

The Funky Raw

Issue 21 - Autumn 2011

Healthy eating for everyone

magazine

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Healthy Raw Recipes • Holistic Health • Personal Development

From the Editor



To continue on from last issue, the raw cafe in Norwich is now open, full details are on page 4. And another raw cafe will be opening in London on Oct 26th, again see page 4 for the details.

It's wonderful to see the number of raw cafes and restaurants growing, I hear that there are now raw restaurants in Riga (Latvia) and Vilnius (Lithuania), but apart from in major cities it is still quite difficult to eat out raw. I was talking to a friend about this a little while ago and we came to the conclusion that the way forward is for existing establishments to start offering raw options, in the same way that virtually every restaurant in the UK offers a vegetarian meal. I know Shazzie did something about this a while ago, a free ebook for you to print out and give to local restaurants www.shazzie.com/divinity/raw_britannia/ with recipes they can use. Maybe also just asking if they have any raw dishes on the menu at as many places as you can will show them how much demand there is for raw food...

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

Cover Artwork

by Tracy Villa Carrera.

Illustration by Tracy Villa Carrera oil on canvas pays tribute to two 'health heros'. Dancer and raw vegan Tonya Kay and Dr. Paul Stamets medicinal mushroom expert.

Illustrator and fine artist Tracy Villa Carrera continues to create work celebrating empowering food choices in her paintings and illustration work. She lives and works as a fine artist and illustrator in Albuquerque, New Mexico USA. Her email is www.tvcarrera@live.com. To see more work from Carrera please visit her on Facebook.



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.

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 important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. Soak before use to aid assimilation and remove anti-nutrients.

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 use unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Raw egg yolks are nutrient dense, buy them direct from a local farmer.

Some people need more animal foods, organ meats such as liver are nutrient dense. All animal foods should be from animals eating their natural diet, eg grass for cows.

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 - 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: **12th Dec 2011**.

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

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

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

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Advertising

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

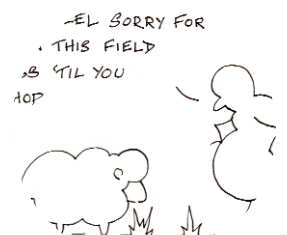
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www.ink.uk.com



Contents

- 2 Intro from the editor and cover artist
- 2 What is raw food? - the basics and recommended diet
- 4 Raw News - new raw cafés, raw business for sale and more
- 5 Gatherings and potlucks - Share your raw life with new friends
- 6 Workshops, talks and events where you can learn more raw
- 7 Jessie reviews Tanya Alekseeva's seven day detox eBook
- 7 Rob reviews raw brownie Yummie Scrummie
- 8 Yoga for pregnancy DVD review by Sarah
- 9 Sarah reviews a raw chocolate selection box
- 10 Raw recipes including mint chutney, red pepper soup, tabouleh, spicy kale chips and ginger cookies
- 13 Terri gives us 10 ways to connect kids with nature
- 14 Nicola's experience of what and how to eat raw in Peru
- 16 An extract from John McCabe's book Sunfood Traveller on how to make compost - the different methods and what to include
- 18 Aranya's response to last issue's earth ing feature - experiences with earthing technologies and barefoot running
- 20 Joe answers the question "Does eating a high raw food diet cause spleen qi deficiency?"
- 21 A humorous look at foraging for seaweed with Mike
- 22 Is ultra sound scanning during pregnancy necessary?
- 23 Rob discusses how to start your own potluck
- 24 Elwin explains how to stick to decisions you make
- 26 Joe and Fanny answer the question "What is Rebirthing?"
- 28 What our eyes can reveal about our health - Susan on her love affair with Iridology
- 29 How to make your own bath melts with Rebecca
- 30 Dawn tells us why she stopped living by the clock
- 32 Pete Vincent says "It's not what you do... It's the way that you do it!"
- 34 How to use 30 day trials for personal growth with Steve Pavlina
- 36 Raw humour with our woolly cartoon special
- 38 Poetry from Sarah Ince
- 39 Rob asks "Is it natural to cut our hair?"
- 39 *Raw Food Dude* cartoon from Sally



Raw Business For Sale

Raw food pioneers Broadbery's are looking to sell the company outright, or a portion of the company to an incoming investor.

The brand was the first raw cracker to appear on the shelves of wholefood shops, and now has a strong portfolio of retailers stocking the brand - including Wholefoods Market, Planet Organic, Harvey Nichols, Budgens and Holland & Barrett.

Altogether there are 17 products within the companies portfolio. Many new and unique recipes are ready to be launched.

The business has strong infrastructure in place and a big commercial kitchen in Leyton/Clapton.

The buyer or investor/partner would be buying into a well established raw food brand with a strong retail network, and would take ownership of the recipes and formulas for existing and future products.

If you are interested or for further information please contact Dustin Broadbery at revolution@broadberys.co.uk

Raw Milk Deliveries

At last, raw milk is becoming easier to get hold of in the UK. **Hook and Son** are now offering a national delivery service which includes raw milk, raw butter and raw cream. They also offer a local delivery service in reusable glass bottles in the Eastbourne area.

01323 449494 or teresa@hookandson.co.uk

Order online at www.hookandson.co.uk

Dreamers Farm deliver raw Jersey cows milk in the Glastonbury area.

01749 850016 or email sales@dreamersfarm.co.uk

www.dreamersfarm.co.uk

30 Year Study finds in favour of organics!

Yes, I know we probably don't need a study to prove to ourselves that organic food is better, but sometimes it can be useful to help convince other people. The Rodale Institute has done a 30 year study comparing organic and conventional farming side by side and has come to the following conclusions:

- Organic yields match conventional yields.
- Organic outperforms conventional in years of drought.
- Organic farming systems build rather than deplete soil organic matter, making it a more sustainable system.
- Organic farming uses 45% less energy and is more efficient.
- Conventional systems produce 40% more greenhouse gases.
- Organic farming systems are more profitable than conventional.

The full report can be downloaded for free from www.rodaleinstitute.org/fst30years

New Raw Cafe in Norwich

The Nectar is a new mostly raw cafe in Norwich serving healthy lunches, smoothies and juices. All ingredients are ethically sourced with the emphasis on organic, seasonal and local produce.

They have their own herb garden so fresh herbal tea is always on the menu. Regular workshops in raw food preparation are also offered.

Hours: Tue - Sat: 10:00 am to 5pm

16 Onley street, Norwich, NR2 2EB

07913758088 www.tinyurl.com/thenectar

New Raw & Wild Cafe in London

The **Wild Food Cafe** will be opening in Neal's Yard, Covent Garden on Oct 26th. For the last few weeks they have been running preview nights on Saturdays, I was lucky enough to be in London for one, a 3 course set menu of Indian food. The food was wonderful, creative and full of flavour. The chai cheesecake was amazing, combining a chocolate topping, creamy cheesecake and a base with Indian spices.

I got a chance to talk to Joel about the ideas behind the cafe. He said they want to focus on the best tasting and highest quality foods, using wild food where possible. They will serve a wide selection of foods, including a salad, soup and curry of the day, burgers, pizza, lasagna, Thai, falafel, etc..

The food will be mostly raw but with some cooked options, eg the curry I had was raw and came with a choice of either raw 'rice' or cooked real rice.

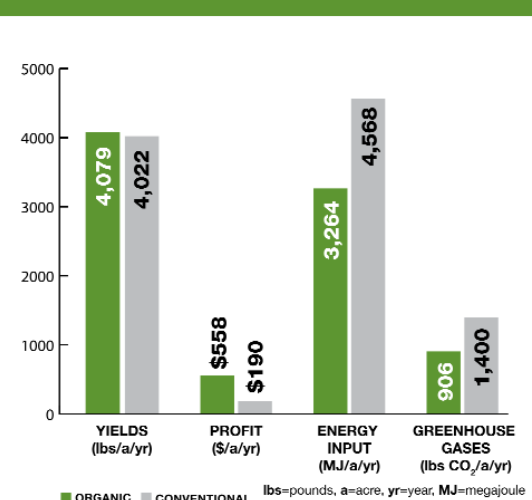
Planned hours: Sun - Fri 11am to 4pm, Sat 11am to 10pm.

1st floor, 14 Neal's Yard, Covent Garden, WC2H 9DP

www.wildfoodcafe.com

www.facebook.com/WildFoodCafe

COMPARISON OF FST ORGANIC AND CONVENTIONAL SYSTEMS



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 (see page 23).

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 upcoming events:

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

Stirling

See website for details of future events:

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

Glasgow

Mon 17th October, 6.30pm at the Flying Duck, 142 Renfield Street.

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

Hebden Bridge

Meetups and wild food walks
Facebook: www.tinyurl.com/rawhebden

Leeds

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

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

Bristol

Fancy Dress Halloween Pot Luck Saturday 29th October 7-10pm, 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.

Southampton

A fortnightly pot luck on Sundays 12-3pm. Dates and themes: 23 Oct Gravy and all the trimmings, 6 Nov Warming Winter classics, 20 Nov Best dish from your favourite book. 4 Dec Create the most unusual dish from the most basic veg or fruit, 18 Dec Christmas Party and anything goes for your masterpiece.

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

Sunderland/Newcastle

The 2nd Sunday of every month 12.30pm at the Quaker Meeting House, Sunderland, SR6 9PG. For more info contact Madeleine on emvz53@gmail.com

Also 4th Tuesday of every month in Newcastle, 6-8pm
www.tinyurl.com/nerawmeet

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: See the website for details of next meetup:
www.meetup.com/northlondon-veganorganic-rawtreat/

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

Brighton

To find out about potlucks in Brighton, visit:
www.tinyurl.com/rawbrighton



Title	Details	Description	Contact
<i>Simply Raw</i> film showing and raw buffet	Thur 27 Oct, 6 to 9pm Fifth Dimensions Cinema, 56 Fishponds Road, Bristol. £5	<i>Simply Raw</i> is a film about how a group of people cured themselves of diabetes in Arizona. Buffet of raw tapas and desert.	Sarah 07508 246082
Dr. Gabriel Cousens at Bio Cultura Madrid	Thur 3 to Sat 5 Nov Pabellón 6-IFEMA Campo de las Naciones, Madrid	Gabriel Cousens in Spain for the 1st time. Saturday's intensive workshop will be in English with Spanish translation, the rest will be in Spanish.	(+34) 958 771 310 www.lotusunion.com www.biocultura.org
Vitality, Longevity & Genius Conference	Fri 4 November 8:30am to 10pm Friends' Meeting House 173 Euston Road London £97 or £239.99 for 3	With Dr John Demartini star of <i>The Secret</i> , author of over 40 books, pioneering vitality expert and personal development authority; David Wolfe pioneering nutritionist, raw food star, author, herbalist; and Dr David Hamilton biology and belief specialist and wellness researcher.	vitalitylongevitygenius.com
Detoxing, Juicing & Naturopathic Techniques	Sat 5 November 10.30am to 1pm Bristol £35	Learn about the health benefits of juices & blended juices, how to incorporate into your daily routine, equipment to use and which recipes to try coming into winter.	www.annamiddleton.com
RawMasters 2 - Supergreens	Sun 6 Nov, 10am – 3pm The Studio House, 165 Battersea Rise, Clapham Junction London. £145	Raw Food for Winter - how to eat your greens and rawfood meals for the autumn and winter season. Warming ingredients; warming techniques and personal experience in warming up for winter.	sandhya@fooddots.com www.fooddots.com
Blackheath Holistic & Wellness Fayre	Sat 12 Nov, 10:30am to 5:30pm. Quaker Hall, Blackheath Village, Lawn Terrace, London. Free entrance	An inspiring local community Holistic and Wellness Fayre - taster massage therapies, energy healing, meditation and more. Talks on: Sound & Voice Healing, Fitness, Nutrition, Stress.	tinyurl.com/bhwelness
Comforting Raw Foods for Winter with Tanya Alekseeva	Saturday 12 November 11.30am to 2pm Chelsea SW3, London £55 each or £100 for 2 people	Secret recipes, tips and tricks for staying warm, healthy, glowing and nourished during Winter. Learn how to make Warming Avocado Fries, Cheesy Carrot Salad, Curry in a Hurry, 'Rice', 'Never miss meat' Stroganov, Mashed 'Potatoes', Apple Pie and Spiced Hot Chocolate	Tanya 077 6057 7459 tanya@betterraw.com www.betterraw.com
Winter Warmer Lunchtime Workshop with Anna Middleton	Saturday 26 November 11am - 2pm Bristol £40	Find out how to warm raw foods and how to mix raw with cooked foods during winter. Sample & learn how to make: Spiced apple tea, goji cookies, miso & root soup, spicy thai salad, courgette & onion bhajis, fruit crumble & hemp cream and more	www.annamiddleton.com
RawMasters 3 - Supersweets	Sun 4 Dec, 10am - 3pm The Studio House, 165 Battersea Rise, Clapham Junction London. £145	A class of pure indulgence and simply tasty health. Recipes such as pancakes, fruit leathers, crunch bars, snack trails, crackers, crisps and much more, including ideas for Christmas.	sandhya@fooddots.com www.fooddots.com
Raw Christmas Canape & Cocktail Party	Saturday 17 December 7pm to midnight Bristol. £35 or 2 for £60	A dressy evening full of music & games. A festive occasion to socialise and enjoy raw catering. Treats to include chia caviar and peppermint creams. Recipes provided.	www.rawfreedom.co.uk www.annamiddleton.com



Purified: 7 Day Detox Program by Tanya Alekseeva

Purified is a simple and fresh detox guide from Tanya Alekseeva. The design of the eBook is clean, clear and easy to read. Tanya's energy and enthusiasm is evident and inspiring all the way through this how-to, which begins with a letter to you, introducing the book and explaining how Tanya has made everything as simple as possible for a 'smooth' detox.

After explaining what detox is all about and how this is not a diet, Tanya lists her principles for success and outlines all the essentials for beginners: what to avoid while on the detox, such as caffeine, about emotions discharging, and other detox symptoms that may come up and how to minimise these.

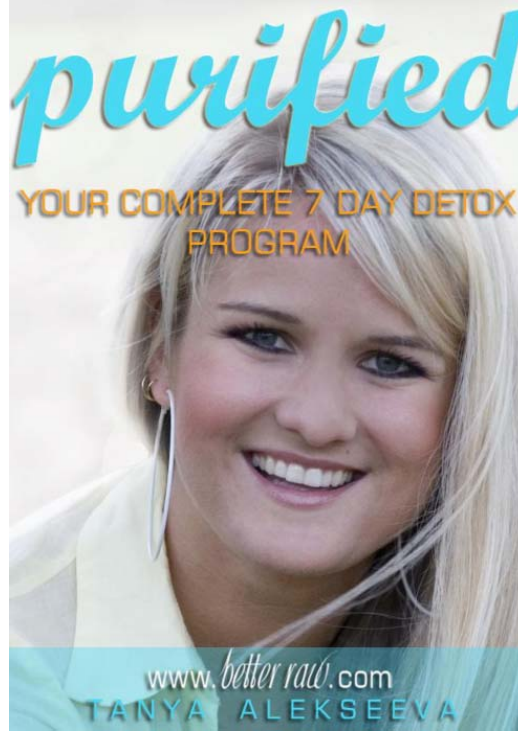
Next Tanya offers her guidelines for making the detox easier and more successful. Reading through, a lot of these are very important but not necessarily obvious to beginners, such as shopping ahead of time, booking massage and other appointments, and clearing out cupboards of tempting junk foods, etc..

A section solely on liquids comes next, then on snacking, affirmation and intention, and finally detox support aids such as colon cleansing and skin brushing to maximise the detoxing results you'll be experiencing through the cleanse. Tanya gets us so well organised! Tanya's list of daily rituals then follows: waking and going to sleep with our affirmation, water on rising, checking in with ourselves to see how we feel during the day, etc..

After equipment essentials, comes the recipe 'plan'. This book just gets better and better as you read it. One thing I really liked about this guide is how there are actually two

eBook Review by Jessie Maguire

complete plans: one for the budget detoxer, and another more luxurious program, including superfoods galore and all sorts of exciting things to indulge in ?. The recipes in both programs look delicious, but the preparation time for all of them is under 30 minutes.



Sauerkraut, energy balls and cashew cream recipes come first, and then the day by day detox menu begins ?. Green smoothies appear most days for breakfast, followed by lunchy salads, soups, and inspiring evening creations like Stuffed Collards With Cream, Tacos with Salsa and Cream, Cauliflower Mash with Mushrooms, Falafel Ball Pasta, Indian Curry with Rice.... Yummy!!

The luxury menu includes Veggie Stir-Unfry, Tacos with Salsa and Cream, Kale and Goji Salad, Pesto Pasta, Thai Hemp Curry with Rice.... It is truly luxurious!! Following the

recipes, Tanya offers her tips for keeping your level of health high, recording how you feel, etc..

Overall, I really like this eBook. Although pictures of the recipes would have been great, everything you need is here to do the detox happily and feel well supported on your way. A recommended eBook.

Available from www.betterraw.com

Yummy Scrummy by Elements for Life



Wow, this was delicious! A chocolate brownie with a chocolate topping with the perfect brownie flavour, coming from the well chosen ingredients including walnuts, Brazil nuts, goji berries, raisins and dates. Plus it looks great too!

For anyone strictly raw, this product does contain Sweet Freedom which is a natural fruit based sweetener that isn't raw, but the other 95% of the ingredients are raw.

Review by Rob Hull

It's just won the Taste of the West Gold award, so another vote for how good it tastes.

For more information and to order, see the Elements for Life website:



www.elementsforlife.co.uk



Pregnancy Health Yoga with Tara Lee

eBook Review by Sarah Ince

During my own pregnancies, I used a video by Racquel Welsh – Hatha Yoga, and it really helped me through all stages from pregnancy to post birth, to keep my body fit. I was intrigued to see what progress had been made in DVD videos since that time (over two decades ago). I am amazed, and only wish this DVD had been released all that time ago.

Tara includes the mention of the baby, which was something missing from the Video and records I practiced all that time ago...it feels more appropriate to view your body with reminder to the baby, rather than just a different shape body that happens to have a bump shape, and that you must strive to keep fit at all costs, whereas the DVD with Tara is much more holistic, embracing all aspects of the changing body during pregnancy. The backing music is delightful and I prefer it so much to what I previously experienced, mesmerizingly beautiful, soothing and magical sounds that have a rhythmic effect, hence keeping you both alert, aware and relaxed. The narration includes awareness of the baby in your womb and that your baby is aware of sounds from 20 weeks!

I'm totally enchanted by the beauty of the movements that Tara shares through "Pregnancy Health Yoga" DVD. Positions that are optimal for labour are discussed, which is a great idea to include such with an exercise yoga DVD. The exercises are thorough, but not likely to over exert you. Alternative positions are often suggested, depending upon bodily health and the size of your baby bump. Postures are shown from the front and the side, which really helps to ensure that you have correctly positioned yourself into the yoga posture. You are instructed upon which postures are fine for certain stages of pregnancy, and which are not. This DVD is certainly thorough in covering all aspects of guidance! Options are included if you are feeling dizzy, so ideal for all moments!

You are advised which movements are only suitable if you are very well established in your yoga routine prior to pregnancy, which I felt was very helpful guidance.

I believe that the thorough routine is necessary to build strength for child birth, and to carry your baby internally with ease as you increase in size. Tara's guiding voice is soothing and supportive of your journey through the DVD. She gently instructs you, guides you, and shapes your practice.

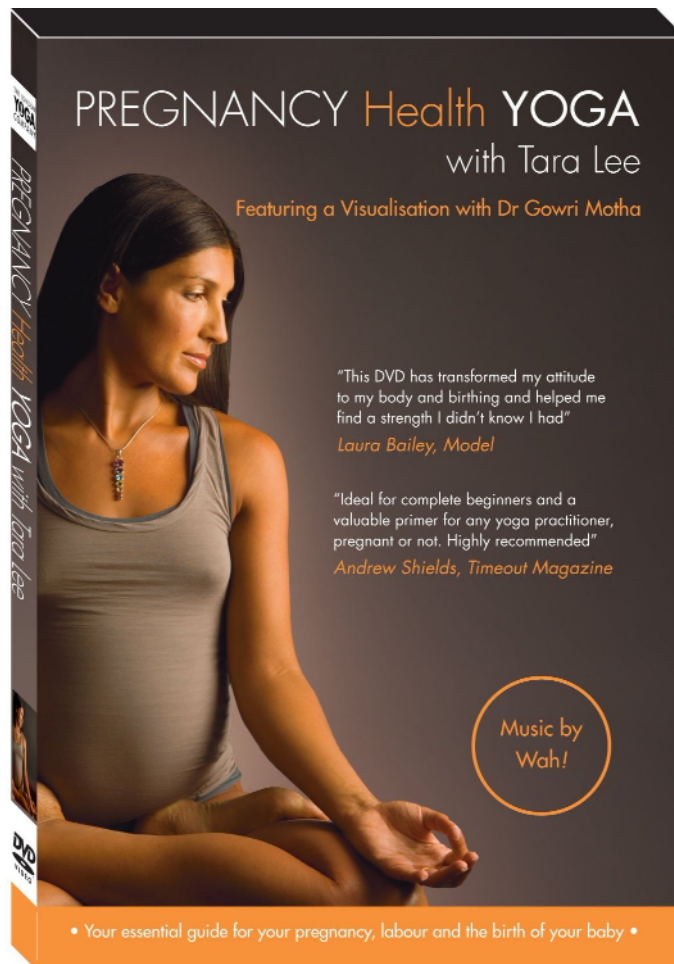
The relaxation exercise are deeply calming, and this review is from a meditator of nearly three decades! Included is a beautiful visualisation that includes sending love to the baby in your womb – how sublime! This is the best relaxation pregnancy section that I have ever seen, and the same applies to the DVD generally, too! Look no further as this DVD contains it all, including music by Wah! Advice is included at the end of the DVD, providing a loving and caring comple-

tion to your time with Tara! I love this thoughtful inclusion!

Note: I have not practiced this DVD as a pregnant woman, however, my memory of my body as a pregnant woman, and the previous exercises I completed at that time on a daily basis, are all crystal clear, and I wish strongly that this DVD had been available years ago, as I know the fitness maintained during pregnancy helps during this stage, during labour and allows your body to retain strength following birth.

RRP £14.99. Preview and purchase at www.taraleeyoga.com

More reviews from Sarah at www.ecoluminescence.com



Chocolate Selection Box by Anna Middleton

Review by Sarah Ince

The selection box comes in a small white box, beautifully packaged, chocolates that are made with love and care. The first chocolate to be tested was the ginger, mint and suma, it comes wrapped in mint green colour foil, and inside is a miniature chocolate bar. The taste combination of the ginger mint and suma raises all three ingredients to new heights, neither one overpowering the other, but delightfully complimenting one another:- only complaint was that it did not come in a full sized chocolate bar! (Perhaps that may be for next time?). The chocolate itself is one of the most perfect blends I have experienced thus far in the world of raw chocolate, being creamy - but not oily, and tasting of...well..chocolate (not overpowered by other ingredients).

Next to be tested - the Citrus Zest, purple corn, he shou wu and chlorella. As I bite into the chocolate, I'm overtaken by a taste sensation explosion... how unprepared was I! A smooth and silky, creamy chocolate, with an evident zesty zing that welcomes you on the first bite, and tantalises your taste buds after you have finished. This left me searching for the ingredients of this wonder chocolate, as I'm sure there was some cherries in this chocolate? Most delightful either way!

I've already come to the conclusion, just 2 chocolates into my review, that Anna Middleton, the creator of these marvellous chocolates, has a definite affinity with chocolate making, and some skill with herbal/flavour blending! Finding the perfect chocolate in the raw food world has been a search, but I have no hesitation to give those blessings to Rawsome!

Next on my list to test, is the beautiful magic superhearts. I was wondering if this flavour sensation would weave through the whole selection box. Containing Ashwanga, he shou wu, maca & purple corn, I found this chocolate to

have a very earthy taste, but earthy in a good way - a deep slightly sweet flavour - with the depths of the superfoods creating an earthy delight upon your taste buds!

Followed by...the fruit and nut duo with mesquite, lucuma, maca and yacon. Lightly fruity and lightly nutty, but not overpowering, as you will find in most fruit and nut bars...this is more of a delicate blend with a coconut aftertaste.

The chocolates are more like a nutritious and filling treat that sustains you, rather than the usual sugary treats we may have known in the non-raw food world.

Next onto the Vanilla maple with fudge centre. This chocolate is very lightly flavoured - a gentle vanilla with a hint of maple. The fudge centre was mixed with the almond butter and superfoods - a semi-liquid centre - the first in the box thus far. Once again, superfoods give a superboost, and you feel it directly after eating this tasty chocolate!

Also includes reishi mushroom. Careful how you eat this liquid centre chocolate, or you could end up in a mess! ;-)

And lastly, but not least - is the orange cashew truffle. This chocolate tastes predominately of orange, followed by the cashew, and the purple corn gives it an edge, the vanilla brings out the orange flavour to a creamier orange, and the He Shou Wu gives the superfood kick into the equation! Rawsome! truffles are the nearest I have experienced to the traditional chocolate texture and taste of non-raw food truffles, yet you know you are eating with consciousness and awareness to your body's nutritional needs.

Order from www.rawsome.co.uk

More reviews from Sarah at www.ecoluminescence.com



Recipes

Mint Chutney

Indian food has always been on my "favourites" list and that includes the main dishes, the naan, the condiments.....you name it. Chutneys are so easy and quick to prepare and they can be raw so, unless I decide to go back to consuming cooked legumes or grains, an occasional side dish is what's left for me.

Like all the dishes in India, I'm sure this has dozens of variations to it as well. Every family has their own recipes for preparing dhal and condiments, and whether something is made in the northern half of the country or down south, will further enhance the uniqueness of the plate. My dear friend from India says just to make sure to include something sour and something spicy! This recipe is a simple one with more common ingredients but you could use tamarind paste instead of lemon juice, you could add ginger for an extra kick, and if you must leave out the garlic, I suppose you could use onions.

Ingredients: (Makes approx ¾ cup)

Juice of 1 lemon
1 large bunch of coriander (cilantro)
few leaves/handful of fresh mint
1 sliced serrano pepper
2 cloves peeled garlic
sea salt to taste
ground cayenne pepper (if you like it spicy)
splash of water (to help the blender get going)

Directions:

Cut up the coriander into smaller pieces and place everything in a blender. Process the ingredients until the mixture becomes smooth and no chunks of veggies are left.

Serve it as a dip with chips or crackers, or as a side dish to go with dinner. If you eat fish, this would be a good condiment to have on the table because cilantro has very powerful chelating properties. Seafood can contain high levels of mercury and other heavy metals, which coriander can help excrete from your body.

What do I do? I like to keep it simple...I just grab a pile of my favourite crackers and scoop it all up in a minute! It is such a yummy, spicy, and green snack!



by Dita - www.rawfoodfortruth.blogspot.com

Kale Salad - A bowl full of vitamins!

Kale is very popular in our house. We eat a big bowl of kale salad at least two times a week.

Kale, like most dark leafy greens, contains an abundance of easily absorbable iron and calcium. We use raw tahini in a lot of our dressings and other recipes for the same reason: high calcium and high iron content.

According to www.nutrition-and-you.com "Kale, like other members of the brassica family, contains health promoting phytochemicals, sulforaphane and indole-3-carbinol that are appears to protect against prostate and colon cancers."

Until recently, I always cut the stems out of the kale leaves, because I thought my children preferred the salad that way. One day, however, I was in a rush and chopped up the kale, stems and all, and they still devoured it!

Ingredients:

(These are approximations, you can change the ratio of tahini, honey, and vinegar depending on whether you like a sweeter/more sour/creamier dressing).

Kale (we use 3-4 bunches per 7 people)
1/4 cup Hemp seeds (optional)

Dressing:

3 heaping spoonfuls of Raw Tahini (or other nut or seed butter)
1/4 cup Raw Apple Cider Vinegar
3 tablespoons of honey



Directions:

Chop the Kale into small strips and place into a bowl.

Add hemp seeds (optional)

Put Tahini, honey, and vinegar into a jar.

Mix thoroughly with a spoon.

Pour dressing mixture over salad.

Mix thoroughly. Make sure each piece is coated with the dressing.

Serve, and enjoy!

by Jinjee - www.thegardendiet.com



Giant Ginger Cookies

I came up with these cookies as I fancied something zingy and crunchy – they are the raw equivalent of ginger snaps!

They're extra special because of the natural ingredients in them – no sweetener, no dates – it's the apple and raisin that gives them their yummy sweetness...AND they are completely fat free!

This recipe makes 6 giant cookies about 11cm wide and 1 cm thick

Ingredients:

300g/10½oz/2 cups buckwheaties (sprouted and dehydrated buckwheat)

140g/5oz banana (this is about one large banana)

1 apple (I use a crispy red, like stark or gala)

70g/2½oz/½ cup raisins

2 inches fresh ginger

1 level tsp cinnamon

1½ tsp dried ginger



Equipment:

Food processor or mini-food processor, dehydrator

Method:

Measure out half of the buckwheaties (150g/5¼oz) and place them into a mixing bowl.

Using a processor, grind the other half of the buckwheaties to fine flour. Add them to the mixing bowl.

Add the dried ginger and cinnamon to the buckwheaties, along with the raisins (making sure they are separated). Mix these dry ingredients well.

Break the banana into pieces and process it until it is liquid.

Peel and chop the ginger then core and dice the apple. Add both to the banana liquid in the processor. Process until smooth and well-combined.

Combine the liquid with the dry ingredients in the mixing bowl until you have a thick, sticky cookie like dough.

Using a dessertspoon scoop up about a 1/6th of the mixture. Form this into a ball-shape, using the sides of the bowl to help.

Place the ball of dough onto the paraflex sheet of your dehydrator and, using the back of the spoon, gently pat it down to form a round cookie shape that is about 1 cm deep and 11cm across.

Repeat until all the mixture is used, then dust the cookies lightly with cinnamon.

Dehydrate at 41C/105F for 12 hours. Then turn them – removing the paraflex. Dehydrate for further 6 hours.

by Alison Ottaway - www.pathlesstrodden.com

Sticky Chocolate truffles

½ cup Pine Nuts

½ cup soft dates tightly packed,

¼ cup cacao powder

Process all ingredients in a food processor. If it doesn't bind add 1tbs agave if you have a sweet tooth or add water to blend 1tsp at a time. This was like a truffle filling and would go great in raw chocolates. I then played and added ¼ cup shredded coconut for texture before rolling into balls.

Great for those who cannot cope with hard fats as Pine Nuts are high in protein, and according to the internet: Pine nuts are nature's only source of pinoleic acid, which stimulates hormones and helps diminish your appetite.

Pine nuts have the highest concentration of oleic acid. That's a monounsaturated fat that aids the liver in eliminating harmful triglycerides from our body. That helps protect our heart.

Pine nuts are packed with 3mg of iron per one ounce serving. Iron is a key component of hemoglobin, the oxygen carrying pigment in blood that supplies energy.

They are rich in magnesium which helps alleviate muscle cramps, tension and fatigue.

Anna Middleton - www.annamiddleton.com

Raw Red Pepper Soup – Serves 2

Ingredients:

1 romano pepper, deseeded and chopped

1 small courgette, chopped

Juice of 1 lime

1 date, pitted

2 tbsp tahini

1 tbsp tamari

½ white onion, chopped

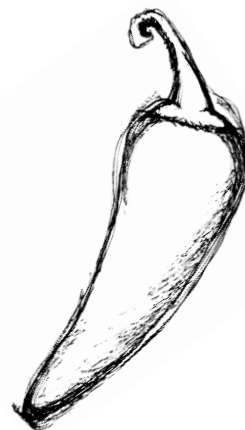
½ tsp dried oregano

Dash of cayenne pepper

Sea salt and black pepper to taste

2/3 cup water

Blend and enjoy!



by Karen Shephard

Power Drink

1 avocado

1 banana

1 tsp wheat grass powder

3 cups of water

1 tsp stevia

Blend all ingredients. Enjoy

by Jennifer Beattie



No Cacao Chocolate Recipe

I love chocolate! I think most people do, and that is why you will see raw cacao being sold on most raw vegan websites nowadays. I personally have a bad reaction to it. Luckily, there is a replacement that is just as delicious, and much less expensive: Carob! You should be able to find it in your local health food store.

The key to staying raw long term is finding recipes that you like as much or better than your favourite cooked foods. This recipe tastes better than any chocolate out there!

Ingredients:

4 tablespoons Raw Almond Butter
2 tablespoons Raw Honey
1 tablespoon Raw Carob Powder

Directions:

Put the almond butter, honey, and carob in a jar or bowl and stir well.

Roll into balls (or other desired shape) and serve!

It really is as simple as that.

by Jinjee - www.thegardendiet.com

Raw Food Kale Chips - Hot 'n' Spicy

2 heads of kale, wash and tear leaves from stems
¾ cup sesame seeds and olive oil blended to a tahini consistency. Or use Tahini if preferred.

1 tbs umboshi paste
1 tbs barley miso
¼ cup Apple Cider Vinegar
½ cup Water
2 scallions
Chillies to desired taste. (I use a scotch bonnet)
1 clove garlic or more
1 lemon (juice of)
¼ teaspoon Sea Salt
¼ cup of nutritional yeast

Preparation:

Place kale in a large mixing bowl. Combine the rest of the ingredients in a blender and blend until smooth to get a thick consistency. You may have to add more water. Pour over kale and mix thoroughly with your hands to coat the kale. You want this mixture to be really glued onto the kale. Spread kale onto a Teflex sheet, and dehydrate at 115 degrees.

Rotate kale occasionally to dry uniformly until dry and crispy

by Derek Moore

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

Tabouleh's Cousin (aka Cauliflower Salad)

I felt like making something new and parsley sounded really appetizing. Of course, whenever I think of parsley, tabouleh comes to my mind. I'm fortunate enough to have visited Greece on several occasions and I always loved the delicious Mediterranean dish, which inspired me to come up with this salad.

Cauliflower, a curciferous vegetable, is an excellent source of vitamin K and vitamin C, and a very good source of manganese. It has about 2 grams (in 100 g) of complete protein as well! If cancer prevention is high on your list than cauliflower should be on your shopping list! It has been shown to be especially good for protecting us from cancer in the ovaries, breasts, colon, prostate, and bladder. It also has a very high fibre content, which means it's good for supporting the digestive system...so eat up!

Parsley is very high in vitamin A, vitamin C, vitamin K, and folate, and is an excellent source of minerals such as calcium, magnesium, and potassium. What better combination!?

Ingredients: Serves 2 (or 1, for a meal)

2-3 slices red onion, finely chopped
juice of 2 (or 1 Meyer) lemon(s)
½ head or 6-8 florets cauliflower, very finely chopped
a handful of parsley, finely chopped
½ cucumber, diced small
10 leaves fresh oregano or mint (or 1 tsp if using dried)
3-4 tbsp olive oil
salt to taste
1 large tomato, cut into small chunks

Directions:

Start by chopping up the onion. Place in a large mixing bowl and add the lemon juice. (Letting it sit while chopping up the rest of the ingredients

helps break down the onion and you will not smell like it all day. It will also help if you're sensitive to fructose.) Next, chop up the cauliflower into tiny crumbs, and the parsley until it's really fine. (This takes a while using a knife, alternatively, you may use a food processor to chop up the cauliflower, and later the parsley, if you wish). Add them to the onion, along with the cucumber, add a couple of pinches of salt, and drizzle with olive oil, then mix well. Now do a taste test and adjust the amount of salt. Transfer the salad into a serving bowl and pile the chunks of tomato on top or, if served immediately, mix them in as well, it will add to the juiciness of it. Bon Appetit!

by Dita - www.rawfoodfortruth.blogspot.com



Ten Ways to Connect Kids with Nature

by Terri Henry

These days being green is in. Eco-living concepts are becoming accepted into the mainstream. Thankfully awareness is being raised on the plight of our planet and ways we can get proactive in protecting the Earth. However I feel that the new wave of green is sometimes being exploited and portrayed as just another set of items to consume that will give us all the eco-credentials we need.

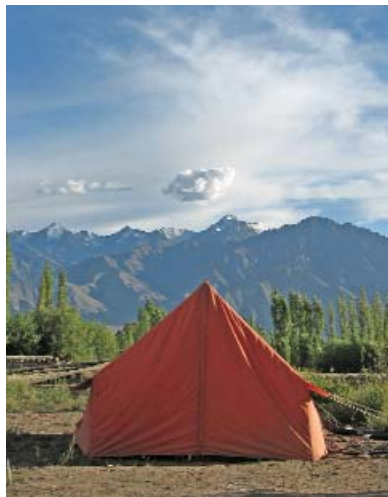
Being 'green' is far from a commodity. It's not just to be bought but to be felt; not just to be talked about but to be done, not just read about but lived. We need a genuine sensory connection with the natural world in order to heal the disconnect and ensure our children grow up with an appreciation, respect and a sense of belonging to the natural world. Here are ten ways to cultivate and deepen our relationship with the Earth

1. Get out in nature everyday/often as possible.

Take a daily walk in natural surroundings, be it a rainforest or a city park. Walk rather than drive where possible and let the natural world become a part of your everyday life. Go on hikes, take natural vacations and use every opportunity to be in nature.

2. Go Camping

Spending a day or more within nature gives us the opportunity to understand the environment at various times of the day, seeing details we might have missed when just walking by. Eating, playing and sleeping in the embrace of nature gives us a deeper appreciation of the reality of our world. Remembering the Leave No Trace approach to camping, we can truly start to integrate and be at one with the nature around us. (Remember you can also camp in your own back-yard!)



3. Gardening

Planting a seed and watching it grow is, to me and my children, one of life's great miracles. It is amazing to see nature at work as every day plants grow, change and transform through their cycle of life. Tending to a garden, be it in container pots or a back-yard teaches so many lessons in care and responsibility and is a fun reason to get our hands in the mud. Eating what we grow is also a wonderful way of connecting with the Earth as provider and nurturer.

4. Observe and flow with the season

Be in tune with the weather by going out in all seasons, keeping a record of the weather with a chart and learning about the seasons occurring in other countries too. It's a challenge to imagine on a sweltering hot day that someone else is in cold snow and vice versa!

5. Define your neighbourhood with natural landmarks

I first learned about this technique in Brian Swimme's book 'The Hidden Heart of the Cosmos' He suggests you

direct people to your house or other places with natural landmarks only in order to really get to know the nature that surrounds us. This can be fun and challenging and makes us become more observant and aware of the natural elements in our local environment.

6. Catch bugs and worms

Only for a short while! Use a jar with holes in the top so you and the kids can observe nature up close. If the bugs are non-biting or non-poisonous, place them on your hand and feel them scuttle and crawl.

A wormery at home is also a great way to compost and get acquainted with marvellous magical worms.

7. Encourage interpretation and expression

After spending time in nature, spend further time in reflection, interpretation and expression. Use art, words, photography, poetry and song to process experiences, develop understanding and creativity in harmony with nature.

8. Play nature games

Children live and learn through play so this one is obvious. There are many games that are interesting to be involved in and also give our kids the chance to understand the natural world. The book 'Sharing Nature with Children' by Joseph Cornell offers a huge range of wonderful activities that engage us in learning, appreciating and experiencing a connection with nature.

9. Quiet contemplation

Spend time in nature without talking. Lay on your back and watch the clouds pass in the sky, watch the waves lapping on the shore, leaves blowing in the wind. Be fully present to your surroundings and feel the relaxation and serenity in your body. This is a quiet time for children who will increasingly need and gain from this form of meditation.

10. Enjoy with all your senses

Eat, breathe, feel, smell, listen, touch nature. Consciously name and enjoy all the ways you are experiencing nature while at the beach, enjoying a picnic, swimming in the river, hugging trees, picking produce at a farm and any of the suggestions above. Take in the sense of gravity, movement and place – relish the incredible experience of being a physical being alive at this time. Make your experiences a joyful love affair and your enthusiasm will be shared by our children and everyone around you.

Terri is a writer and mother of two young children. We are a natural-birthing, breast-feeding, tandem-nursing, baby-wearing, cloth-diapering, co-sleeping, yoga-practicing, home-schooling, nature-loving bunch! Read more of our life journey at www.childofnatureblog.com ❀



Raw in Peru

I arrived in Cusco, Peru not knowing what to expect with the food - from reading the guide books I expected that I would struggle monumentally to stay raw, healthy and full!

How wrong could I be!

As soon as I arrived I was taken down to San Pedro market at the bottom end of town which is the main food market in Cusco town.

A heaven of juice and smoothie stalls awaited me, I couldn't believe it! Mountains of exotic unseen and unheard of to me fruits, I settled for a beetroot, mango, ginger and papaya smoothie bright pink made right there in front of me, and you don't just get one glass here you get 2 top ups after your initial first and all for around 4 sols which is around £1, WOW!

The day before I had paid close to £7 in central London for a non-organic, small glass of juice which was not the greatest, at a well known raw restaurant, and at home in Wales - well you can't get fresh juice anywhere except in my own home! So I was in heaven!

I had a few smoothies here over the time some others that I tried were mango, lucuma, papaya, noni yes noni! That strange fruit that at home is practically unheard of and only comes in liquid form, strange looking and strange tasting. If this brings everlasting life then why does it taste so bad?! Its like a pair of really old unwashed, smelly socks. They will add all manner of super foods to your juice, aloe, maca, pollen, honey, algarroba. The best smoothie that I had here was this baby: lucuma, papaya, pollen, honey, orange, aloe and ginger, wow.

There are juice places all over Cusco, and all over Peru- juice is a big part of peruvian culture.

All the foods we consume at home, all those amazing super foods that we are so lucky to have access to in the UK are here in unpowdered, unprocessed, whole forms, truly amazing and very exciting to see, to marvel at, and then try in juice :) maca, noni, aloe, yacon, purple corn, kiwicha. . .

Or in the case of Lucuma (my new addiction) in whole form on its own.

Everywhere sells fresh juice that's the one thing you are guaranteed to get anywhere when all else fails. Fresh sweet, sharp orange juice not like the orange juice at home, this is the good stuff.

Its not just fruit juices you can get but vegetable too most places offer carrot juice. Its more of a struggle to find greens for the juice but near the end of my stay in Cuzco I found another even better market than San Pedro which is called Wanchaq and is out of the main touristic part of Cuzco. It also seems far, far cleaner here with far more medicinal beverages to enjoy. I was sad to find this right near the end of my stay here, though it was a bit of a walk from where I was living it was well worth it.

by Nicola Pledger

Here I had some pretty good juices, maracuya (passion fruit), orange and papaya. Papaya, pina (pineapple), linaza (flax seeds), pollen, aloe, quoin (ginger), exactly what I needed, my body had so been missing essential fats - this juice felt that it woke my whole system up including my brain, and cleansed me internally. I followed this by (yes in the same sitting, my body was craving greens and goodness) fresh alfalfa, yacon (yes fresh yacon!), flax seeds, fresh apple tea (the lady had whole apples there on the stove freshly boiled in water) and fresa (strawberries) YUM :) The first green juice that I had had in weeks, how much I had missed that colour.

There's a really good Organic Restaurant in Cusco, Greens Organic here their juices are a little more expensive than other places in Peru but they are yummy. Their signature juice is this- strawberry, black pepper, orange, ginger,



WOW bright pink my favourite! Though a little pricier, yet still so cheap compared with the UK- here all is organic so a juice is around 8 sols (around ?2) you can also add maca, pollen, kiwicha for an extra 2 sols. I also had a great smoothie here one day which I concocted myself- peach, mango, banana, maca and bee pollen- exactly what you need when you have to write a massive essay in 24 hours!

This restaurant does yummy salads also, the English is good here so you can make a salad to your dietary requirements, salads are around 20 sols. They serve really good tea in beautiful earthenware teapots for one- I'm a sucker for fresh herb teas served in beautiful cups, saucers and teapots, choose from chamomile, coca, mint. I would really recommend this place if you have the money to indulge yourself!

Another place I would recommend is Jacks. It is a very western hang out which I was adverse to at first but the food here is great, big salads and they speak good English here so you can get the salad you want, a good one that I tended to stick to was lettuce, tomatoes, cucumber, avocado, olives, grated carrot, red onion and guacamole - the guacamole here is so GOOD plus I would get a helping of spicy tomato salsa, all the food here is really fresh and the service is great salads are around 18 sols and juice around 6 sols, my juice of choice here was lime, mint and ginger. They also do a good hot lime, honey and ginger tea here which is really warming as it can get very cold here at night. This defiantly comforted me on nights where we had had intense physical outdoor training on the hill with journeys where I would suddenly find myself very cold.

Another favourite haunt of mine and a lot cheaper than the above two plus serves more typical peruvian food is El Encuentro there are 3 of these restaurants in town.

Service is relaxed but good. They do huge salads in here that cost between 11 and 16 sols you have to again modify to what you would like as most contain tofu, soya or cheese but again the level of English here is high and they are very accommodating. A favourite of mine was avocado- you get loads! tomato, white asparagus (which was cooked) lettuce, almonds, chestnuts.

The staple foods here in Peru are arroz (rice), leech (milk), azucar (sugar), pan (bread) and carne (meat), so it is very hard to get raw, vegan food away from the touristic parts if eating out, but you can always get great juice everywhere.

Food is cheap enough here to buy at the local markets and if you have somewhere to prepare food then you can really eat well here, though the food is not organic, it still tastes good and vibrationally seems good. I was shocked and very disappointed when I found at that the use of pesticides here is high. However you can get organic food in Peru at Bio Ferias which happen either once a month in

some parts and weekly in others like in Lima for example. If there is one word for the food here in Peru it has to be ABUNDANCE. There is so much variety here.

Which leads me to this new addiction of mine LUCUMA. This is a very special fruit which has it ALL going on! Creamy, custardy, starchy, vanillery, sweet, yellow goodness wrapped in a (when ripe) mossy, shiny green skin. Heaven. I love lucuma powder at home, but the unprocessed whole fruit takes it to a whole other level.

A great salad that I was eating a lot was lucuma, orange, maracuya

(passion fruit), banana, brazil nuts, crystal manna, bee pollen and when I had some, some home made chocolate (not raw but vegan and sugar free) this was shining, glistening sunshine in my bowl :)



Lucuma



My delicious lucuma salad



Composting

In past centuries people grew or wildharvested most or all of their food. Then they put their food scraps back into the soil. This returned nutrients to Earth and built up their soil base so that their culinary gardens grew amazingly well.

These days most people are disconnected from growing food. They purchase their food from stores, then go about the toxemian practice of throwing their food scraps into the trash, which gets taken to a landfill – where it is mixed with all sorts of toxic substances. Then, if people want to grow a garden they often use synthetic chemical fertilisers to feed the plants. This practice is a double-edged sword. Not only are they depleting the soil by not returning the plant and food scraps to the soil, which feeds the beneficial bacteria and fungi, they also are poisoning the land and their bodies with chemical fertilisers made from fossil fuel substances that are known to cause cancer, birth defects, learning disorders, and other health problems. Large amounts of fertilisers end up in underground aquifers, and in rivers, lakes, and oceans, where they cause damage to the environment and waterlife.

Plants that are grown in weak soil are not as hardy as they would be if they had been grown in nutrient-rich soil containing healthful amounts of bacteria and fungi. Plants grown in weak soil also are more susceptible to infestation. To deal with that issue people use pesticides and insecticides that are designed to kill living things. Pesticides, fungicides, and insecticides are toxic to humans, pets, and wildlife, and damage beneficial soil organisms.

Ideally, in addition to households, all restaurants and food stores would return vegetable food scraps to the land, and not send them to trash dumps. In 1997, the city of New York estimated that compostable food scraps made up 16% of the city's trash. On a national level, about 13% of U.S. trash consists of compostable food scraps.

There are many ways of composting food scraps. These include under-the-sink worm composting containers, outdoor compost bins, and compost pits dug into the ground.

Lately, there have been many people in cities getting into composting their food scraps by using ventilated worm bins, or "worm condos." These are containers containing hundreds of worms and that are kept under the kitchen sink, in a cabinet, or in an out-of-the way area of the home. This is known as "vermicomposting," and the worms that are used eat about half their body weight every day. As the worms consume the food scraps, which are often mixed with shredded newspaper lightly misted with water, the "worm casting" are what make up the compost, which can then be used in potted plants, in gardens, or spread among landscaping.

One family I know that uses an indoor worm composting system uses the worm castings to grow their wheatgrass

by **John McCabe**

for juicing, and their sunflower and bean sprouts that they use in salads. After they have harvested the wheatgrass and sprouts, they put the soil back into the worm bin along with more kitchen scraps.



Photo by Matt Montagne www.flickr.com/photos/mjmonty/

When composting indoors, it is especially important to keep bread, dairy (milk products), oil (including lard and vegetable oils), and meat (including fish and fowl) out of the compost bin. Strictly include veggie waste scraps consisting of vegetables, fruits, berries, seeds, and nuts, and shredded, uncoated paper, such as newspaper (no wax- or plastic-coated papers).

Some cities have community gardens that accept food scraps for their compost bins. Check with your city to find out if they offer this option.

Where I live, we bury our kitchen scraps about once a week by simply digging a hole, tossing in the scraps, and covering them with dirt. Once the container we use for the scraps is emptied, it is rinsed out, and we start all over again.

I have found that I need to bury the scraps beneath at least a foot of soil to keep the raccoons and possums from digging them up.

Composting our kitchen scraps has greatly improved the condition of the soil. The ground was once hard, sandy, and difficult to dig. It is now moist and rich and holds onto moisture. It has become easy to dig holes two or three feet deep. When I first began composting here, there were no worms to be found. Worms are now everywhere in the soil. Composting the kitchen scraps this way also has fed the good bacteria and fungi in the soil, which is excellent for growing edible plants.

The soil has also improved in areas where we haven't buried compost; this is because the beneficial bacteria and fungi feeding on the compost have spread into nearby soil.

This soil rich in worms has also attracted more birds to nest in surrounding trees as they feed the worms to their young.

Sometimes random plants sprout from the composting pits, such as melon, tomato, and bean vines, which I've transplanted to places where they can grow – which results in more homegrown organic food.

When soil rich in bacteria and fungi is added to potted plants, the plants grow better as it is the microorganisms in the soil that help the plant roots to absorb nutrients.

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."



– Aldo Leopold, *A Sand County Almanac*

Although I already had an understanding of the importance of fungi in garden soil, I didn't really understand how composting was improving the soil until I heard what Paul Stamets had to say about composting.

According to Stamets, the guy who knows a lot about the fungus among us (check him out on YouTube.com), "Fungi are the mycomagicians of nature, in that they create soil (out of rock). And so engaging these fungi – if everyone individually began to compost, began to grow their own food, began to localise their use of resources and reinvest literally in their backyards as standard practice throughout the world, then I think that would create a big difference. People may not realise we are more closely related to fungi than we are to any other kingdom. We separated from fungi about 650 million years ago. We exhale carbon dioxide; so do fungi. We inhale oxygen, so do fungi."

Knowing that plants absorb carbon dioxide that we exhale, it only seems reasonable to assume that the carbon dioxide that the fungi in the soil exhales is helping to feed the roots of the plants. So... adding the nutrient-rich kitchen scraps to our garden soil will help spur the growth of fungi, which, as Stamets points out, "digest nutrients through fine, web-like cells called mycelium."

It is known that fungi help to decontaminate soil. So, nurturing the soil with kitchen scraps improves the fungi growth, which benefits your soil in a variety of ways.

According to Stamets, fungi can help detoxify soil that has been treated with farming chemicals: "We can use these fungi for breaking down hydrocarbon-based contaminants like oil, which most pesticides are based upon. We can break down PCBs, PCPs, dioxin, and lots of other recalcitrant toxins that kill life. These fungi can not only neutralise them, but also make them into fertiliser that breeds life. Fungi are the gateway species that leads to ecosystems re-flourishing."

Those who live in regions where it snows, and/or where the ground freezes during the winter months, will need their outside winter composting system to consist of a bin, or to have a compost pile that is covered by a weighted tarp. Throughout the winter, the compostable kitchen scraps can be tossed into the bin, or under the tarp. As the cold temperature months pass, the warmer temperatures of the spring months will speed up the microbial activity, causing the scraps to decompose. This is especially true with a compost pile covered by a tarp, which will trap the solar heat. As the compost pile warms, the worms will also become active in consuming the kitchen scraps.

Many coffee cafes will give you their used coffee grounds, which make an excellent coverage for compost piles. This also provides a way to prevent coffee grinds from going to landfills and garbage dumps.

In addition to improved soil conditions, another benefit of composting has been that we produce very little trash. We recycle nearly everything possible (glass, plastic metal, and paper) and have greatly reduced purchasing items that contain packaging. We produce about three bags of trash per year, and much of that consists of biodegradable materials that we can't put in our compost. Some of the trash also consists of junk mail that is on coated paper that can't

be composted or recycled (and, yes, we have tried everything we know of to try to stop junk mail from arriving... but nothing seems to stop it).

Things that are good to include in your outdoor compost:

- Leftover and/or expired and/or rotting and/or scraps and peels of fruits, vegetables, berries, nuts (no produce labels or stickers)
- Egg and nut shells
- Coffee grounds
- Tea bags
- Weeds, leaves, and bark
- Grass and plant trimmings
- Wood chips, sawdust
- Wood ashes (no plastics, or ash from wood containing toxic chemicals or heavy metals)
- Tissues and paper towels
- Shredded paper and uncoated paper (no plastic or wax coated paper)
- 100% natural fibres (cotton, hemp, bamboo) cut into pieces
- Nut butters are okay, but no vegetable oils (no olive oil, canola oil, etc., but foods containing them are ok.)

Things to keep out of your compost:

- Pet waste
- Meat, poultry, and fish
- Bones, animal fat, and oil (lard, expired oils: corn, canola, olive, etc.)
- Dairy products (milk, cheese, yogurt, kefir, creamer)

A separate burying pit of at least three feet deep can be maintained to bury these items. A weighted, secure lid should be kept over the pit to avoid attracting wildlife, such as raccoon, bear, and possum. It is good to cover these items in the pit with ash, landscape clippings, soil, and/or coffee grinds to keep them from becoming an insect breeding ground.

These should be taken to a recycle center

- Plastic
- Glass
- Metal

These should be kept out of the compost:

- Branches (over 1/2" diameter)
- Crab or Bermuda grass
- Diseased plants
- Weeds that have gone to seed
- Non-native, invasive plants that will germinate or take root in the compost

Helpful links:

BioCycle: www.biocycle.com

Eco•Cycle: www.EcoCycle.org/compost

Find a Composter: www.findacomposter.com

How To Compost: www.HowToCompost.org

US Composting Council: www.CompostingCouncil.org

*This article is taken from the book *Sunfood Traveller*:
www.sunfoodtraveler.com ☘*



I was excited to see the articles on Earthing in Funky Raw issue 20. I have a long barefoot history, having joined a barefoot community for a year in 1996 and never looked back. We always had a sense that it was important - at the time feeling it was about being connected to the messages that the Earth was needing to communicate. Hearing about the importance of electron flow to human health is fascinating, but I also wonder if there is an analogy here with a radio signal - there's the carrier wave and then there's the information itself. Has the Earthing research (albeit very important) only noticed the health-giving properties of the carrier? Having co-facilitated a permaculture and nature awareness course in Sweden recently, I noticed that the more the participants shoes and socks came off, the more they noticed what was going on around them and the more considered their actions became.

Anyway, back to Earthing; having read the book (highly recommended) a few weeks back on my way to Scandinavia I bought some earthing products on my return. This was in part because I began to realise that despite being barefoot nearly all the time, I spend most of my time indoors - either in bed, in classrooms or at home in my office. These rooms often have wooden floors, which are beautiful but excellent insulators (i.e. not good for staying grounded). I had also learned from the book that the asphalt surface of the country lane I walk barefoot daily when at home is also non-conductive. Even outdoors I've been disconnected from Earth!

Curious, I then followed a suggestion in the book to test my own body potential (voltage), both upstairs and down at home. This was easy as I happened to have an electrician's multimeter in my toolbox. Measuring this voltage involves holding one probe and grounding the other. To ground the second probe, simply hammer a conductive rod (a steel tent peg?) into the earth outside and attach it to one end of a length of wire long enough to reach back through a door or window to where you are testing yourself. Connect the second probe to the other end of this wire. Back to my experiment - measuring this potential I was disturbed to discover that upstairs in my office I was at 3.5 volts (and that's AC not DC). The bedroom was even worse, around 12 to 18 volts depending on where on the bed I lay. Downstairs was a different matter, thankfully those cold floor tiles do have an upside - they're clearly completely grounded as my body potential was almost zero there, even when standing on small offcuts of carpet. AC (alternating current) fields by the way are rare in nature, at least at frequencies above say, a heartbeat. The frequencies of mains electricity are not something we have evolved with and as such are alien to us, potentially harmful to life.

So a couple of weeks ago the various different tools arrived and I immediately began testing the grounding pad, which I placed under my desk. I was impressed. Putting my bare feet on the pad was an interesting sensa-

tion, certainly calming. A bit like the peaceful feeling I get whenever I clear a building of geopathic stress. I didn't want to take my feet off it - feeling strangely glued to my desk. Testing it, I saw that my body potential had fallen to almost zero, the same as downstairs. On reflection it's interesting to note that in my previous home my office was on the ground floor. It never occurred to me before that being upstairs could make such a difference - and I'm only one floor up!

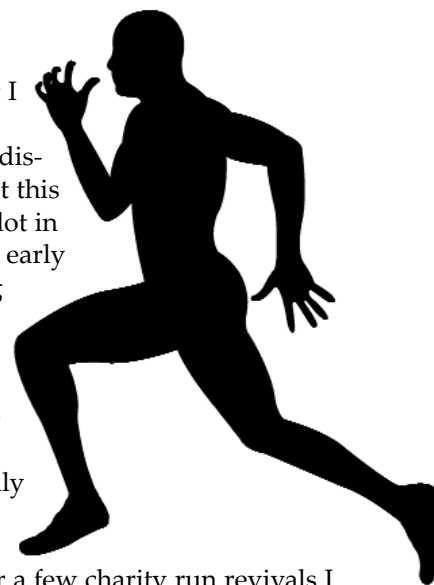
After making those bedroom measurements we started turning off the upstairs socket circuit and downstairs lighting (wired into the upstairs floor) every night. While still not earthing us it removed that high AC potential and sleep has seemed much more restful since. Then I took delivery of an Earthing bag for sleeping in. I'm away from home a lot teaching courses in different places and I wanted to be able to look after myself in those places too, where turning off the power isn't an option. The few nights I've enjoyed in the bag so far have felt very cocoon-like.

Running Light

A related journey that I have been on this last year or so has been rediscovering running - but this time barefoot. I ran a lot in my teenage years and early twenties, representing my university weekly around the country. It was the hub of my social life and it made me feel good.

Overtraining eventually took its toll though, causing me some bad knee injuries and after a few charity run revivals I stopped running in my early thirties. I figured that was it. In the meantime I discovered raw foods, Tony Wright's ideas, permaculture and barefooting, so I had plenty to keep me distracted from the loss of that part of my life. Fifteen years on I started hearing about people not only being able to run barefoot, but doing so to avoid ever getting injured. Unlikely though this seemed I devoured whatever I could find to read on the subject and bought some Vibram FiveFingers. Ironically, after doing this I started coming across articles that warned against using minimalist shoes like those I'd bought because they block the feedback the nerves of the feet need and increase the risk of doing too much too soon.

So barefoot (rather than almost barefoot) really was the best after all. Hey! nature got it right again. Surprise, surprise...



Anyway, the more I read about barefoot running, the more it made total sense. Permaculture is all about working with nature and we know that our bodies have evolved to be pretty good at running - to move - quite a lot. The lymphatic system for instance needs movement in order to pump lymph around the body, especially against gravity and yet for most of us our modern lives are very sedentary. Then I learned a real eye-opening thing from a book called 'The Egoscue Method of Health Through Motion'. His whole argument is based around the need of the body to move to remain healthy, but he also drops a big stone in the water when he explains what happens to our muscles when we sit down a lot. I'd always assumed that all our muscles wasted equally, but he explains that while the abdominal and lower back muscles weaken, our hip flexors get a good workout. This throws our posture completely out of balance, exaggerating our spinal curvature and giving us all kinds of problems. His solution? Simply doing specific exercises to strengthen those weak muscles and recreate that missing balanced posture. He also drops a bombshell when he writes that without this balance, certain sports - running included, will inevitably lead to injury. Ouch!

So back to barefoot running. The essence it seems is to remember that the muscles our body would naturally use have been wasted by our sedentary lifestyles and the wearing of shoes. It takes time to reawaken them and to develop that layer of muscle under the foot that provides stability and protection. Patience is essential to avoid frustration. In 'Slow Burn' Stuart Mittleman suggests that if

we are aware of our surroundings as we run we are training at the right heart rate, but if our senses narrow to tunnel vision and hearing just our own breathing rather than all that is happening around us, we are going too fast. That feels to me like a really nice way to monitor my pace.

And technique? Well, there's the POSE method and Chi Running, both of which I have investigated and have a lot to offer, but at it's simplest level if your biomechanics are wrong it will hurt. This is why some advocates like long-term barefoot runner Ken Bob Saxton are saying just take off your shoes and let the ground give you the feedback you need to learn to run right. If you feel yourself getting the beginnings of a blister, it's time to stop. There's perhaps a place for minimalist shoes in winter running, but learn barefoot first to get good technique.

So how am I doing? Well if measured in terms of speed or distance, my progress might be considered slow. The biggest gift for me from this though is rediscovering the joy of running that was killed all those years ago by the competitive atmosphere of school and the running clubs. And that's plenty enough for me.

In addition to Earthing and Barefoot running, Aranya is also very impressed with Permaculture - so much so that he's been teaching it for the last 8 years. His courses are listed at www.designedvisions.com and his 'Guide to the Permaculture Design Process' is due to be published by Permanent Publications this autumn; more details at www.aranyagardens.co.uk ❀

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Raw food diets and spleen qi deficiency?

Does eating a high raw food diet cause spleen qi deficiency?

I started my degree in Chinese medicine with a keen interest in nutrition. At the time I was eating a high raw food diet which I continued for many years. Throughout my degree my dietary choices were mocked by my peers. The issue, which I am sure many of you have also come across, was of a raw food diet being too cold and damp for the digestive fire (a.k.a. spleen qi; a complex that relates to digestive and absorption functions as well as energy and anxiety levels). Torn between two intriguing yet seemingly contradictory theories I wanted to discover the truth. So I knew straight away that my dissertation would be focused on this issue. I began to read around the subject whilst experiencing my own responses to different ways of balancing a raw food diet.

After scouring the classical texts, the foundations that Chinese medicine stands upon, I found no references to raw food damaging the spleen qi. I did, however, find many references to cold foods and damp foods causing typical spleen qi deficiency issues like loose stools, low energy, digestive strength issues, bowel issues and anxiety. This made me realise that perhaps there has been an over generalisation or a misinterpretation in modern textbooks. So I began planning the best way of putting the theory to the test.

I chose a case-control set up to address the question knowing I would gain some valuable data. For this I recruited a group of 20 'raw foodies' and 21 students (a convenience sample). I also roped in a few 'blinded' practitioners (i.e. they did not know what the study was about to avoid bias) to take the tongue and pulse of the participants. Each participant also completed a questionnaire which was grafted from previously validated questionnaires and then piloted and face validated on members of the public and experienced practitioners respectively.

From this some very interesting results were produced. Firstly there were some people in both groups with and without spleen qi deficiency. When looking at these groups it was interesting to note that those without spleen qi deficiency and in the raw food group had better mental health, bowel health and energy levels than those without spleen qi deficiency in the control group. Even with an average age 6 years higher than the control group. In other words they were generally healthier than their healthy counterparts in the control group.

Then I studied the levels of spleen qi deficiency in the groups. Within the control group 52% had spleen qi deficiency whilst in the raw group... (drum roll)... only 35%. More interestingly was that those who had been eating the most raw food (91-100% of their diet) for the longest period of time (5 years plus) had the least spleen

by Joe Jennings

qi deficiency of all at 11%. When this was compared to the control group it reached statistical significance with a certainty of 95%. In other words it is highly unlikely that that result was produced by chance.

This research also corroborated another study that compared raw fooders to a control group. This study had 30 participants but only looked at the tongues. It also concluded that there was not a significant amount of spleen qi deficiency in the raw group.

These studies indicate that eating a raw food diet in the UK does not cause spleen qi deficiency. However they were both small studies, so further research is needed.

For myself I think that a diet high in raw foods can be maintained successfully in the UK. However, I do think that those going for this should be careful. After all we live in a cold damp climate and a lot of foods that are eaten raw are cold and damp, most notably certain green leaves (not including mustard greens and other pungent, spicy greens) and dairy foods. That is not to say that these foods should not be eaten, just that they should be balanced with warming and drying foods. Ginger, spices, and the onion family are prime examples. Root vegetables, citrus fruits, many nuts, seeds and sprouts would also be good for this too.

My best advice in terms of food choice would have to be fresh, organic, local and seasonal. This is because nature provides the perfect foods locally and seasonally to balance the climatic energies of that locality and season. A good example thus would be the humble banana. It grows in very hot and dry countries yet is one of the most cooling and dampening foods around. So in the countries it grows in it is perfect. Yet in countries that themselves are cold and damp it is particularly bad when eaten regularly.

At the end of the day, however, I believe that the body instinctively goes for foods that it needs to balance itself out, emotional cravings aside. For instance, for someone with a particularly hot constitution, even in a cold damp climate, bananas would be a good thing. So trust your body, change your diet according to the seasons and do not give in to dogma, if you need to change something then do it, after all, it is your health you are playing with.

If you would like more information on the Chinese perspective to raw food and how you can balance your diet, or if you have any of the health issues that correspond to spleen qi deficiency (or even anything else), feel free to contact me at Joe8d@hotmail.com

To read the full article see The Journal of Chinese Medicine issue 97. ❀



The Old Man and the Seaweed

by Mike Scott

I remember reading an anecdote about an old Irish farmer who added seaweed to his cheese sandwiches. I wrote him off as a nut job, and read something else. Little did I know that a year later and I would not only be eating foraged seaweed and cheese sandwiches myself, but watching my three year old son do the same.

I am no expert on food, foraging, or seaweed, but am becoming increasingly passionate about all of them. Luckily, I live on the coast in Cornwall, so I'm literally surrounded by the stuff.

My initial research into foraging for seaweed taught me three crucial facts:

- 1) Any species of seaweed growing in clean UK waters that you can walk, or wade to, is edible.
- 2) Edible Seaweeds are among the healthiest things you can eat.
- 3) Most of them taste horrible.

Actually, number one isn't strictly true – apparently, some species of *Bonnemaisoniaceae* produce volatile halogenated bromine compounds. I have no idea what that means, but it doesn't sound good. And, some seaweeds, like Kelp, are particularly high in Iodine, which means that if you eat too much your thyroid explodes, and your head falls off, or something, so number two isn't strictly true either.

With regards to number three: This is the initial conclusion I quickly came to, but I was wrong. The problem, I soon realised, was a psychological one:

Often, when we think of seaweed, we think of bedraggled, oily looking vegetation coating Harbour walls, or rotting mulchy mounds littering the high tide line. But when we think of spinach, we don't picture the bottom of a compost heap, or a half eaten, ropy old specimen, wilting, and long bolted. We seldom give seaweed a chance.

What's more, when we think of raw seaweed, we think "slimy" and we think "salty". And seaweed is slimy and salty, but is there anything wrong with food being slimy and salty? Pasta is slimy, and we add salt to it. I know a few people who don't like pasta, but they are under the age of 2, so they don't count.

After making a minor mental adjustment, I approached seaweed afresh, and am now happy to say that it is part of my diet. I consider myself to be fairly adventurous when it comes to food, but I do have boundaries: Harbour walls, polluted waters (and compost heaps) are all off my foraging radar, and I only ever pick healthy specimens which are still growing.

What I have found with Seaweed, as with a lot of food, is that you shouldn't always expect it to taste delicious as it is, just as you wouldn't expect a bite of raw aubergine to taste nice (...would you?). Eating raw, undressed Gutweed, feels like a chore, as it is extremely bland (like some lettuce). Plus, you'll be lucky to escape the experience with your molars intact, as it normally seems to harbour a fair bit of sand. Rinsed and dressed, however, and

it makes a very pleasing side salad. I recommend sesame oil, soy sauce, rice vinegar, and sugar for a dressing.

Pepper Dulse has a really strong, spicy flavour – some say fishy, but I disagree: it's quite unique. Small pieces of this stuff mixed into an otherwise simple salad of mixed lettuce and cucumber will transform it into a delicious and distinctive side dish. Leo, my son, likes to eat this straight from the sea (no doubt partly because of the salt, but I can think of worse snacks).

Ordinary Dulse (which looks and tastes completely different to Pepper Dulse) is another current favourite of mine: I've heard some people describe it a vegetarian beef jerky, which will most likely put most people off, but it's delicious: It has quite a subtle, nutty flavour, and a distinctive texture with a slight crunch to it. It grows in translucent red-brown fronds, shaped like open hands, whose fingers gracefully beckon you with the ebb and flow of the shifting sea. Exposed at high tide, they hang limp and forlorn, like weary castaways, washed up...waiting...

I like to shred some up and bung it in my cheese sandwich (but I only ever take what I need, and never rip the whole thing up: That's not nice).

This article, I realise, is so far a bit unscientific, so I will now try and convince you to eat raw seaweed with some hard science and fascinating facts:

Since starting to eat raw seaweeds, I now divide them into two "categories": Those that taste good, and those that don't taste bad. And the latter category includes some extremely healthy species, such as Bladderwrack, which is apparently high in fibre, and Vitamin K, A, E, and Z. so I say: eat it! But if Bladderwrack doesn't taste nice, I hear you say, is it not just as good to get your dose of the aforementioned good stuff from a few supplementary pills?

It is not, and here is my science to prove it, made even more compelling with the use of a "table":

	Foraged Bladderwrack	Pills
Cost	Some friends	Some money
Minimum exercise required	Walk from car to rock pool + 1 squat thrust	Walk to bathroom cabinet + 1 bicep curl
Other health benefits	A lot of fresh air	Questionable air quality (in my bathroom)
Environmental impact	Minimal (if you just take the odd frond)	Maximal
Other	Bladderwrack sounds really cool	Pills are for mad people
Overall	The best	The worst

Ok, so perhaps my hard science is unconvincing, but here is an irrefutable fact: Foraging, especially by the sea, makes you happy. While it can be challenging to make seaweed palatable, overcoming these challenges is hugely satisfying. It's also a superfood, and it's free.

More from mike at www.callofthewildfood.com 🌸



Ultra Sound Scanning During Pregnancy

by Jessica Fenton

When many parents find out that they're expecting a brand new addition to their family most look forward to the first sight of their little one. Once upon a time this was at the birth of the baby. These days many parents meet their baby way before the 9 months are up, in the form of a routine ultra sound scan.

When you attend your "Booking In" appointment with your community midwife, one of the first things that she'll do is make an appointment for you to attend a routine "Dating Scan" for when you are between 11 and 13 weeks pregnant and then again when you are 20 weeks pregnant for an "Abnormalities Scan".

We are expecting our second child and since being pregnant with our son, Leo (now 2 and a half years old) I've wondered about the safety of routine ultra sound scanning which has driven me to carry out a fair bit of research, some of which I'd like to share with you.

My first experiences of fear-led scanning

I had scans during Leo's pregnancy, but on reflection I felt that I was over-scanned to some degree. My bump was 'small' throughout the pregnancy and the midwife transferred me to the hospital for scanning to make sure that the baby was growing and that the placenta was working properly. This caused a great deal of concern and anxiety prior to finding out if our baby was OK. Lo and behold we would be told that Leo measured an average size and all was well. Even up to the birth, the midwife who helped me to birth Leo asked if I'd been scanned to diagnose a low birth weight baby. No one outlined the risks of these extra scans and I felt that there wasn't much informed consent as it was all based on their assumption that I would do as I was told. As it happens, Leo was born at an average weight, on the 50th percentile weighing a healthy 7lb 9oz.

I've since found a German study from Wiesbaden hospital (Jahn et al., 1998) that found that out of 2,378 pregnancies only fifty-eight of 183 growth retarded babies were diagnosed before birth. Forty-five foetuses were wrongly diagnosed as being growth retarded when they were not. Only twenty-eight of the seventy-two severely growth-retarded babies were detected before birth despite the mothers having an average of 4.7 scans. It just goes to show that they frequently get it wrong and that ultra sounds cannot necessarily be relied upon.

First Developments in ultra sound technology

When ultra sound was first developed, it was suggested by researchers that "the possibility of hazard should be kept under constant review" (Donald, 1980) and it was agreed that babies under 3 months gestation would not be scanned at all. However, as soon as the vaginal probe ultrasound was invented (this allowed sonographers to get closer to the embryo, and also delivered more risk) the initial caution was ignored.

Women are usually offered an ultra sound if it is to be believed that she is experiencing a Threatened Miscarriage. A large randomised controlled trial from Helsinki (Saari-Kemppainen et al., 1990) randomly divided over 9,000 women into a group who were scanned at 16 - 20 weeks compared with those who were not. It revealed twenty miscarriages after sixteen to twenty weeks in the screened group and none in the controls.

Diagnosing complications during pregnancy

Placenta praevia is a condition where the placenta is found to be low-lying and covers the neck of the womb. This is usually detected at the 11-13 week scan and once diagnosed a Caesarian Section is advised. In many cases the placenta will relocate and the mother can go on to have a normal vaginal birth.

The Saari-Kemppainen study revealed the lack of value in early diagnosis of placenta praevia. 4,000 women were scanned at sixteen to twenty weeks, 250 were diagnosed as having placenta praevia. When it came to the respective births, there were only four babies with placenta praevia. In the unscanned group there were also four women found at delivery to have placenta praevia. All of the women were given caesarean sections and there were no difference in outcomes between the babies that were born. No studies were carried out which demonstrate that early detection of placenta praevia improves the outcome for either the mother or the baby in this instance. The researchers did not go on to investigate the possible physiological effects on the 246 women who may have spent their pregnancies worrying about having to undergo a caesarean section and the associated risks attached to this.

Weighing up the pros and cons

When it came to my second pregnancy I thought long and hard about ultra sound, carefully weighing up the pros and the cons. The use of ultra sound in modern day obstetrics has become big business in our society. Due to hyped marketing, many women believe that they can ensure the well-being of their child and that the early detection of an abnormality can be beneficial to the baby. After looking at some of the studies that have been carried out, we would get to see that this isn't necessarily the case and sometimes more harm than good is done.

The first evidence that was seen of possible damage by ultra sound technology was in 1984. An American obstetrician published a follow-up study of children, aged 7 - 12 years who were born in three different hospitals in Florida and Denver. These children had been exposed to ultrasound in the womb (Stark et al., 1984). Compared to the control group of children who had not been exposed, the children who were exposed were found to be more likely to have dyslexia and also to have been admitted to



hospital at some point during their childhood.

An increase in left handedness was detected following a Norwegian study (Salvesen, 1993). While the increase in left handedness was not particularly large, it does suggest that ultrasound has an impact on the development of the brain. Also, the scanners used in this study emitted substantially low doses of ultrasound. Much lower in fact than exposures from many machines used in clinics nowadays. The women also had only two exposures.

Ultra sound machinery has been developed incredibly fast and unbelievably there has been insufficient monitoring and evaluation of the long term effects this has on our children. From the studies that have been carried out, serious questions must be asked to bring us closer to the truth.

Decision time

In a society where routine ultra scanning is carried out during the vast majority of pregnancies and pregnant women are constantly asked by passers-by if they know the sex of the baby, implying that they *have had* an abnormalities scan, I found it tricky jumping from a pregnancy with scans to a pregnancy without. So with this in mind we decided to have a very quick dating scan and not to have an abnormalities scan at 20 weeks. This felt like the right decision for us and has been an empowering and deeply bonding experience. I feel that we are taking full responsibility and ownership of our pregnancy and as a

result I have literally gone out of my way to ensure optimum health for the baby and myself. My midwife is yet to find out that I cancelled this appointment so I'll be interested to see her response when I next see her!

Tom and Jessica Fenton's 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 and a half year old Leo, alongside nature in a wholesome way. I breast fed him until he was ready to wean (a month or so ago) and we make an ongoing conscious effort to bed share, use washable or eco disposable nappies, carry him in a sling as much as possible, purchase only wooden toys, provide nourishment through a mostly raw, vegan diet, listen and respect Leo's cries, support and nurture his natural immune system, communicate with him 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 www.NaturallyMummy.com to follow the story of our natural family life and read my latest health news and reviews. ❀

How to organise a pot-luck

A raw food potluck can take many forms, the usual is an event where everyone brings some food to share, buffet style. They are a great way of meeting other people interested in the raw diet. Some organisers will arrange in advance with the guests what they are bringing so that there is a range of different foods, although usually everyone just brings what they want which works most of the time. Sometimes organisers set a theme for the food, eg raw versions of cooked classics or Indian food, but again, usually this doesn't happen.

A good idea is to ask people to bring an ingredients list with each dish, in case there are people with allergies, and also just to let them know what they are eating.

There is no set format, usually there is some time before and after eating for people to chat and get to know each other. Sometimes organisers arrange a talk or workshop to go along with the food.

To organise a potluck the first thing you need is a venue. The easiest option for most people is their home, but if this is not possible, then have a look around for a venue, eg a church hall, a community cafe or community centre. Some potlucks cycle between different peoples' homes so



by Rob Hull

the responsibility doesn't rest on just one person.

Then of course you need guests. Make sure you start advertising your potluck in enough time, but not too long in advance so people forget about it, 2 to 3 weeks is probably good. Places to advertise include your local health food shop, and anywhere people interested in raw food might go. You can list your potluck in this magazine (see page 5) and on the website at www.funkyraw.com/events (both free).

If you plan for your potluck to be a regular event, it makes sense to have it at the same time each month to make it easy for people to remember, eg the 1st Saturday or 3rd Wednesday of the month.

A popular website for people arranging all kinds of events is meetup.com which is a very good way of publicising your potluck, although you do have to pay for that service. Some people charge a fee to attend the potluck to help cover meetup.com fees and any charge for venue hire, although potlucks at your own home can of course be free to attend if you want. ❀



Overcoming the inner tyrant

by **Elwin Robinson**

Have you ever made the decision to do something for your own benefit, and then ended up feeling unable to follow through?

Maybe you decided to eat a healthier diet, or decided to eat more raw food, or to start an exercise regime. Next thing you know, a week or a month or three months later, you're not doing it. What happened?

My experience working as a coach and consultant is that getting yourself to do those things that you know will benefit you is actually really difficult for most people, myself included. So what goes wrong? In my experience two factors are responsible for us not doing what's in our best interests:

1. Strategy

2. Mindset

What do I mean by strategy? Sometimes we're just not as aware of what's really beneficial for us as we think we are. So we have great intentions, like: 'I want to get healthier' or 'I want to lose weight' or 'I want to eat a raw food diet' but we don't really know how to go about it. I frequently find this with going raw or cleansing, where people often try to run before they can walk, going from a standard diet to a 100% raw one, or going from no activity to going to the gym five days a week doing strenuous exercise.

These kind of extreme approaches work well for some people, but they have a high failure rate. Generally you either:

1. Give up or

2. Get sick in some way and then give up

In this sense those people who are particularly willful and don't give up are actually in a worse position, as they will run themselves into the ground before admitting that maybe their approach isn't actually benefitting them.

Yet, even though this all or nothing approach rarely works, many of us do it again and again. Why?

Generally most people who are strongly dedicated to getting things done are often the same people who end up with major health challenges. They have what psychology might call a well developed 'superego'. What does this mean?

The superego is the part of us that likes to think that it's the boss. It's the part of you that uses the word 'should'. A lot. It likes to focus on doing the right thing. Sounds pretty good so far right? Unfortunately it's also the part of you that likes to punish you, to tell you that you're no good, lazy, good for nothing, undisciplined etc. In short, it also makes your life hell a lot of the time. I like to refer to it as the 'tyrant'.

What could possibly be the problem with having a part of ourselves focused on what's best? What's wrong with being aware of what we should do? If we didn't have a part of us reminding us of our duty, our 'shoulds', we'd never get anything done, right?

This is the big lie that the tyrant feeds us. In reality most people are in a battle with their superego most of the time. How often do you feel a struggle between what you should do and what you want to do? Most people actually spend most of their lives in this battle. The worst thing about this battle is that it's exhausting, it's a massive drain of energy. Plus, it leads nowhere. No progress is made, or the progress, at best, is agonisingly slow.

Who said you even need a 'should' in order to get things done? Say you go on a raw food diet because you want to have more energy. So you tell yourself that you 'should' only eat raw food from now on. Then the temptations come in. The occasions where there's a pressure not be raw. What happens then? 'I should' goes head to head with 'I want to'. The reality of this situation is that whoever wins, you lose. The battle is exhausting. Plus, your 'I want to' almost always wins in the end.

What's the least healthy activity in the world? Smoking? Drinking Alcohol? Working for a nuclear power plant? I'd suggest to you that the most unhealthy thing you can do is actually to be at war with yourself.

Do we really need 'should'?

Almost everyone I know says that I have high self discipline. This is because I stick to certain health protocols absolutely. It's also because generally once I make a decision, I stick to it. What they don't see is that this is effortless for me, not because of superior self discipline, but because of a shift in mindset, which I'm going to teach you now.

What's the crux of real discipline? It's where 'I should', 'I want to' and 'I will' are all the same. How do you achieve this miracle? It's actually pretty simple.

The first question I ask any client I work with is what they want to achieve, what their goals are. Why? Because there is ABSOLUTELY NO POINT in me coming up with a list of what I think they should or shouldn't do, based on MY values. I MUST understand what each person actually wants, what they aim for, what they value as important.

Why? So I can simply connect the things that they 'should' do to get to their goals with what they actually want. Of course you don't need to work with someone to do this, although it can help. You just need to get really clear with yourself exactly what you value, what's really important to you, first.

Go ahead, do it now. Write down the top five things which really matter to you.

Next, with that new clarity, write down your goal in terms of your health. It could be anything, there's no right and wrong with this, so long as it reflects your values. It could be 'I want the energy to live my life to the fullest' or 'I want to have clear sinuses' or 'I want to lose 5kg weight'. Whatever rings true for you, whatever excites you.



Then you need to come up with a strategy that is actually achievable for you. Not what you should do, but what you will actually do.

Now here's the most important bit: you need to see, and constantly remind yourself, of the connection between these three points: your values, your goals and your action steps.

Let's take a simple example. If you value being beautiful very highly, and your goal is to lose 10kg, and your action steps are to cut out sugars, exercise three days a week and eat an 80% raw diet, why are you going to do these things? Because you should?

NO!

It's because you want to! Right? You value beauty highly. Your goal to help you feel this way is to lose 10kg. So that would mean that you want to stop eating sugars, or to exercise, or whatever your steps are. Right?

OK, you may not feel in the moment that you want to skip dessert, but you do want to feel beautiful right? And if, in the moment, you remember you're doing this for you, to fulfil your own goals, because you deserve to feel good about yourself, you'll do it.

However, it doesn't always work out like that in practice, does it? Sometimes you'll just eat that dessert anyway. Why?

My experience with this is that in the moment the reason you do this act of 'self sabotage' is really because it's a moment, not of sabotage, but of rebellion. Rebellion and defiance against the tyrant in you, against the 'shoulds'. Which is why it's so important not to let the tyrant get involved in the process.

Just say no to tyranny in the first place, and you'll have nothing to rebel against later. You can simply do what's in your own best interests, because you want to. Simplicity itself.

Of course, your inner tyrant won't take this demotion lying down. So I'm going to leave you with a few tips for how to deal with it once you relegate it to the minor role it deserves.

Dealing with your own inner tyrant is a bit like dealing with any other petty tyrant. Generally the more you engage with it, the more you feed it energy. However, there are four approaches I've found work very well. They should all be undertaken with an air of lightness, indifference, and a sense of humour.

1. Awareness

None of the other techniques work without employing this one. You must become aware of your inner tyrant to relegate it to the place it deserves. Any use of the words 'should' or 'have to' are tell tale signs. Any self abuse, any putting yourself down are classic tyrant activities.

2. Laugh at it.

Mockery is such a powerful weapon against any tyrant. Treat the abuse it throws at you, the nasty things it tells you about yourself, as ridiculous, because they are. Just don't take it seriously. Try imitating it in a silly, childish, cartoony voice. Be aware of the absurdity of you punish-

ing yourself and abusing yourself in your own head. Learn to laugh at it. Tease it gently.

3. Ignore it

What would you do if a child came up to you, while you were engaged in an important task, and started telling you that you were no good, and started listing your faults? I hope your self esteem is high enough that you would just ignore and dismiss them outright. Do the same to the tyrant. You're getting things done. You're busy. Just ignore its nonsense.

4. Love it

While this one isn't always possible in the heat of the moment, it's the most powerful technique of all, and the one you should employ as often as possible. It's also amazing how often this one works with real life petty tyrants in your life, like your boss for instance. Listen with full presence, but from a very particular perspective: with an attitude of gratitude. Thank your tyrant for its contribution. Tell it that you're grateful for its opinion. Tell it that you know it means well, that it wants you to be better, but explain that you're a grown up now, and you don't need a little voice in your head telling you what to do, and punishing you when you don't do it.

Explain that you're now an adult. You're clear on what you're here on this Earth to do. You're clear on what you value as important. You're clear on what you want to achieve. And you're clear on what you need to do to get there.

And if any of this isn't true for you yet, get to that level of clarity as a priority. If not, don't blame your tyrant for making your life miserable and exhausting you. It's just doing its job, until you wake up and take responsibility for your life, and work out why you're here on this planet and what you're going to do about it.

Are you ready to be truly healthy? Then it's time to grow up, get clarity, get focused, and leave the inner tyrant behind.

Is this process easy? Of course not. It's probably the hardest thing you'll ever have to do. However, it's also the most rewarding. We all need help with this, and helping people to overcome their inner tyrant is one of the most important and rewarding parts of what I do.

If you're reading this now, and you've got all the way to the end of this article, I have news for you: that's a sign that you're ready. Take charge of your destiny, your life, your choices, and you'll be amazed at what doors open up for you.

The time is now!

Elwin Robinson is the author of the Easy Exhaustion Cure, founder of Lion Heart Herbs and creator of the Health Mastery Training Program and Membership site. Elwin specialises in working with people who are dedicated to mastering their health, and he specialises in helping people who have low energy and high stress. To find out more about Elwin and book a consultation/coaching session with him got to www.elwinrobinson.com, and to find out more about the Taoist approach to healing visit www.lionheartherbs.com 🌸



What is Rebirthing?

by Fanny Vanlaere & Joe Jennings

Rebirthing helps us to regain control of our lives and become masters of our minds and our bodies. Even though Rebirthing is therapeutic and healing, it is a lot more than just a therapy, since it includes a whole process of mastery. It is like a fountain we can always go to, a limitless source of health, renovation and wisdom. It is based on practicing sessions of connected or circular breathing, combined with spiritual psychology or creative thinking, and complemented with spiritual purification.

It was founded by Leonard Orr at the end of the 1960s. He, in turn, was inspired by the practice of immortal *yogis*, and was mainly guided by Babaji. Since then, Rebirthing has spread around the world, reaching thousands of people and creating many more schools with different branches and practices. Many of these schools teach conscious breathing and creative thinking, but they do not teach nor practice spiritual purification, since these were developed and taught by Leonard Orr in later years.

Rebirthing, unlike what many people believe, is not limited to re-living the moment of birth.

Other ways to define Rebirthing:

- It is a physical experience of divine energy or Infinite Being.
- It means changing the negative thoughts about life that people have integrated, in such a way that the patterns that have been created in body and mind are actually dissolved.
- Has been described as "Divine orgasm" or "cosmic relaxation".
- It is the science of not holding your breath and filling up your physical body with divine energy.
- Rebirthing is the most complete and natural way to release old subconscious beliefs and to integrate more confidence, trust and pleasure into your body and soul.
- It means breaking the birth-death cycle, incorporating body and mind into the conscious life of the Eternal Spirit, with the aim of becoming an expression of It.

"Intuitive energetic breathing is the secret to life and to the health of body and mind". Leonard Orr.

We breathe 24 hours a day. Therefore, breathing is our main nutritional source and also the main way for us to cleanse our bodies. Obviously, it is as important to breathe properly as it is to eat well. This is why correct breathing is the main basis for our good health.

Through breathing, our body has the energy to purify, release toxins and tensions, and also to rejuvenate. Breathing is the bridge between the mind, the emotions and the body; between the conscious and the unconscious. Therefore, used correctly, it is a marvellous tool for healing, for overcoming blockages, and for our personal and spiritual development.

Most people's breathing mechanisms are so blocked that they actually breathe just enough to survive, and they do not realise that for this reason their capacities to regenerate, enjoy life and evolve are seriously impaired.

We have all developed deviations in our breathing (whether we are conscious of them or not) as a result of our way of life and our habits, and also due to the things we have been repressing throughout our lives. Behind each deviation are hidden large amounts of repressed and badly channelled energy.

We could say that breathing is a mirror of how we think, feel and act. We live as we breathe, and we breathe as we live.

By healing our breathing deviations, we recover a more authentic, healthy and truthful way of seeing the world and of being in it.

Free breathing allows us to access unlimited amounts of energy which our being will use to carry out the "re-adjustments" that are most urgently needed at that moment. It is like taking our body, our emotions and our mind to a repair shop.

The main reason for human unhappiness is mistrust, a disconnection with life and the infinite power that created us and gives us life and breath. If we believe that we are separate from the "big whole" (and therefore feel and behave accordingly), we will logically be going against nature and therefore create unhappiness and illness. If we look at this issue in depth, however, we will realise that it is absurd to mistrust the very power that has created us.

Rebirthing helps us to re-establish our connection with nature, because breathing is a direct connection to pure life. Therefore, it is understandable that the practice of energetic conscious breathing, as well as giving us more health and emotional balance, will also allow us access to spiritual and mystical experiences.

Through our practice, we rebuild a profound trust in life and overcome the wounds and the mistaken, painful conclusions we have come to in the past.

Breathing sessions, the energy cycle and freeing our breath

The main aim of the breathing sessions is to unblock the respiratory mechanism and reap all the benefits this process brings, as we learn to breathe energy as well as air.

Babies and small children usually breathe very well, using all of their lung capacity and often in connected breaths. They are in contact with their own divine essence and with their source of joy, always as bright as sunshine. However, with the repressions that society and education impose, from a very young age children start to suppress their emotions and disconnect from their natural Divinity.



The way they do this is to hold their breath, reducing the amount of air that enters their lungs. Little by little, this leads to a disconnection with themselves and their body, which most adults suffer from.

Rebirthing teaches us how to recover the free breath, also called intuitive energetic breath, which we had as children, and to overcome the pain caused by our first breath at birth.

It is not really about doing, but rather about undoing the accumulated blockages. This will allow us to release and overcome limiting emotions in order to live a more satisfying life, feel more confident within ourselves and the Universe, and thus recover our natural contact with the source of life. When we improve our breathing, our health and energy levels also improve since, as the blood flows better, our tissues, organs and brain receive more oxygen. It also allows us to get rid of huge amounts of stress that we have been accumulating through the years.

A **Rebirthing Session** lasts between two and two-and-a-half hours. An hour or more will be spent lying down and breathing, during which the therapist or rebirther will guide the rhythm of the rebirthee's breathing to reach a flowing, free breath, connected with the energy. The rebirthee will then enter what we call the "energy cycle", which is usually a very pleasant experience, during which the breathing deviations that have accumulated throughout her/his life will start to be overcome. This is how breath is slowly liberated.

As the breathing mechanism becomes unblocked, the rebirthee is released from tensions and unresolved emotions which were repressed in the corresponding areas of the body. The person will breathe consciously until the breath itself establishes its rhythm, and then there is nothing left to do, only let the breathing be the guide. This breathing rhythm is ample, powerful and deep, while remaining gentle. It is never forced nor held in, as it remains free.

This process of release, which takes us to a state of peace, openness and wellbeing, is called integration.

Before and after the breathing session, rebirther and rebirthee will share important issues about the latter's life. In each session, different techniques of creative psychology are taught and practiced which are easy to apply in everyday life, and which help us surpass our own limits as well as achieve our aims. In general, 10 breathing sessions are recommended because it is what most people need to unblock their breath and develop the capacity to rebirth themselves. From then on, the person will be able to use this tool every time it is needed, which is truly wonderful. It is not advisable to do it alone before then, since the deviations could be reinforced instead of overcome, and it is likely that the person will not be able to process and integrate everything that surfaces.

"Breathing is a vehicle for energy". Leonard Orr.

It really is a challenge to try to describe in words the liberating, enriching and marvellous experience that an energetic cycle is. Each breathing session is unique, as experi-

ences vary greatly from one session to another, and from one person to the next. However, we shall describe here the general characteristics of an energy cycle.

Normally, after a little while of circular breathing and following the appropriate rhythm that the rebirther will indicate, the person will start to feel tingles and vibrations which, if s/he is relaxed and surrenders to the feelings, can spread very pleasantly over the whole body. What we call the energy cycle has begun.

The tingling usually concentrates on the parts of our body that need healing. Our being, with its innate wisdom, will make the most of this contact with the energy or *prana*, in order to allow whatever needs healing to surface, so that it can be processed and integrated. With the help of the rebirther, the person will learn to breathe and overcome these "symptoms" in an easy and flowing way.

One of the basic ideas of creative psychology is that it is not necessary to suffer in order to release pain, emotional blockages or traumas from the past. The experiences of the energy cycle confirm this idea.

Many people in this phase enter what we call automatic breathing, in which inhaling and exhaling seem to merge into one, and the notion of time is lost.

The cycle will be complete when the rebirthee is totally relaxed, having integrated all the feelings of discomfort or tension, achieving a more flowing and open breath. The time required to complete an energy cycle is generally about one to one-and-a-half hours. It is essential to respect the correct development of the energy cycle, not to interrupt it, and to allow the necessary time for it to be completed, assuring in this way that the person has reached integration.

The freeing up of our breath always brings with it very pleasant sensations, of profound well-being, and often experiences in which the consciousness opens up and mystical experiences happen. In advanced phases, and sometimes also in the beginning, the whole energy cycle can become an experience of pure ecstasy. For this reason, the rebirther always lets the person rest and enjoy the feeling for 10 to 15 minutes at the end of the session.

What can surface in each session is, of course, very personal and varies greatly from one session to another and from one person to the next.

If you would like to get more information about rebirthing or would like to try a session please get in contact with us at www.rebirthinginternational.co.uk.

We also have a one year training program for those that really want to go deeper into themselves and progress along their path. It will be one weekend a month for ten months starting in October in London and will cover many subjects, including; the elements and body mastery, prosperity consciousness and the science of being successful, self esteem and how to clear the emotional mind, breathing sessions, the energy cycle and the breathing mechanism release, spiritual psychology and spiritual purification, forgiveness, relationships, diet, fasting and resting, healing the inner child, baby and teenager, and the 9 big traumas of the human being. ❀



Iridology for Health

by Susan Laing

My first encounter with Iridology was at a Mind Body & Spirit health festival. I was running my own stall and just across from me there was a woman looking into peoples eyes with a hand held Iris Loop . This small bit of equipment allows someone to look at the frontal aspect of the eyes at x10 magnification. So this means someone has access to information about your well being by looking at the coloured part of your eye, the Iris. I knew as soon as I saw her carrying out this procedure I would be asking her to look into my eyes. And as soon as I did I also knew I was going to study this fascinating subject! Aaah...what it is to feel in your whole being, at a moment in your life, what it is that you really want to do!!?

So I then went on to study with 3 different colleges and the latter one was with John Andrews ~ the top leading modern Iridologist in the world. Modern iridology involves not only the study of the iris , but also more importantly the study of the cells around the pupil and more. These cells around the pupil border is what intrigued me to study further in this exciting diagnostic health field. I felt that these cells referred to as the Inner Pupillary Border were the real secret to holding the information to our health. And it is now accepted on a medical basis in many countries that these cells are indeed 100% diagnostic when looking into somebody's health. It is like unlocking the secrets to your health.

Whenever I look into someone's eyes using the most advanced bit of Iridology equipment the EyePix10 Pro Digital Iriscope (only around 10 in the whole of the UK!) I find myself becoming quite excited and intrigued at the same time. It is quite a privilege to be allowed to look into a person's very core being. You have heard of the saying the eyes are the windows to the soul....well this is true! The eyes not only convey the physiological aspect and health problem tendencies but also the emotional or spiritual dynamics too. Quite an eye opener!

So when an Iridologist is looking into the frontal aspect of the eyes it is the not the area beyond or behind the pupil but the coloured area, the Iris. It is not surprising that the beautiful coloured Iris structure is called just that, after the ancient Greek goddess of the rainbow and messenger of the gods. I like to think that the iris is like the messenger of the body if we can see it in such depth due to great magnification with the Iriscope ~ up to 80 x magnification. This piece of equipment is the Rolls Royce of Iridology equipment. The detail that is conveyed is quite amazing. And most people have never seen such images of eyes in such detail. If you would like to see such images just go onto the Iris gallery on my website mentioned below. When I give talks using power point with enlarged and magnified images, people tend to be quite in awe of it all .

"one of the most wonderful things in nature is a glance of the eye, because it transcends speech, our eyes are the bodily symbol of our identity" Ralph Waldo Emerson.

An Iridologist with this type of advanced bit of equip-

ment is also able to look at the other facets of the frontal aspect of the eye. I have already mentioned the cells around the inside of the pupil. Well these are an extension of the nervous system. So we have the only visible access to information about our nervous system. Imagine that! These inner pupillary border cells ~IPB ~ come in different shapes and sizes, and with bits missing or gaps and so forth . All telling a story about the individual. Quite intriguing to say the least!? Maybe even quite mystical? There is so much we do not yet know about the human body and we are always learning from both a Western Scientific point of view and an Esoteric one. These cells can convey the core of information about a persons genetic health tendencies.

Another aspect an Iridologist will take into consideration is the pupil dynamics. As people know the pupils can signify emotions of all sorts. The classic example is when someone is in love and you will notice that when they are looking into the person they are in love with they will have dilated pupils. The pupils are connected to the nervous system. There are many nerve endings of the body within the eye and so the shape of the pupil and what angle the pupils may be sitting at is all taken into consideration at the time of looking into the eye. The pupil border represents the spine in a 'map sort of way' . So if an Iridologist notices any flattening at a particular area then this may represent a specific part or area of the spine. And the nerves coming out from that particular part or the spine will be supplying various systems and organs in the body. So when we see an area of the pupil which is flat it means an Iridologist must pay particular attention to this area or organ/s to help with the wellbeing of a person. An Iridologist may also ask particular questions around this area. And then another part of the jigsaw puzzle can be solved.

Another aspect of the eye an Iridologist may look at are, the details of the iris, like all the markings and colourings or pigments of the tissue. There is so much to take into consideration when looking into a person's eyes that it takes a well trained and experienced Iridologist to read the map signs of all the different aspects. So when you link all the signs together along with asking the right information about the person ~ it tells a story. The eyes never lie.

The most empowering thing an Iridologist can offer a person during the consultation/s is the core information or knowledge about what is the root cause of their imbalance/s.

To walk away with this knowledge allows the person to focus is what is causing their core imbalances. And usually I like to keep the information simple. The reason for this is to not overwhelm the person with too many labels. And most of all is for them to feel they can deal with the advice given on their diet or lifestyle and so forth.



I cannot forget the whites of the eyes, the sclera. This area is also taken into consideration when looking into a person's eyes. The blood vessels also tell a story. This area can change in colour and appearance unlike the rest of the eye, quite quickly when someone alters their lifestyle.

The Iris holds your genetic blueprint. When you are given the root cause and tendencies of your body constitution you are able to change up to 80% of your DNA through epigenetics ~ vibrational energetic medicine, thoughts and therapies. Quite powerful knowledge to have for your future wellbeing!?

An Iridologist can pick up basic food intolerances such as dairy; white flour; eggs & sugars. As well as deficiencies in basic minerals; vitamins; specific digestive enzymes/ secretions & hormones & neurotransmitters and organ imbalance tendencies. Please see website for more information.

The Iriscope used by Susan features a microscope for high magnification viewing, taking images of markings, fibre structure

and the inner pupil border in high magnification so the images are clear and sharp. And it also features a 10 megapixel camera. It is called EyePIX10 Pro Digital Iriscope.

If you would like to learn more about this science and art ~ please see www.iritologyforhealth.co.uk

or go to Facebook and join Susan Laing ~ IridologyforHealth. www.facebook.com/iritologyforhealth

On this Facebook page I will be putting up regular information on iridology so you can see and learn a little bit more about this fascinating eye opener of a subject.

Or here is a radio podcast I did in July if you would like to hear more about Iridology and health

http://podcast.canstream.co.uk/?scr/audio/scr_25-07-11_114_13?11598810.mp3

Alternatively if you would like to come along for a consultation please phone me on 07980064092. I look forward to the privilege of looking into your eyes. ❀

Lavender and Chamomile Bath Melts

by Rebecca Lee

Our skin soaks up 60-70% of what we apply to it, so it only makes sense to apply and bathe in rich, nourishing and wholesome ingredients. This natural recipe is one of my favourite bath time treats as it leaves your skin feeling super soft and smelling absolutely divine.

You Will Need

50g organic shea butter
50g organic cocoa butter
2 drops of lavender essential oil (per melt)
1 teaspoon of dried lavender flowers
1 teaspoon of organic chamomile tea

Method

Finely grate your cocoa butter and add to a glass bowl. Add your shea butter to the grated mixture.

Place your glass bowl on top of a pan of hot water and stir until melted then take off the heat.

Open a teabag of organic chamomile tea and sprinkle 1 teaspoon of it into the mix.

Sprinkle your dried lavender into the mix and give it all a good stir.

Gently pour your molten mix into silicone moulds (you can also use ice cube trays but I find the melts easier to remove from silicone). I like to use small pretty shapes such as flower moulds that are designed for chocolate.

Add your essential oil (in this case lavender) to the moulds.

Put your melts into the fridge to harden up for about an hour.

Pop your melts out their mould and store in a pretty glass jar.

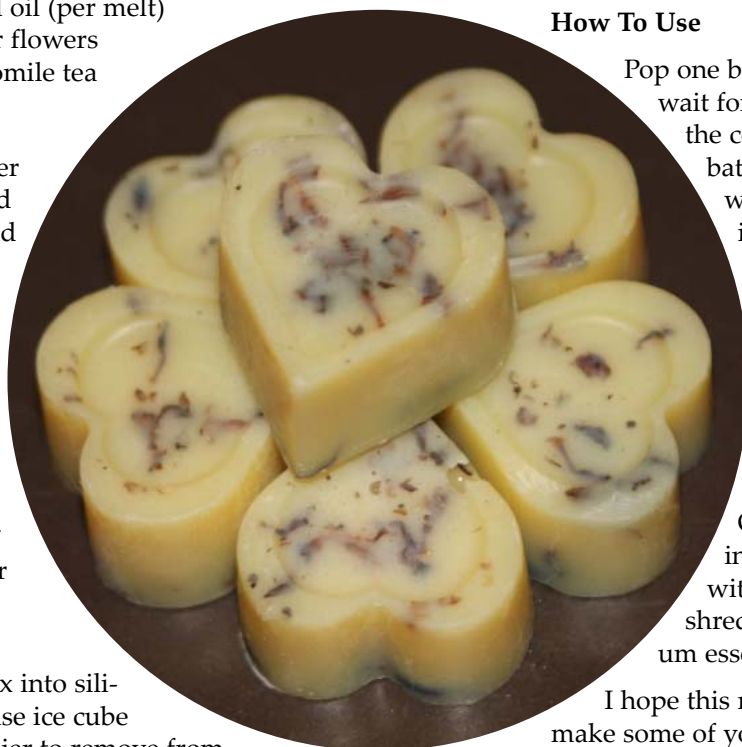
How To Use

Pop one bath melt in a warm bath and wait for it to dissolve. Be careful as the cocoa butter can make your bath quite slippery. If you don't want your bath to be covered in lavender flowers and chamomile you can always place your bath melt in a muslin cloth bag.

Variations

Feel free to adapt this recipe to suit your own personal preference and tastes. Other great combinations include lemon and orange with grated lemon zest or shredded rose petals and geranium essential oil.

I hope this recipe will encourage you to make some of your own natural beauty products. If you would like to find out more about making your toiletries and cosmetics you'll find plenty ideas to get you inspired at www.bebeautifulblog.org ❀



Living a natural rhythm

Once upon a time I lived my life by the clock - woke by the clock, ate by the clock, drove by the clock, studied by the clock, even tried to cheat sleep by the clock!

Those - I must confess - were the days in my previous life - the life I lived as an accountant working hard whilst at the same time studying hard to fulfil my dream to live my destiny and calling as a homeopath.

Then one day - the universe shared its knowing smile with me that my time to fulfil my dream had come - my employer announced redundancies, I was getting ready for my final homeopathic exams and was weeks away from giving birth to my new baby girl - and as it happened breath life into my dream.

Well it is a big enough challenge to be a mother let alone lose your known job and start a new career at the same time - not content with those challenges alone I decided to completely rebel from the one thing that had controlled my life till that point - the clock!

I stopped wearing a watch and I did not want a routine (and that really goes against conventional thinking with babies!). Jumping head first in determination that I needed my own rhythm to life - and not one that ticked at a set pace, so I did things when it felt right too.

Can you guess what happened. Well firstly I had not planned into my master scheme the fact that the rest of the world that I was still familiar with was pulsating at the rhythm of the second hand. Spontaneity is truly difficult when life has to be scheduled in to a diary. Fixing play dates had to be put in the diary for weeks in advance, by which time, invariably someone had a bug and could not make it - or it was raining and so the fun exploring at the park became a congregation at an indoor adventure play ground. Not what I really had in mind and frustrating that my plan did not seem to be working.

As it happened (which it usually does when you announce to the universe you want to change something in your life) my circle of friends started to change, new people appeared in my life - with similar out looks and flexibilities - at last I was moving into the realm of a natural rhythm.

My baby slept when she was tired, fed when she was hungry and explored when she felt inspired. So does that mean that life was chaos. I think not. The sun still comes up every day and the stars are always there at night - they have a rhythm of their own that they have worked to since the beginning of time and will continue to work to after I have joined them. Even nature's plants grow when they feel the time is right! What I found as I slowly discovered my own rhythm is that life is actually much easier when you listen to your inner being - and work with yourself. My days seem to have more time in them and my plans happen with less effort.

What helps me to work is the power of thought and the positive intention. At the end of the day I take a few

by Dawn Waterhouse

moments and think about what I want to achieve or who I want to see the next day and during the coming week, making a mental note. Sometimes I enjoy watching the flame of a candle flicker as I focus my thoughts - with practise this only takes a few moments.

This means I am organised in my mind for the day ahead so I can seize opportunities that present themselves to me. I even do this if there is something special that happens that I want to organise.

Here is a recent example of how this can work. Whilst reorganising my home for the ever changing needs of my family I decided I needed a small wooden chest in my porch to store wellies and out door footwear. I stopped clearing and I could see it in my minds eye - but really did not feel inclined to go out hunting for one - besides I prefer to be ethical if I can and reuse where possible. So we put in the porch a makeshift box - not ideal - but as close as we had to what I would like to have.

A couple of months later - my children and I were shown a trailer full of goodies by a friend before they went to a boot sale the following day - and there before my eyes was a small pine chest - exactly as I had pictured. "Ohh could I have the chest." I asked - "It is just what I need". They were hesitant "It is a bit grubby inside - no good for clothes really!" I then explained I wanted it for wellies in my porch - and they were delighted.

So the next job will be to get the paints out and stencil something me on it (what that will be will come to me when the time is right) - just to bring it into my home and make it new. And I can't wait!

I have a similar approach to my time with nature. Some days are filled with the joy of working and playing in the garden, and sometimes I almost sense nature calling my heart - I feel the need to feel sand between my toes, or the safety of the branches and leaves of the woods, or even the sound of the breeze rustling through the fields. That is when everything stops and we visit the place that is calling my senses. Nature is a great way to recharge you and help you connect to who you truly are. When you walk in nature you go back to a land where mother nature is in control of time - not man.

Here is a simple experiment for you to try at home. May be you have a routine of cleaning the house on a Friday. Friday is taken up with cleaning. Try cleaning a bit when you feel inspired - it may be you clean a little every day - or do something twice a week. It may be it takes a while to feel the need to clean - but see how it feels. Personally I feel energised after spontaneous cleaning. Almost as if someone has waved a magic wand and the house is clean. I also love the fact that it does not seem to take so long - because I am cleaning because I want to and I feel like it.

Have you ever noticed how long it takes you to research



something you have to learn - and how quickly you can take on board something you are interested in. This is the principal I apply to my children's home schooling. When a question is asked or inspiration appears we follow that lead.

This summer I thought I would see how much my children had learnt without being aware of learning. So I bought a revision guide for my younger daughters science. It is appropriate to the year she would be in when returning to school in September (so work she would not have studied yet if in the school system).

She whizzed through the book and filled in the pages and quizzes in next to no time delighted that she knew most of the answers and excited by the few extra facts she had picked up.

I may just do that for the other core subjects for her - how much fun is it to do an academic year of a subject in just a few hours!

So here are a few pointers for you if you want to lose the second hand and listen to the rhythm of life:

- 1 Take time out in nature - when you feel it is right - or as best you can.
- 2 If you do not already meditate - do learn. Meditation helps you reach a great state of mind to work efficiently and in tune with yourself.
- 3 Take a few minutes each day (when it works for you - I like on an evening, but mornings before you get out of bed, or before breakfast can be great too) to pull into focus what you want to achieve in the short term (eg for the day ahead) and longer term (the coming week and beyond where relevant).
- 4 Listen to your thoughts, it may be you feel the need to write a shopping list now, or get some bills organised to be paid, or even check the store cupboard for some ingredients - what ever it is just listen and do - it may be that act of five minutes now makes life really easy when an opportunity arises during the day.
- 5 Keep your diary as clear as you can - try to have days with nothing in at all. That way you can enjoy the gifts of the present.
- 6 Try to bring into your life other people who live life with spontaneity. It helps to have support and not feel alone. And it sure makes it easier to fix up meet ups with friends if they are not all booked up for the next month.
- 7 Listen to the seasons. Just as the year changes its patterns of daylight and seasons, so do we. We may be more productive in the spring, and perhaps pull projects to a close in the autumn. It is okay - as long as it feels good and works for you.
- 8 If it feels good do it (with in reason of course!). Try to listen to what your inner self needs and nurture it.
- 9 Take time for your self. If you are overworked or exhausted your clock will slow and life will seem harder. Investing time into your hobby / book / a candle lit bath / catching up with friends, what ever it may be - will help recharge your batteries so you are

ready to set off again (and do add "me time" to your next mental note!).

- 10 Thank the day - if we thank all our blessings we are ready to be blessed again.

So how about work - how do I run a clinic with a spontaneous life? Well I have a diary and a clock in the room - otherwise that would be asking for chaos!

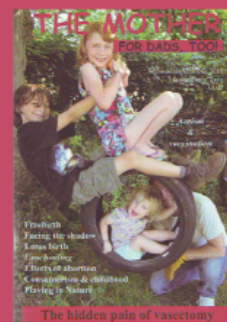
Dawn is a raw foodist and is a qualified homeopath. She also holds qualifications in diet, nutrition, meditation, reiki and is a lifestyle coach. She has a busy clinic in Colchester, Essex with both attending clients and telephone consultations. Dawn only uses homeopathy, diet and nutrition and Reiki for her unvaccinated children (age 7 and 11). Workshops on the vaccination decision, 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. Meditation workshops are also available. Further details are available on her website www.dawnwaterhouse.co.uk or find her on face book www.tinyurl.com/dwnaturalhealth

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It's not what you do...

It's the way that you do it!

At the time of writing this article I had just started my Royal Horticultural Society course in practical gardening, and during the day whilst learning how to propagate seeds, I was reminded of a very important thing that can be used as an analogy that helps explain why some things seem to work for some and not for others and helps highlight the need not to just focus on what you do or don't do, but on how you do it too. Sometimes, when a health protocol we try doesn't work, it is not the health information we have heard that is wrong, but the way that we applied that information based on where we are actually at that time is wrong. Our situation may differ from that of the person who dispersed the information you received on many levels, some levels of which we are still largely unaware of.

Sometimes in nature some plants seem to grow easily against overwhelming odds without any help from man and others that are cared for and nurtured lovingly seem to fail in their quest for life. The same can be seen in humans. Some humans who seem to not care about their health live into their hundreds and yet others who spend all their time focused on health experience nothing but ill health. There is still much that we have to learn about health and I believe that nature is there to show us the way forward. Nature has created little seeds that can replicate themselves when allowed to do so performing miracles that still eludes even the most advanced scientist. The seed, as long as it is healthy and finds itself in a growing environment that contains everything it needs in order to start growing, has all the information stored inside itself and will miraculously start to grow and form a perfect plant all by itself. Humans have been propagating seeds pretty much since civilisation began. Man didn't and still doesn't know exactly how the seed manages to do this or what is going on at a cellular level, but he did learn that he had to provide the seed with a certain environment for the seed to grow successfully and that he then had to provide the seed with certain things in order for it to perform its miracle.

How many times have you planted a seed and despite you having done everything you were told to do by the gardening expert and having followed the instructions on the packet to the letter, it didn't germinate? How many times in the health field do you see people seemingly

by Pete Vincent

doing all the right things in order to be healthy, and yet they fail to experience the same health that somebody else achieved by doing the very same thing. Learning how to propagate seeds gives you some valuable insights as to why this might be.

Two of the main reasons that a seed will not germinate properly, other than it is dead, is either not having enough water or having too much water. In the case of not having enough water you might think that you are giving the seed enough water on the face of it, but there might be a problem in the water getting to the seed. If you haven't pressed your corners in the corners of a seed tray to compact the growing medium for example, the water can

drain away from the seed and rob the seed of the water it needs. Many people who seem to be eating and drinking the right things can often have similar problems. The nutrients, although being consumed, are not getting to where they are needed due to various mechanical and biological problems going on unseen within our internal environment.

Over watering can equally cause problems. If the growing medium isn't firm enough or is too loose and can't hold the water or allow it to drain away, then the water will accumulate and

form areas that become too wet and water logged which can cause the seed to rot. Imagine for a moment that certain areas in our bodies made up of billions of cells are the soil, then the same kind of thing can happen if fluids are allowed to build up due to congestion, lack of movement and/or your bodies inability to drain the excess fluids away, then these areas can begin to break down cell walls and can begin to rot creating breeding grounds for disease, rather like stagnant swamps and non moving bodies of water do.

So although we all know that water is important, before we actually put more water into the seed tray, we need to know the current state of the soil so that we know whether the seed actually needs more water or whether it actually needs something else to either help drain excess water or something else that will help water get to where it needs to get to. So many people start eating a certain "healthy" food without actually knowing what state their internal environment "soil" is currently in. Yes what they are eating might be "potentially" healthy and contain lots



of super nutrients that can potentially do you good, but rather like the water, it might be that you don't need more nutrients than you are already getting, you might need something else that will help the nutrients you are already consuming in your diet, get to where they are needed.

Using this analogy it can help to highlight the importance of not just following someone else's advice to eat something just because it did them good. You have to understand that your body is currently in a unique biological state when compared to everyone else and may need a completely different approach in order to get you back on track. As with seeds, all plants need different environments and different factors with which to thrive and they have adapted accordingly. Some like lots of light (Hydrangeas), some like no light (Rhubarb). Some need lots of water (big tropical leaves) some need little water (cactus thorns and pine needles). You'll often hear raw food gurus arguing that we need to eat the same as monkeys because genetically we are 99% the same as them and therefore we need to eat the same diet as them. You'll also hear some say that all humans are 99.9% the same and therefore we all need the same diet in order to thrive. Some seeds look the same on the outside and may only differ slightly genetically, but they may produce a totally different plant and need different things in order to grow. A 0.1% difference at a genetic level can mean a huge, huge, huge difference in how we function. A minor difference on one gene at a critical point on the DNA strand can have drastic ramifications that can cause that person to function in a totally different way than someone else and therefore need a completely different diet than someone else. Look at someone who has cystic fibrosis for example. Small differences can also cause one person to thrive eating a certain food and it be a poison to another (nut allergies for example).

So to re-cap. Don't just start eating a certain "healthy" food and expect it to make all the difference and make you healthier like it did for others. First ask yourself some other questions and get a better idea of where your body is actually at biologically, emotionally and physically. Think of the seed. Does the seed actually need more ionised, reversed osmosis water that's been infused with ormus, or does it really need draining and better irrigation? Do you really need another super supplement that's been

hand harvested by natives in an ancient land, or do you really need more laughter and sunlight, and to up root yourself from the sofa and breathe in more fresh air in order to get things circulating around your body in order to help dry up some of those flooded interstitial cellular areas that are rotting and forming breeding grounds for pathological bacterial colonies that can result in an additional chronic drain on your immune system and internal biological stress?

Pete Vincent is the founder of RawHumour.com. Raw Humour is an organisation that aims to promote raw food in a sensible way that places a strong focus on emotional happiness as a key factor in healthy living. Pete is also a healthy lifestyle coach, live blood microscopist and the author of The Most Sensible Raw Food Book in the World...EVER!

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30 Days to Success

by Steve Paulina

A powerful personal growth tool is the 30-day trial. This is a concept I borrowed from the shareware industry, where you can download a trial version of a piece of software and try it out risk-free for 30 days before you're required to buy the full version. It's also a great way to develop new habits, and best of all, it's brain-dead simple.

Let's say you want to start a new habit like an exercise program or quit a bad habit like sucking on cancer sticks. We all know that getting started and sticking with the new habit for a few weeks is the hard part. Once you've overcome inertia, it's much easier to keep going.

Yet we often psyche ourselves out of getting started by mentally thinking about the change as something permanent — before we've even begun. It seems too overwhelming to think about making a big change and sticking with it every day for the rest of your life when you're still habituated to doing the opposite. The more you think about the change as something permanent, the more you stay put.

But what if you thought about making the change only temporarily — say for 30 days — and then you're free to go back to your old habits? That doesn't seem so hard anymore. Exercise daily for just 30 days, then quit. Maintain a neatly organised desk for 30 days, then slack off. Read for an hour a day for 30 days, then go back to watching TV.

Could you do it? It still requires a bit of discipline and commitment, but not nearly so much as making a permanent change. Any perceived deprivation is only temporary. You can count down the days to freedom. And for at least 30 days, you'll gain some benefit. It's not so bad. You can handle it. It's only one month out of your life.

Now if you actually complete a 30-day trial, what's going to happen? First, you'll go far enough to establish it as a habit, and it will be easier to maintain than it was to begin it. Secondly, you'll break the addiction of your old habit during this time. Thirdly, you'll have 30 days of success behind you, which will give you greater confidence that you can continue. And fourthly, you'll gain 30 days worth of results, which will give you practical feedback on what you can expect if you continue, putting you in a better place to make informed long-term decisions.

Therefore, once you hit the end of the 30-day trial, your ability to make the habit permanent is vastly increased. But even if you aren't ready to make it permanent, you can opt to extend your trial period to 60 or 90 days. The longer you go with the trial period, the easier it will be to lock in the new habit for life.

Another benefit of this approach is that you can use it to test new habits where you really aren't sure if you'd even want to continue for life. Maybe you'd like to try a new diet, but you don't know if you'd find it too restrictive. In that case, do a 30-day trial and then re-evaluate. There's no shame in stopping if you know the new habit doesn't

suit you. It's like trying a piece of shareware for 30 days and then uninstalling it if it doesn't suit your needs. No harm, no foul.

Here are some examples from my own life where I used 30-day trials to establish new habits:

1) In the Summer of 1993, I wanted to try being vegetarian. I had no interest in making this a lifelong change, but I'd read a lot about the health benefits of vegetarianism, so I committed to it for 30 days just for the experience. I was already exercising regularly, seemed in decent health, and was not overweight (6'0", 155 lbs), but my typical college diet included a lot of In-N-Out burgers. Going lacto-ovo vegetarian for 30 days was a lot easier than I expected — I can't say it was hard at all, and I never felt deprived. Within a week I noticed an increase in my energy and concentration, and I felt more clear-headed. At the end of the 30 days, it was a no-brainer to stick with it. This change looked a lot harder than it really was.

2) Also in 1997, I decided I wanted to exercise every single day for a year. That was my 1997 New Year's resolution. My criteria was that I would exercise aerobically at least 25 minutes every day, and I wouldn't count Tae Kwon Do classes which I was taking 2-3 days per week. Coupled with my dietary changes, I wanted to push my fitness to a new level. I didn't want to miss a single day, not even for sick days. But thinking about exercising 365 days in a row was daunting, so I mentally began with a 30-day trial. That wasn't so bad. After a while every day that passed set a new record: 8 days in a row... 10 days... 15 days... It became harder to quit. After 30 days in a row, how could I not do 31 and set a new personal record? And can you imagine giving up after 250 days? No way. After the initial month to establish the habit, the rest of the year took care of itself. I remember going to a seminar that year and getting home well after midnight. I had a cold and was really tired, yet I still went out running at 2am in the rain. Some people might call that foolish, but I was so determined to reach my goal that I wasn't going to let fatigue or illness stop me. I succeeded and kept it up for the whole year without ever missing a day. In fact, I kept going for a few more weeks into 1998 before I finally opted to stop, which was a tough decision. I wanted to do this for one year, knowing it would become a powerful reference experience, and it certainly became such.

3) More diet stuff.... After being vegan for a number of years, I opted to try other variations of the vegan diet. I did 30-day trials both with the macrobiotic diet and with the raw foods diet. Those were interesting and gave me new insights, but I decided not to continue with either of them. I felt no different eating macrobiotically than I did otherwise. And in the case of the raw diet, while I did notice a significant energy boost, I found the diet too labour intensive — I was spending a lot of time preparing meals and shopping frequently. Sure you can just eat raw



fruits and veggies, but to make interesting raw meals, there can be a lot of labour involved. If I had my own chef, I'd probably follow the raw diet though because I think the benefits would be worth it. I did a second trial of the raw diet for 45 days, but again my conclusion was the same. If I was ever diagnosed with a serious disease like cancer, I'd immediately switch to an all raw, living foods diet, since I believe it to be the absolute best diet for optimal health. I've never felt more energetic in my life than when I ate a raw diet. But I had a hard time making it practical for me. Even so, I managed to integrate some new macrobiotic foods and raw foods into my diet after these trials. There are two all-raw restaurants here in Vegas, and I've enjoyed eating at them because then someone else does all the labour. So these 30-day trials were still successful in that they produced new insights, although in both cases I intentionally declined to continue with the new habit. One of the reasons a full 30-day trial is so important with new diets is that the first week or two will often be spent detoxing and overcoming cravings, so it isn't until the third or fourth week that you begin to get a clear picture. I feel that if you haven't tried a diet for at least 30 days, you simply don't understand it. Every diet feels different on the inside than it appears from the outside.

This 30-day method seems to work best for daily habits. I've had no luck using it when trying to start a habit that only occurs 3-4 days per week. However, it can work well if you apply it daily for the first 30 days and then cut back thereafter. This is what I'd do when starting a new exercise program, for example. Daily habits are much easier to establish.

Here are some other ideas for applying 30-day trials:

- ◆ Give up TV. Record all your favourite shows and save them until the end of the trial. My whole family did this once, and it was very enlightening.
- ◆ Meet someone new every day. Start up a conversation with a stranger.
- ◆ Go out every evening. Go somewhere different each time, and do something fun — this will be a memorable month.
- ◆ Spend 30 minutes cleaning up and organising your home or office every day. That's 15 hours total.
- ◆ List something new to sell on ebay every day. Purge some of that clutter.
- ◆ Ask someone new out on a date every day. Unless your success rate is below 3%, you'll get at least one new date, maybe even meet your future spouse.
- ◆ If you're already in a relationship, give your partner a massage every day. Or offer to alternate who gives the massage each day, so that's 15 massages each.
- ◆ Give up cigarettes, soda, junk food, coffee, or other unhealthy addictions.
- ◆ Become an early riser.
- ◆ Write in your journal every day.
- ◆ Call a different family member, friend, or business contact every day.

- ◆ Write a new blog entry every day.
- ◆ Read for an hour a day on a subject that interests you.
- ◆ Meditate every day.
- ◆ Learn a new vocabulary word every day.
- ◆ Go for a long walk every day.

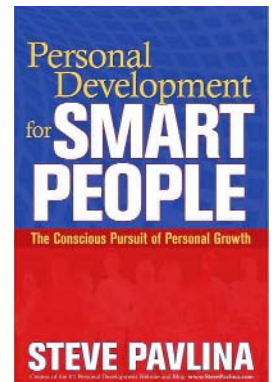
Again, don't think that you need to continue any of these habits beyond 30 days. Think of the benefits you'll gain from those 30 days alone. You can re-assess after the trial period. You're certain to grow just from the experience, even if it's temporary.

The power of this approach lies in its simplicity. Even though doing a certain activity every single day may be less efficient than following a more complicated schedule — weight training is a good example because adequate rest is a key component — you'll often be more likely to stick with the daily habit. When you commit to doing something every single day without exception, you can't rationalise or justify missing a day, nor can you promise to make it up later by reshuffling your schedule.

*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

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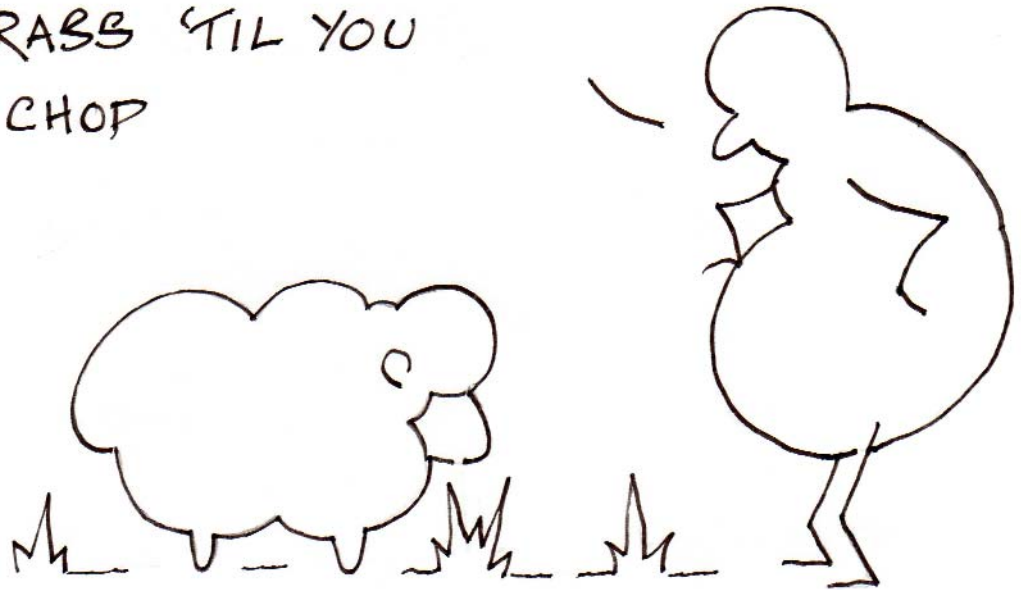
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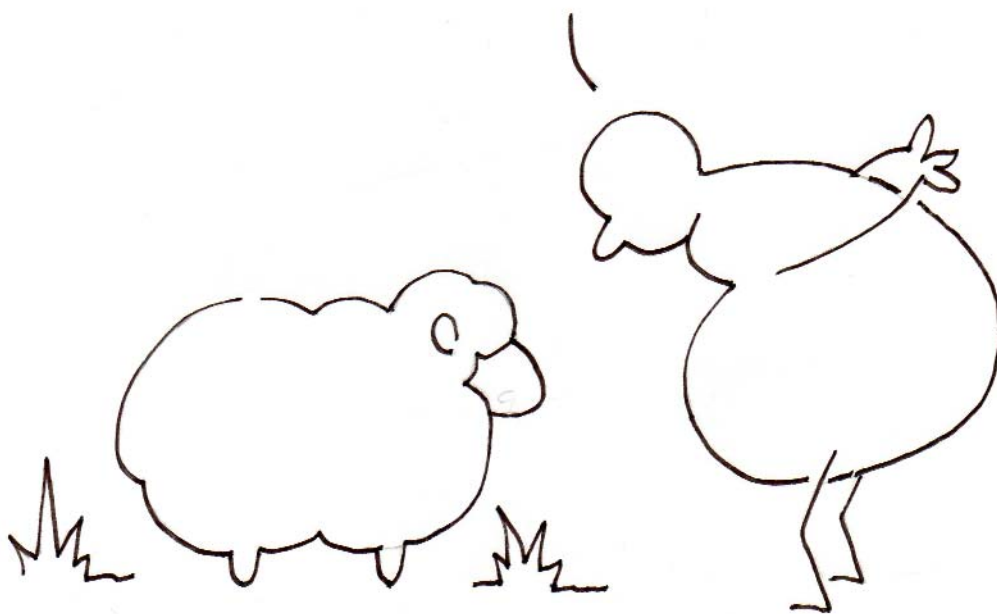
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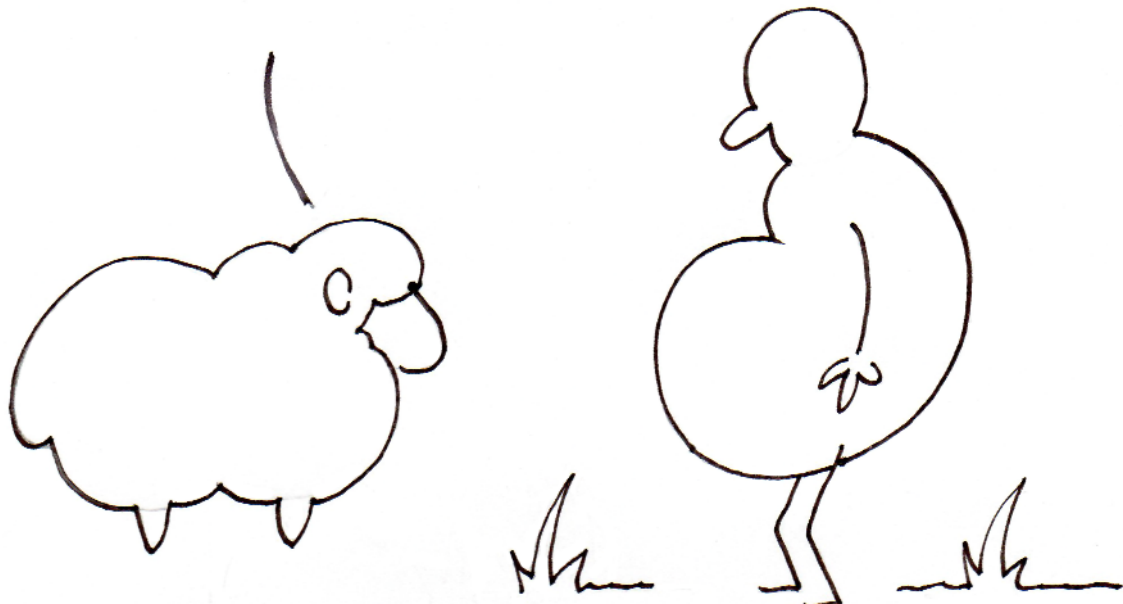
HEY DUDE, I FEEL SORRY FOR
YOU- STUCK IN THIS FIELD
EATING GRASS 'TIL YOU
GET THE CHOP



YOU'RE JUST A KEBAB IN A WOOLLY COAT



I BAASK IN THE SUN EATING PURE,
RAW CHLOROPHYL - I'M ON CLOUD
NINE, MAN



HEY- I EVEN LOOK LIKE A CLOUD



Love is all

I was with you
 Before the world had began
 When only truth was in life
 And no shield was required
 I was with you
 In your heart
 And your mind
 Before you had a body
 I was with you in the stars
 As we created galaxies
 Sparkling light
 Gleaming creations
 Heartfelt joy
 Bliss of creation
 I am with you now
 No less than before
 For I love you
 For I AM love

For you are love
 Love is all
 Never think that I neglect you
 That I did not hear your cry
 I heard, dear one
 But did you hear my reply?
 I held the lamp of lights
 To guide you upon your way
 But did you put that thought
 ...that I gave you
 ...down to fantasy?
 Or did you engage in my advice
 To steer your life on a better course
 Destined for joy, love and light?
 For I hold you dearly
 As always
 In my heart, and in my soul
 I will love you til the end of time
 Till eternity that knows no end
 For my love knows no end
 Is forever for you

The Flame

The flame is there
 Because it is true
 The secret of manifestation
 Is unveiled for you
 For love simply is
 Life simply is
 It is as it is:- I AM that I AM
 Requiring no embellishment
 For the divine is so glorified within itself
 Complete, Untouchable
 Reachable only by one key
 That is of pure love
 That holds pure light
 The divine plan already IS
 We only need to follow this
 Letting this flow through us
 Allow our will to merge with our higher will
 And all will be well
 No-one knows us like God (and Goddess)
 Knowing what is best for us
 For our ultimate growth
 A deep surrender
 Allows this acknowledgement
 And a life bathed in a pool of peace

Arrival

Incomparable bliss
 Sheer Ecstasy
 Shimmers through me
 The light of life
 Is within me
 I am Light
 Light has me
 Every enfolding
 In Ecstasy

Sealed in time
 The sacrament of life
 Tides of time turn
 Changing scenery...
 ...a new life is before me
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The Back Page

Why I don't cut my hair by Rob

About 5 or 6 years ago I got a deep intuition to stop cutting my hair and beard. I was in the process of returning to nature and natural ways of living in other parts of my life and it felt unnatural to cut my hair, in the same way it would feel unnatural to cut off any other part of my body. Interestingly, as a child I never liked having my hair cut, and I was resistant to ever shaving.

A few weeks ago, a friend sent me a link to an article entitled "The Truth About Hair and why Native Indians would keep their hair long". It tells of how Native Americans were recruited to the US Army for their amazing tracking abilities. But once in the army, their abilities seemed to immediately vanish. The US Army did some studies into this and found that when their hair was cropped army style they lost their tracking abilities - they did tests to confirm this which led to them allowing Native Americans to keep their hair long. Unfortunately this article is not sourced so I can't verify whether it is true or not. It seems to me that uncut hair helps our natural intuition.

There are also other religions which prohibit the cutting of hair like Sikhs and Rastafari. Sikhs believe that god created humans perfectly, so why should we cut off something god gave us? And of course there is the story of Samson in the Bible - when his hair was cut he lost his strength.

Of course there are also traditions where people cut off their hair for spiritual purification, so I'll leave it to you to decide what to do with your hair!

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RFD (Raw Food Dude)

By Sally Holloway

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