fact a delight as it made me become even more creative and gave me the opportunity to use the various exotic fresh ingredients that India had to offer - such as exquisite



Raw Banana Pancake made in the dehydrator

pineapple, watermelon, tomatoes that had real flavour!, young coconuts (oh yeah!!!!), an abundance of fresh coriander, spectacular spices that India is famous for, amazing avocados, and a fruit named 'chiko' (it looks like a potato but tastes like caramel! Yum!). One issue is that all fresh produce, especially greens and any fruit with an edible skin, has to be washed in a solution of hydrogen peroxide to stay to restaurant standards, although the past few weeks I had been travelling India I had been eating solely raw, fresh produce (a supposedly big no no!) with no problem whatsoever - but better be safe than sorry I guess! :)

Another obstacle to adapt to was the electricity - or lack of to be more precise! ;) It would cut off at the most random moments, and you would not know if it was going to come back within the next minute, hour or day! Of course, this too proved to be a fun opportunity as once when we were making an avocado salad dressing in the food processor - pew! And the power was gone! So we resorted to hand-mixing which, of course, takes much longer but it enjoyably messy to make!

The first night, I brainstormed a load of ideas for the menu, and the next morning at 8:30 me, and a lovely German girl named Christine who was helping me prepare the dishes, were already in the kitchen concocting the menu! Out of every dish, we set aside a sample for Punta to taste. Banana pancakes with cinnamon infused coconut cream and strawberry sauce, faux spinach scramble, oatless coconut walnut porridge, massaged spinach salad, raw humous made with courgette instead of chickpeas, marinated



mushrooms, fiery carrot soup, coconut curry soup, pineapple and chiko layered carob cake and a whole range of green juices and smoothies! Fortunately, he enjoyed every bite!

On the second day, as it was Christmas, Punta asked us to prepare a selection of raw vegan dishes for a New Year's Buffet to be held in 2 days' time! I had the pleasure to converse with many curious people passing by the kitchen during our time preparing for this event, telling them about raw food and what it is we were making, who quickly became regulars sampling the raw food dishes and would constantly ask questions such as "Is this on the menu yet?", "Can I order this now?" or my favourite comment: "I want to go on an AJ diet!".



Gratefully, the New Year's Buffet went so well that Punta asked me to cater for a completely raw vegan Christmas Eve's Buffet for over 50 people! I was honoured! On Christmas Eve I was so incredibly nervous to get everything right, I worked from 7:30 in the morning through until 7 in the evening with only toilet stops to ensure all was perfect! It was also a great, great pleasure to get the other chefs to help in the making of raw food as they had no cooking to do that night! I showed them how to layer raw lasagna and they really put in a great deal of effort and concentration – and produced brilliant results! :) As luck would have it, everyone who attended readily had seconds and even thirds until ALL food was finished! – hopefully meaning that they enjoyed the food, though Punta was upset that there would not be any leftovers! :)

To sum up my experience as a raw food chef in India, I am deeply grateful to have had the chance to encounter such welcoming, warm and wonderful people in such a captivating and charismatic country! And if ever you're lucky enough to have the occasion to visit Goa, be sure to stop by Bhakti Kutir to fill up on their latest range of wonderful raw food dishes! ;)

The day before my leaving date (very sad!), I gave a talk on raw foods located at a neighbouring retreat center as part of a yoga retreat program that my friend was doing. If you know me, you would definitely know that I am extremely shy giving presentations, talks or anything where I am the center of attention!! I wrote my talk the night before (5 pages of it!) and the next morning presented an hour and a half talk answering questions at the end (did I mention I was running on adrenaline? :). I touched on the health benefits, environmental and animal welfare aspect of eating a raw, plant-based diet. I also mentioned juice feasting to the consequence that numerous people wanted to go on one straightaway! I was thrilled that people came up to me and said that they were motivated to change their lifestyles – ranging from turning vegetarian or vegan to including more raw food in their diet!

More from Aj at www.chooserawnotwar.blogspot.com ❀



One of the fantastic chefs showing off raw lasagna!

More from Aj at www.chooserawnotwar.blogspot.com ❀

Protecting yourself from Radiation

David Wolfe has done an excellent audio program on how to protect yourself from radioactive fallout – you can listen to it free on the internet here www.bit.ly/rad976 Here's a quick summary of what he recommend to take:

- Kelp – for iodine (all seaweeds are good, but kelp has the most bio-available iodine).
- Ginseng
- Ashwaganda
- Chlorella (for the chlorophyll, chlorella is the food highest in chlorophyll, 40 times higher than wheatgrass)
- Zeolite (for detoxing)
- Fulvic acid
- Sea salt and salty miso

He also says that the following are useful:

- magnesium coconut cream barley
- selenium reishi mushrooms

by Rob Hull

With this in mind, I made a pate using kelp and chlorella:

- 250g pumpkin
- small piece of ginger
- 1 tablespoon olive oil
- 1 tablespoon chlorella powder
- 1 tablespoon kelp powder
- 1/2 teaspoon turmeric powder

Grate the ginger and stir in the oil. Add the powders and stir in. Grate the pumpkin on the finest grater you have, I think what I used is called a microplane, a really fine grater. I guess you could blend or food process the pumpkin instead if you prefer. Mix the grated pumpkin in with everything else. Goes well with a wild green salad. ❀

My Diet: What I Eat and Why

by **Rob Hull**

If you have been following closely, you will have noticed that over the years my diet has changed significantly. I started investigating the raw food diet over 8 years ago and started out on a vegan raw diet, moving to a low fat vegan raw diet following the principles of Douglas Graham (80-10-10). Whilst I initially felt great on that regime (it's a very cleansing diet), I eventually felt that maybe there was something missing nutritionally, and I added raw dairy products to my diet.

More recently, after having problems with my teeth, and doing more research on diet, particularly by reading *Diet and Nutritional Degeneration* by Weston A. Price and *Cure Tooth Decay* by Ramiel Nagel, I have added more animal foods and more fermented foods to my diet. There are several nutrients that some people might have problems with on a vegan or vegetarian diet:

- **Vitamin A:** This is quite a confused subject. When people say vegetables like carrots have vitamin A in them, this is not correct. Carrots have beta-carotene, which in theory humans can convert to retinol, the active form of Vitamin A. The problem is that whilst many people might be able to make this conversion perfectly, some people can't make this conversion at all and others might not be able to convert optimally. Retinol is only found in animal foods, so if you have problems with this conversion, you won't thrive on a vegan diet.
- **Vitamin D:** In some climates you might be able to get enough vitamin D from the sun, this is probably not true for those living in Northern climates in the winter. There are two main forms of vitamin D, D2 and D3. D2 is found in some plant foods (eg mushrooms) in small amounts, but D3 is what the body needs (which is what it makes via exposure to the sun) and the only food sources of D3 are animal based (fish and animal fats are the highest sources).
- **Vitamin K:** This is also a confusing one as there are two forms of vitamin K, known as K1 and K2. Whilst they have similarities, and some animals can convert between K1 and K2, more research needs to be done on the ability of humans to make this conversion. But it seems best to consider them as two separate vitamins. K1 is available in green leafy vegetables so is plentiful on a raw diet. K2 is mostly available from animal foods. There are many types of K2, one form MK-7 is found in very high quantities in Natto¹ and in smaller amounts in sauerkraut, MK-4 is in liver, egg yolks, butter from grass fed animals and other animal foods. It is not currently known if these two types are interchangeable.
- **Vitamin B12:** It is quite widely accepted among raw vegans that a raw vegan diet doesn't contain B12 so taking a supplement is usually recommended.

1. Natto is a traditional Japanese food made from soybeans fermented with *Bacillus subtilis*.

Personally I prefer to get my nutrition from foods rather than supplements.

What I Eat

Here is a typical day for me, although obviously I don't eat the same thing every day. And it's an experimental diet, I could change it again at any point!

For breakfast, I eat a hemp milk pudding. In the past I've talked about this a lot (as chocolate pudding), although at the moment it usually doesn't contain chocolate.

Occasionally I'll add some raw cacao beans, around 6 beans for 2 people. It's not the same every day, ingredients vary depending on what is available. Pears work well when they are in season, sometimes to replace a banana. See the box below for the recipe.

Hemp Milk Pudding (serves 2)

300g hemp seeds, soaked overnight
handful of seeds soaked overnight, drained and rinsed
– different seed each day, rotated through sesame seeds, sunflower seeds and pumpkin seeds
2 figs, 2 apricots and a handful of goji berries soaked overnight
2 bananas
2 teaspoons pollen
2 teaspoons mesquite meal
2 teaspoons carob powder
either 1 teaspoon maca or 1 teaspoon suma powder
½ teaspoon camu camu powder
½ teaspoon vanilla powder
10g butter (grass fed dairy butter)
2 teaspoons coconut butter
piece of aloe vera about 5cm long (with skin removed) if available

Occasionally I'll add some raw cacao beans, around 10 beans for 2 people. It's not the same every day, ingredients vary depending on what is available. Pears work well when they are in season, sometimes to replace a banana.

First make hemp milk by putting the hemp seeds, the soak water from the dried fruit and some water into a blender. The less water you add, the thicker the pudding will be, but you need enough for your blender to work. Start with enough to cover the seeds and a bit more, add a little more if necessary. Blend until all hemp seeds are broken down then squeeze through cheesecloth or a muslin bag to get the hemp milk.

Now put the rest of the ingredients into the blender along with the hemp milk and blend until smooth. It works best in a Vitamix or other high speed blender, but will work in other blenders.



I eat the pudding with some kefir made with raw milk, usually goats milk while we are travelling in Spain. Kefir is a wonderful fermented food full of probiotic bacteria. If available I will also have a little raw cream or creme fraiche.

About a week ago I started experimenting with adding fermented cod liver oil and high vitamin butter oil to my breakfast. These are two 'sacred foods' as discovered by Weston Price, and between them they give a very large dose of vitamins A, D3 and K2, plus other important nutrients.

Lunch is usually composed of two separate smaller meals, one maybe around 12-1pm and the other around 3-4pm

Usually the first one will be some fruit, whatever is in season, at the moment maybe oranges, custard apples (cherimoya) or apples. At other times of the year figs, kakis, pears, plums, etc. Usually I will only eat one type of fruit in a meal.

In the past, the second meal would also be fruit, but more recently I've been experimenting with raw eggs. So some days I'll still eat fruit but often instead I'll have one or two raw eggs, beaten up with some kefir, and something to flavour it, mesquite, lucuma and raw honey works well. This is a new and experimental part of my diet, it seems to be working for me at the moment but I'll see how it makes me feel over the long term.

Just before dinner I will have a glass of kombucha, before a meal it can help with digestion and detoxification.

Dinner is a large salad – lots of wild greens, half an avocado, seasonal vegetables, fermented foods like sauerkraut

and home made pickled veg, seaweed and raw cheese. Once or twice a week I'm experimenting with more animal food, raw fish (marinated in lemon juice), raw cured meat or liver pate (some of the only cooked food I'm currently including.) This is based on information from Weston Price.

As much as possible, I try to eat local and seasonal food. In this modern world this can be difficult, with so much choice of foods imported from all over the world, so produce doesn't seem to have seasons anymore! But if you shop at farmers markets, generally they will only have in season food they have grown themselves.

After dinner I'll sometimes have a snack of dried figs with grass fed butter. Butter must be from grass fed animals for it to include the important vitamins A, D and K2. With cows butter, the colour should be yellow, if it is white it doesn't have the required nutrition. Try getting butter from your local farmers market, but if you have no success with getting quality butter, Kerrygold butter from Ireland is grass fed and high quality. (And Anchor butter from New Zealand if you are in that part of the world.)

Water: throughout the day I drink water sometimes with a squeeze of fresh lemon juice. I try to drink freshly collected spring water wherever possible. If not available, I will always filter tap water before drinking.

I think the key is a balance between fresh fruit and vegetables and some of the denser animal foods. I'm still experimenting to find the balance which works well for me.

Read more from Rob on his blog at www.rawrob.com ❀

www.permaculture.co.uk

A magazine that helps you make a difference

Subscribe and receive a free copy of our **Green Shopping Catalogue**. Please view: www.green-shopping.co.uk

Earth Care / People Care / Fair Shares



Permaculture features stories from people who are creating a more sustainable, life-enhancing human society. Their inspiring solutions show you how to grow your **organic food**, **eco-build & renovate** and how to **live an environmentally friendly life**. The magazine and website are full of news, reviews, courses, contacts & clever money saving ideas for you and your family.

Published quarterly in full colour, 80 pages

Subscribe today and **SAVE 20%** on the cover price: UK: 1 year £12.95

Permaculture is also available to subscribe to online at: www.exacteditions.com/exact/magazine/409/460

Permanent Publications FR, The Sustainability Centre, East Meon, Hampshire GU32 1HR
Tel: 01730 823 311 Email: info@permaculture.co.uk

Winner of



THE QUEEN'S AWARDS
FOR ENTERPRISE:
SUSTAINABLE DEVELOPMENT
2008

Shamanic Nutrition

by Susan Laing

The 'dead' processed diet is causing such dis-ease or imbalances in the human mind, spirit and body more so than before causing the most 'deadliest' of imbalances in our human race ...obesity.

And thank goodness with computers via a simple tap on our keyboards we can access an abundance of freedom of speech and information galore on places like You Tube, Facebook and Google, etc. The influence and inspiration of raw food on human beings is only too apparent.

People are looking for answers to their health outside the mainstream general practice more so than before.

I believe the power of plants or nature and live spring water (another huge subject to cover ~ just go on to You Tube and watch Daniel Vitalis and David Wolfe) has the signature to change the future of human beings. It is not just simply the people involved in promoting the benefits of eating raw but the energy vibrations that is calling via our very being from truly live organic plants/trees.

I believe that it is what is intended for us. It is like the homeopathic vibrations of nature. The whole planet is based on energetic vibrations from living water to every living cell.

I also believe that people who are in GREAT need of rebalancing their bodies need to be living as close to nature as possible in every way.

Also the vitamin D3 and vitamin B12 issues are also such huge subjects to be considered in the raw community too. Vit D3 needs to come from the most natural source as possible i.e. the sun. It needs to be rescued from the barriers such as skin tan lotions and toxic potions/lotions and of course general pollution too. I believe the more we are grounded ~ i.e. our feet connected to the earth and the less toxic our bodies are the less our skin will become inflamed or burn.

And as for vit B12 the cleaner our bodies are in the intestines both on a physical level and on an emotional/spiritual level, the better our body's wisdom will be in choosing the right foods for our original being-ness. Various body's need to tap it from various sources due to genetic differences.

Living in harmony with nature has long been lost within so called evolution of the human being. If we take a snippet from the film Avatar then we see how the tribal people live in this way. They connect with all the living creatures within their world ~ from the mycelium to the food they hunt and eat. They kill with respect and gratitude and only take what they need. They feel the heart beat and feel the breath of the animal and connect spiritually to it before killing. We are animals after all, and we have lost the animal instinct of intuition within us. This intuition is blocked more than ever before for many reasons. Stress factors such as electrical equipment, eating processed dead foods and toxic animal flesh, less time taken to connect with nature, and therefore less time taken to connect with ourselves.

Very often vegans choose their path through a choice of

emotion. Which is not surprising with all the awful inhumane horrific battery type farming taking place. This often creates our path of veganism. These animals are not even allowed to manifest in their original being-ness. They are fed the most un-natural diet and lead a most unnatural way of life often attached to machinery for most of their lives. Chickens and cows are often not even living 1/3 of their natural life span! So we are not even eating the energetic signature of animal produce. They have lost their true energy! Thus creating further dysfunction in our intuition and energy.

If we were in an environment where we were surrounded by more natural humane farming methods I wonder if there would be such a high vegan/vegetarian political 'movement'?

When we choose to be vegan through emotional choice and not through instinct/intuition this can lead to dis-ease. Even though I eat a raw vegan diet I find myself questioning the natural rhythms of nature. If we were to forage and live in an environment where we had to survive on our surrounding fauna, so no shops or ships to supply our produce, what would we end up choosing to eat?.... I wonder?

What about living on a diet of wild insects and animals and so on with compassion and respect. Cultures such as the Aborigines and North American Native Indians lived in harmony with nature. Never taking more than their needs. So they never ate through greed and indulgence. The way which we eat now is not through our intuition but through our senses much more than ever before.


All these confusing vibrational messages coming from dysfunctional food and the media is creating an unhealthy balance between human beings and mother nature.

What we need to focus on is our health through wisdom and compassion and not using labels like "I'm a raw vegan, I am 100% raw and so on..." The more we create labels for ourselves the more we cut ourselves off from connecting one another. And this will create more opportunity for the negative influences of unethical energies to succeed in filtering into our 'space'. How much out there is just propaganda created by big business with vested interests?

I think the raw food 'movement' will move towards more of an acceptance to the variations in peoples needs. So for some people this will mean eating raw animal produce (Paelo diet) and not eating only raw vegan. And for some people this raw food path might be about having various percentages of raw in their diet.

All in all I think it is going to be very positive! The more we open our acceptance of how and where other people are we are going to create inner and outer harmony and that is what our lives are all about.

Free spring water information: www.findaspring.com

More from Susan at www.raw-spirit.com 



Wood Element

'Spring is a time of the beginning of the creation of all living beings.' *

We are now in the midst of spring, birth, nature fully awakening from her slumber. This is the start of the life cycle & the seasons starting all over again. Its a time where the days are becoming longer, the darkness of winter is retreating. We start to open up, mirroring nature around us. All the roots we set down in Winter start to take form, the ideas of creativeness we conceived are starting to become sprouts, that will soon become saplings & then trees.

In TCM (Traditional Chinese Medicine) this season is referred to as the element of Wood. Its all about becoming rooted, grounded, strong, like a tree, resilient to what comes into your path. The colour is green, alive, vibrant, bright 'hello, I'm here' just like nature is saying to us now.

In harmony with this element means you are clear thinking, foresightful, strong, resilient, flowing & able to adapt well to change, just like the tree that remains rooted through the seasons & adapts to its changing elemental environment around it. It remains strong, in its place, rooted & grounded.

This element out of balance may show itself as someone who easily gets swayed, knocked of course without being able to pick themselves back up easily or they may have become stuck, rigid, angry.

The liver & gall bladder are the organs that are governed by this element. The liver is related to the feeling of anger & is our vital planner. If the Wood element is out of balance then you will most probably have difficulty planning & in making decisions as this is what the gall bladder governs. Sour flavours can help strengthen the liver, the use of fermented foods would be a great inclusion in the diet, a recipe for sauerkraut is at the bottom of this piece.

The eyes are linked to the liver in TCM it is said that any problems with the eyes could be an indication that the Wood element is not in balance. So therefore how would one be able to plan & make decisions if ones eyes cannot see clearly? All the liver strengthening that you can do should in turn help to strengthen the eyes.

Foods rich in pigmentation are great for the eyes for example all berries which will soon be in season, yippee! Other foods would include beetroots, red, yellow, orange peppers, red grapes. All contain powerful antioxidants that help to enliven the eyes.

It is said that in this season it is here that we sow the



by Nicola Pledger

seeds for the rest of the coming year, that the work we do now will see us through to next year in good health. So we the 'tree' shall thrive & remain strong.

This is the perfect time to start using some of Britain's own super herbs & foods to get the liver going & shifting any emotions or impurities that the liver may have picked up over the last year.

As the liver can become sluggish over the Winter months it is good to give it a bit of a wake up!

Nettles are everywhere right now, & my personal favourite green friend. They are fantastic for shifting heavy metals & toxins out of the body, plus cleaning the blood. There also a

great anti histamine, full of chlorophyll, which aids detoxification of the blood & there free!

Just make sure you pick them from an area that dogs don't usually frequent & not near the road, the young tops have the most nutrients in them. Start juicing these, adding them to your smoothies, they can be used to make pesto with too with some good quality cold pressed extra virgin olive oil, soaked nuts of your choice, good salt, pepper & juice of a lemon, blitz it all up & enjoy.

Cleavers are a great spring time detox & can be juiced along with the nettles or made into a tea.

Dandelions are also in abundance now, they can be juiced also. The roots can be boiled up in a tea, they detoxify the liver & the gall bladder increasing the production of bile in the liver. The flowers look beautiful in salads mixed with other wild greens & spring flowers.

This is the most powerful time to detox & to build on your immunity to get it strong for the coming year, so Get out in Spring - see & feel nature BURSTING into life & go see what wonders you can seek out to eat, juice & make tea from :) Enjoy the coming light, energy & bliss this season brings to you :)

Recipes

Wild Green Juice

Will be enough for 2 or just for 1!

A few Handfuls of Kale

A head celery

Optional 1-2 apples

1 lemon

A few handfuls of any of your favourite wild greens that you have foraged

Optional Lump of ginger

Put all through the juicer, pour into glasses & enjoy, feel the green light opening up your cells, bliss out :)

*taken from Traditional Accupuncture, The Law of The Five Elements, Dianne M. Connelly



Honeyed Nettles

Gather the young tops of nettles, a few handfuls
A jar of raw local honey
A glass jar slightly bigger than the glass of honey

Pour the honey into the bigger jar, fill with the nettles.

Store this in a cool, dark place for use during the winter months to increase immunity.

Can be taken on its own, medicinally or added to sauces, salad dressings or raw chocolate.

Great immune boosting properties for Winter, the anti bacterial properties of honey mixed with the blood cleaning nettles - super food elixir!

Sauerkraut

This is the method that i have been using & have had good results with.

Feel free to add spices to the kraut, i have tried caraway & fennel so far.

You could also try coriander seeds, mustard seeds, or cumin seeds.

1 Medium Organic Cabbage (white or purple)
1 tablespoon good sea or rock salt
1 tablespoon of spice if using

Big glass or ceramic bowl
Weight of some sort, i use plates & then put a jug of water on top.
Glass jars of varying sizes & shapes

Shred the cabbage finely, (you may have an attachment on your mixer that will shred it for you)

Save some leaves whole for placing on the top of the kraut when placed in jars.

Place the shredded cabbage in a big glass bowl, put the salt on to it & massage the salt into the cabbage so water starts to get released.

I don't tend to massage the cabbage for too long a few minutes or so is enough.

Then place a weight on top of the cabbage so is weighed heavy.

This is to bring even more water out of the cabbage, which is what we are aiming for as this is along with the salt what causes the fermentation to take place.

Leave the cabbage for a few hours.

Sterilise the jars.

Mix the spices in if adding, you could add to one jar & leave the others plain.

Pop the cabbage in the jars.

Then get a wooden object of sorts, a small rolling pin is perfect to push down the cabbage repeatedly until even more water is drawn out, do this a few times until the cabbage is covered in water. Do this to each of the jars.

If not enough water comes out then it is okay to add a little spring or filtered water so the cabbage is covered.

Place the cabbage leaves folded on the top, give an extra push down with the wooden instrument, then pop the lids on.

Place the jars in a cool, dry place where the temperature remains at the same constant temperature.

Leave until has magically changed into sauerkraut!

As I am new to the world of fermenting, I am still getting use to how long it takes my last batch took about 6 weeks! But my house is unusually cold!

In warmer weather it should only take a matter of days, but you can leave it as long or as little as you like! As soon as you put in fridge it will stop the fermenting process.

It doesn't seem to hurt to open the lids & have a look/ smell at what its doing.

All that may happen is it may become oxidised which will lead to the top leafs going a tad pink, which is fine.

Nori Rolls with Sauerkraut, Avocado Cream, Massaged Kale & sprouts

Makes 2-3 rolls depending how full you fill them!

For the Massaged Kale

Few handfuls young kale
Tablespoon unrefined cold pressed organic hemp oil
Juice of ½ lemon

Black Pepper

Handful chopped parsley

Massage all ingredients into the kale, mix in the parsley & leave to marinate.

For the Avocado Cream

1 avocado
juice of 1 lemon
sea salt & pepper
½ tsp of paprika

Blitz all.

2-3 Un toasted nori rolls

Sauerkraut

Alfalfa & sunflower seed sprouts

Lay the nori sheet onto rolling mat

Spread the nori with the avocado cream, place sauerkraut on top,

add the sprouts & massaged kale.

Roll up the nori, seal with a little lemon juice.

Then cut in half with a knife. Enjoy :)



Meditation For The Wood Element

This is a short meditation to relax you, to feel the connection to earth & evoke the wood element in you.

This is a good mediation to build inner & outer strength for yourself, visualisation can be a powerful tool in helping us reaching our true potential & over coming difficulties that we may face.

Read through it a few times so that you can fully immerse yourself in the mediation without having to bring yourself out of the stillness, so you can be fully immersed in it.

Get comfy in a chair, sit upright

Have your bare feet firmly on the floor, so you are connected with the earth, outside would be perfect or even better if you can find a tree, you may have a special tree that you have a connection with, sit upright against the tree or stand upright, just making sure your feet are of contact with the ground so that you are firmly rooted, connected to the energy of the earth.

Close your eyes

Take deep breaths through the nose & out through the mouth

When you breathe in feel your abdomen contracting & then releasing when you breathe out.

Repeat this until you are calm, centred.

Start to visualise a tree, strong, rooted, tall

Start to visualise its roots going into the ground

The trees trunk & branches growing up to the sky.

Now see your self against the tree, leaning into it.

Start to become the tree.

Imagine your feet as the roots, merging with the earth, taking hold of its place here.

Your legs inter-twining with the trunk, so to your hips, waist.

Until you are the roots & the trunk.

Stretch your arms up, so your upper body becomes the part of the trunk where the branches start to appear, see your arms entangle into those branches.

Upwards, outwards until you & the tree are one.

Sit with this image for a while.

Relax into it, feel what its like to be this tree.

Watch what happens to you, the tree through the seasons

The beginnings of spring, tiny buds appearing, the bursting of the blossoms.

Then summer coming & with that the vibrant green leaves appearing.

Bursting with light, & health.

Late summer the fruit appearing all the while the tree is slowly growing, quietly.

With autumn the leave start to turn to a myriad of reds, oranges, yellows till they eventually turn brown & leave the tree to be recycled in the earth.

Then the cold of the winter comes, the tree stands bare & now sleeps.

All the while through all the elements, the harshest storms, wind & rain you the tree remain strong, rooted, connected, alive taking the weight.

You are still here with each new season continuing the life cycle.

Now come back to stillness, a beautiful tree in full blossom with delightful hues of pinks, whites & purples gently swaying in the breeze.

Stillness,

Beauty

Stay with this image as long as you like.

Now slowly re establish your human form,

start stepping away form the tree, as when you became it.

Pull your arms out of the branches

See them, feel them, see your face,

start to step out with your feet, legs, body see all of you, feel all of you.

Give Thanks to the Tree,

Give Thanks to Yourself,

Give Thanks to Mother Earth .

You are rooted, resilient, strong, beautiful.

Remember this.

Open your eyes & come back to the now when you are ready to do so. ☸



Love, Love, Love: Beat-ills!

Health issues, depression, lethargy, helplessness.....

I had seborrhoeic dermatitis for years: horrible, rosey, flakey shapes on my chest, I felt like a wrong Chitara! I couldn't wear low tops, felt very unfeminine, which depressed me more so.

"Love is a healer": yes we hear this lot. How true is it? Unbelievably true. I used to scrutinise about what I ate and "miss out" on cakes and social gathering food. Although this was hard and I slipped and succumbed at times, raw foods, particularly green fruit smoothies, began to nourish me; this was after a long time of researching and trying out different approaches to "cur-ing" my lack of energy, scaly skin, brain fog, depression, excess weight, insecurities and so on.

Then exercise came in to the equation. This completely pushes happiness and the quicker removal of toxins from the body, including depressing and limiting thoughts, up, up and up! Okay so now the issue is being consistent.

In my quest, and in practising yoga, I came across Pranayama. I purposefully avoided meditation when I was changing my diet and exercising a lot! I thought: it is only one thing that I am not doing now, and how much effect can one thing have? Not much, I thought, so I left it out!

Now I realise, it is the main thing for me, which I cannot leave out. A good stretch, followed by meditation is a must. What type of meditation? Pranayama is great to expel toxins and therefore to give energy and clarity, more presence and peacefulness. As part of this, I now practice some of the teachings of St Germain. His instructions have been so powerful to me, that I can now say yes, love is a healer. I breathe in to my heart and say these words in my head (see box on right).

This helps me to be a better person.

Also, I no longer have dermatitis on my chest; my heart is clearer, despite my diet and exercise being slightly below par right now, and the dermatitis has taken some form on my sides. I am confident however, that continual love work, through recognition of presence and breath, sus-

by Alex Georgiou

tained through a healthy, loving diet, catapulted, maintained and run with regular exercise, will help me solve health issues naturally.

Imagine, for all the doctors that I have seen, for all the books that I have read and diets I have tried, nothing will ever be able to work at its full potential, if love is left to hide in the shadows. When love shines through us, it has the ability to clean up that which is not loving; disease, depression, lack of motivation, imbalances in the doshas, ungratefulness and joylessness.

All Jesus did was love unconditionally, and I'm not religious!

Now as I work on balancing elements, I don't get bogged down by imperfections. Love will heal it all, so long as I choose love to guide me, to make nourishing decisions: diet, lifestyle, forgiveness, acceptance, trust and kindness.

Invocation from Saint Germain: on the
Love within

Breathe into your heart, put forth the intention:

"I call forth my divine self, the truth within me and I place my intent in this moment to bring forth the fullness of the love within me, the love that surrounds me, the love that animates me.

I call forth that love to express through every cell, every atom, every breath, every thought, every feeling and every deed, for I am an embodiment of pure love. And as I focus each day of my life on that alone, all that is required flows into my life.

So it is and so be it."

If you let it, this exercise will clean out the conditions of love that have been trained into you so you may freely love from a place of divinity.

*The teachings of Saint Germain as taken from
www.awakeningfromwithin.com*



Subscriptions and Back Issues

United Kingdom

- £15 Normal
 £12 Concessions

Europe

- £17.50 Normal
 £14.50 Concessions

Rest of World

- £21 Normal
 £18 Concessions

Please start my subscription from Issue 20.

Name: _____

Address: _____

Town/City: _____

Post Code: _____

Country: _____

Back Issues

The following issues are available: 2, 4, 5, 6, 9, 11, 13, 14, 15, 16, 17, 18

United Kingdom £4.60

Europe £5.75

Rest of World £7. Prices inc. P+P.

Send with cheque in UK pounds payable to "Funky Raw":

Funky Raw, 66 Hawthorn Road, Reepham, Lincoln, LN3 4DU

Subscriptions and back issues by Credit Card or Debit Card at www.funkyraw.com/shop

Wooden Toys

There's something unbelievably magical and enchanting about wooden toys. Unlike plastic ones, the unique feel and texture of the fibres come alive in the child's possession, unlocking the core of their creativity and evoking their imagination. We are huge fans of wooden toys in our household and have been on a journey to reclaim the passion.

I made the conscious decision when we were expecting Leo that we would steer clear of buying plastic toys, but as the gifts from well meaning distant relatives and friends rolled in, before we knew it we were knee deep in plastic! So one day I decided that we were going to follow our intuition and make some changes. I sorted through all Leo's toys and arranged them into 2 piles; wooden toys that we would keep and plastic toys that we would pass on to friends and relatives. It felt really cleansing and detoxifying to sort through all the toys (and gosh had we been given a lot). I felt lighter and more organised and went on to make a list of the sorts of wooden toys that I needed to keep an eye out for in the future.

I decided to pay a visit to our local NCT Nearly New sale on a mission to find good quality pre-loved wooden toys for Leo's play area. When I arrived, the parents were fighting to get their hands on the latest, biggest, brightest plastic toys whilst all I cared about was finding the wooden gems. I left the town hall with £80 worth of unique wooden toys (many of them unopened in their original packaging) bundled into about 5 extra large reusable carrier bags. It felt brilliant to have found these second hand toys and I'd saved us hundreds of pounds in the process.

Natural fibre play space

I now make it well known that if people want to buy Leo a gift (and they by no means need to as he has more than enough to play with) it must be from a sustainable source. It was uncomfortable telling the people around us this news to begin with because I was worried about sounding rude and ungrateful. The truth is that we are so grateful that we want to keep these special gifts for a long time and if they are plastic, they generally don't last as long and we would most probably pass them on if I were going to be honest. I have to say that this new family boundary has amplified Leo's creative space, which in turn provides a more real and spiritual homely feeling for the whole family as well as his little friends that come over to play.

Better for their health

Most plastic, unless otherwise stated, contains harmful toxic substances that can ruin optimum health. At a glance, this includes:

Bisphenol A (BPA) – There is so much research to suggest that it is a very dangerous substance and has been banned in many countries, but not all.

by Jessica Fenton

Polyvinyl chloride (PVC) – Used excessively in children's toys and games it requires the addition of more toxic additives than any other form of plastic.

Lead – High levels of Lead are found in PVC. Greenpeace conducted a study that revealed weathered and deteriorated toys release lead dust at dangerous and toxic levels. For examples toys that are left in the sun, on a windowsill, in a hot car or in the garden.

Plus **Nonylpheno, Pthalates and Dioxin.**

Better for our planet

We all know that plastic is one of the key offenders in clogging up our landfill sites since it doesn't degrade easily. The chemicals also leach out and ruin our environment too.

Don't wooden toys ruin out forests?

Many wooden toy manufactures use rubber wood from latex plantations. When the tree no longer produces enough latex it is cut and then the wood is recovered as a by-product. Rubber plantations are shown to be as efficient as natural forests in removing carbon dioxide from the air making it an environmentally friendly material to use.

Our favourite toys for a wooden play space

Walking Elephant (Plan Toys)

This award winning Walking Elephant is a pretty cool ride on toy. It's unique in that the child has the ability to make the elephant actually walk forward, one step in front of the other, with the kind of rocking 'rhythmic march' that you would expect if you were to ride a real life one. It's beautifully made and is an asset to any child's toy collection. The sort of toy you could keep forever.



Table and Chairs (Pin Toy)

On my epic search I came across this wonderful set of table and chairs from Pin Furniture, manufactured by Pin Toy, which are entirely suitable for toddlers and beyond. The table's a really good size for drawing pictures on or using as a platform for playing on with even more wooden toys, without being too big and bulky to comfortably fit into an average sized room. The wood is smooth and the legs are all steady and secure.



Eco Tree Blocks (Myriad Natural Toys and Crafts)

What I find so enticing about these rather interesting Eco Tree Blocks is that they're made from reclaimed Hazelnut and Beech branches which gives them a fantastic overall rustic effect. In fact they look, and smell just like the real thing as they're only very lightly sanded and oiled, so it's like bringing the outdoors indoors. They come in a wide range of shapes and sizes, with no two pieces appearing identical, a beautiful characteristic of handmade natural toys. They come presented in a lovely bright orange tote bag, with a rustic wooden block piece attached to the drawstring which says 'Magic Wood.'



Frog Rattle (PinToy)

I always use to associate baby rattles with being plastic, but when I came across the collection that PinToy offer I was happy to see such a beautiful range of wooden toys that were suitable for young babies too.



Forklift and Mini Bulldozer (Plan Toys)

The Forklift comes with a cute wooden driver, a crate and 3 blocks to lift. The forklift part actually moves up and down if you twist a back knob, whilst making a click-



ing sound. Children have the ability to lift and move blocks as they operate the toy, as well as pushing it along the ground and driving it over all their other toys! The Forklift is recommended for over 3 yrs, but I was happy to let Leo play with it at 20 months because there aren't many small parts. It's quite a large, chunky toy that moves smoothly along the floor and is said to help develop scientific thinking, improve motor skill development, hand eye coordination and enhance the imagination of little ones.



Skipper Balance Scooter (Skipper Toys)

This is a brilliant wooden bike for helping little ones develop their balance and co-ordination. It's suitable for children from 2-5 years and comes with its own neat little stand for when it's not in use. It's designed around the legendary Vespa motorcycle and is suitable for both indoor and outdoor use. Children don't need to use stabilisers with this balance bike as they propel themselves forward using their feet and then glide along using their centre of balance. Very sleek and unique!



Useful resources

- www.nct.org.uk/in-your-area/nearly-new-sales
- www.john-crane.co.uk
- www.pintoy.com
- www.plantoy.com
- www.skippertoys.co.uk
- www.myriadonline.co.uk
- www.bisphenol-a.org

The Fentons' approach to parenting

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 and I are passionate advocates of natural parenting and try our best to help raise our 2 year 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, 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.

Please feel free to drop by my blog NaturallyMummy.com to follow the story of our natural family life and read my latest health news and reviews. 🌸



Looking After Our Health... Is someone having a laugh?

by **Pete Vincent**

In case you didn't already know, the Food Standards Agency are at it again! The organisation who have supposedly been put in charge of looking out for our health by the government, have just made the decision to save our health even more, by banning the super food known as MESQUITE! They have been able to do this using their "novel" food legislation. A novel food they say, is defined as a food or food ingredient that does not have a significant history of consumption within the EU before 15 May 1997. The reason the FSA give for having this rule and other rules like it, is to help reduce risks to our health!

Are they having a laugh?

Or is there a more sinister reason behind their outrageous decision?

That really healthy product Diet Coke for example, is a highly acidic, sugar laden nutrition-LESS fizzy drink, is not a novel food and so is apparently OK for sale? Often it is drunk in frequently large amounts by kids, is the fourth most largest popular brand on the planet, does untold harm to the health of everyone who regularly drinks it...and yet mesquite, used by a small percentage of the population who believe it is a healthy option, is banned! If this wasn't so alarming it would be funny. It's enough to make you want to turn your dehydrator up to 120 degrees and eat a whole tray of cracao cookies! I put it to you that there is a conspiracy afoot that wants us to all be unhealthy! It is becoming pretty obvious now, that someone high up in the chains of power, doesn't actually want us to be healthy. The real plan is for us to lose our health, and then have to turn to their people in order for them to restore our health using their conventional "cures". Why would they want to do that I wonder? Could it be that the whole business of health and disease is being created in order to make money?

Of course the human body is a complex thing and things are bound to go wrong from time to time. There are a lot of good things that modern medicine is doing to help save lives in accidents and to help people when things do go wrong despite all our attempts to try and stay healthy. We shall always need specialist medical people to help us when things do happen to go wrong. But, and it's a big but that getting bigger all the time, are we being allowed to get sicker than we ordinarily would do if we were given the right information and better foods to eat right from the start? Are a lot of the diseases that are being "cured" by modern drugs actually preventable in the first place? An even more disturbing question to ask, Is our health actively being taken away from us by the same "powers that be" that pertain to be trying to help us with all their science and medical breakthroughs and cutting edge drugs?

If you take a step back and look at the situation facing us these days it is becoming more and more apparent that this is very much the case. Most of the health budget is

spent on curing sick people and helping people that already have a disease. Despite all the money being put into health care, trillions and trillions of £'s and \$'s, more and more people are continuing to get sick (cancer 1 in 3 nearly 1 in 2, heart disease and colon cancer on the rise). Despite all the research budgets there are more and more new health conditions that need curing and more and more bacterial diseases that are becoming more and more resistant to drugs all the time. There are also a growing number of charities all raising millions to find the cures for these diseases that continue to claim more and more victims. What I am suggesting here is that this whole "health" situation has been cleverly orchestrated and that the only reason we are all here now trying to be healthy and regain our health instead of focusing on living our lives healthily, is that our health is being systematically taken away from us using various means, all because of people's desire to make money from our natural desire to get our health back.

Take the decision made by medical authorities in the late 19th century to follow the thinking of Louise Pasteur and his germ theory. Pasteur believed that diseases were caused by germs and that those germs needed to be killed using drugs, hence the allopathic drug based approach to health and disease we largely see today. They could have chosen to listen to the alternative views held by one of Pasteur's peers, an equally intelligent scientist of his day called Antoine Bechamp who held the belief that the internal environment of the human body and the state of our immune system, dictated how the microbial forms that can cause disease acted within us. One approach allowed people to get sick who could then be treated by doctors with patented drugs. The other method required people to take responsibility for them selves and maintain a healthy internal environment throughout their life in order to stave off disease. One way showed a better potential to make money...can you guess which one...the one they chose as it happens!

By not making people aware that everything you do on a daily basis affects your health, people are led to believe that they are healthy up until the day they get sick, and that when they do get sick, a doctor will be there to cure them. In fact our health is affected on a cellular level every second of every day, by everything we do and don't do on a daily basis accumulatively over the years. Our bodies are so amazing that they can compensate for our erroneous health destroying ways, hence the reason we don't realise that what we are doing is bad for our bodies until the day they can no longer compensate and the first symptoms of disease are felt by us. By the time most diseases are diagnosable they have been developing silently for quite some time.



Anyway, back to the banning of mesquite. How can banning Mesquite possibly be looking out for our health? Are Cadbury's cream eggs safe for our health then? Maybe if Cadbury's called them a "super egg" and made the claim that they could improve your health, then they too would be banned? But, because they rot your teeth and mess up your blood sugar levels, then they are safe! When you look around at some of the CR*P that is allowed on the shelves that has supposedly been passed by the FSA and can be legally sold to people masquerading as food and they choose to ban something potentially beneficial for your health such as mesquite, SOMETHING IS VERY WRONG! I am not even saying that those junk foods should be banned. What should happen is that the potential dangers should be highlighted about a certain food, and then **we**, using the brains we were given armed with an inbuilt self survival mechanism, should be allowed to make a decision for ourselves! The same for mesquite surely? If they think it might be dangerous for us (for what ever reason) then let them share their fears with us, and then let us make a decision whether to risk our lives by blending it into a smoothie, based on their information and the research we may have done ourselves. I have this feeling that they'll be putting more effort into stopping mesquite coming into the country and being sold than they currently do with heroin and cocaine!

The fact they have banned Mesquite from sale and are preventing us being able to make an informed choice for ourselves is surely wrong, and suggests that the real reason behind these policies is to prevent us being able to eat foods that might make us healthy and stop us getting sick? OK, if people eating mesquite started causing criminal damage and became violent, addicted to it in a bad way and sick, I could see their point. But many people who eat Mesquite remain perfectly normal. Some of them are a bit strange but that isn't always the mesquites fault, it is often the result of eating all the junk food that is OK for sale, for many years beforehand, not to mention all the negative effects from having taken "conventionally approved", mind altering drugs. Maybe if people did get violent and sick on mesquite they would allow it to be advertised on TV and freely sold in pubs on every high street of every town?

It is not just Mesquite of course that is under threat. Many other potentially health improving herbs are under threat from another organisation supposedly looking after our health... CODEX! I would rather Dr Crippen removed my appendix than let them look after my health! If you still think that the powers that be, are looking after your health then there is a good chance that they have already managed to destroy your brain using health reducing, polluting chemicals and nutrition less stodge to reduce your health to the required low level that prevents you from thinking for yourself and questioning what is happening to us. Again, this is about our right to choose what we eat and don't eat for ourselves, not about telling everybody what they can and can't eat. Not all herbs **are** safe for everybody to take. Some natural herbs can kill you if you aren't careful. But we should be given all the information and allowed to make our own informed decisions. I

watched Human Planet a few weeks ago and some young kids were out in the Amazonian rain forest by themselves hunting giant highly poisonous Tarantulas to cook and eat! Imagine if the FSA were to arrive in their village! They would have a heart attack! They would ban their complete diet and leave them to starve to death! How many poisonous "approved" drugs used today have killed people and are continued to be used despite having terrible safety records and a whole list of side effects? It would seem that as long as something is making money for the conventional health business then it is OK to use even if it can potentially kill you. But, if something is potentially able to keep you healthy then it should be banned and have a warning label on it, just in case it makes a few people who haven't done their homework properly, slightly ill!

Let's think about this some more. If looking after our health really was a top priority of the powers that be, then why is health not on the school curriculum along side ABC and 123's? Why is it not the first major lesson in life that parents teach their children? Prevention is and always has been the best form of health assurance. How come that today we as a nation have a childhood obesity problem? Could it be that someone let this happen by allowing certain foods known to be unhealthy to be produced by big businesses and sold on the high streets? Could it be the same powers that are now banning health products maybe? It has to be said that the government are starting to do a bit more and children are now being encouraged to eat "healthier" diets and eat less junk foods. But nobody actually explains how our bodies work and what we ultimately need to do in order to maintain our health. Five portions of fruit and veg a day won't combat 4 pizzas, chips and 2 litres of diet coke a day! Learning about health seriously is often something that we have to start learning about ourselves, off our own backs when we start to lose our health in later life, when years and years of eating inadequate food has done the damage. This is the reason why we have classrooms of fully grown adults with poor health, learning how and what to eat! Why has this lack of health education been allowed to continue for so long? Could it be that poor health is the intention? Maybe the overall state of health is getting so bad now that even the "powers that be" need to ease off their plan a little before we all become extinct as a race and can no longer replicate? Could it be that the Earth was becoming over populated and that disease and miss-information was the way that they intended to keep numbers down a bit?

There is no doubt in my mind that the real health information that could prevent much of disease is being kept from us. Imagine if we did teach our kids "too much" about health and let them know how the body actually works? Imagine if the only food available to them was beneficial for the human body and made them strong and healthy. They would no doubt become so healthy and so inquisitive as to start questioning the health advice they were being given by the government and stop listening to them once and for all. They would no longer be fooled by half hearted health information like eat 5 portions of fruit



and veg a day... that often includes a bottle of orange juice made from concentrate sweetened by Aspartame and a tin can full of sugar loaded baked beans counting as one of your healthy portions!

If it is the case that our health is being systematically taken away from us, then the real way forward is to address all the various means with which they are doing it. We need to take more control of our health and be far more pro active and less apathetic. The powers that be are having a laugh at people who can't be bothered to look after their own health who are dependant on drugs and who eat rubbish food and get over weight and lazy and apathetic. But this isn't those people's fault. This is being allowed to happen. There are companies making all this junk food and they are just as guilty as the companies making all the weapons used in war.

The big trouble is that these very powerful powers that be have some very powerful weapons. Their **Weapons of Health Destruction (W.H.D.'s)** are so good, that people don't even know that they are being bombarded and bombed by them day and night from all angles. Many of the WHD's taste so good that even when you know they are a Weapon of Health Destruction you still want to eat them! Perfect! They actually get us to poison ourselves...you have to hand it to them...it's a beautiful plan. This is why junk food tastes so good! It was designed to be, so that you would eat it and eat it and keep on eating it even when you started to become sick! By this time you are so sick and unable to make sensible decisions, that they can talk you into having procedures like having an elastic band wrapped around your stomach to help you, followed by lots of drugs that you have to keep taking for the rest of your life! They are also using clever distraction techniques to take your mind off how you feel and numb you to the impending dangers of con-

tinuing along this path, so that by the time you do realise something is wrong you are so unhealthy and way too lazy to be able to do anything about it. They are spraying us with stuff from the skies! They are jamming our brain waves and filling our heads with junk by increasing the amount of wifi signals all around us, and they are bombarding us with rubbish information like mobile phones are not bad for us.

The time to start waking up to all this and start taking more responsibility for your own health is now. People power can change things. Look around the world right now for examples of this! Maybe that is why the Government are currently doing a survey to find out what actually makes us happy? Maybe they are getting seriously worried about us rising up and having a health revolution? Let us imagine a time when we force the drug companies to put a label on their drugs that says..."EMERGENCY USE ONLY! INTENDED TO NUMB SYMPTOMS ONLY! NOT INTENDED TO CURE YOU OR RESTORE YOUR BODY TO BALANCE. IF IN DOUBT ALWAYS ASK A NUTRITIONIST!"

Get inspired... go on to YouTube.com/RawHumourTV now and search for Charlie Chaplin – The Great Dictator Final Scene. He gives a very powerful motivating speech to the people, and it'll get you inspired.

*Pete Vincent is the founder of RawHumour.com, TheRawLifeCoach.com and author of **The Most Sensible Raw Food Book in the World...EVER!** Using coaching, raw food and humour he is doing his little bit to help others and make the world a happier healthier place to live in.*

To get in touch: email pete@rawhumour.com, facebook [pete.vincent1](https://www.facebook.com/pete.vincent1) or Twitter [petevincent](https://twitter.com/petevincent). ❀

Juice Fasting

The concept of going without food for a day is for some people, "faddy", "new age" or just downright "dangerous". But what's so bad about resting from solid food for a day? For those eating the Standard UK diet (aptly abbreviated SUK); drinking nothing but fresh live oxygen-drenched juices would do them a world of good.

Being surrounded by pollutants from the poisons hidden in our moisturiser to the herbicides, fungicides and pesticides sprayed on our lettuce to our hormone-ridden tap water, we are constantly under toxic attack. Although our bodies were cleverly designed with a detoxification system, the sheer volume of toxins that we are subjected to everyday can overwhelm the body and if left unchecked, cause a myriad of unwanted results, from a lack of energy to severe illness and disease.

It's important to remember that we have to meet our body half way if we are to retain or regain health and filling it with clean foods is the first step. We must do everything

by Polly Noble

we can to protect our precious cells. As we improve our diet, while getting cleaner and greener, our body begins to release its stored toxins meaning that we are on the path to restoring health. Doing a juice cleanse for 24 to 48 hours can ramp up the detoxification process and kick-start our body's natural healing mechanism. By consuming nothing but fresh vegetable juice, we deliver a powerhouse of nutrients to every single cell in super-fast time. There are many benefits to juice fasting, some of which include; clearer skin, strengthened immune-system, mental clarity, improved concentration, cleansed and regulated colon and more. Whatever your health, juice fasting for a few hours can help you to restore health and re-energise so why not give it a go? The food will still be there in the morning!

*Polly's ebook **Clarity Cleanse** is available at www.pollynoble.com ❀*



Adventures in a life of three!

Wild Foraging on the Beach

by Karen Bennetto

Me: Full time mother, Active business woman, Creative Chocolatier, Teacher & all round entertainer!! Family: Husband: busy man, mostly in charge of stuff. Son: 5, Chief explorer, head of operations, World leader of all things, head of democracy.... I say, you do....!

Difficult subject that I tackle today, one that will stir emotions and make some of you shout at these pages. Shout at me, and say, "Why didn't you do something?"

I begin with calm words as I tell this story. New years day and a chance of no work for any of our family.

We headed to Lepe Beach about 15 miles away. My little man loves the beach, so much so that he wouldn't go to sleep at all the night before. He would lay there pretending to snore, then leap up proclaiming that 'cause he had had "one sleep!" we could go to the beach. Again we would say, "one sleep, then we will go" and again he would pretend.

This went on for hours!

He started to go to sleep in this pretend way about 9pm and actually fell asleep at around 1am. So the earlyish start I had hoped for evaporated with our all getting up at gone 10am....still nice start to the new year.

I have made a pact with myself that I will gather something wild every day and eat it, now this could be some herbs for a tea, or some leaves or shoots for a snack, or a fully gathered meal or days supply. I have only set myself the task that it must be every day.

This means that I am getting me and my little man out for nice field and woodland walks, chancing across a chaga 10ft up a tree was a nice early reward!

I have really been surprised by the amount of greens that I been able to find. Now I am fully aware that if everybody was picking wild veg then we would deplete the resources too quickly to replenish...mmm...much like we are doing on a global scale. The not being able to see the environmental destruction has, to a large degree removed our awareness of our existence and its relationship with nature.

My efforts to grow my own food have rewarded us as a family with less and less trips to the stupormarkets. The last couple of years has seen us add back into our veg the luxury of a Riverford organic veg box. How lucky are we to have a network of organic farms providing a home delivery service?

Years ago I lived in St Austell in Cornwall and got a veg box from a local farm who only put in the box what was growing from the farm, so when the months got lean some weeks there was no box and some weeks we got weeds. Or at least I was surprised to discover that the weeds were actually veg. It really opened my eyes to wild food. I have been picking wild food since I was a little girl. My mum used to take me walking and was always

keen to show me field mushrooms.

I thought mum was amazing, I still do. However I have since learned that was pretty much the extent of her wild fooding.

When I was 16 I watched a school film on the way turkeys were raised. I have never eaten turkey or turkey products since. But this event didn't radically change my out look on food, I would still shop (at that time with mum) in local stupormarkets.

Mum was part of a whole foods network and we did get bags of brown stuff that had to be put in smaller bags and shared between many ladies...why no men?

Slowly I would get books from the library or read a magazine and the dots would start to join up. I began to get a feeling that there was more on offer than collecting the toys in cereal packets. Certainly there was more to life than "red" or "green" apples!!!

Why did the big giants of these awful places deem it necessary that all but 2 of the 2000 plus varieties of apples should be on shelves! I know this was 20 years ago but even now a trip into any big shop you might only be able to count 10 varieties at best.

My food journey was well on its way to changing, and like with the turkeys I have never been able to go back.

I have increased my wild food knowledge, I have tended my home grown plants, nurturing to the best of my slow learning ability. Keeping things alive so that we can actually eat them.

Buying veg boxes, the ones we get now are the just British produced ones. I know there are many arguments for supporting foreign markets. But I feel that for us its about British.

I also am very disappointed that with all the agricultural advances we have achieved in the last 10,000 years we haven't yet managed to get bananas here! So we do have that import in our diets.

So arrive we did on the beach almost in time for lunch, today was root veg soup and raw kale krisps. Lovely.

My little man loves dogs, every dog we pass we have to ask if he can stroke it. As well as a "ask the name ritual!". He asks me to ask the person who then tells me, then to their bafflement he asks them the name of the dog, they usually say it again, occasionally I have to say it for him. This is not him being awkward, he just can't say certain words and gets people to say things a few times so he can try it himself.

I love dogs too, and maybe one day if a sad enough case wanders into our lives, might have one again. By and large I have committed my brain to a no pets policy, not



because I am cruel and heartless. But because I have been very poor, poor enough to have had to face the choice of my pets ate or I ate. The two dogs I had to rehome broke my heart, my self preservation policy now that I work for myself and have no idea of what kind of money I will have from day to day is never to place myself in that position again. Really then only a lottery win will see us having pets!

We walked to the far end of the very busy beach, on the way I gathered some lovely Sea Beet, a fantastic veg that is very easy to spot. It nearly always grows in shingle and I have found the best plants need a bit of protection from the harshest of elements so can be found tucked in round walls or big rocks. It looks much like conventional spinach, except the leaves are much thicker and the plant tends to have an element of red to it, sometimes a red edged leaf or whole leaves are red. This doesn't affect the flavour and adds a nice colour to the plate. The red colour is what has been cultivated to get our common beetroot.

We were surrounded by dog walkers and their dogs, so the walk was much longer than it needed to be. It was a nice day, slightly grey but pleasant. The kind of day where you could amble for hours. Getting to the end of the bit you can walk on is a fenced off area. Big notices asking you not to enter the wildlife sanctuary.

I love this end of the beach, it is lovely precisely because I know that thousands of birds are safe from free running dogs, eggs are safe from careless children and adults boots.

Life has a tiny corridor that it can call its own. Looking back onto the crowded beach I am suddenly struck by the thought that we are like ants, invading and colonising every inch of land. Taking and destroying without even thinking. I am saddened by these thoughts and share them with my hubby. His comments are supportive and loving and helpless....what can we do...? Really do? Against the tide of humanity that seems oblivious to caring for this world that we share with nature.

There was a buoy torn from its sea tether lying far up on the high tide line, I bent down to examine the chain and rope and pulled off a few large mussels and critically looked over the remaining ones. I reckon they were young.

Now there is a saying, never pick shell fish when there is an "R" in the month. This is not some silly old saying, it is to protect the life that needs to breed and they breed in the colder months.

Now because the buoy was broken I wasn't sure if the mussels would be able to live freely bobbing about in the sea. But I had to give them a chance, so I dragged the chain and buoy back into the water, figuring that as the tide returned it would give the shells and other crawlies that were showing themselves, a chance.

As we started to walk back we noticed a group of people staring into the nature reserve, we turned to see what they were staring at and were shocked to see a black dog running free after the birds and two people walking along the desolate beach.

We stood and watched as they drew closer, dog freely chasing everything it sees, owners totally oblivious to anything but their conversation. We and the group of about 10 walkers with their dogs stood and watched.

We began to walk a few paces back along the beach away from the scene of beauty spoiled by these careless people. We were about 30ft from the buoy when the couple reached it, they proceeded to drag and carry the buoy far out of the water and right up to the hedge line. I felt really sad at the now definite loss of life. I watched. Still without saying anything, as did the gathered crowd.

Then the couple and the still off the lead dog began to walk towards us on the high wall that forms part of the beach where the war stuff was. We could all hear the conversation long before they got to us. Man talking at woman, telling her his views on the war stuff. Woman mute in agreement that her man is right.

Obvious he is right, right about his subject, confident that his actions are right, arrogant in his manner that his life is right. We all now "saw" the man, unable to speak, none of us said a word as they passed.

Shocked we all were that the realisation was that whatever we said to this man we were inferior, we were in the wrong, somehow he knew that he ruled the planet and we were just there!

I know we were not in the wrong but this mans mannerisms gave the impression that whatever we said wouldn't have made the slightest jot of difference to his day, his attitude was such that, he had Never been wrong. We talked quietly once they passed, I commented that nobody had said anything.

I began to watch a family of 2 children a girl about 14 and a boy of about 8 with both the parents, I became aware the girl was dropping large stones on something, her scream and laugh made the object of her rock dropping a bit more obvious, she and brother jumped back laughing that the marine shell had all squashed and was "gross"

I commented to my hubby that she probably wouldn't do it to a hedgehog. That something with no eyes seems somehow not to matter to waste its life, to not even consider that it could have been eaten. Such a random act of cruelty.

Sadly was just a continuation of the man and dog we had just been watching. Both groups were uncaring of their environment.

My hubby and I began our walk back to the van, stopping and stroking the dogs that the owners let us and avoiding those that looked a little too lively and big!

We didn't say much about these people we had seen. I felt sad that I hadn't spoken to either party. I also wondered what I could have said.

I keep wondering what has happened to people, the society we live in the communities that once meant that you knew your neighbour, you shared more than Christmas cards that read "to all at number 21 from all at number 23" because you couldn't remember the name of the neighbours kids!



We did come off the beach with a good bag of sea beet, Oysters and mussels that we ate raw and cooked later that day in a shared meal of thanks that mother earth provided us with these amazing treats straight from the sea.

We steamed the mussels and ate the oysters raw on a bed of raw sea beet, all together on the floor of our lounge in front of the warm woodburner.

Our day had been fruitful but very, very sad.

I really hope that we raise our co-created child in a way that keeps him in tune with nature, helps his little brain forge links with all that is the earth that surrounds him.

So when he walks on the beach with his children he examines rock pools, maybe holds a crab, and his child puts it back carefully where he found it.

I hope.

I would like to share with you my most popular created item. As this year has seen many changes one of which has been to make the decision to stop making the raw chocolate for public sale, finishing the market and focusing on home educating my little man.

For us it feels really important to spend time together as a family, to focus on building our life at home. To expand our pot lucks and lead the wild food walks.

I still make chocolate but little batches of luxury that we enjoy together. I am taking the time to play and watch the river flowing near us with my little man. For us as a family we feel that time is something precious that is enjoyed best when we are together.

Choshi

The volumes are a bit random and because of the work involved making large amounts is more sensible.

It is a three stage process

First blend about 15 bananas into a puree and pour onto teflex sheets - try to cover most of a teflex sheet and dehydrate at 105°C until they are easy to turn over but still very pliable, then turn over and dehydrate until there are no moist patches.

The result is very pliable banana leathers. And about 3 or 4 trays. And takes about 24 hours.

Second

Blend in Vitamix

1 cup of hazel nuts
1 cup of cacao nibs
1 cup yacon syrup

until a glassy gritty paste is formed, transfer to fridge for about an hour to begin setting, a good trick is to place on grease proof paper and cover with grease proof paper and use a rolling pin to roll to about 1cm thick, then roll the grease proof praline sandwich and store until ready in fridge.

Third

Melt 200g cacao butter and 200g cacao paste together in a



bain marie slowly taking great care not to allow the water to boil, expect it to melt slowly over a couple of hours.

Then blend the melted cacaos with

270g raw cashews
160g raw mesquite

Cut each of the sheets of banana leather in two, placing on cling film on a work surface.

Take care to then pour melted chocolate mix fairly thin but evenly onto each of the banana sheets.

Then working with the first banana chocolate sheet place a line of the praline mixture.

You are aiming for sushi, the banana is the nori, the chocolate is the rice, the praline is the filling. So keep the line of praline about 3 cm by the length of the banana.



Using the cling film roll the choshi into a roll that when set you can cut 2 or 3 cm rounds along the length, use the clingfilm to secure the shape of the cylinder until it has completely set and easy to cut.

I appreciate this volume makes loads but its worth it, it lasts months stored in an airtight container and is great to give as gifts.

You can also change the praline layer, here are a few great sellers I made

Walnut and date
Mulberry and pecan
Mixed dried fruits and nuts

Fresh cherries obvious this one only lasts a couple of days!

I dedicate 2011 and beyond to my son James and husband Dave and Mum and Dad and my wonderful Pot Luck Family. That we as a family hold hands and walk together though life, leaning playing and working in a way that is considerate of each others needs and desires. ❀



Joint and bones

What is it that just about every milk drinking individual challenges you about when they learn you are raw *vegan*? Yes, you have guessed it - where do you get your calcium from.

Well, if you have done your homework you will be able to tell them all about how oranges, almonds and last, (but by no means least) leafy greens have an abundance of this amazing bone mineral and that there are other great sources too. So you can sleep at night knowing you can set them straight.

Well, this time I want to build on this whole concept of calcium and the joints and bones, but not from a food perspective as such. We are going to look at ways to enhance utilisation of this fantastic mineral, and others, without the need of our safety net of digestive enzymes and supplements.

Ooooo.. Is it magic, meditation, the latest special water. Not quite. It is simply biochemic tissue salts. These fantastic tissue salts are naturally occurring mineral compounds that occur in the body and are vital to our life. In really simple terms it is micro nutrition.

The chap that came up with this wonder therapy is Dr Schussler. He was a homeopath who explored the minerals vital for health and discovered that if someone had deficiency symptoms for a mineral, giving regular micro doses would help the body recover. He published his first article on this subject in 1873.

Originally it was felt that inorganic matter formed such a small part of the body (around 5%) that it was not important. However, as time and nutrient research studies were conducted it became more evident that minerals are really essential to our health and well being. In fact, balanced inorganic mineral salts are a crucial part of the bodies homeostasis.

Tissue salts can be made up as single remedies or as combination remedies (where there may be deficiency in more than one tissue salt).

So let us take a practical look at some of the remedies you can use (I wont bog you down in much technical speak), back to the bones.

One common problem I see is with young boys who seem to eat for England and whose socks suddenly lose sight of their trousers over night. This sudden growth spurt can sometimes make thinking difficult, and they can become peevish. If they are meat eaters, they may also love bacon and ham - possibly on a daily basis. A common tissue salt for this is Calc-phos (calcium phosphate). This mineral is nutritionally helpful for soft tissue, connective tissue and growth (the bone is approximately 57% calcium phosphate - so it is really essential for bone development).

That is not the only use for Calc-Phos. I would consider

by Dawn Waterhouse

this remedy for spinal curvature, children who are slow learning to walk, cramps in the calves and also to strengthen the bones, so it is a remedy to consider for conditions with brittle bones.

Let us look at back ache. It can be really annoying and niggle away at you and no matter what angle you move to it does not seem to get better. Here a combination tissue salt may be helpful. I would consider the combination of Calc-Fluor / Calc-Phos / Kali-Phos / Nat-Mur.

If you are someone who suffers from rheumatic type pains and you are trying to detox your body. You may be aiming to help your body become more alkaline. The tissue salt nat-phos is a blood alkaliser. Alternatively, if you are rheumatic you may want to try the following combination Nat-Phos / Kali-Mur / Calc-Phos / Nat-Sulph.

Ganglions are another awful condition that an individual can suffer - and I have seen a number of clients come with a ganglion and advise me that a large bible is of no help, but is painful! Try the tissue salt calc-flour to start with. It is also a helpful remedy for bone spurs too. Calcium fluoride is found on the bone covering and on the teeth enamel.

If you have brittle nails you may want a tissue salt combination to help strengthen them. Do consider the combination Kali-Sulph / Nat-Mur / Silica. You may also want to use the same combination if you have hang nails (and even brittle hair).

As we mentioned brittle nails, I can't really leave out ingrown toenails. Before you consider surgery, why not try the tissue salts silica or kali-mur. (As an aside, there are other homeopathic remedies to help with this too. However, a tissue salt is a good place to start.)

This one is not strictly bones or joints - but I am sure someone somewhere is going to be really grateful that they have read this. Smelly feet..... not too pleasant when the shoes are off and you cant hold your breath long enough to escape to the air vent. Try silica.

Still on the subject of feet, bunions are really uncomfortable, and conventionally the only way to get rid of them is to have them surgically removed (ouch). In addition to a whole range of homeopathic remedies to consider, the tissue salt kali-mur may prove useful.

Again, this one is not true bones and joints - but is soooo.. useful. When you are weary from physical exertion and just cannot get your energy back (and this applies to mums to be in labour too) put a dose of kali-phos in a bottle of water and sip it throughout the day. Gently your energy will come back. (You may also want to put your feet up too, so your body can get on and do its repair work).



Teeth. These can be tricky little things for babies. In addition to trying an amber necklace for your little one (google amber teething necklaces for babies to read more about them). There are homeopathic remedies for teething, but if you are unsure which one is for your baby, you could try the tissue salt combination Calc-Fluor / Calc-Phos / Mag-Phos / Ferr-Phos / Silica. Quite a combination but these are the minerals that are relevant to teething.

Great - but how do I use them? Generally the instructions are on the packaging if you purchase them from a shops. If you have been prescribed them by your homeopath they will have told you how often to give them. I would suggest follow the instructions. That said, as a guide you can expect to have them from once a day to several times a day, according to your condition and your personal needs.

As they are micro amounts they can take a little while to work (although that said, I have so many mums say the teething remedy works in just moments). If you are not sure about the remedy or have any queries, please do seek professional advice from a qualified homeopath.

So, now you can help rebalance your body with a few micro nutrients, in addition to eating a great balanced diet with loads of green juices and smoothies, plenty of omega 3 fats (such as in leafy greens, chia seed, flax seed) and getting enough protein and rest. Please don't forget to avoid too much of the sugary stuff!

References

For a little of the theory of tissue salts
www.homeopathy-help.net/Theory/FAQS/tissue.html

For a list of the tissue salts and links to details of the individual remedies. This page also has a list of the combination remedies discussed in this article.
www.homeopathy-help.net/Remedies/TISSUE_SALTS/tissuesalts.html

Books

The Twelve Tissue Remedies of Schussler by Boericke and Dewey

Dr Schussler's Biochemistry - A Natural Healing Method by JB Chapman

(there are many tissue salt remedy books on the market - if you are interested in further reading, pick one you are drawn to).

Dawn is a raw foodist and is a qualified homeopath. She also holds qualifications in diet, nutrition, meditation and reiki and has a busy clinic in Colchester, Essex with both attending clients and telephone consultations. Dawn only uses homeopathy, diet and nutrition and Reiki for her unvaccinated children (age 6 and 10) and herself and shares her non judgmental experience in her workshops. Workshops on homeopathic first aid, homeopathic remedies for pregnancy and labour, and homeopathy for childhood ailments can be attended either in person or via the distance learning option. The sessions are aimed to help you feel more confident about using alternatives for you and

your family's health. 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 telephone 01206 735 780 or email dawn_waterhouse@homeopathy-soh.org.


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.

Workshops

Remedies for childhood health, a 1½ hour workshop covering 10 remedies that will help you keep your child well. £10 per person, Thursday 21 April 2011, 6.30pm to 8pm This is being held at the Lazy Daisy Centre, Ipswich, Suffolk. Details at www.dawnwaterhouse.co.uk

Dawn will also be running a workshop in Cornwall - date and venue to be confirmed "the vaccination decision.....it is not easy is it" please see www.dawnwaterhouse.co.uk for confirmation of details and to register. ☘




THE MOTHER

The UK's only attachment parenting magazine

When you subscribe to The Mother, you're not just getting a magazine, you are helping to change the world.

Visit our website to purchase samples, annual and half-yearly subscriptions, UK & worldwide, or phone + 44 (0)1768 897 121.
The Mother magazine, The Cottage, Glassonby, near Penrith, CA10 1DU, Cumbria, UK

Annual subs (six issues a year):
 UK = £24; EU = £29; ROW = £33 (sea mail rate available)



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

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

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

www.themothermagazine.co.uk

Losing a friend over being Raw?

Almost two years ago I lost a girl friend of mine. It was a very emotional time and I found it incredibly difficult as we'd been friends for almost ten years. This loss however was not through bereavement but beliefment! The reason I choose to write about this now is that it's only recently that I've found out the reason why I lost her and I think it's an important subject in the raw food world, one that comes up often.

I'm always reminded of that episode of Friends whenever I think about this situation. It was 'The One With Ross' Tan' – the episode where it comes to light that Phoebe had tried to 'cut Monica out' of her life by just avoiding her. Well, this is in effect what happened to me. I was 'cut out' and I had no idea why. Once it dawned on me that this friend wasn't just constantly 'busy' but there must be more to it, I set about trying to find out what the problem was. Things were compounded as we had a mutual third friend who also seemed to have been cut out. The whole thing was so confusing, we were worried and couldn't figure out what was going on.

After numerous attempts to get in touch and to apologise for whatever it was I'd done – how ridiculous is that? I FINALLY gave up.

It came to light only very recently following an email from this estranged friend to our third party friend – I hope you're keeping up with this – that the reason I'd been cut out (and she'd been cut out as an indirect result) was due to something negative I had said about the typical Scottish diet the last time we'd met up together – almost a year previously – to which she had taken offence.

It took a while for this to sink in and of course I was pleased that there was nothing seriously wrong however I was obviously shocked and upset. I set about trying to analyse why people (and I include myself) can be so deep-seated in their beliefs and reactions that they would lose a friendship or relationship over them.

I've been doing this long enough now to know to only give advice when asked, to be gentler with my opinions, especially when I don't know my audience well enough to gauge how they will react. More importantly, to be the example rather than try and convince people with words. It's a shame I realised all this in spite of losing my friend, not because of it.

I guess if there's a positive to be had it's that I have reinforced my understanding that people can be very defensive when it comes to food. Sometimes it's because what you are doing/saying is holding a mirror up to others choices and behaviours and they don't like what they see. Sometimes though, it is because you're being a pain in the arse that won't change the record! Hopefully you'll have good friends who will tell you to shut up once in a while (with love of course)

There are times when it's appropriate to let someone go or 'cut out' from your life if your association with them is

by **Emma McDougal**

causing you to suffer emotionally, mentally or physically. If that's the case then know you aren't the only person that has made that decision. Whilst it can be tough, if something inside tells you that the relationship isn't right then trust that inner guidance.

Here's some advice I'd give to anyone that is in to raw/healthy eating and concerned they might lose a friend or two along the way.

1. Realise this is your journey. Sometimes friends are with us for only a short part of our journey and that's ok. If you find yourself in this position, be thankful for the time you shared with this person and move on with love, knowing you have your path and they theirs!
2. Give advice only when asked – your friends will respect your opinion more if they've asked for it!
3. Make sure raw/healthy eating isn't dominating all your conversations! Join a raw food meetup group or forum to make new friends with similar views.
4. Ask your friend(s) to tell you if they are upset or offended by anything you say. You might think a true friend will tell you but you may be surprised. We don't often know other people's beliefs or attachments around food or eating.
5. Don't argue about raw/healthy food – there's no need. Remember, you've nothing to defend! It's not worth it to lose a friend.
6. Remember, "the ultimate test of a relationship is to disagree but to hold hands". (Unknown) ❀



nutrition and neuroregeneration
raw and wild food workshops
practical information and products

www.FoodForConsciousness.co.uk

advertise here!

Advertise to an audience who love raw food.

Starting at an eighth page for £28 + VAT (£33.60)
up to a full page for £150 + VAT (£180)

See our website for more details or
book now by contacting rob@funkyraw.com
www.funkyraw.com/ads/



Living the Simple Life – My European Journey

by Helen Hooper

I am Helen and my passions in life are easy to define; to live in as simple and as healthy a way as possible. Achieving this has been a gradual process, it took me until my 30's to decide that life in the fast lane wasn't for me and a slower pace of life was what I truly desired. That it took another decade (and a bit!) to finally untangle myself enough to live the simple life that I desired just goes to show how tied up in modern living we can really become.

In the end it was the universe that stepped in as it often does and gave us the chance opportunity to grasp the life we are now living. We had long talked about travelling but thought that with my business in the UK and three cats that this particular dream was a way of manifesting. But, when our landlord gave us notice out of the blue to quit our little bungalow in Norfolk, the wheels were set in motion for the adventure that we now find ourselves on.

Eight weeks is no time at all to pack up one life and prepare for another but that is the timescale that we found ourselves working too. That it was a stressful eight weeks is an understatement but it was an amazingly cathartic experience to rid myself of all my belongings that I had accumulated over my 43 years on this earth. I found the whole process incredibly liberating; hubby took a little longer to get on the 'letting go' train but eventually made it. As I parted with clothes, furniture, ornaments, books, CD's...well everything really, I felt renewed energy rush in to fill the space that had previously been held by all these 'things; belongings and material objects that had just tied us down.

At the end of the eight weeks we found ourselves, tired, frazzled and running on adrenaline and lots of black coffee, sat at the Channel Tunnel with a caravan behind us and three very vocal cats in the back seat of the car. It was the start of a 1919 mile journey down to southern Spain where we have been spending the winter.

The journey in itself was an adventure as we got used to driving a 37ft rig; neither of us had towed a caravan before and because it took us so long to find what we needed we only picked it up 2 days before we left the UK. The first few days driving were a baptism of fire but we got used to it and the further down France we got the more relaxed we became. It took us nearly two weeks to arrive down in the mountains near Malaga and a lot longer to finally let go of all the emotion of our last few months in the UK.

Although our journey was something that we had always wanted it manifested itself into our lives so quickly that we didn't really have a chance to catch up with it until we were firmly ensconced on our little campsite but catch up with it we have.

The clock and the car now no longer govern my life. As a Personal Fitness Trainer working out in the sticks a great portion of my days used to be spent in the car which I grew to resent. Now I have that time back and it has been



a blessing to spend that time being creative with my business instead of colliding with others (not literally!!) as we rushed around in our own little worlds.


Stepping out of the caravan and drinking in the mountain air every morning is now the beautiful way in which I get to start my day and one that I feel so grateful for. The sun shines most of the time, which for a sun worshipper like me is enough to make my heart burst (although it has to be said that when it rains here it means business and the winds howl across the mountains like a roaring freight train).

Getting used to living in a foreign country is not without its pitfalls of course but it is all part and parcel of the journey. We get so used to living in one way that it takes some time to see that this is not the only way. The Spanish are a relaxed and gregarious nation who take the art of enjoyment very seriously. They operate on a much slower pace – except when behind the wheel of the car when they morph into wannabe Fernando Alonso's – but on the whole life is regarded with a sense of *mañana*.

For me this is the perfect way to be experiencing my journey. When living in a caravan you have to keep things simple, no clutter or fuss. My days follow a pattern of work, yoga outside in the fresh air and eating lots of raw food. We take time out to do simple things; picnics on the beach, shopping in the market (hubby not so keen on that one!), walking in the mountains, cycling or just chilling out with a beer. We are making it all up as we go along, doing what feels right and just enjoying being in a calmer space.

So, this is my life and me and I hope to share it with you as we make our way around Europe in Bessie the caravan. I hope to entertain you the ways I keep it real and how I achieve the simple existence I feel happiest with.

To find out more about what I do you can visit me at my website www.thefitoption.com the focus of which is to create a community to motivate and support each other to achieving better health. We achieve this through online expertise and also through our 'Yoga and Raw Food Retreats' that we are facilitating as we travel. To be able to live a life free of the pressures of modern living whilst doing what I truly love is a blessing and I feel very lucky that I have the opportunity to do just that. Come and join us and share the fun... (Details of the retreat on page 4.)

Follow Helen's journey on her blog at www.helensrawfood.wordpress.com 



Travelling raw part 3

by Rob Hull

Rob and Jolita continue their journey to find land in a warmer climate where they can open a raw holiday/retreat centre.

We spent the winter in Orgiva, southern Spain. As the heating system in our van doesn't work, we decided to rent a little cottage with a wood burning stove for the winter. I would say that Orgiva is the raw food capital of Spain. It is only a smallish town, but it has four organic shops, one of which is run by raw fooders so sells some superfoods and sometimes freshly made raw cake, chocolates and crackers.

For the solstice there was a raw dinner party. Sam and Pam booked out a restaurant (which usually serves standard cooked food) and turned it into a raw food restaurant for the night. We had a three course meal which included a starter of cheese and crackers (some seed cheeses plus home-made raw goats cheese), main course with raw burger, stuffing, sauces and more I can't remember, and a choice of deserts, I had the chocolate cake. It was all delicious! They plan this to be a regular event, so give it a try if you are in the area.



Home-made goats cheese

Whilst in France we had been able to purchase a good selection of soft raw cheeses, here in Orgiva it seemed most cheese was hard cheese. The home-made goats cheese at the dinner party spurred me on to try making my own cheese. Raw goats milk was very easy to purchase direct from a farm just

down the road so I set to work. I made a basic cottage cheese by just letting the milk separate naturally and then I bought some rennet and made some different types of cheese. I really enjoyed this experience and look forward to more experiments with cheese - I got a book called Home Cheese Making by Ricki Carroll which has loads more recipes to try.

We went on lots of walks in the area, on one walk we found a spring that was slightly different to the ones we have been collecting water from - the water in this spring was fizzy! It was delicious too. There was a sign next to the spring explaining that the water was naturally fizzy and high in iron, and that it had many health benefits. We filled our water bottles with this water, but it very quickly lost its fizz. If you want to find this spring, it is near Ferreirola, on the Ruta Medieval towards Busquistar (in the La Taha area of the Alpujarras, Granada province.)

Mid February, once it started getting a little warmer we set off again on our journey in the van. We went to visit friends at Caña Dulce, a permaculture project in Coin (Malaga province). They grow a large selection of their own food, have compost toilets, solar heated showers and

have built with eco-friendly materials including hemp bricks. Luckily we were in town for the monthly organic market where Caña Dulce have a stall. The market was excellent with a large selection of fresh fruit and veg including some very delicious oranges, eggs, raw kombucha, honey and pollen plus some dried organic foods.

Jolita has been regularly making sauerkraut, which over time I have grown to like. So after reading *Wild Fermentation* by Sandor Katz (see review in issue 17), I got round to experimenting with making fermented vegetables. Broccoli, carrot and leek with coriander and cumin seeds worked really well. I've made fermented grated butternut squash a couple of times now, this gets slightly fizzy and is delicious.



The highlight of Gibraltar is the wild monkeys - the only wild primates in Europe. I was wondering if it was possible to interact with them in any way, and my thoughts were answered in a rather direct way - a monkey ran up to me, climbed up my leg and stole the apple I was eating! She then went and sat a little way away and ate it, closely guarding it from further theft.



Follow Rob and Jolita's journey at www.rawrob.com ☘

Contact details of the various places and projects

Cruda - Raw dinners, plus delivery service - Contact crude-food@wildmail.com or enquire at Eco Loco market stall.

www.ecoloco-todobio.com - Organic stall with raw products: Puesto 7, Mercado Municipal, Orgiva, Granada, Spain. Open Mon-Sat 10am to 2pm.

www.permaculturaacanadulce.org - Permaculture project in Coin, Malaga, Spain

www.guadalhorceecologico.es - Organic markets in the Guadalhorce Valley (including Coin)

www.cheesemaking.co.uk - For rennet and other cheese-making supplies (in the UK)



The Courage to live Consciously

by Steve Paulina

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure.

Life is either a daring adventure, or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.
- Helen Keller

In our day-to-day lives, the virtue of courage doesn't receive much attention. Courage is a quality reserved for soldiers, firefighters, and activists. Security is what matters most today. Perhaps you were taught to avoid being too bold or too brave. It's too dangerous. Don't take unnecessary risks. Don't draw attention to yourself in public. Follow family traditions. Don't talk to strangers. Keep an eye out for suspicious people. Stay safe.

But a side effect of overemphasizing the importance of personal security in your life is that it can cause you to live reactively. Instead of setting your own goals, making plans to achieve them, and going after them with gusto, you play it safe. Keep working at the stable job, even though it doesn't fulfill you. Remain in the unsatisfying relationship, even though you feel dead inside compared to the passion you once had. Who are you to think that you can buck the system? Accept your lot in life, and make the best of it. Go with the flow, and don't rock the boat. Your only hope is that the currents of life will pull you in a favorable direction.

No doubt there exist real dangers in life you must avoid. But there's a huge gulf between recklessness and courage. I'm not referring to the heroic courage required to risk your life to save someone from a burning building. By courage I mean the ability to face down those imaginary fears and reclaim the far more powerful life that you've denied yourself. Fear of failure. Fear of rejection. Fear of going broke. Fear of being alone. Fear of humiliation. Fear of public speaking. Fear of being ostracized by family and friends. Fear of physical discomfort. Fear of regret. Fear of success.

How many of these fears are holding you back? How would you live if you had no fear at all? You'd still have your intelligence and common sense to safely navigate around any real dangers, but without feeling the emotion of fear, would you be more willing to take risks, especially when the worst case wouldn't actually hurt you at all? Would you speak up more often, talk to more strangers, ask for more sales, dive headlong into those ambitious projects you've been dreaming about? What if you even learned to enjoy the things you currently fear? What kind of difference would that make in your life?

Have you previously convinced yourself that you aren't really afraid of anything... that there are always good and logical reasons why you don't do certain things? It would be rude to introduce yourself to a stranger. You shouldn't attempt public speaking because you don't have anything

to say. Asking for a raise would be improper because you're supposed to wait until the next formal review. They're just rationalizations though - think about how your life would change if you could confidently and courageously do these things with no fear at all.

What Is Courage?

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

- Ambrose Redmoon

Courage is resistance to fear, mastery of fear - not absence of fear.

- Mark Twain

Courage is being scared to death, but saddling up anyway.

- John Wayne

I like the definitions of courage above, which all suggest that courage is the ability to get yourself to take action in spite of fear. The word courage derives from the Latin *cor*, which means "heart." But true courage is more a matter of intellect than of feeling. It requires using the uniquely human part of your brain (the neocortex) to wrest control away from the emotional limbic brain you share in common with other mammals. Your limbic brain signals danger, but your neocortex reasons that the danger isn't real, so you simply feel the fear and take action anyway. The more you learn to act in spite of fear, the more human you become. The more you follow the fear, the more you live like a lower mammal. So the question, "Are you a man or a mouse?" is consistent with human neurology.

Courageous people are still afraid, but they don't let the fear paralyze them. People who lack courage will give into fear more often than not, which actually has the long-term effect of strengthening the fear. When you avoid facing a fear and then feel relieved that you escaped it, this acts as a psychological reward that reinforces the mouse-like avoidance behavior, making you even more likely to avoid facing the fear in the future. So the more you avoid asking someone out on a date, the more paralyzed you'll feel about taking such actions in the future. You are literally conditioning yourself to become more timid and mouse-like.

Such avoidance behavior causes stagnation in the long run. As you get older, you reinforce your fear reactions to the point where it's hard to even imagine yourself standing up to your fears. You begin taking your fears for granted; they become real to you. You cocoon yourself into a life that insulates you from all these fears: a stable but unhappy marriage, a job that doesn't require you to take risks, an income that keeps you comfortable. Then you rationalize your behavior: You have a family to support and can't take risks, you're too old to shift careers, you can't lose weight because you have "fat" genes. Five years... ten years... twenty years pass, and you realize that



your life hasn't changed all that much. You've settled down. All that's really left now is to live out the remainder of your years as contently as possible and then settle yourself into the ground, where you'll finally achieve total safety and security.

But there's something else going on behind the scenes, isn't there? That tiny voice in the back of your mind recalls that this isn't the kind of life you wanted to live. It wants more, much more. It wants you to become far wealthier, to have an outstanding relationship, to get your body in peak physical condition, to learn new skills, to travel the world, to have lots of wonderful friends, to help people in need, to make a meaningful difference. That voice tells you that settling into a job where you sell widgets the rest of your life just won't cut it. That voice frowns at you when you catch a glance of your oversized belly in the mirror or get winded going up a flight of stairs. It beams disappointment when it sees what's become of your family. It tells you that the reason you have trouble motivating yourself is that you aren't doing what you really ought to be doing with your life... because you're afraid. And if you refuse to listen, it will always be there, nagging you about your mediocre results until you die, full of regrets for what might have been.

So how do you respond to this ornery voice that won't shut up? What do you do when confronted by that gut feeling that something just isn't right in your life? What's your favorite way to silence it? Maybe drown it out by watching TV, listening to the radio, working long hours at an unfulfilling job, or consuming alcohol and caffeine and sugar.

But whenever you do this, you lower your level of consciousness. You sink closer towards an instinctive animal and move away from becoming a fully conscious human being. You react to life instead of proactively going after your goals. You fall into a state of learned helplessness, where you begin to believe that your goals are no longer possible or practical for you. You become more and more like a mouse, even trying to convince yourself that life as a mouse might not be so bad after all, since everyone around you seems to be OK with it. You surround yourself with your fellow mice, and on the rare occasions that you encounter a fully conscious human being, it scares the hell out of you to remember how much of your own courage has been lost.

Raise Your Consciousness

Life shrinks or expands in proportion to one's courage.

- Anais Nin

Courage is the price that Life exacts for granting peace.

- Amelia Earhart

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do.

- Eleanor Roosevelt

The way out of this vicious cycle is to summon your courage and confront that inner voice. Find a place where

you can be alone with pen and paper (or computer and keyboard). Listen to that voice, and face up to what it's telling you, no matter how difficult it is to hear.

(The *voice* is just an abstraction - you may not hear words at all; instead you may *see* what you should be doing or simply *feel* it emotionally. But I'll continue to refer to the *voice* for the sake of example.) This voice may tell you that your marriage has been dead for ten years, and you're refusing to face it because you're afraid of divorce. It may tell you that you're afraid that if you start your own business, you'll probably fail, and that's why you're staying at a job that doesn't challenge you to grow. It may tell you that you've given up trying to lose weight because you've failed at it so many times, and you're addicted to food. It may tell you that the friends you're hanging out with now are incongruent with the person you want to be, and that you need to leave that reference group behind and build a new one. It may tell you that you always wanted to be an actor or writer, but you settled for a sales job because it seemed more safe and secure. It may tell you that you always wanted to help people in need, but you aren't doing so in the way you should. It may tell you that you're wasting your talents.

See if you can reduce that voice to just a single word or two. What is it telling you to do? Leave. Quit. Speak. Write. Dance. Act. Exercise. Sell. Switch. Move on. Let go. Ask. Learn. Forgive. Whatever you get from this, write it down. Perhaps you even have different words for each area of your life.

Now you have to take the difficult step of consciously acknowledging that this is what you really want. It's OK if you don't think it's possible for you. It's OK if you don't see how you could ever have it. But don't deny that you want it. You lower your consciousness when you do that. When you look at your overweight body, admit that you really want to be fit and healthy. When you light up that next cigarette, don't deny that you want to be a nonsmoker. When you meet the potential mate of your dreams, don't deny that you'd love to be in a relationship with that person. When you meet a person who seems to be at total peace with herself, don't deny that you crave that level of inner peace too. Get yourself out of denial. Move instead to a place where you admit, "I really do want this, but I just don't feel I currently have the ability to get it." It's perfectly OK to want something that you don't think you can have. And you're almost certainly wrong in concluding that you can't have it. But first, stop lying to yourself and pretending you don't really want it.

Move From Fear to Action, Even if You Expect to Fail

When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers.

- Ralph Waldo Emerson

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

- Orison Swett Marden



Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.

- John Quincy Adams

Now that you've acknowledged some things you've been afraid to face, how do you feel? You probably still feel paralyzed against taking action. That's OK. While diving right in and confronting a fear head-on can be very effective, that may require more courage than you feel you can summon right now.

The most important point I want you to learn from this article is that real courage is a mental skill, not an emotional one. Neurologically it means using the thinking neocortex part of your brain to override the emotional limbic impulses. In other words, you use your human intelligence, logic, and independent will to overcome the limitations you've inherited as an emotional mammal.

Now this may make logical sense, but it's far easier said than done. You may logically know you're in no real danger if you get up on a stage and speak in front of 1000 people, but your fear kicks in anyway, and the imaginary threat prevents you from volunteering for anything like this. Or you may know you're in a dead end job, but you can't seem to bring yourself to say the words, "I quit."

Courage, however, doesn't require that you take drastic action in these situations. Courage is a learned mental skill that you must condition, just as weight training strengthens your muscles. You wouldn't go into a gym for the first time and try to lift 300 pounds, so don't think that to be courageous you must tackle your most paralyzing fear right away.

There are two methods I will suggest for building courage. The first approach is analogous to progressive weight training. Start with weights you can lift but which are challenging for you, and then progressively train up to heavier and heavier weights as you grow stronger. So tackle your smallest fears first, and progressively train up to bigger and bigger fears. Training yourself to lift 300 pounds isn't so hard if you've already lifted 290. Similarly, speaking in front of an audience of 1000 people isn't so tough once you've already spoken to 900.

So grab a piece of paper, and write down one of your fears that you'd like to overcome. Then number from one to ten, and write out ten variations of this fear, with number one being the least anxiety-producing and number ten being the most anxiety-producing. This is your fear hierarchy. For example, if you're afraid of asking someone out on a date, then number one on your list might be going out to a public place and smiling at someone you find attractive (very mild fear). Number two might be smiling at ten attractive strangers in a single day. Number ten might be asking out your ideal date in front of all your mutual friends, when you're almost certain you'll be turned down flat and everyone in the room will laugh (extreme fear). Now start by setting a goal to complete number one on your list. Once you've had that success (and success in this case simply means taking action, regardless of the outcome), then move on to number two, and so on, until you're ready to tackle number ten or you

just don't feel the fear is limiting you anymore. You may need to adjust the items on your list to make them practical for you to actually experience. And if you ever feel the next step is too big, then break it down into additional gradients. If you can lift 290 pounds but not 300, then try 295 or even 291. Take this process as gradually as you need to, such that the next step is a mild challenge for you but one you feel fairly confident you can complete. And feel free to repeat a past step multiple times if you find it helpful to prepare you for the next step. Pace yourself.

By following this progressive training process, you'll accomplish two things. You'll cease reinforcing the fear/avoidance response that you exhibited in the past. And you'll condition yourself to act more courageously in future situations. So your feelings of fear will diminish at the same time that your expression of courage grows. Neurologically you'll be weakening the limbic control over your actions while strengthening the neocortical control, gradually moving from unconscious mouse-like to conscious human-like behavior.

The second approach to building courage is to acquire additional knowledge and skill within the domain of your fear. Confronting fears head-on can be helpful, but if your fear is largely due to ignorance and lack of skill, then you can usually reduce or eliminate the fear with information and training. For example, if you're afraid to quit your job and start your own business, even though you'd absolutely love to be in business for yourself, then start reading books and taking classes on how to start your own business. Spend an afternoon at your local library researching the subject, or do the research online. Join the local Chamber of Commerce and any relevant trade organizations in your field. Attend conferences. Build connections. Enlist the help of a mentor. Build your skill to the point where you start to feel confident that you could actually succeed, and this knowledge will help you act more boldly and courageously when you're ready. This method is especially effective when a large part of your fear is due to the unknown. Often just reading a book or two on the subject will be enough to dispel the fear so that you're able to take action.

These two methods are my personal favorites, but there are many additional ways to condition yourself to overcome fear, including neuro-linguistic programming, implosion therapy, systematic desensitization, and self-confrontation. You can research them via an online search engine if you wish to learn such methods and increase the number of fear-busting tools in your arsenal. Most of these can be easily self-administered (implosion therapy is the notable exception).

The exact process you use to build courage isn't important. What's important is that you consciously do it. Just as your muscles will atrophy if you don't regularly stress them, your courage will atrophy if you don't consistently challenge yourself to face down your fears. In the absence of this kind of conscious conditioning, you'll automatically become weak in both body and mind. If you aren't regularly exercising your courage, then you are strengthening your fear by default; there is no middle ground. Just



as your muscles automatically atrophy from lack of use, so your courage will automatically decay in the absence of conscious conditioning.

Now this may sound overly gloomy, so here's a positive way to look at it. Heavy weights can be a physical burden, but they are helpful tools to build strong muscles. You would not look at a 45-pound dumbbell and say, "Why must you be so heavy?" It is what it is. Heaviness is *your* thought, not an intrinsic property of the dumbbell itself. Similarly, do not look at the things you fear and say, "Why must you be so scary?" Fear is *your* reaction, not a property of the object of your anxiety.

Fear is not your enemy. It is a compass pointing you to the areas where you need to grow. So when you encounter a new fear within yourself, celebrate it as an opportunity for growth, just as you would celebrate reaching a new personal best with strength training.

Catch a Glimpse of Your Own Greatness

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

- Erica Jong

The highest courage is to dare to appear to be what one is.

- John Lancaster Spalding

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.

- Ralph Waldo Emerson

So what do you do with your newly developed courage? Where will it lead you? The answer is that it will permit you to lead a far more fulfilling and meaningful life. You will truly begin living as a daring human being instead of a timid mouse. You will uncover and develop your greatest talents. You will begin living far more consciously and deliberately than you ever have before. Instead of reacting to events, you will proactively manufacture your own events.

Courage is something you can only truly experience alone. It is a private victory, not a public one. Summoning the courage to listen to your innermost desires is *not* a group activity and does *not* result from building a consensus with others. Kahlil Gibran writes in *The Prophet*, "The vision of one man lends not its wings to another man." The purpose of your existence is yours alone to discover. No one on earth has lived through the exact same experiences you have, and no one thinks the exact same thoughts you do.

On the one hand, this is a lonely realization. Whether you live alone or enjoy the deepest intimacy with a loving partner, deep down you must still face the reality that your life is yours alone to live. You can choose to temporarily yield control of your life to others, whether it be to a company, a spouse, or simply to the pressures of daily living, but you can never give away your personal

responsibility for the results. Whether you assume direct and conscious control over your life or merely react to events as they happen to you, you and you alone must bear the consequences.

If you commit to following the path of courage, you will ultimately be forced to confront what is perhaps the greatest fear of all - that you are far more powerful and capable than you initially realized, that your ultimate potential is far greater than anything you've experienced in your past, and that with this power comes tremendous responsibility. You may not be able to solve all the woes of this planet, but if you ever do commit yourself 100% to the fulfillment of your true potential, you can significantly impact the lives of many people, and that impact will ripple through the future for generations to come.

What is the difference between you and one of those legendary historical figures who did have such an impact? You both had many of the same fears. You both were born with talents in some areas and weaknesses in others. The only thing stopping you is fear, and the only thing that will get you past it is courage. What you do with your life isn't up to your parents, your boss, or your spouse. It's up to you and you alone.

Catching a glimpse of your own greatness can be one of the most unsettling experiences imaginable. And even more disturbing is the awareness of the tremendous challenges that await you if you accept it. Living consciously is not an easy path, but it is a uniquely human experience, and it requires making the committed decision to permanently let go of that mouse within you. Going after your greatest and most ambitious dreams and experiencing failure and disappointment, running butt up against your most humbling human limitations instead of living with a comfortable padding of potential - these fears are common to us all.

The first few times you encounter such fears, you may quickly retreat back to the illusory security of life as a mouse. But if you keep exercising your courage, you will eventually mature to the point where you can openly accept the challenges and responsibilities of life as a fully conscious human being. Continuing to live as a mouse will simply hold no more interest for you. You will acknowledge within the deepest recesses of your being, *I have awakened to this incredible potential within me, and I accept what that will require of me. Whatever it costs me, whatever I must sacrifice to follow this path, bring it on. I'm ready.* Even though you will still experience fear, you will recognize it for the illusion it is, and you will know how to use your human courage to face it down, such that fear will no longer have the power to stop you.

Embrace the Daring Adventure

Before you embark on any path ask the question, does this path have a heart? If the answer is no, you will know it and then you must choose another path. The trouble is that nobody asks the question. And when a man finally realizes that he has taken a path without a heart the path is ready to kill him.

- Carlos Castaneda

The deeper that sorrow carves into your being, the more joy you



can contain. Is not the cup that holds your wine the very cup that was burned in the potter's oven? And is not the lute that soothes your spirit, the very wood that was hollowed with knives?

- Kahlil Gibran

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

- Dale Carnegie

As you develop a sense of your true purpose in life, you may begin to feel an uneasy disconnect between your current life situation and the one you envision moving towards. These two worlds may seem so different to you that you cannot mentally conceive of how to build a bridge between them. How can you balance the practical reality of taking care of your third-dimensional obligations like earning money to pay your bills and taxes, pleasing your boss, raising your family, and maintaining social relationships with people who can't even relate to what you're experiencing vs. the new vision of yourself you desperately want to move towards? A whole host of new fears may crop up related to this seemingly impossible shift. How will you support yourself? What will become of your relationships? Are you just deluding yourself?

The best advice I can give you here is to forget about trying to build a bridge. Focus instead on independently beginning the process of manifesting the new vision of yourself from scratch, as if it were a totally separate thread in your life. If this creates a temporary incongruence in your life, just do it anyway. For example, suppose you currently work as a divorce attorney, but your courage tells you that you must eventually abandon such adversarial work. You envision yourself passionately teaching couples how to heal their broken relationships. But you can't even fathom yourself as a trial lawyer trying to speak about healthy relationships, and on top of that problem, you can't see any way to make a decent living in this new career, at least not quickly. There's just too big a disconnect between this new vision and practical reality. So instead of trying to bridge this gap, just begin building your new vision completely from scratch in whatever time you have, even if it's only an hour or two each week. Keep doing your regular work as an attorney, but in your spare time, start posting anonymously on relationship message boards to give couples advice on how to heal their relationships. Use the oratory skills you developed as an attorney to begin speaking to small groups about healing relationships. Perhaps create a new web site, and start writing and posting articles about your new passion. You don't have to hide the fact that you're an attorney, but don't worry about bridging these two worlds. Live in paradox. Just start developing the new you, and allow the old one to continue in parallel for a while.

What will happen is that you'll develop skill in your new undertaking, and you'll eventually be able to support yourself from it, even if you can't see how to do so right away. You may not be able to see a way to support yourself in your new vision right now, and that's fine. Just

begin it anyway, doing it for free, without any concern of how to turn it into a new full-time career. Patiently wait for clarity; you will eventually find a way to make it work. Then when the time is right, you'll be able to peacefully let go of the old career and focus all your energy on the new one. At some point you'll be able to commit fully to your new self. Your passion for your new work will eventually overwhelm your fear of letting go of your old source of stability. So instead of trying to transform your old career into your new one, just start the process of building your new one, and let your old one gradually fade. Even if you can only invest an hour a week in your new undertaking, you will probably discover that this hour is more fulfilling to you than all the other hours put together, and that passion will drive you to find a way to gradually grow this presence until it fills up most of your days. The most important thing is to begin now by introducing your new vision of yourself to your daily life, even if you can only initially do so in a small way.

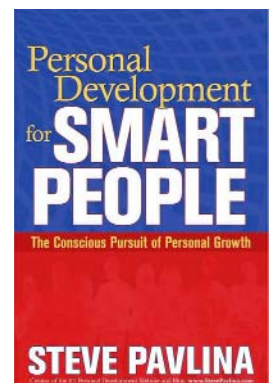
No matter how difficult it may seem, make the choice to live consciously. Do not succumb to that half-conscious realm of fear-based thinking, filling your life with distractions to avoid facing what you feel in those silent spaces between your thoughts. Either exercise your human endowment of courage and progressively build the strength to face your deepest, darkest fears to live as the powerful being you truly are, or admit that your fears are too much for you, and embrace life as a mouse. But make this choice consciously and with full awareness of its consequences. If you are going to allow fear to win the battle for your life, then proclaim it the victor and forfeit the match. If you simply avoid living consciously and courageously, then that is equivalent to giving up on life itself, where your continued existence becomes little more than a waiting period before physical death - the nothing as opposed to the daring adventure.

Don't die without embracing the daring adventure your life is meant to be. You may go broke. You may experience failure and rejection repeatedly. You may endure multiple dysfunctional relationships. But these are all milestones along the path of a life lived courageously. They are your private victories, carving a deeper space within you to be filled with an abundance of joy, happiness, and fulfillment. So go ahead and feel the fear - then summon the courage to follow your dreams anyway. That is strength undefeatable.

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.



Hemp: What the World Needs Now

by John McCabe

Hemp is perhaps the most useful single plant on the planet. It can be used for food, fuel (both ethanol made from the cellulose for gasoline engines and oil pressed from the seeds for diesel engines), fabric, flooring, insulation, plastic, nylon, fiberglass, plywood, resin, bricks, filters, ink, paint, soap, paper, medicine, furniture, and hundreds of other products.

Even though you can't get high from hemp, and it is a plant that absorbs pollution; improves air and water quality; protects wildlife habitat; localizes economies; and provides a more sustainable culture, as of this writing, hemp remains illegal to grow in the U.S., and all hemp material must be imported. Right now, if any farmer planted hemp in the U.S., they could be charged with a felony, be imprisoned, and have their land and belongings confiscated by the federal government.

While many so-called "alternative" forms of energy are being explored, promoted, and invested in, hemp is oddly mostly absent in the spectrum. Solar and wind energy are part of the solution to breaking away from fossil fuels. But hemp can also play an important role in reducing and eliminating fossil fuel use. While solar power and wind turbines create electricity to charge electric cars and trucks that mostly haven't been built, hemp can be used to create ethanol for gas engines and oil for diesel engines that already exist.

Unlike solar power and wind turbines, hemp absorbs greenhouse gasses while producing oxygen. Because hemp absorbs greenhouse gasses as it grows, and because only part of the plant is burned when it is used for fuel, hemp is a carbon negative fuel.

Unlike the creation of solar energy farms where thousands of solar panels are placed on large plots of land in regions where the cloudless days are common, such as in the Nevada desert, hemp requires a small investment for farmers, can be grown in every region of the continent, and improves soil conditions. And it does so while also providing raw material that can be sold for many uses. While solar energy farms and solar electric generating plants are owned by corporations and stockholders, family farmers can be growing hemp, and employing local people in every region.

Unlike petroleum, coal, natural gas, and tar sands that need to be drilled and pumped or mined from the ground, hemp can be grown without destroying and digging deep into the land.

Hemp can be used to make plastic that is safer for the environment than the plastics made from petroleum.

Unlike corn ethanol, making ethanol from hemp would not bite into what is commonly considered to be a food crop (which mostly feeds the petroleum-intensive and animal-abusing cattle industry). But, because of arcane laws, hemp can't be grown, while corn can. Corn is also being grown by farmers and corporations that benefit from government subsidies.

Currently, the corn industry is experiencing an upswing in profits based on the demand for ethanol. The corn industry is also being subsidized by the federal government to help provide ethanol. The larger portion of those subsidies isn't going to family farmers, but they are going to corporate farming enterprises. This is done while hemp holds the promise that it can provide more fuel-making material per acre than corn,

and it can do it in a more environmentally safe manner.

The corn industry is also aided by the government water system largely built with tax dollars. These water systems have largely been built for the huge monocropping farms run by the multinational corporations, which also own the fertilizer, pesticide, fungicide, miticide, and other farming chemical companies, which are tied in with the petroleum and natural gas industries. Consider Monsanto, Dow Chemical, and Dupont. Consider ADM. Consider who sits on the boards of these companies, and who is profiting from them. It isn't the family farmers. It isn't the common citizen. It is the financial elite.

Growing hemp for both ethanol and diesel fuel would mean that American countries become more energy independent. American countries would stop sending so much money to other countries to import petroleum. We would reduce drilling and digging into Earth to obtain billions of gallons of petroleum. Our air would be cleaner. The number of ships traveling around the planet to transport petroleum would be greatly reduced. The oceans would be cleaner. Millions of acres of hemp would be absorbing more pollution than the same number of acre of trees.

When you consider that the pollution put out by the world's shipping barges amounts to the pollution put out by most countries, you can get an idea of how much petroleum is being burned by the ships, and how much they contribute to global warming, the acidification of the oceans, the melting of the ice caps, and the death of wildlife.

When hemp is used to make ethanol, the fiber is left over. That can be used as insulation in homes, helping us to save money on heating costs while also reducing the amount of fuel we use to heat our homes and buildings. The fiber can also be used to make fiberboard to build those structures.

All of the leftover hemp materials from making hemp products can be composted back into the soil, building the soil base. You can't do that with petroleum, coal, oil shale, or tar sands.

Meanwhile, as the U.S. continues its hemp farming prohibition, other countries are allowing and encouraging their farmers to grow hemp. They are also being innovative in creating products from hemp. But, if U.S. companies need raw hemp material, they have to import it.

While other countries are allowing their family farmers to grow hemp, family farmers in the U.S. are losing out on growing hemp as a crop. The money that would be going to U.S. farmers is going to farmers in other countries. Meanwhile, U.S. family farmers are struggling to survive.

With a legalized industrial hemp farming we could also stop cutting down our forests for paper and plywood. Hemp paper is stronger, lasts longer, and is more recyclable than wood pulp paper. Hemp has longer and stronger fibers than wood. Fiberboard made with hemp is four times stronger than fiberboard made using tree wood, and is less susceptible to rot and infestation.

By the eighth-century the hemp papermaking techniques from China had spread to Arabia and Persia. In about 1150 the Moors started manufacturing hemp paper in Spain. Hemp



paper was used in the first printing presses, bringing humanity out of ignorance and into mass education. In the 1400s Johan Gutenberg took the idea of the Chinese woodblock printing process and created his famed printing press. He used the printing press to print the first printed Bible on paper made from hemp rags and other plant material. Over the next several hundred years hemp paper was also used to publish political statements, fueling the revolutions.

In North America, hemp was also used to create paper. Hemp farms were often run using slaves. As slavery ended, and the demand for paper grew, it became cheaper to use the plentiful trees from forests to create paper.

Now there are machines that can be used to break down the hemp fiber into the pulp used for paper. Processing hemp for paper is also safer for the environment than using trees, and this is so because of the chemicals needed to process the tree pulp into paper.

Now that the machinery exists to more easily process hemp into paper, cardboard, fiberboard, and plywood, it no longer makes economic or environmental sense to keep destroying our forests to create those products when we can be using hemp.

Hemp is believed to be the first crop that was used to create fabric. Evidence of this has been found in China where hemp fabric and rope has been unearthed in settlements believed to be over 10,000 years old. The use of hemp fabric brought about the end of using animal skins as clothing.

Hemp was used in the first fabric sails that allowed humans to travel the seas. And the ropes that were used on the ships were also made of hemp fiber. The lamps on board were fueled with hemp seed oil. Hemp oil, resin, and fiber were used to waterproof the hulls and decks.

Before the Northern Africans spurred the Renaissance, the Genoans and Venetians were cultivating large fields of hemp to make fabric, cordage, and sails. With their uses of hemp they dominated the trade routes. When the sails had served their purpose and been worn by the wind, rain, and sun, they were turned into clothing, tablecloths, painters' canvasses, and paper.

Cotton had become more popular after Eli Whitney invented the cotton gin, eventually leaving hemp fabric behind as more tedious to produce. Before the cotton gin was invented, cotton fabric was less than 10% of the fabric being produced in North America. The rest of the fabric was largely made of hemp grown in all regions of the settlements in both the north and the south. The first American flags were made using hemp. The tarps that covered the wagons were made of hemp.

After the cotton gin, cotton became king of the south on the backs of slave labor. At the same time, the hemp farms of the north began to close down, or to transition into other crop farms, or animal farms.

At least until the hemp decorticator was invented in 1917, there was no real way to process hemp on a large, industrial scale without using hard labor. When the hemp decorticator machine was invented, various industries recognized hemp as something that could damage their profits. Leaders of industry worked with government employees to outlaw hemp in the U.S., quickly eliminating hemp as a competitive product.

When you consider that cotton uses enormous amounts of water, and that cotton farming uses more pesticides than any other crop, and that an acre of hemp provides more fabric-

making material than an acre of cotton, you can get the idea of what hemp can do to benefit farmers, local economies, and the environment.

Hemp is a crop that grows easily without the pesticides and fertilizers used on cotton. Unlike cotton, hemp can be grown in every region of the U.S. Hemp uses much less water than cotton. Hemp can be made into a variety of fabrics that easily can be stronger, softer, and warmer than cotton. Hemp can also be made into more varieties of fabric than cotton can provide, and not just the rough, potato-sack material that people visualize when they think of hemp. Hemp can also be combined with bamboo to create an amazingly soft and sturdy fabric that is both softer and sturdier than cotton.

Hemp farming has been legalized in a lot of states, including Vermont and North Dakota. Even though hemp farming is legalized in various states, the federal government continues to prevent U.S. farmers from growing hemp. You can contact VoteHemp.com to find out more about the laws states have passed to allow farmers to grow industrial hemp.

The hemp market already exists. You can walk into any natural foods store, and an increasing number of mainstream grocery stores, and find products made from hemp. Hemp contains more omega 3 fatty acids and tastes better than flax. Hemp seeds and its oil can be used in a variety of foods.

There are a number of industries that already use hemp fiber in the U.S. These include companies that make rugs, clothing, curtains, and the sound insulation boards of trucks and automobiles. Many vehicles also contain carpeting and seating fabric that is made partially of hemp.

Today's farmers are struggling. And the high price of fuel is creating more of a strain on farmers. Why not allow them to grow hemp? Farmers' fuel co-ops could press the seeds into oil, which could then be used to run the diesel engines in the farm machinery that largely run on diesel fuel? The hemp plants could also be used to make ethanol, which could be sold to regional gas stations. That alone would reduce pollution and be greatly beneficial to the environment and local economies. We shouldn't be importing billions of gallons of petroleum from other countries to then refine and use as fuel for farm equipment when we could be allowing farmers to grow their own fuel, and for lower cost.

Throughout history, hemp has been used to transform human culture. It is time for a hemp renaissance. Not only does it need to happen in the U.S., but also it needs to happen around the world. It will localize our economies, improve our condition, and make us less dependent on imported goods and services. It will help us break our ties to the corporate giants that rely on our money for their tremendous profits. ❁

Resources

Documentary: The Hemp Solution TheHempSolution.com.au

Book: Marijuana & Hemp: History, Uses, Laws, and Controversy, by John McCabe

Canadian Hemp Trade Alliance: HempTrade.ca

Hemp Industries Association: TheHIA.org

Hemp Nation: HempNation.com

Hemp Oil Canada: HempOilCan.com

Hemp Stores: HempStores.com

Hemptydoo: hemptydoo.com.au

Margaret River Hemp Co.: hempco.net.au

Nutiva Hemp Foods: Nutiva.com

Seattle Hempfest: HempFest.org



Poetry: The Mystery-Presence by Benedict Goldsmith

The thrushes voice
Heard in the glen
A single cry
Aah, so sublime!
That now I know that for you is that gateway
Which is the space-articulation of the budding branches
To a more than crystallinity
Even as the heart-precious essence of the winter-time!

Lost in the enchanted forest-realm
Entranced by the beauty of the cosmic moss
For a moment I'm incarnated there within
Even where the notes of birdsong from outside
Appear as tiny colourful birds of this paradise of vivid green!

Sleeping in the forest-village
Awoken by the first bird of the morning
Hearing your song, oh little bird, I utterly cease to exist!
I am reborn from your vast and open beak
In blessed pain
As a note of pure light!

In the shadow of the forest
Where sports the little wolf
Lulled by the play of cosmic pollen;
Amid the wild flowers
Where the cricket song evokes
A more than crystallinity
As the space-articulation of the beauty of fragility,

Enfolding me, I swirl
In the shining flower meadows
Like a living one
Like a dead one
Beyond bliss, incarnate ecstasy!
Like a child, before the forest of the mystery-presence!

Digging in the garden which lies before the forest
Of a sudden All things become a forest
My flesh, this woollen jumper

This clod of earth is a black forest
From whence emanates the birdsong
And, when focusing on the silence,
As the joy- thrills of the consciousness
In surrender to this Beauty!

Deliciously lost amid the shadows of the trees
Until I come across my own countenance..... Aah, sublime!
Reflected like a sigh in the stillness of the forest pools
Even as the ineffable image evoked
In the stillness of the mind
By a single note of birdsong
While sitting in the forest!

Lying on the grass
With a thousand dew drops of surrender
Like birds in the orbs
Of the silence of their songs
And a single bird is singing
In the air above,
From the world of the living
Calling me unto the forest of life
Like the voice of a woman.

But I do not rise
I close my eyes
And it is in such a sweetness, oh forest
You are sharing so many heart-secrets with my heart
Like sweet-coloured dewlight arising
But, thrillingly,.... in a motionlessness
Of the dark and lovely.....,
From the fecund richness of your mystery presence!

In the forest- village there is a cherry tree
In the centre of the aura its presence poses,
A space immaculate for Wonder,
Breaking from black poiselessness,blossom white
Is blowing, brooding with the charge of meaning
Of the undeniable power of the Aloneness of pure Being
The merciless beauty of the sublime loneliness of the Heart!

RFD (Raw Food Dude)

by Sally Holloway

RFD finds a big fat mung bean in his tray of alfalfa sprouts.



He wonders if it will become like a cuckoo in a nest and throw out the other sprouts.



Or grow into a big bean stalk that the other sprouts can climb up and escape the tray!



But in the end they all grow in harmony and he pops them in his salad.



Funky Raw Shop

re-awakening * re-discovering

Fast Free Delivery on orders over £50
(to UK Mainland only)



Wide range of superfoods including maca, suma, purple corn, vanilla powder, chlorella and spirulina



Comprehensive range of flax crackers and breads from Broadberry's and Raw Health.



Traditional foods: high vitamin butter oil and fermented cod liver oil.

Selection of seaweeds, including a new range of fresh seaweed - sea spaghetti, royal kombu, wakame + dulse.



Raw chocolates and ingredients to make them yourselves. Cacao powder, butter, and liquor, carob, mesquite, yacon, etc.



For your raw kitchen: chocolate molds, sprout and milk bags, Vitamix blenders

Order now online at

www.funkyraw.com/shop