

# The Funky Raw

Issue 22 - Feb 2012

Healthy eating for everyone

magazine

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Healthy Raw Recipes • Wild Food • Detox • Longevity

## From the Editor



Why don't we grow superfoods in the UK? It is possible, already some superfoods grow wild, like rose hips and dandelion (see page 18 for a whole article dedicated to dandelions, their nutrition and recipes for what you can do with them). It would be great if we could buy locally grown organic goji berries, wouldn't it? Anyone

fancy a challenge? I'd buy local goji berries over imported ones any day, even if they were more expensive and I'm sure many others would too... Of course it's best if we can grow our own food and collect our own wild food, but that's not always possible.

So, on to this issue, packed full of information and fun - this issue we have an excellent short story, and yes, it does feature a raw fooder, head over to page 40 to be entertained.

Wild food features strongly in this issue, dandelions as mentioned, a review of London's new Wild Food Cafe on page 8 and a special feature on page 15 - a three course meal with wild food in each course including a sorrel cheesecake!

Hope you like the new design. Any comments or suggestions please feel free to email me, tell me what you like about the magazine, what you don't like, what you want more of, what you want less of... And if you want to write an article or submit a recipe or news item let me know.

love from Rob - email me at [magazine@funkyraw.com](mailto:magazine@funkyraw.com)

## Cover Artwork

This piece is called "Reflection" by **Angelika Rasmus**, an artist and illustrator based in Nottingham, available for freelance work.

You can see more of her work at [anrasmus.daportfolio.com](http://anrasmus.daportfolio.com)



## Advertising

Next issue deadline 2nd April 2012.

Rates start at £33.60 with discounts for block booking. Please see [www.funkyraw.com/ads/](http://www.funkyraw.com/ads/) for full rate list.

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

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK. [www.ink.uk.com](http://www.ink.uk.com)



## Raw Food: What? How? Why?

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

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

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

**Fruit** - High quality fruit, fully ripened and grown on rich soil.

**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](http://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](mailto:magazine@funkyraw.com)

Submission deadline for next issue: **19th March 2012.**

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!

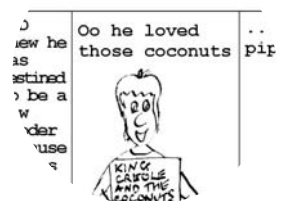
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↳ (Raw



## 811-Friendly Raw Fruit Festival

A festival for fruit lovers in Andalusia, Southern Spain, from Wednesday 12 to Sunday 16 September 2012. The organisers are farmers and know how to get the best local fruits directly from the farms, which means truly ripe fruits - locally grown Mediterranean and tropical fruits.

So if you want to meet other fruit lovers, in a natural environment, next to a river with several swimming holes, with hiking under the old oak trees and enjoying the best fruits before the winter, this is the festival for you!

Price 350 Euros per person (or 100 Euros for children), includes camping space and food. There are also 10 volunteer places available.

Activities include daily yoga, discussion groups on various subjects including permaculture/organic farming, eco building, recipe sharing, and live music, drum group and 5 Rhythms dance. For full details see: <http://festival.811-friendly.net>



## Gourmet Raw Parties in Spain

Cruda- A raw gourmet trio based in Southern Spain are continuing to host raw gourmet buffet parties with different cultural themes, next up is a Love Yourself event in February with a Mexican flavour, expect fajitas with chocolate mole sauce, corn tortillas with flaming salsa, great drinks, wild entertainment and so much more. To see an example of their buffet parties check out "Cruda - Club Tropicana Espectacular" on Youtube.

Also this spring they are offering a great holiday opportunity at a stunning spa centre in the Alpujarras, with daily raw food workshops, top nutritional advice, spa treatments and other life-enhancing activities such as African singing, Bio-dance and local wild food walks. They plan to share some of their diverse exciting menus with a different cultural twist on each day.

For more info email [crudaruda@wildmail.com](mailto:crudaruda@wildmail.com)

## Wise Traditions Festival

Two days of talks, workshops, feasting and stalls on whole food nutrition, sustainable farming and holistic medicine, at an inspiring venue. Based on the work of Weston Price, this is not about the raw diet but includes some very important subjects including fermenting foods, diets of traditional peoples, sunshine and vitamin D, and lots more.

Epsom Downs Racecourse, London, March 17 & 18. Tickets from £85. Details: [www.westonprice.org/london/](http://www.westonprice.org/london/)



## Incredible-Edible in Todmorden

This is an amazing project, which started in Todmorden, West Yorkshire, with the aim of becoming self sufficient in food for the whole town. Food is planted in public spaces and residents can help themselves to it, free of charge. The idea is of course to get everyone involved in planting and growing their own food.

According to their website "We grow and campaign for local food ... From our beginnings with herb gardens, we've taken to planting and growing veggies and trees round town, we've planted several orchards and there are more to come, and we're working with public bodies round town to use their land - like the fire station and the railway station ... Every school in the town is now involved in growing with us and we promote food-based learning for the community as a whole."

The website is full of information and has maps of where different food is planted, and where you can buy local eggs.

If you're in Todmorden, get involved, otherwise there are Incredible-Edible projects starting all over the place - see if there is one in your area (links on website), if not, start one...

[www.incredible-edible-todmorden.co.uk](http://www.incredible-edible-todmorden.co.uk)

## Sustainable Food Cycle Tour

It's not raw, but might be of interest to some - environmental education charity the Otesha Project has opened applications for volunteers to join a 2012 summer cycle tour with a sustainable food theme.



The three-week Tastetastic! tour, open to all ages over 18, will visit organic farms and sustainable food projects across southern Scotland during August.

It will also see the convoy of pedalling volunteers stopping in at schools en route to deliver Otesha's workshops for children, spreading messages about sustainable food issues.

Tour co-ordinator Calu Lema said: "The Tastetastic! tour is going to be an incredible experience. It begins with volunteers being trained up in range of skills ranging from bike maintenance, to workshop facilitation and consensus decision-making.

"Then they'll take to the saddle, travelling, eating and living together for three weeks as a living demonstration of how to live in a low-impact way."

For more info see [www.otesha.org.uk](http://www.otesha.org.uk)

# 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](http://www.meetup.com) and also see [www.funkyraw.com/events/](http://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](http://www.rawinuk.com)

If you organise a potluck, email the details to [news@funkyraw.com](mailto:news@funkyraw.com) to have it listed here.

## Glasgow

Wed 7th March, Heavenly Cafe Bar, 185 Hope Street, Glasgow.

Mon 23rd April, The Flying Duck, 142 Renfield Street, Glasgow. This potluck repeats on the 4th Monday of every month, the next ones are May 28th and June 25th.

[www.meetup.com/Glasgow-Raw-Food/](http://www.meetup.com/Glasgow-Raw-Food/)

## Hebden Bridge

Meetups and wild food walks

Facebook: [www.tinyurl.com/rawhebden](http://www.tinyurl.com/rawhebden)

## Leeds

Every last Sunday of the month from 1pm onwards phone Sue on 07980 064 092 for details.

[www.leedschiropody.co.uk/raw-spirit/events.html](http://www.leedschiropody.co.uk/raw-spirit/events.html)

## Bristol

Valentine's Day Pot Luck, Tuesday 14th February 7 - 9.30pm, booking essential:

[www.annamiddleton.com](http://www.annamiddleton.com) [info@annamiddleton.com](mailto:info@annamiddleton.com)

## Cardiff

New monthly potluck, contact Nicola on [kalistar@hotmail.co.uk](mailto: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 07967 719 456 to confirm.

## Bournemouth

Rainbow Living potluck: 22nd Feb 2012 at 7:00pm. 13 Fishermans Avenue, Southbourne, Bournemouth, BH6 3SQ

£10 if you bring a dish £17 if you don't, children free. Please contact before attending.

[www.rainbowtribe.co.uk](http://www.rainbowtribe.co.uk)

[rainbowliving1@hotmail.co.uk](mailto:rainbowliving1@hotmail.co.uk)

07515 257 395 / 07527 444 606

## Sunderland/Newcastle

The 2nd Sunday of every month 12.30pm at the Quaker Meeting House, Sunderland, SR6 9PG. Also 4th Tuesday of every month in Newcastle, 6-8pm. For more info contact Madeleine on [emvz53@gmail.com](mailto:emvz53@gmail.com) and see [www.tinyurl.com/nerawmeet](http://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 018 251 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](mailto:rawdolphins@live.com) 07884 438 758

## London

**North London:** See the website for details of next meetup:

[www.meetup.com/northlondon-veganorganic-rawtreat/](http://www.meetup.com/northlondon-veganorganic-rawtreat/)

**London Raw Food Meetup group**

[www.meetup.com/rawliving/](http://www.meetup.com/rawliving/) see website for future events.

## Brighton

To find out about potlucks in Brighton, visit:

[www.tinyurl.com/rawbrighton](http://www.tinyurl.com/rawbrighton)

## Southampton

Fortnightly pot luck on Sundays 12-3pm. Dates and themes: 19 Feb Fruit Cocktail? or is it? how many veggies are really fruits, 4 Mar Best Dish from your favourite book, 18 Mar What do you do to lose weight, or keep in shape?, 1 April Free Reign, King or Queenly dishes, 15 April Different Diets Exploring 80-10-10, 29 April Toast can we make it?, 13 May Cakes

Bring a dish to share and own plate & cutlery. Near Swaythling train station. [www.rawinuk.com/showthread.php?t=745](http://www.rawinuk.com/showthread.php?t=745)

Contact [kcreations@live.co.uk](mailto:kcreations@live.co.uk)

# Workshops & Events

To get your event listed here, add it to our website at [www.funkyraw.com/events/](http://www.funkyraw.com/events/)

## **Raw Beginnings** with Lisa Sture of Raw Lisa

**Date:** Saturday 25 Feb, 10am to 4pm

**Location:** Bideford, Devon

### **Description:**

Lisa will take you through a day making food that fuels your body right, makes you feel good and increases your energy - you will, of course be eating all day so make sure you are hungry!

**Price:** £60 for the day, all food provided and a course booklet including recipes.

**Contact:** 07971 148 531 / [www.rawlisa.co.uk](http://www.rawlisa.co.uk)

## **Raw Food Sweet Sensations** with Tanya Alekseeva

**Date:** Sunday 26 Feb, 11am to 2pm

**Location:** Chelsea, SW3, London

**Description:** 'Raw Food Sweet Sensations' is a desserts making class, where you will learn: tips and techniques used in creating, icing and decorating, how to incorporate desserts into the healthiest lifestyle ever and more.

The recipes you'll learn include red velvet cupcakes, carob and caramel brownies, strawberry sauce, chocolate mousse and peppermint ice cream.

**Price:** £65 each or £120 for two, includes all ingredients, desserts feast and take away materials.

**Website:** [www.betterraw.com/p/workshops\\_30.html](http://www.betterraw.com/p/workshops_30.html)

## **Yoga and Juice Feasting Retreat** with Oona Hawley and Lisa Sture

**Date:** Tuesday 24 to Friday 27 April

**Location:** Instow, North Devon Coast

### **Description:**

On this retreat we will be detoxing using the Juice Feasting protocol and combining it with yoga to help the process as well as stretch and strengthen your body and detox your mind. In Juice Feasting you aim to take in as many calories as you would normally, but in the form of organic juices and super-nutritious supplements. This allows you to be active during your cleanse as well as giving your system a rest and a super-dose of nutrition.

The retreat will take place in a house overlooking the waters of the Taw Torridge estuary with a large garden and a patio eating area with beautiful countryside views.

**Price:** £425 per person inclusive, £75 deposit.

**Contact:** 07971 148 531 [lovinglifemagic@gmail.com](mailto:lovinglifemagic@gmail.com)

**Website:** [www.rawlisa.co.uk/events.html](http://www.rawlisa.co.uk/events.html)

## **1 Day City Retreat - Raw Food and Yoga Intro** with Tanya Alekseeva & Colby Hanks

**Date:** Saturday 28 April, 10.30am to 3.30pm

**Location:** Saint Bedes Hall, Little Albany St, NW1 4DY

**Description:** With a luxury setting and designed to stimulate every part of your being as you experience tremendous healing and energising power of Raw Foods combined with Yoga. You will leave revitalised, nourished and empowered to implement all intro methods and delicious recipes into your new exciting lifestyle.

**Price:** £85pp or £160 for 2 people.

**Website:** [www.betterraw.com/p/workshops\\_30.html](http://www.betterraw.com/p/workshops_30.html)

## **Sunfoodyoga Retreat**

**Date:** Monday 14 to Monday 21 May, starting 4pm

**Location:** Andalucia, Southern Spain

**Description:** 7 days and 7 nights we will embark on a journey together with life changing possibilities in an inspirational setting in the Alpujarra mountains of Southern Spain. Taking time to rejuvenate yourself completely through raw and superfoods and Yoga, Pranayama and Meditation.

**Website:** [www.sunfoodyoga.com/retreats/may-14-21](http://www.sunfoodyoga.com/retreats/may-14-21)

## **Raw Magic Accreditation Course in Turkey**

**Date:** Monday 21st to Friday 25th May

**Location:** Bodrum, Turkey

The course is an in-depth guide to raw foods, how they work in the body and how they affect our consciousness. You will finish the course armed with a practical knowledge of how to make magic in the kitchen, along with a transformed awareness of how to empower yourself and implement the magic in your world.

**Price:** £300 Early bird discount (book by 1st March) £275

**Website:** [www.rawliving.eu](http://www.rawliving.eu)

## **Wild & Raw**

**Date:** Sunday 20 to Saturday 26 May, arriving 5 pm

**Location:** Germany, Artemisia, wild herb center

**Description:** Living food Lifestyle and detox week in the mountains of south Germany. During this course we learn how to create an indoor garden, sprouting, fermenting and producing our own wheatgrass and micro-greens. We can be our own doctors and produce our own super food. Living planetary health. Daily meditation, wild edible walks and wheatgrass shots. Sweat-lodge to support detoxification. Accommodation: comfortable double rooms.

**Website:** [www.wildandraw.net](http://www.wildandraw.net)

## **Raw Food Holiday**

**Date:** Saturday 26 May to Saturday 02 Jun

**Location:** Near Orgiva, Southern Spain

**Description:** A chance to relax in beautiful, wild, hot surroundings, and be with like-minded people, eating delicious raw food.

This week is for you if you are into raw food, and looking for somewhere to go on holiday where it's not only easy to be raw - but there are other people doing it too.

The situation in the hills of Southern Spain is breathtakingly beautiful - there will be delicious, locally available fruit and vegetables, sunshine, a swimming pool, and the chance to visit nearby attractions like the stunning city of Granada or the seaside.

**Website:** [www.retreat.es/raw2012.html](http://www.retreat.es/raw2012.html)

## **Sunfoodyoga Retreat**

**Date:** Friday 29 June to Friday 06 July, starting 4pm

**Location:** Andalucia, Southern Spain

**Description:** 7 days and 7 nights we will embark on a journey together with life changing possibilities. Taking time to rejuvenate yourself completely through a raw and superfood diet and Yoga, Pranayama and Meditation.

**Website:** [www.sunfoodyoga.com/retreats/may-14-21](http://www.sunfoodyoga.com/retreats/may-14-21)

# Review: Inspiral Cacao & Cinnamon Kale Chips by Sarah Ince

I have tried many different flavours of kale chips, both store bought and my own creations, and had previously heard of chocolate kale chips, but had not quite summoned enough courage to taste the sweet and savoury combination, that is... until now. Upon tasting my first cacao & cinnamon kale chip, I wondered why I had waited so long... perhaps for the invention of the Cacao & Cinnamon variety? This winter I have had cravings for Chocolate Cinnamon "hot" chocolate – only not piping hot, but just above lukewarm, so that it is still raw, and nutrient rich, whilst decadent and satisfying during the blustering weather conditions. The tub of 'delight' arrived yesterday, and just after lunch today, all were consumed, albeit shared with my good close friends for additional opinions. Personally I absolutely love them. My friends all were willing tasters also, although some more apprehensive at the food combination, but as all are lovers of raw food, seems no one wanted to pass by the opportunity of tasting. No one actually disliked them, although I guess it is an acquired taste maybe, but the rate at which they disappeared, seems to say they were a roaring success. I returned home with only a quarter of a tub full, of which I consumed the remaining kale chips with utter delight

before lunchtime arrived. The ingredients give a full-bodied chocolate flavour that is not too sweet, and the cinnamon flavouring is in perfect balance, so that you can taste both flavours together, rather than one flavour being in the forefront. The ingredients are all raw with the exception of Coconut Palm Sugar, which is actually one of my favourite new sweeteners that I have discovered thus far, as I dislike too much sweetness, and as the sweetener is derived from a coconut, you can taste additional subtle flavours rather than sheer sweetness. The vanilla certainly accentuates the chocolate and cinnamon, and I will also try this combination in my hot chocolate drink, too. The sourcing of local kale is so important to the fresh taste, and eco principles. The packaging is recyclable.



Comes in a 40g for £3.45 or 90g for £6.45. Available in some health shops and from [www.inspiralled.net](http://www.inspiralled.net)

More reviews at [www.ecoluminescence.com](http://www.ecoluminescence.com)

# Review: Raw Ecstasy - Delicious Raw Snacks by Sarah Ince

Prem, the owner of Raw Ecstasy, was a delight to connect with, and I knew from the outset that the products created would be of a higher consciousness. Raw Ecstasy raw food products are highly activated through various means such as soaking, sprouting, dehydrating at low temperatures or some of the sumptuous superfoods that have been skillfully blended to create a wonderful product line.

## Raw Chocolate Fudge

I confess to having missed fudge since transitioning to raw, and once the transition commences, only the best and rawest will do, and fudge for me was no exception to this new "rule". I love raw food, and it has been the deepest "love affair" for my mind, body and soul, giving me heightened perceptions of life from having such a clear foundation within my body. Why cloud the clear bodily temple with dairy? So I just skipped eating fudge, along with cheesecake, until I found raw versions. I was not quite sure what to expect with raw fudge, as this is the first I have tried, and I was not disappointed. A delicious decadent chocolate fudge on a buckwheat base made for the most wonderful pairing, and did not last too long! Available to purchase in packs of 6 for £15... and try not to eat them all at once! Contains raw honey, so suitable for vegetarians and beegans.

Ingredients: Sprouted buckwheat, raw cacao mass, raisins, desiccated coconut, raw virgin coconut oil, raw honey. All ingredients are organic.

## Exotic Chilli Kale Chips - Raw & Sprouted

I adore Chilli, so this super charged coating had me intrigued: Purple corn 7:1, Shilajit, reishi and goji berries. A very potent combination, so be prepared for an energy boost upon consumption! Enjoy the ride! Kale chips make for an ideal snack instead of potato crisps, and I love the super food twist on the Raw Ecstasy kale chips. The flavour is strong, so not for the faint-hearted - if you are this type, opt for cheesy chi - another kale chip option at Raw Ecstasy, with maca, suma, baobab & tulsi/holy basil. Priced at £14.00 for 6. Ideal for those with nut allergies, or who simply prefers not to consume nuts due to their density, as Raw Ecstasy kale chips use sunflower seeds to create the base for the coating. What a great idea!!!

Ingredients: Kale, sprouted sunflower seeds, goji berries, poppy seeds, cider vinegar, purple corn, reishi, shilajit, beetroot powder, spices.

Available from [www.rawecstasy.co.uk](http://www.rawecstasy.co.uk)

More reviews at [www.ecoluminescence.com](http://www.ecoluminescence.com)

# Review: Wild Food Café, London

Theresa Webb experiences 'A meal with a happy ending'



A friend and I went to the opening launch day on Wed 26<sup>th</sup> October for dinner.

Wild Food Café is set in the heart of Covent Garden, in the Neal's Yard courtyard, hidden behind the main streets. It is situated upstairs on the first floor and geranium filled window boxes frame the view of the courtyard below. It stands out with a bold, bright banner and neat paintwork whilst being at home, close to other like-minded businesses. Funky and fresh, it's retained the natural look from the previous cafe and is painted in a vibrant white, green and orange theme. Manager and co-Head Chef Joel Gazdar considers adding a touch of blue around the window frames. He spends the night wearing a newly acquired velvet designer jacket which matches his careful orange paintwork identically.

I feel that we are cut from the same cloth; we share our similar values, inspiration and ingrained understanding with a natural fascination. Joel introduced me to raw (vegan) foods about 8 years ago and possesses an unquenchable passion for such things. I always enjoy his food and implicitly trust his menus. He's previously set up not dissimilar cafes and now, complimented by a professional and bubbly team of co-creators, this feels like 'IT'. An accumulation of many coun-

tries and people's influences, the WFC is the most adventurous and publicly centralised project I've witnessed in London. The team is a mix of like-minded multi-heritages, co-creating the place they want to reside in and the success of their Saturday night pop-up dinners has created a tight dynamic.

**The kitchen preparation area** is open plan, central in the dining area. The openness demonstrates an ethically minded philosophy: there is little to hide. A wooden bar surrounds the kitchen preparation station and there are 3 large shared group tables by the tall windows, seating approx 45 people. There is a celebration of natural beauty: bowls of fresh pomegranates, citrus fruit and squashes and attractive vases of stylish rose bouquets line along the bar.

**The Wild Food Café has a simple menu** divided into sections with 3 offerings in each, providing something for everyone, in taste and dietary choice. It includes Everyday Specials: raw soup, seasonal salad (£5.50) and main dish (10.50), Steaming Hot: Soup of the day (4.50), Main dish with grain or vegetables (£9.50), Deli Lunch: Endive & dips with speciality Turkish olives, sourdough bread and raw onion bread (£7.00 - £8.00). Sourdough bread toasted sandwiches (vegan) with hummus,

olives, Kim-Chi & Tempeh or Pistachio falafel and with sheep cheese or buffalo mozzarella (£5.20 - £6.50). Drinks: Juices (expect the unusual!) include Trinity Tonic, Green Winter Warmer and Bliss Burst (sweet potato, pear and fennel). Smoothies: Super Berry Yesquick, Forgotten Ecstasy and Crocodile Juice (£3.50 - £5.70.) Herbal Teas include their own InvincibiliTEA blend and Monmouth Coffee (is due in soon). The meal names are fun to order and the menu changes regularly taking advantage of seasonal produce. As part of the 'wild' theme, venison was mentioned at an earlier stage but was not there at the time. Also, I'd hope they'd include wild plants or mushrooms, foraged for salads etc, but this may be in progress. We sold wild chickweed salads and various other 'wild' foods when we worked on market stalls. I wonder if it's as straightforward in a regulated cafe set up but it would be nice to see if it's legal.

We halved our portions and started with the Italian artisan sandwich and korma curry special main dish. The 'sandwich' is an architecturally designed structure, of in-house-made flat bread and layers of almond & basil pesto, raw cultured tomato marinara, a fresh dairy-free 'cheeze' and topped with succulent marinated tomatoes, basil and olive oil. This is

ideal for basil lovers like me. There is also a beautiful light kale, tomato and pomegranate seed garnish on the side. I am passionate about pomegranates and alongside kale, they shine like precious gem stones. It emboldens the best flavours of Italian cuisine. It does contain a lot of onion flat bread but then, it is a 'sandwich' stack.

Other sandwiches included the Squash-a-potamus: a squash and hemp hummus with pepper, tomato, Turkish Olives (from the Turkish Deli at Borough Market) and raw pistachio falafel, squash and hemp hummus, tabbouleh, 23 pepper sauce and sprouts, all served with the delicious onion raw bread.

We agreed that the menu selection was inspired and combined familiar flavours with a new identity (eg. raw 'sandwiches' & 'curry'). Here is truly a visual and physical feast.

They'd practically run out of main vegetables by the time I'd arrived and I was initially worried that they'd been so busy during the day to have very little left, but Joel prepared the final veg curry and made us a luscious Crocodile/winter warmer juice (with fresh plantain & superfoods) which I could almost live on. The green juice smoothie is served in a huge glass and is enough for 2 to share, so we did

Between them, Joel and Jivan have the

knack of making a curry sauce taste identical to a vegetable korma from an Indian restaurant. The coconut and fragrant spices balance perfectly, in a particularly creamy sauce with broccoli, avocado, tomato and peppers on a bed of minced parsnip 'rice'. My friend pointed out that it was overly 'saucey'... but in thankfulness to have a raw curry at all, despite a reduction in fresh vegetables; it is my favourite.

The staff individually introduced themselves throughout the night, which gave the impression that although they were busy (no break, full day) they had the time and inclination to make us feel welcome and share in the opening day. They are working for pleasure, not just a living.

We tried the 2 raw vegan desserts on the menu: a Fig & Pistachio Halva, served with coconut ice cream and the Chocolate Mousse. Also on the menu was Oven-baked Seasonal Tart (inc. biodynamic dairy). (£4.00 - £5.00). The mousse was served in a glass and decorated with more pomegranate seeds ('tis the season) and though enjoyable, wasn't as intense as we'd expected in flavour; we felt it could be more chocolaty and it was also dense; a firm, solid dessert on an almond base, as opposed to a bubbly, fluffy, and soft traditional mousse.

The halva is triumphant in design; a crisp, dark wrap (crunchy pancake



style) wrapped around a roll of 'Halva' with fresh fig slices blushing at each end. It's a serious and delicious combination with coconut ice cream and holds a variety of different textures.

On the whole, there are reasonable prices and portion sizes. We were satisfied diners.

In a cafe setting with a restaurant standard menu, it sits above any other local cafes.

Our thanks go to a wonderful team for a memorable night.

The Wild Food Cafe; full, friendly and long may it remain that way.

Wild Food Cafe, 1st floor, 14 Neal's Yard, Covent Garden, London, WC2H 9DP

Open Monday to Saturday, 12 noon to 5pm.

[www.wildfoodcafe.com](http://www.wildfoodcafe.com)

## Review: Raw Treasures Delicacies by Amy Dagley Asop

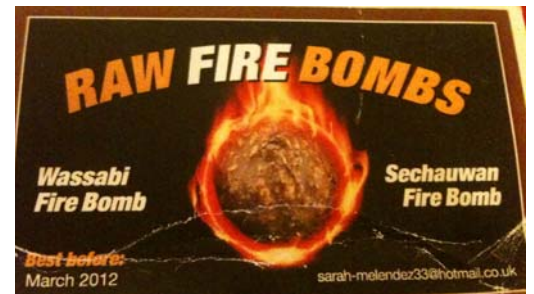
### English Heritage Raw English Rose Chocolate

This is a cute gift chocci. It is substantial for a personal sized chocolate and comes in the shape of a rose, with real rose petals packed inside the box for added fun and scent when you open the gold box. Particularly tempting for dark chocolate lovers, with just the right splash of rose water and wrapped in pink foil, this hand made treat says romance all the way!



### Raw Fire Bombs

These chocci truffles are really good fun flavours, there is one wasabi one, wrapped in green and one sechawan in red, they come in a box together, with a truffle bomb- flames and all- pictured on the top, so it looks good for prezzies too. If you've never had them before, their unique flavours are a giggle to try with a friend. My favourite of the two is the sechawan one which i found peculiarly moorish and I'm looking forward to having it again!



Currently available from St. Nicholas Market, Bristol at the Juice Bar 'Big Banana'. Contact [rawtreasuresdelicacies@hotmail.co.uk](mailto:rawtreasuresdelicacies@hotmail.co.uk) Website doesn't currently work: [www.rawtreasuresdelicacies.co.uk](http://www.rawtreasuresdelicacies.co.uk)

# Recipes

Want your recipe to appear here? Email it to [magazine@funkyraw.com](mailto:magazine@funkyraw.com) Free magazine if used.

## Real Raw Marzipan

I can't recall my first love affair with marzipan. All I know, is that whenever my dearest grandma took my sister and I to the confectionery store across the street from her house, and let us pick and choose whatever our hearts



desired, I went for the "marzipan log" or the "marzipan potato". If you're curious, a "marzipan potato" is a ball of marzipan coated with chocolate cream, then a layer of some kind of soft dough, and the whole thing rolled into a generous amount of cacao powder, in other words: heaven! Needless to say, I was beyond upset if, on any of these occasions, the man behind the counter informed me that they were out of my favourites! This is not an issue anymore. There are no specialty cake shops on every corner here, and I can make my own marzipan any time I want! And so can you!

Traditionally, marzipan consisted of just a couple of ingredients, as it should. I was even lucky enough to visit the famous marzipan factory in Hungary, and saw it for myself. The only question they ask when you place an order is, what grade you'd like. The base, from which all marzipan is made, is about 2/3 almond paste and 1/3 sugar. Depending on how much extra sugar is added to the base, they're graded 50:50, 70:30, or even 90:10, the highest quality (and most expensive) marzipan, with merely 10% extra sugar added. But, of course, even if you are lucky enough to find some of this wonderful, melt-in-your-mouth delight in stores, chances are, it will have some fillers and other ingredients that don't belong!

### Health Benefits of Almonds

Almonds are among the most nutritious nuts. They have loads of fibre and they're especially high in manganese, magnesium, phosphorous, copper, calcium, iron, zinc, vitamin E and riboflavin (vitamin B2). Their high mineral content helps build and maintain strong bones, while the fibre helps in the prevention of colon cancer. B vitamins and vitamin E (an antioxidant), along with calcium, magnesium, and zinc are very important brain foods. A lot of us are deficient in magnesium (do tight muscles or muscle spasms/quivers sound familiar?), which is not so hard to acquire, but it's a water-soluble mineral so it's important to replenish your body with adequate amounts on a daily basis! What foods are good sources of magnesium? Good news: nuts and dark chocolate are among the richest sources of this essential mineral! Almonds are high in monounsaturated fats, which

will help you keep your heart healthy. They're a really good snack choice for diabetics too, because they're high in protein and low in carbohydrates.

### Raw Marzipan Ingredients

(Makes 1 marzipan log - 5 in long, 2 inch Ø)

1½ cup almonds  
4 to 5 tbsp agave syrup/maple syrup (not raw)/honey/your favourite sweetener, melted  
~1 tsp almond extract  
cacao powder/cinnamon for rolling (optional)

### Directions

1. Soak the almonds for a couple of hours or until you're able to remove their skin (raw method) or, as an alternative, blanch them (not a raw method) and then remove their skin.
2. Dry the almonds and, using a food processor, process them into crumbs, then add the sweetener and the almond extract and process the mix until clumps form.
3. Place the paste into a bowl and make sure it's well combined; form into a ball or the shape of a log by hand. It really is up to your imagination...you can just roll it into cacao powder or make figures out of it (it behaves like edible playdough) or roll it out and cut cookies out of it or slice it...anything your heart desires.
4. Serve as it is or use your healthy marzipan to decorate a birthday cake.
5. Go back to step 1. and start over, because you know you didn't make enough!...

Your marzipan would keep in the refrigerator for a little while, but it just never lasts more than a day or two in my home. :)

by Dita - [www.rawfoodfortruth.blogspot.com](http://www.rawfoodfortruth.blogspot.com)



# Miso Soup Got Spiced Up

We've had a few evenings on the chilly side lately and nothing feels better after a long day at school (or work) than sitting down with a huge bowl of miso soup and enjoying every spoonful of it. For the last 6 or 7 years I started every single day with a cup of miso but since I don't do that anymore it is a special treat to have once in a while.

Miso soup is very well known in Asian communities and is consumed on a daily basis. While, in Japan, its history goes back centuries, it wasn't until the 1960's that this nurturing soybean paste was introduced in Europe, and later in the United States, as a main component of a new, cancer-prevention diet. With the macrobiotic movement spreading so rapidly, so did the availability of miso in health food stores. In macrobiotics, we refer to it as the "poor people's health insurance"!!!

## What is miso?

Miso is a fermented paste, traditionally made of soybeans, rice, sea salt, and koji, or some kind of a starter.

Nowadays you can easily find soy-free versions as well.

The fermentation time will affect the colour, the texture

and the flavour. In

general, the longer it

was fermented, the

darker the colour

and the stronger the

flavour. If you've

never tried it, you

will probably want

to start with a

"light" miso, which

will be a lighter

colour and will taste

very sweet. The

stronger versions

will be much more

on the salty side.

They are the ones

that were aged for 1

to 3 years and

appear darker

brown in colour.

## What's in it for me?

Besides its flavour and versatility (it can also be used in salad dressings, spreads, marinades, as a flavouring, etc.), miso offers many health benefits, which is what gets me excited the most!

To mention just a few, it

- restores beneficial microflora in the intestines
- helps reduce the risk of many types of cancer
- contains alkaloids that chelate heavy metals
- is high in vitamin K, vitamin B2, and vitamin B6
- is rich in minerals, such as calcium, magnesium, copper, zinc, and iron
- helps digestion

- is a very good source of complete protein....good news for vegans! : )

...and there are many more!

Ready to test it?

## Miso Soup Ingredients (Serves 1-2)

2 ½ cups water

1 tsp or 1 inch piece wakame

2-3 shiitake or maitake mushrooms\*

red Chilli pepper flakes (optional)

2 tbsp miso paste

spring onions (green onions) to garnish

\*Shitakes are sold fresh or dried (whole or sliced). If you're using the dried version, you can rehydrate them by soaking them in water for a few minutes. If they're sliced, you can use a handful in the soup right away, soaking is unnecessary. I prefer using fresh Maitake. They're sold as fresh, whole heads in health food stores.

## Directions

Put the water, the wakame, the mushrooms, and the Chilli flakes (if you are using any) into a small pot and warm it.

Let the vegetables simmer for a few minutes. While you're waiting, take a little bit of the warm water out and mix it

with the miso until

you get a very

smooth paste. You

can do this in one of

the serving bowls.

Pour this paste back

into the pot and let it

simmer for a minute

on very low heat and

make sure you do

not boil it! (You can

even turn off the

flame at this point

and just leave the

soup sit on the stove

top for a minute.) It

is very important to

watch it because if

you boil miso you

will kill the enzymes

and will miss out on

the health benefits.

Give it a stir and pour into serving bowls. Garnish with spring onions. Enjoy!

## More options

You can start with just making a broth and skipping all the vegetables or try it with just the wakame.

If you eat tofu, you can add a couple of half inch slices cubed up.

Some people add soy sauce or shoyu.

Also, you can add any of your favourite vegetables cut into small pieces. I like to add daikon radish and, because of the colour, thinly sliced carrots are a nice addition too.

by Dita - [www.rawfoodfortruth.blogspot.com](http://www.rawfoodfortruth.blogspot.com)



## Chocolate Logs

Banana, carob and tahini are such a great combination. Add the crunch of buckwheaties (dried, sprouted buckwheat) and you have these really tasty chocolate bars. This recipe makes 24 logs (10cm x 3cm x .5cm), I normally make that many as I intend on keeping them, but they usually end up disappearing pretty quickly!



### Ingredients

500g/17oz buckwheaties (dried, sprouted buckwheat)  
290g/10oz banana  
50g/1.75oz carob  
140g/5oz tahini

### Equipment

Processor /mini-processor and dehydrator

### Method

Measure out half the buckwheaties (250g/8.5oz ) and put into a mixing bowl.

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

Sieve the carob into the mixing bowl with the buckwheaties and mix well.

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

Add the tahini to the banana and reprocess until well-combined.

Gradually add the banana/tahini sauce to the dry ingredients, mixing with a strong spoon and some elbow grease! You should end up with a very thick, stiff and sticky mixture.

Now for forming the mix into logs: Pick up a quarter of the mixture and on a clean chopping board form a large log about 9cm long, shaping by using your hands and rolling. Using a knife cut the log vertically into 6 'slices'. Take these one at a time and roll them into individual logs about 10cm long. Then, using your fingertips, flatten the top of the logs all the way along, so they end up looking like a bar. Do this until all the mixture is used – you should have 24 bars.

Dehydrate at 41C/105F for 12 hours.

To finish dust lightly with carob.

by Alison Ottaway - [www.pathlesstrodden.com](http://www.pathlesstrodden.com)

## Wild Dandelion Pesto

**Ingredients** (Makes 2 Jam jars)

1 big handful of Dandelion leaves (or a mix of foraged or garden greens, rocket & spinach work well)  
1 handful or packet of fresh basil leaves  
3 handfuls\* of soaked & peeled almonds (or walnuts)  
3 handfuls\* of shelled hemp seeds (or pine nuts)  
3 dessertspoons of lime or lemon juice  
2 large cloves or garlic  
1 small chilli or half a large (optional)  
1 teaspoon of Sea or Pink Himalayan Salt  
1 level tsp kelp powder  
1 level tsp seagreen granules  
approx 200ml organic virgin oil, I used a mix of hemp & olive.

### Directions

Place everything in your food processor (in 2 batches if its a small machine) - chop the garlic and chilli first. Blend until nice and smooth but with a nice crunch. Be ready to add more oil as required to make a nice smooth consistency and to help the blades turn. Use whatever ingredients you prefer or have on hand and change the quantities if you like, pesto is pretty easy to make out of anything!

Pack the pesto into glass jars leaving a little space at the top. Pour olive oil into this space to seal, this stops it from going mouldy.

Store in the fridge, best used within a few days for flavour but will keep if the oil seal has been done properly.

\*Nb: my hands are quite small so please adjust quantity as you see fit!

by Heather Gardner - [www.consciousearthcompany.com](http://www.consciousearthcompany.com)

## Pesto Cauliflower Cous Cous

**Ingredients** (serves 2-4)

1 small cauliflower  
2-3 big dessertspoons pesto (as above!)

### Directions

Roughly chop the cauliflower and place in your food processor (do this in batches depending on size of cauliflower/machine).

Process until it resembles fine cous cous, place in a low sided, flat dish (a pie or baking dish for example) and mix in the amount of pesto you want, using your hands is easiest.

Place this in your dehydrator, with the trays removed on an upturned pie dish or oven dish (to raise it up) and dehydrate for as long as you like, a few hours is ideal to warm it up and soften.

Its not necessary to dehydrate it, can be served as it is on a summers day.

Variation: to make a tabbouli salad add chopped cucumber, tomato and parsley.

by Heather Gardner - [www.consciousearthcompany.com](http://www.consciousearthcompany.com)

# Mulberry Magik

Serves 12 + depending on portion size (nut free)

## The Base

1 cup rolled oats  
1 cup buckwheaties (sprouted buckwheat, dehydrated until crisp and crunchy)  
½ cup mesquite powder  
¼ cup coconut palm sugar (blonde)  
¾ cup coconut oil, bathe in warm water to melt

Place the oats, buckwheaties, mesquite in a food processor and process retaining some chunky crunch. Place in a large mixing bowl and add the palm sugar and coconut oil. With a spatula thoroughly mix until an even texture is formed. Place the mixture into a round 9" spring form cake tin, and place in the freezer to set.

## Layer One

1 ¼ cups purified/filtered water, cool  
½ cup light tahini  
¼ cup light agave syrup  
2 lemons, zest of one (finely grate), juice of two  
3 to 4 drops essential oil of root ginger  
1 tsp cinnamon  
¼ tsp nutmeg  
1 vanilla pod (insides only)  
½ cup coconut oil, bathe in warm water to melt



Place the ingredients in descending order in a blender (except for the lemon zest) blend for no more than a minute. Otherwise it can curdle. Add the lemon zest last and gently fold into the mix. Pour over the base and place in the freezer to set for a few hours. Make layer two, once the first layer has set!

## Layer Two

1½ to 2 cups (depending on texture required), purified/filtered water, warm  
1 cup chocolate powder  
1 tsp brazilian ginseng or suma powder  
½ cup light tahini  
½ cup xylitol  
1 vanilla pod (insides only)  
½ cup coconut oil or cacao butter, bathe in warm water to melt

Place the ingredients in descending order in a blender and blend until smooth. Use the plunger to help with mixing. Pour on top of layer one and spread evenly.

## To Garnish

1 cup mulberries, white or black

Decorate with mulberries and place in the fridge to magik over night. Turn out, slice (a rustic messy job:) and serve.

by Emma Schade-Stylli - [www.earthkitchen.co.uk](http://www.earthkitchen.co.uk)

# Carrot, Parsnip & Chilli Soup

**Ingredients** (serves 2-3)

3 large carrots  
1 parsnip  
1 apple  
1 handful of almonds (I recommend soaking & peeling them first - I do this and then dehydrate them in batches so they are always ready and on hand). Use cashews instead if preferred.  
1 desert spoon tahini  
½ a red onion  
½ a red chilli  
1 heaped teaspoon unpasteurised miso  
1 teaspoon mixed herbs  
½ teaspoon kelp powder  
½ teaspoon seagreens granules  
1-1.5 litres of warm water - depends on the size of the veg you are using and consistency you prefer.

## Directions

Roughly chop the veg and apple, add them and the rest of the ingredients into your blender and blend until smooth and as warm as you like.

Feel free to omit or substitute any flavourings as required.

You can make a nice garnish with finely chopped herbs, diced apple with pumpkin oil or cashew cream swirled on top.

by Heather Gardner - [www.consciousearthcompany.com](http://www.consciousearthcompany.com)

# Carob and Date Cake

**Ingredients**

2/3 cup sunflower seeds  
1/3 cup hulled sesame seeds  
1 cup of raw carob powder  
1 cup of dates  
½ tsp or to taste vanilla essence or pods  
1 tsp all spice  
a few drops of Medicine Flower Dark chocolate extract (from [www.rawliving.eu](http://www.rawliving.eu))

## Directions

Grind sunflower seeds very finely.

Blend dates into a paste & mix with carob powder and all seeds

You might want to add more seeds if it is not firm enough

This is a cross between halva & carob cake!

Form the mixture into a loaf or cake or log and refrigerate for a couple of hours.

Yummmuy!

by Susan Laing - [www.raw-spirit.com](http://www.raw-spirit.com)

## Sprout wraps

### Ingredients

a bowlful of mung bean sprouts or lentil sprouts / a mixture, whatever you have  
couple of generous scoops of sauerkraut  
couple of generous scoops of soaked arame  
dessertspoon tahini  
shake of yeastflakes (not raw)  
few dashes liquid amino  
teaspoon or so of barleygrass powder/  
spirulina/ supergreens  
few sprigs of parsley

### Directions

Mix it all up. Adjust balance of flavours to taste. Spoon into cabbage leaves (January King is a good variety), or Cos lettuce.

It is completely lush!

by Sophie

## Carrot Paté

This is a delicious creamy pate which can be served with chopped veg, greens, etc. I processed some cauliflower and broccoli to make a raw 'rice' to serve it with.

### Ingredients

1 carrot  
7 sun dried tomato halves, soaked for 1 hr  
2 figs, soaked for 1 hour  
20g dried sea spaghetti, soaked for 30 mins  
2 organic eggs, yolk and white  
Juice of ½ a lemon  
approx ¼ cup olive oil

### Directions

Chop the carrot, sun dried tomatoes and figs as necessary for your blender and add to blender. Discard the tomato soak water, but add the fig and sea spaghetti soak water to the blender along with the rest of the ingredients.

Blend. Add more olive oil, lemon juice or water if necessary to be able to blend to a smooth consistency.



by Rob Hull

# Pregnancy Recipes by Nicola Pledger

These recipes are part of Nicola's article on pregnancy on page 30

## Green Super Slushy

I have been having daily - full of protein, perfect pregnancy smoothie! I love the fact that its semi ice too, its really satisfying & refreshing! Enjoy!

4 leaves kale  
2 tablespoons chlorella  
2 tablespoons bee pollen  
1 tablespoon crystal manna, optional  
2-3 good handfuls frozen organic berries (preferably British)  
a good glug of water

Blitz all until smooth.

## Winter Kelp Salad Serves 2

Kelp noodles, enough for 2, rinse well, soak in a little lemon juice to soften the sauce once added will soften them further.

3 tablespoons soaked organic pumpkin seeds  
About 6-8 organic kale leaves, shredded (cavolo nero or curly kale are best)  
4 grated organic carrots  
1 small beetroot or ½ a big one, grated  
Nori, broken up in small pieces  
Sprouted organic sunflower seeds

Mix all in a bowl.

There's 2 sauces for you to try!

### Sauce 1

2 cloves garlic  
1 whole organic red chilli  
Thumb sized piece ginger

Bunch coriander  
3-4 tablespoons organic sesame oil  
Freshly squeezed juice of an organic lemon  
a little glug of filtered or spring water

Blitz all until blended, add to noodles & vegetables to coat.

### Sauce 2

This is a great protein rich sauce with ginger which will help with the nausea plus warm you up on these cold winter days.

About 2 tablespoons of raw almond butter  
Ginger, thumb sized piece  
Cayenne pepper or hot paprika up to a tsp  
Juice of a freshly squeezed lemon  
Filtered or spring water add to get desired consistency.

Blitz all until smoothish! Add to noodles & vegetables, coat & enjoy!

## A Super Sparkly Pregnancy Museli

Buckwheat (sprouted & dehydrated)  
Bee pollen  
Sunflower seeds (soaked)  
Pumpkin seeds (soaked)  
Dates (chopped into small pieces)  
Goji berries  
Raisins  
½ tsp cinnamon  
Either a grated organic apple or pear or frozen berries.

Serve with freshly made almond milk.

Mix all dried in a bowl, pour on the milk, enjoy.

# Wild Food Gourmet

Carol Hunt creates a 3 course meal with some tasty and nutritious wild ingredients

Spring is a great time of year, full of verdant green promise with new growth and seedlings burgeoning literally everywhere in the hedgerows and the foraging is usually quite rewarding, provided you're careful about identifying very young plants. I personally prefer to wait until they have a developed their mature leaf forms as the very first shoots often bear no resemblance to the adult leaves and you really need to know a plant intimately to be able to pick safely when they've only recently emerged. Also, when you're looking for foliage to use, picking plant material when it's very small, even though it may be at its most tender or succulent, means double the effort for little additional reward and risks stripping an area of a valuable contributor to a localised eco-system.

I've chosen a few reliable and fairly easily recognised wild greens for the following recipes and you should be able to find them without difficulty.



## Alexanders gazpacho - Serves 2

Alexanders - *Smyrniium olusatrum*, is a tall biennial from the genus *Apiaceae* with a smooth stem and clear, yellow/lime green coloured umbels of flower heads and is often locally abundant along the edges of hedgerows, footpaths and lanes. It has a strong aromatic scent that is not unlike Lovage and an almost perfumed spicy flavour when raw, making it perfect as the principle flavouring for a gazpacho.

There are no known hazards associated with eating alexanders, which is a food plant that has been in use since antiquity. However other members of this genus are fatally toxic, among them Hemlock - *Conium maculatum*. So please take great care over identifying wild plants you're harvesting to eat, especially those that you are unfamiliar with - use a good plant identification guide with clear illustrations or photographs and pay attention to descriptions and detail of the defining features.

## Directions

Trim the stalks from the Alexanders, then rinse and coarsely shred the leaves.

Roughly chop the sweet pepper, chilli, garlic cloves and tomatoes, then blend them till smooth. Add the Alexanders leaves a small amount at a time, pulsing the blade so that it is well chopped and fully incorporated.

## Ingredients

- ♦ 200g Alexanders
- ♦ 150g sweet red pepper
- ♦ 200g ripe tomatoes
- ♦ 2 cloves garlic
- ♦ water to moisten
- ♦ 2 tblsp apple cider vinegar
- ♦ juice 1 lime
- ♦ 3 tblsp olive oil
- ♦ 1 Chilli
- ♦ Salt & fresh ground pepper

Grate the zest from the lime and put this aside (you can use it in the dessert) then cut the lime in half and extract the juice. Add it, and the vinegar to the gazpacho, blitzing briefly to that are mixed in.

Finally, add the oil, drizzling it in last and only adding just enough to achieve the consistency you prefer but no more than 3 table-spoons.

Season to your preference, and leave in the 'fridge overnight to let the flavours mingle.

When ready to serve, stir well. This gazpacho can be serve chilled or just at room temperature decorated with an alexanders leaf.



## Chickweed pesto with courgette pasta - Serves 2

Chickweed - *Stellaria media*, is an abundant low growing annual wild plant that often turns up in the moist, damp corners of grassy fields or on cultivated ground. It is a popular and widely used wild salad herb, with a pleasant fresh, green and grassy flavour.

Cautions to be aware of are that it is mildly diuretic and also contains saponins which while toxic, are largely destroyed if heated (ie. by cooking) and are poorly absorbed by the body. However, even if the plant is left in its raw state the saponins generally pass through the digestive system without harm. Because of this I would advise against regularly consuming large quantities of Chickweed, especially in its raw form.

### Directions

As chickweed is slightly stringy you need to add the green stuff in small amounts. Begin by blending the nuts, wild thyme/marjoram, garlic and lemon juice in a blender zapping in pulses until the mixture is creamy.

Coarsely chop the chickweed and add in small bunches, blending each one in fully before adding the next. Add a little oil as required to keep the consistency creamy.

Season to your preference with a little salt (or omit completely if you prefer).

Pile the courgette pasta onto plates and drizzle or spoon the pesto over the top. Add a few sliced or chopped tomatoes and a sprig of chickweed, then serve.



### Ingredients

- ♦ 100g nuts. I used a combination of hazelnuts and walnuts (both wild harvested)
- ♦ 1 good handful wild thyme or marjoram with woody stems removed
- ♦ 100g chickweed washed with stringy stems removed
- ♦ 2 garlic cloves
- ♦ 2 lemons, juiced (grate off the zest and put it to one side - it can be used in the dessert)
- ♦ Olive oil
- ♦ sea salt
- ♦ 1 courgette per person shredded or spirals into 'pasta' and sprinkled with a little lemon juice

## Nettle Juice with Apple Lemon and Ginger - Serves 2

Nettle - *Urtica dioica*, is a hardy perennial with leaves that are covered with tiny stinging hairs that cause an uncomfortable rash or irritation, particularly to those with very sensitive skins so it is recommended that you use gloves to harvest and handle it. The chlorophyll rich plant has a high reputation as a herbal remedy and nutritional supplement, but it is recommended that you pick only the tips of new young growth because older leaves are reputedly laxative and also develop tiny gritty particles within their structure called cystoliths which may irritate the kidneys if consumed.

### Directions

Juice the apples, ginger and lemon in small batches, adding a small handful of nettles between each batch. The apple fruit mixture should help push the nettle through, and stop the juicer from becoming blocked.

Serve immediately.

### Ingredients

- ♦ 3 dessert apples quartered, cored and roughly chopped
- ♦ 1 lemon peeled and cut into rough pieces
- ♦ 200g young spring nettle tips washed and roughly chopped (wear gloves to prevent yourself getting stung)
- ♦ 3cm piece of fresh raw ginger peeled and roughly chopped (optional)



## Individual Sorrel Cheesecakes - Serves 2

Common Sorrel - *Rumex acetosa*, is a leafy green, tartly lemon/citrus flavoured clump forming low growing perennial, often found in grassy areas which can be quite abundant if there is some light shade with moisture (such as along grassy hedgelines). Sorrel contains quite large amounts of oxalic acid (a substance usually mitigated by heating, ie. by cooking) which while relatively safe to consume in small quantities raw, may lock up the nutrients found in other plants - notably calcium - so it is inadvisable to eat it in large amounts or too frequently. Anyone with Rheumatism, Arthritis, or those who suffer from kidney stones should be cautious of eating this plant as the oxalic acid may aggravate their condition.

### Directions

To make the cheesecake base, process the macadamia nuts and dates together in a blender until you have a stiff dough like mass.

Taking two individually sized small flan tins (the type with a loose base) sprinkle a layer of dried coconut onto the bottom of each and using the back of a spoon, press a layer of the base mixture onto the coconut (This helps prevent the base from sticking to the tin).

To make the cheesecake mix first blend the sorrel leaves, lemon juice and zest and coconut oil together, then gradually add in the cashews until you have a smooth fairly stiff puree.

Check the mixture for flavour and add a scant pinch or two of sea salt if you wish stirring it though the mix thoroughly.

Spoon the cheesecake mixture into the flan tins, smoothing the top level then place in the freezer until firm.

To serve, remove the cheesecake from the pan while still frozen and place on a serving platter to defrost slightly.

For the sauce, the sorrel leaves should be blended to a smooth, thin puree (sweetened or not according to your preference). This is then drizzled over the top of the cheesecake.



### Ingredients

#### Crust:

- ♦ 100g macadamia nuts
- ♦ 50g pitted medjools dates
- ♦ Small quantity of dried coconut

#### Cheese mixture:

- ♦ 200g common sorrel leaves, stalks removed
- ♦ 200g cashew nuts soaked for at least 1 hour
- ♦ 1 lemon, zest and juice
- ♦ 100g coconut oil
- ♦ Sea salt (optional)

#### Sorrel sauce:

- ♦ 100g sorrel leaves
- ♦ A little raw honey to sweeten if required

*Carol Hunt is a forager and bushcrafter with a lifelong passion and interest in wild plants and their uses. She writes about plant use and devises wild food recipes for various publications, leads bespoke forays and presents hands on wild food cookery at events such as Sunrise Offgrid and The Green Gathering. ✿*

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# Wild about Dandelions!



**Heather Gardner** explores a new trend is emerging of late for folk to ditch the supermarket fare in favour of foraging in their local forest, searching the hedgerows and rummaging in the local park. Seeking out little green gems of culinary delight. It's not just the tree hugging hippies but people from all walks of life - from green smoothie swilling divas to Michelin starred restaurateurs.

## Superfoods for free

For most of us who don't know our lambs quarters from lettuce or purslane from parsley, tracking them down can be a daunting prospect. What exactly is the point in getting our hands dirty and our boots muddy? Apart from being an amusing hobby and a great way to get a bit more exercise and fresh air into our lives, wild edibles are actually a time tested way of adding some seriously nutrient dense foods into our diet, unlike their genetically altered, modern equivalents, wild foods are not bred to grow bigger, fatter, quicker, and more profitable, they are just as nature intended. They have been used medicinally and nutritionally since the dawn of humanity. References to their uses and benefits can be found documented in most ancient cultures. During the world wars english school children were famously sent out to the hedgerows to gather rosehips to keep the nation in vitamin C, but our knowledge of the wild has gradually declined since then with the emergence of the industrialised fast food culture.

## Time to get frisky in the forest!

If we are what we eat, and we want a life of wild juicy energy and natural health highs, then its time to get outdoors, put your wellies on, and get frisky in the forest! The best way to dive into this foraging frenzy is to start with what we do know instead of worrying about what we don't. Almost everybody knows what the not so humble dandelion looks like and as there is no poisonous plant that looks similar it's a safe place to start. Dandelions grow all year round and nearly anywhere even the cracks in concrete, so chances are, if you head outside you will find some.

## The Not So Humble Dandelion

Dandelions (*taraxacum officinale*, member of the sunflower family) are cheerful little plants with off the chart nutrition and medicinal qualities and rather tasty too, the leaves taste slightly bitter similar to endive. The bane of many lawn enthusiasts, they have been revered by herbalists worldwide for untold centuries, and have been used in Ayurvedic and Chinese medicine as well as by the native Americans. It is still cultivated as a crop in many parts of Europe such as France and Germany. Dandelions are a sensational superfood and fabulously free, fresh and unpackaged.

- ❖ 1 cup (55g) contains 112 percent of the daily recommended value of beta-carotene & four times more beta-carotene than lettuce, even higher in beta-carotene than carrots.

- ❖ The iron and calcium content is greater than spinach.
- ❖ 32 percent daily value of vitamin C per cup (55g) of leaves.
- ❖ Contains vitamins B1, B2, B5, B6, C, E, and biotin, inositol, calcium, potassium, phosphorus, magnesium, and zinc, and many other trace elements and enzymes.
- ❖ Contains the antioxidant lutein, which is good for healthy vision.
- ❖ Also helenin which is reputed to help with night vision
- ❖ Rich in inulin, this is a prebiotic, which actually feeds and encourages the growth of the beneficial bacteria in the gut as well as balancing blood sugar and diabetes.
- ❖ The flowers contain lecithin, this helps the liver to break down fats and improves brain function.
- ❖ The milky sap found in the leaves and flower stems have been used to remove warts, corns, callouses and other stubborn skin maladies.
- ❖ When placed in a paper bag with unripe fruit, the flowers and leaves of dandelion release ethylene gas ripening the fruit quickly.
- ❖ Dogs, cats, hamsters, horses and our other furry friends can also eat dandelions. It aids their digestion, and cleanses their liver and kidneys.

## How's this for free medicine?

According to Susun Weed, author of *Healing Wise*, regular consumption of dandelion will give you better circulation, appetite and digestion, cleaner blood, and enhanced kidney, liver and gallbladder function, and can alleviate constipation. Dandelions can help us detoxify, reduce blood cholesterol and high blood pressure. They are potassium balancing, a diuretic, and a hormone balancer, useful for PMS symptoms such as cramps, fluid retention, and breast tenderness - take 2 weeks before each cycle. They also promotes and enriches the milk of breastfeeding mothers. They help promote clearer skin and can be used to treat stubborn skin conditions. The root is generally more powerful in its effect. It is also strengthening, immune boosting and builds energy and endurance.

## Gathering

When picking dandelion leaves, choose small light coloured ones. The larger the leaf, the more bitter the taste. They are better to eat freshly picked but can be stored in the fridge or even the freezer. Dandelion roots are best picked in the autumn and dandelion Greens are best picked in the spring.

After the first frost in autumn is another time when dandelion greens aren't so bitter. Of course, you can pick roots and leaves all year round, as they are always available. Avoid picking leaves in the areas where chemical fertilisers or pesticides have been used or along busy roads. Dandelion leaf may be hung to dry after cleaning and should still be green and crumble when crushed. Dandelion root should be scrubbed, chopped, and dried in a warm oven or dehydrator. The outer flesh of the dry dandelion root will have a dark colour when dried while the inner flesh will retain the creamy white colour. It can be used in teas or stews.

## Recipes

### Wild Dandelion Greens Salad

Soaking the leaves for 10 minutes in cold water will 'crisp' them up and soaking for 30 minutes will make them less bitter. Thoroughly wash all the grit from the leaves and tear or finely chop them. You can mix in any other greens you have on hand. Serve with a tasty dressing. Allowing the leaves to marinate in the dressing between 10 minutes to 2 hours helps improve the taste and texture. Nice with flavours such as lemon, fresh herbs, red onion, chives, wild garlic, avocado, dulse, olives, currants or pine nuts.

### Dandelion Vinegar

Supercharge your salad dressings with this dandelion enriched vinegar. You can use flowers or leaves, or both. Gather your dandelions, chop the leaves if you're using them, and strip the stems from your flowers. You can use the root also; the starchiness lends a sweet, smoky taste. Place in a large jar and cover with organic cider vinegar. Leave it in a cupboard and shake occasionally. After 4-6 weeks or longer if you wish, strain it through a nut milk bag into clean jars. You will have a mildly flavoured, healthy vinegar to use in dressings and sauces, or as a tonic beverage mixed with honey and water to stimulate the digestive system.

### Dandelion Oil

Collect a jar full of healthy, fresh flower heads and cover with almond or grapeseed oil if using for massage, or olive oil for the kitchen. With a chopstick or wooden spatula carefully poke the mixture to submerge the flowers and remove air bubbles. Cover the jar with a piece of cloth or a breathable lid and put it in a warm, sunny place. In about 2-6 weeks, the dandelion essence will have been absorbed into the oil, strain it through your nut milk bag, into clean jars and store in a cool dark place. This makes a sunny remedy for joint and muscle swelling and pain, and any kind of rash or other skin problem. You can add it to your homemade beauty concoctions as well as for massage. In the kitchen you can use the oil for your conscious culinary creations as you wish.

### Dandelion Mustard

1 cup mustard seeds  
½ cup dandelion cider vinegar  
1 spoon of honey  
½ teaspoon turmeric  
½ teaspoon salt

Soak the mustard seeds in the dandelion vinegar, overnight. After that add the rest of the ingredients and allow the mixture to sit for several days in a covered container. When

ready to use blend it in your blender or grinder. Stores well in the refrigerator, and keeps for several months.

### Dandelion Sun Tea

Dandelions make a tasty tea and are reputed to be a heart tonic. They also contain pain relieving compounds and lecithin and make a great after dinner beverage. Pick some fresh dandelion flowers and remove the bitter stalk. Put them a large glass jar or jug full of warm spring water. Leave to sit in a sunny window or outside for a few hours, longer on a cool day. The leaves can be added for a more bitter medicinal effect, using the young fresh leaves will taste better. Add any other herbs you like. In the winter you can make the tea with dried leaves and root on top of a stove. Add some honey or stevia if you prefer it sweeter.

Dandelion and nettle leaves together make an excellent spring tonic for rejuvenating the body after a long winter. Dandelion tea can improve appetite in children. Because children often dislike dandelion's bitter taste, try adding dried apple pieces or orange slices to the tea.

### Warm Winter Dandelion Chai

One cup dried or roasted dandelion root  
Half cup dry organic orange peel.  
Half cup of Cinnamon bark  
Half cup of dried Ginger root

Mix this together and any other spices you like, such as cardamom. You can grind the spices if you wish, or leave them whole, and store in an airtight jar. When you want to make you Chai add 1 desert spoon per cup and warm slowly over a stove. Serve with almond milk and honey.

### Dandelion Juice

Makes a powerfully potent, cleansing juice. Add a handful of dandelion greens to your juicer or blender when making up your favourite juices. Seriously saves money on all those store bought greens or wheatgrass shots!

### Dandelion Green Smoothie

Add dandelion greens to you smoothie recipes for unrivalled natural goodness, try blending a handful up with a mango, a banana, a pear, some berries and some water or coconut water for a bed head busting breakfast.

Further Inspiration – as well as the usual suspects, these books are very good.

*The Dandelion Celebration-The Guide to Unexpected Cuisine* by Peter Gail

*Hedgerow Medicine* by Julie Bruton Seal

*Edible Wild Plants & Herbs – A Compendium of Recipes & Remedies* by Pamela Michael

*Raw Edible Wild Plants (For the British Isles & other places too)* by Amanda Rofe

*Heather is a Raw Food and Kundalini Yoga Teacher. She began learning about herbs and wild foods at a young age from her herbalist mother while growing up on a remote mountainside in Ireland. She has studied Natural Nutrition and many other healing modalities. Now she lives in the west of Ireland, teaching and running her business [www.consciousearthcompany.com](http://www.consciousearthcompany.com) as well as running after her feisty toddler!*

Check out some more of her recipes in the recipe section of this magazine. ❀

# Ancient Secrets to Longevity

Frank Arrigazzi rediscovers some ancient healing practices

*"I only request one thing from you; treat every being and every element of the earth as sacred. Put attention to the whispers of nature as they will always tell you what to do and how to live. When you follow its wind you will find the most magical landscapes, the most beautiful treasures will be shown to you, just look always to the sunrises and sunsets and you will never be lost again" Ancient Wisdom*

## Life force and the discovery of "Biophotons"

The Ancient wisdom whether it is coming from the Vedas, Rishis, Tibetans, Australian Aborigines, or from the Native Americans, Hopis, Mayans or Egyptians, has always suggested that the universe is synchronised by a perfect intelligent "life force". The ancients knew that there is an energy that permeates everything, with ease, synchronicity, self knowledge and perfection, and from the smallest to the biggest living system everything is a part of a harmonic whole.

Interestingly enough, science has now discovered the existence of such "energy" with the "biophotons theory" and how this "light" - which cannot be seen by the naked eye - it's emitted by all living cells of plants, animals and human beings and acts like a communication network connecting all life processes. This discovery lends some scientific support to more "holistic" practices that are thousands of years old and that entail the use of concepts such as "chi" and "prana".

## The connection of the whole

The ancient traditions don't see any separation between the life that surrounds a tree and that which sparks the life in a human being. The Native Americans have a great saying: *Mitakuye Oyasin*, We are all related!

It is all part of the same energy but currently in our modern world we have decided to separate ourselves from everything. And looking around we find that we "need" to achieve, compete and get things constantly, in order to survive. And of course at a cellular level we are transmitting information to our cells of "disconnection" and "separation".

The very meaning of "longevity" is that of "long life" and tracing back in time we find that the cultures that lived the longest were very "connected" and rooted to nature. And many of their practices would involve rituals to become more connected within themselves, with their people and with their environment. Now a new science call "epigenetics" tell us that the way we interact with our environment on a daily basis can have an impact in the expression of our genetic material, affecting directly the gene activity and passing along new traits in single generations.

## Ancient Practices

The following practices have been used for hundreds and thousands of years by our ancestors and they were used with respect, caution and understanding, yet these prac-

tices have played a vital part in their way of life. The main purpose in performing these practices was to awaken their senses, to preserve and expand their inner life force, to tune in with their natural rhythms and connect with the spirits of nature.

Today most of these practices are suddenly spreading in our societies, giving us the opportunity to take direct responsibility of our destinies. Finding again the beauty of what we have, what we inherited. These practices teach us to preserve our body pure and clean, our environment, for us and for those yet to come. And to reconnect with ourselves and use once again our intuition and our heart every day of our lives.

As this ancient Lakota prayers says: "Great Mystery, teach me how to trust my heart, my mind, my intuition, my inner knowing, the senses of my body, the blessings of my spirit. Teach me to trust these things so that I may enter my sacred space and love beyond my fear, and thus walk in balance with the passing of each glorious Sun."

## Sungazing

This ritual was used to heal physical, mental, emotional, and spiritual diseases in ancient times. Ancient Indians called this practice "Surya Namaskar", ancient Egyptians and Americans called it "Heliotherapy" and Europeans called it "Apollo's Therapy". It has also been called Sun Staring, Sun Yoga, Surya Yoga and Solar Yoga! All terms refer to the practice of staring directly at the sun in order to receive nourishment, healing and spiritual enlightenment.

The process of *Sungazing* consists of looking directly at the sun for a few seconds during the first hour after sunrise or the last hour before sunset, when the sun's rays are most gentle to your eyes. It is scientifically proven that during these times, one is free from exposure to ultraviolet and infra-red rays that are harmful to our eyes. Today many people all over the world appear to be successfully engaged with this practice and they report benefits.

## Agni Hotra or Homa Therapy

Agnihotra or Homa Therapy is a very ancient Vedic healing art. The basic principle of Agnihotra is the principle of using fire in a specific shaped copper pyramid to purify the atmosphere and our body. The fire is made by using dried cow dung cakes along with ghee (clarify butter) and rice is also added to the fire at specific moments. This practice is performed by following two important circadian rhythms: exact "sunrise" and "sunset". And exactly at that time specific mantras are spoken and certain amount of rice and ghee given to the fire. There is not just energy from the fire, but according to the science of Vedas and the ancient Rishis, "bio-energy" or subtle energies are created from the rhythms and mantras and they travel and interact in a specific way with us and with our environment.

## Neti Practice or Nasal irrigation

This is a personal hygiene practice that has been used for thousands of years in India and other areas in south-east Asia, performed as routinely as using a toothbrush. It involves using a little pot (like a jug) with warm salt water in it. The spout is put up one nostril and the head tilted which lets the water flow out the other nostril. This method makes the water flow up one nostril to above the bridge of the nose - where the usual air flows meet - and backwards into the middle cavity and then the water flows down and out the other side of the nose. When done gently and following specific guidelines one usually feels very little sensation as the water is at same temperature as the blood.

The main purpose of this practice is to rinse out the dirt and bacteria filled mucous lining and help to dissolve any internal build up layers of it by the loosening effect of the salt water. Neti has also been used for blockages of the middle ear, by draining the tubes to relieve the pressure build up and helping removing germs. Even the eyes get benefited by Neti as the tear ducts are connect from the eyes into the nasal passages, and get the same drawing out effect as the sinuses. People with all kinds of chronic allergies and sinus problems have found relief and even cured their symptoms with this very simple ancient practice.

## The five Tibetan rites

A very famous book called "Ancient Secret to the Fountain of Youth" rediscovered an ancient practice called "The Five Tibetan Rites". The book shares the story of an old man who travelled to the remote reaches of the Himalayas and found a monastery where the secret to lasting youth and rejuvenation was revealed to him. "According to the Tibetan lamas, the only difference between youth and old age is the spin rate of the chakras (the body's seven major energy centres). The body has seven centres, which, in English, could be called Vortexes. These are kind of magnetic centres. They revolve at a great speed in the healthy body, but when slowed down - well that is just another name for old age, ill-health, and senility." When this old man met with ancient Lamas he was told how to performed these "five simple exercises" that will make energy centres spin normally again. The practice of this exercises last for just a few minutes and follow in series that build up to 21 series a day. The legend says that the old man became young again and went to share his knowledge with people of the western world. Today there are schools all over the world that teach "The Five Tibetan Rites" and great benefits are reported.

## Ear Candles

Ear candles are an ancient healing practice used by many healing traditions. From Traditional Chinese Medicine, Native Americans and Mayan societies to the Egyptians, they all used ear candling to remove ear wax, fungus, and yeast from ear canals. This practice is by many considered a spiritual practice that also cleared the mind and senses and gives a sense of balance and focus. Ear candles are made out of strips of cotton muslin dipped into a mixture of wax and herbs with natural antibiotics which are formed into a tapered cone.

The practice of Ear Candling is always recommended to be performed with the help of a professional as it entails the use of fire. In the process the narrow end of the candle is gently placed at the ear canal, while the opposite end is lit. The spiral design of the cone creates a kind of vacuum effect which draws the soothing smoke into the ear canal. The process is soothing and takes only about 45minutes. There is a wide spectrum of opinions whether this practice works or not and it has already been banned in some countries. I recommend you do your own research and make your own opinion about this. Personally I have experienced tremendous benefits and I practice it every few weeks. Many people report benefits which include; "successful removed of wax", "relief of pain and pressure from mucous" and "better hearing".

## Important Note

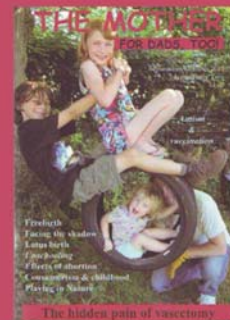
The intention of this article is for education purposes only. Please seek for professional advice before following any of the practices shared in this article.

*Frank Arrigazzi is a researcher, health writer and also the creator of "Purple Balance" superfood mix and a qualified yoga teacher. Find out more at [www.purplebalancesuperfoods.com](http://www.purplebalancesuperfoods.com) and [www.frankarrigazzi.com](http://www.frankarrigazzi.com) ☸*

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# Why we all need to Detox

Fiona Robertson looks at why the best health results come from a life-long commitment to cleansing.

If you have been following a healthy, high-raw lifestyle for several years and have done a herbal cleanse or two you may well assume you are now fully “detoxed”. I’m here to tell you that you are almost certainly *not!* How do I know that? Because I’m willing to bet you grew up on the standard, “socially accepted” fare and ate this diet throughout your teens, most probably your 20s too, and quite probably even longer.

If this is you, make no mistake: you could benefit from at least two “hard-core” detoxes a year, and a colonic every week for the rest of your life. Why? Because those years of toxic eating caused a massive accumulation of waste to be stored deep in your tissues, and that waste can only be released very gradually – as and when the colon is clear enough to take out more of it.

So no matter how long you’ve been on your junk-free diet, nor how many cleansing programmes you’ve done, there is much to gain from committing to at least two week-long detoxes a year. I guarantee you will still be releasing deep stores of old toxins from your tissues. That is why when we cleanse we can feel so uplifted.

We start life with a clean internal system. It is interesting to note that babies, birds and animals evacuate within 15 to 18 hours of every meal. This, however, is not the case for most of us, for numerous reasons. The human bowel is naturally meant to eliminate yesterday’s waste – *not* that from years or decades ago.

Even if you eliminate several times a day, every day of your life, and think your bowels are working efficiently, I doubt that you are getting out anywhere near as much as you have put in. Don’t agree with me? Here is a simple test you can do to find out. First thing in the morning, while still lying in bed, suck in your stomach as much as you can. If your mid section – the area from under your rib cage to your hip bones – goes

concave, then you are empty. This is the area that houses your intestines and colon, and chances are you have enough old waste matter lurking there that your stomach will look more convex than concave.

Accumulated waste in the colon can affect any of our organs at any time. Organ tissues are only as healthy as the blood that feeds them and the blood is only as clean as the bowel from which our nutrients are supplied. So when we routinely take in more than the body has the capacity to process (and/or substances the body can’t easily process) this excess will start to build up not only on the walls of the colon, but eventually in cells and tissues throughout the body.

Most of our aches, pains, sicknesses and infections can be traced back to the health of our body’s “waste disposal unit”. The colon health expert Dr. Bernard Jensen identified and mapped the colon into 72 reflex areas that each correspond to specific organs and body parts – for example, the kidneys, liver or spleen and the neck, arms or legs. He theorised that old waste that has become toxic in the colon will affect the tissue of the corresponding organ or body part. Symptoms can include headaches, back-ache, mental fog, depression, swelling and inflammation.

#### What’s the matter?

What you ingested over the last four to five days that has not yet managed to leave you is known as normal waste matter. The matter that goes back a month or three, and which will have begun to embed itself in the intestines, is called putrefactive matter. This matter is still moist and it is really stinky stuff, as you can imagine. Slow cooking at 98.6 degrees for weeks on end will do that.

Then there is the even older waste, which has been polluting your insides for *years*. This is post-putrefactive matter. It is completely dry and tends to be black, dark brown, grey or white, hard

like plastic or rubber, and it normally comes out in long strips. Juice fasting can eventually remove some of this, but more effective is a regular regime of psyllium and bentonite clay mixed with herbs, enzymes and a daily enema done for a week twice a year. This combination softens this old matter and sweeps it out of its hiding places.

Psyllium is the seed from the plantago plant. It can absorb ten times its weight in water, and as it expands in the body, it brushes and sweeps along the intestinal walls, taking old impacted matter with it. Bentonite is a volcanic clay that will draw toxins to it in huge quantities.

For optimal health, I recommend a week-long colon cleanse using psyllium and bentonite twice a year – preferably in the spring and autumn, when you will ideally be changing your diet to the new foods that grow in your locality. You will achieve the best results on a detox like this when you have been cleansing, eating raw and drinking juices for a while.

My eyes have changed colour since I started to regularly detox. I used to have dark brown eyes and now they have turned three-quarters green as the acidity and areas of toxicity in my tissues and cells reduces (and many who have undertaken a long-term cleansing regime report similar results). This has taken years and will continue to change, I am sure, as I keep to a pure diet and a deep tissue detox twice a year. I still see old post-putrefactive matter leave me each time I cleanse, which is remarkable.

Or is it – remembering I only started to cleanse in my late 30s?

*Fiona Robertson runs a detox retreat in Biarritz, South West France, where she guides clients through a week of purification and relaxation. Fiona is also the brains behind “The Home Detox Box”, a seven-day total body detox you can do in the comfort of your own home. For more information see [www.retreatbiarritz.com](http://www.retreatbiarritz.com) and [www.homedetoxbox.com](http://www.homedetoxbox.com) ❀*

# Lymphatic Waste Disposal

Astrid Lowe explains how the lymphatic system facilitates detoxification



There's no glamour in waste disposal. The lymphatic system is one of those modest workers quietly doing its job in the background. It keeps your body uncluttered by mopping up everything your veins cannot transport. When it works well, you feel and look younger, other systems of your body work better and you're less likely to get sick. Bruises, burns and scars tend to heal faster.

Lymph is a fluid we all have in our bodies, but generally know little about. It is colourless and has the consistency of honey. It travels alongside a one-way system, from the peripheries of the body to the core. The blood circulation is a closed system to and from our tissues, but can only take back around 90% of the tissue fluids. The more permeable lymphatic system clears up the remainder. Tiny lymph capillaries start in the tissues, to collect and carry water, proteins, fats, cells (broken or malignant) and foreign substances. They join together into larger lymph vessels, which pass through lymph nodes - biological filter stations located all over the body. You might have experienced swollen lymph nodes in the neck, armpit or groin, as a sign of your immune system having been activated during an infection. The white blood cells in the lymph nodes help fight infection and disease. Lymph nodes destroy or trap anything harmful and store substances that cannot be eliminated by the body, like coal dust, glass dust or soot. The filtered lymph travels through larger lymph ducts to the neck area and drains into the bloodstream. From here, the remaining waste products are disposed of with other body waste.

The lymphatic system doesn't have a pump like the blood circulation has the

heart, yet most lymph has to move upwards from the peripheries, against gravity. This is why even with a healthy lymphatic system you can end up with swelling (oedema) in your ankles if you've been standing for a while. Putting your feet up will reduce the swelling. The pumping action in the complex muscle-and-valve system of lymphatic vessels is also maintained by auxiliary mechanisms, like contracting skeletal muscles, pulsating arteries and the changing pressure in your chest cavity while you breathe. A good reason to be physically active and take some deep breaths.

When the lymphatic system doesn't work as it should, you can feel tired, sluggish, bloated, and find it difficult to shift lingering infections. Women often suffer with swollen legs in the third trimester of their pregnancy, due to the added pressure on the lymphatic pathways crossing the pelvic area. Physical obstructions can have a considerable impact, so fashion promoting tight-fitting clothes will never be lymph-friendly. When the lymphatic system is seriously affected - due to abnormal functioning or damage - a condition called lymphoedema can occur, generally characterised by excessive swelling. Lymphoedema cannot be cured, but is often managed well when caught in its early stages, with compression therapy and manual lymphatic drainage - a very specific type of gentle massage which increases the speed of the lymphatic flow.

Speeding up lymphatic flow can, besides its detoxification effect, can assist other processes, like the healing of fractures, ligaments, sprains, skin conditions and surgery scars. In some European countries, where hospitals may have specialised lymphology

departments (unlike in the UK at the moment) manual lymphatic drainage treatment is prescribed to support recovery after surgery.

Name the condition, think about its characteristics and ask yourself whether it could be helped by increased lymph flow.

Dr Emil Vodder, pioneer of lymphology, supported the following theory: if the cell environment and cell activity stagnate, the body gets poisoned by its own waste and cells degenerate, age and die. If the cell environment is constantly renewed, life-sustaining nutrients reach the cells, which in turn divide and life flourishes.

Your lymphatic system is a neat and essential purification and drainage system. Alongside aiming to keep its workload down by minimising toxic intake where you can, here are a few ideas for home care:

- Keep active, exercise,
- Put your feet up after a long day,
- Consider wearing compression hosiery if your job involves spending a long time on your feet,
- Wear comfortable, non-constrictive clothing,
- Practice deep breathing,
- Drink plenty of water (yes, drinking water helps reduce water retention!),
- Practice dry skin brushing or simple gentle massage strokes from the peripheries to the core and clockwise on your abdomen.

*Astrid is a complementary therapist who specialises in Manual Lymphatic Drainage. Find more articles on her website [www.akana.co.uk](http://www.akana.co.uk) You can contact her at [astrid@akana.co.uk](mailto:astrid@akana.co.uk) ☘*

# My Journey to Raw

## Dawn Waterhouse shares her healing journey.

Something I am often asked is why I eat how I do? So this is the story I share with you... Once upon a time I wanted to be an accountant, have a great house in the country and own a Lotus Esprit. Not much to ask really!

So I graduated from college with four A levels, landed a good job that supported my accountancy training and worked hard at my exams. My first house was a small semi on the edge of town about 20 minutes walk from the company I worked in, so I could be eco friendly and walk or cycle and if the weather was grim I could catch the bus from outside my house - perfect really. Except the universe was not too impressed with that plan. Within 6 months of purchasing our little home I become very ill with rheumatoid arthritis. It was in every joint of my body and rapid! Within weeks of my 21st birthday I had gone from a youthful girl passionate about her career to a seemingly old woman bent double from muscle distortion, constant pain, hands curled no longer to be straightened and I felt like was 81 rather than 21! The best bit to come, I was getting married in a couple of months and was determined to walk up the isle rather than face the fast approaching prospect of a wheel chair... hmm.

Well the scene is set and my life I guess had only just began. I remember crying and asking why me, why now. It is hard to see the reasons for path changes when we are just at the start of them.

I am so lucky, there were so many people on my path who helped me, my GP at the time was very alternative thinking and suggested I look into alternative therapies and that diet was a great place to start. That was my first pointer, a great colleague showed me a homeopathic help guide, this was my second clue... but I knew nothing about either of these options. I thought my self lucky I had been brought up on relatively healthy food. My Grandad was alternative and had worked a small holding until his last breath, growing vegetables without pesticides and delivering them in boxes... his clients would delight if they found a slug on a lettuce as it was proof how fresh and natural they were... he had such strong opinions about the damage the farming sprays and chemicals were doing to the water table...but there lies another story.

So my first crippled step on my plight to health were to the local health store... there an amazing lady shared some secrets of the acid alkaline balance of foods... and gave me a diet sheet and more information about homeopathic remedies.

I went home and started on the diet straight away. Studying the list of foods it seemed I could eat most vegetables in abundance. So I started eating fruit for breakfast, apples as snacks and main meals of baked potatoes

and salad. Salad was my challenge. I loved cooked vegetables... raw was no where near my top favourites... or the middle either!

I had been told that it would take 3 days to see a difference and 7 to start feeling better...At this point there were 3 weeks to the wedding so what had I got to loose!

Well day one was okay...but I felt hungry, day 2 was hard and I felt hungry... day 3 nearly made it but I felt so empty that I had to have a (home made) burger for tea (I was not usually a burger type of person). The first wheat and meat for 3 days and... the first taste was tantalising but I felt so sick from it I could not eat it...amazing..my body had spent three days complaining about lack of food and then I did not want to eat the meal I had craved most... and what is more I noticed the pain return. I had been unaware until that point how much less pain I had experienced over those few days... and I noticed I felt better with this new empty feeling.

Suddenly I was keen to go on with my new eating regime, I had my motive and I wanted to achieve it. I felt it was doable.

So with the wedding in sight I set too to make the difference I wanted to be... I wanted to be mobile... In those 3 weeks I ate salads until they were coming out of my ears... and I become upright again...it was like a miracle. Of course we all know the amazing health benefits of raw food... but I did not know about them until then! The best bit... the bit I love most of all... even more then being able to walk without feeling every step...is that I lost over a stone and a half in those three weeks... and I was not trying. I had always watched my weight, being just a little heavy over normal, and then there was all the fluid I gained from inflammation. Suddenly I had dropped dress sizes without effort. My poor mum was taking in the dress she lovingly made me repeatedly, the final adjustment on the eve before the wedding!

So, did my story end there. Not one little bit. Not long after our wedding an appointment card turned up to see the rheumatology consultant... There felt little point seeing him now as I had found some secrets, but I went in hope he could shed light upon the cause for it all... The optimism of our youth hey. After the expected running late of an hour or so, my 5 minute consultation pretty much summarised was "when I want to give up my wives tale remedies I can come back for some steroids." He would leave an appointment open for me for a year to allow me to change my mind.

I was quite shocked really. I had thought he would be interested in my find, would want to monitor my progress, I am not sure what... but I was pretty much

evicted for having taken self responsibility. Had it been now I would have suggested monitor me, but I was dumb struck with the attitude. I left and did as I was told...I did not go back! (Although I was delighted to hear a few years later that he was recommending a vegetarian diet to some of his clients.... hmmm)

But it was not all plain sailing, I started to have autoimmune problems, cystitis, frequent colds, I could walk and move about but it was not what I wanted as perfect and I wanted perfect health. It is then that my plea to the universe was answered with a chance meeting with a homeopath in a health store. She was distributing flyers for workshops she was providing. I liked her and I wanted to know more about how homeopathy worked and could help me before I started using it.

In advance of the workshop I found a homeopathic book at my local library and devoured it. The workshop left me with a eureka moment. I wanted to use homeopathy for my self... and I wanted to be a homeopath! I was halfway through my accountancy training and there I was declaring yet another four years of study on top of the remaining accountancy work I had to do... dedicated or just a glutton for books... not sure which really!. So in between studying for my final accountancy exams and getting promotions, and moving house I was reading everything I could lay my hands on, from aromatherapy to quantum physics and of course, every homeopathy or nutrition book I could find. When friends came round they were highly entertained by the meal options available. I became renowned for the meals I served with bird seed! (Ah yes... I had also chosen to become vegetarian too... except I did not eat any dairy... so I was really vegan, but that title would have been too much for many around me to cope with).

For me homeopathy was perfect, it kept me well without the need for antibiotics or conventional medication... something I did not seem to tolerate well at all. If I was unwell I knew which remedy to reach for and I would feel well again, strengthening my immune system too. What is more I feel it helped me move forward spiritually too. I was on an amazing journey, but I just did not know it. I met more and more amazing people but I gradually became more challenged and unhappy with my old life as an accountant (whom had now swapped the idea of a lotus for a loan to pay her 4 year homeopathy course fees!).

It hit a point where I chose to leave accountancy, and make a go of being a homeopath. I sent my intention to the universe for this to happen daily, I knew that as the main wage earner that I would need a miracle to afford the leap of faith and survive financially. I also started making business plans and saving as a buffer. Finally, with 8 months to obtaining my qualifications to Practice homeopathy, I conceived our first beautiful daughter...and soon after my employer announced redundancies... my job was to move to London and I had to apply for it if I wanted it... otherwise I could take redundancy... YIPPEE... another miracle. I could have done a jig on the desks there and then... but given my bump's safety and the sombre faces of those around stuck

on there own vision of life, I felt that was slightly inappropriate and just hugged my little one with glee. Now I could be the mum I wanted to be!

Sounds amazing, but everyone around me thought I was nuts. Giving up a regular wage for nothing, and at the same time my dear husband was also embarking on a new adventure. We would both be self employed with new careers and a new baby. Hmmm I guess I would possibly have questioned that decision. But it felt so right and so I trusted with the careful planning I had made it would all be okay. The worse that would happen is I would temp if needed!

I never did have to temp, each day I ask for enough, and each day we have enough...but I am the richest person alive, I have a beautiful garden, beautiful children, an adoring husband and a simple cottage with lovely walks all around me where I can forage as I please and what is more my work is fulfilling and exciting...every day. Not the lotus and big house... but I can walk and I am free.

*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) and herself and shares her non judgmental experience in her workshops. 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. The sessions are aimed to help you feel more confident about using alternatives for you and your family's health. Meditation workshops are also available. Further details are available on her website [www.dawnwaterhouse.co.uk](http://www.dawnwaterhouse.co.uk) or find her on face book [www.facebook.com/pages/Dawn-Waterhouse-Natural-Health/157770927591190](http://www.facebook.com/pages/Dawn-Waterhouse-Natural-Health/157770927591190) ✿*

## Want to write for Funky Raw?

Funky Raw magazine is open for YOU to write, create artwork, stories, cartoons, etc.

People write for the magazine because they want to help spread positive ideas and knowledge to make this world a better place.

At the moment, writers do not get paid for their work, but they do of course get a free copy of the magazine and a 10% discount from the Funky Raw shop. You can also include a small bio at the end of your article with websites/contacts, etc.

Subjects: open to anything positive!

More info [www.funkyraw.com/magazine/contributing.php](http://www.funkyraw.com/magazine/contributing.php)

Email [magazine@funkyraw.com](mailto:magazine@funkyraw.com) if you want to get involved.

# How to make 2012 your best year yet!

In this article, Cara McInerney outlines the steps for how to successfully plan, organise, and take action to create lasting change in your life, making 2012 your best year yet.

I love January. It is a time for fresh starts and new beginnings, to move forward and create the life you want to live. I don't believe in New Year's Resolutions, as they are generally forgotten as your regular patterns and busy life takes over. Most people have already broken their New Year promises to themselves before January is even over. The main reason for this is that there are no clear steps to achieve these resolutions, so they are easily pushed aside.

It is important to set aside some time, without distractions, to follow these activities step by step, to ensure you have a clear action plan for success. After all, there is nothing more important in your life than you! My favourite quote is "If you can dream it, you can do it" – Walt Disney. Your hopes, dreams and goals can all come true, but you must take time and apply effort to achieve all you desire. Let's start with vision. It is important to have a clear direction to aim for, like a ship floating in the sea, it can only reach its destination if it has a captain to guide it, or else it will float aimlessly on an undetermined path. People are generally very good at listing all the things they don't want, but find it more challenging to picture what they really do want. Moving towards a goal is a much better motivator than moving away from things we don't want. You must start with the end in mind, and cover all areas of your life. People often significantly overestimate what can be achieved in a short time, and significantly underestimate what can be achieved over a longer period, such as five years.

I like to use an exercise called 'The Wheel of Life' to determine my vision to encompass all areas of my life. On a piece of paper, draw a large circle then divide it into eight quadrants. Label each quadrant with Fun & Recreation, Career, Health, Personal Development, Friends & Family, Physical Environment, Finance, and Romance/Significant other. Rate each area out of 10 for how satisfied you are in that area of your life right now. Be completely honest, as you are the only person you are cheating if you are not. Now for each area decide, "In five years time, if my life was exactly how I wanted it to be, what would it look like? What would I experience, and with whom?" Be as detailed as possible, as it will give you a clear outcome,

and creates a vision for you to meditate on, to motivate you when times are challenging. Don't worry about restrictions and what you think is possible, this is your ultimate life. Write each in present tense, as if you are living it now. E.g. Health – "I enjoy walking for one hour every day, and play sport with my friends every week. I eat a rich diet full of raw foods and enjoy finding new and interesting recipes every week. I am full of vibrant energy, and look and feel amazing!" Take these eight visions for each area of your life, and combine them into a single vision statement. Remember, you do not need to include every aspect from every area, just those that are most important to you. My current five year vision is "I am enjoying travelling the world, meeting new people and having amazing experiences in other countries. I walk every day to experience the culture of the unique places I visit. I am helping others achieve their dreams, living a rich and fulfilling life. I feel happy, healthy and loved with my entire being."

Once you have your vision, it helps to put it into a visual representation to remind yourself what you want, and why you are doing this. This can be a great motivator when times get tough. I like to create 'vision boards' every year. Get a large piece of cardboard and cover it with words and pictures that summarise your vision. For example, last year my board had a map of the world, with pictures of mansions, money, butterflies, aeroplanes, and books, and words such as friends, family, nature, love, laugh, learn, and inspire. There are some great examples available on the internet, if you search for vision board. Get creative and make it meaningful for you. Then display it in a prominent place, where you will actually look at it every day. At the moment I am travelling the world,

so I made my vision board a background and screen saver on my computer so I would see it every day when I log on.

Now that you have a clear vision for your future, we need to work on purpose. Purpose is the reason why we are motivated to change, and live a life of greatness. If you often find yourself setting goals, and then falling down at the first sign of difficulty (I know I have... many times) it is usually because you do not have enough clear reasons why you want to achieve this goal. If the 'why' is big enough, you will find a way. It is essential to discover what really matters to you, so you can leave all your negativity behind. This is an exercise to help you find your ultimate purpose, not why you want more money, or health, or time, but why you are here. Get a blank sheet of paper, write 'what is my true purpose in life?' and start brainstorming. This should take at least 20 minutes. The first answers will be what you have been conditioned to believe is important in life, or what rationality dictates, which is not necessarily true to you. When you get stuck and want to give up or take a break, or think 'this is stupid' – perfect! You're nearly there. Keep persevering and you will have a breakthrough shortly. This is the moment where you are delving deeper into your subconscious to discover what really matters to you and you only. You will probably end up with over 100 sentences before you find the one that fits. The 'false' answers will feel like thoughts, the 'true' answer will feel like it has come from somewhere else entirely. When you finally have the answer, you should feel overwhelmed with emotion. You may want to cry, laugh, scream or sigh, or maybe all of these at once. That is perfectly normal. Here was my final answer: To live my life to the fullest, learning, laughing, living, and loving completely and wholly. Serving others and leaving the world a better place.

Once you have your purpose and vision, you need to set goals that align with both of these. Goals are simply smaller steps on the path to achieving your vision. Look at your vision, and set goals for each of the areas on your 'wheel of life'. Break down your five year goals into smaller achievable steps – yearly, quarterly, monthly, weekly. These become manageable chunks that are easy to succeed at. Each of your goals should follow the SMART system of goal setting.

**S**pecific – Make your goals as detailed as possible.

**M**easurable – Clear attainable outcomes so you will know when you have achieved a goal.

**A**s if now – Write goals in the present tense, so they are not always in the future (unattainable).

**R**ealistic – Make sure your goals are attainable, so you do not get disheartened or fall short.

**T**imed – Create a date, so you have a clear timeframe to work towards.

e.g. "It is June 30, I weigh 75kgs and am a healthy size 12. I am walking every day, enjoying a range of fresh, raw foods, and I look and feel amazing. "

Now that you have clear goals, work backwards to create small, attainable steps to make them a reality, which will help to avoid overwhelm. You can then make a list or a chart to tick off each of these small steps as you achieve them then move onto the next step. You'll be amazed at what you can create for yourself, achieving more than you ever dreamed possible! Make sure you reward yourself along the way. This will make changing your life more enjoyable, and something you want to continue doing. It can be something as small as a bubble bath, new clothes, or dinner at your favourite restaurant, up to larger items such as a weekend away, or tickets to a show or event. Save the large rewards for when you have achieved several goals, or completed your steps for the quarter. Review these goals every month, to keep you on track, show how far you have come already, and make adjustments as your desires change throughout the year. These goals are not set in stone, they are a starting point to take steps in the right direction.

Now that you have a range of resources and activities, I'll share with you the most important secret to having your best year yet. Take action and keep going! Everyone will come across obstacles when trying to change their lives. And everyone makes mistakes or 'falls off the wagon'. This is a normal part of the change process, don't be too hard on yourself. Many people give up entirely at the first sign of difficulty, or when they relapse to bad habits. What is important is what you do with tomorrow. So you stuffed up or had a bad day? Use this as an opportunity to see what went wrong, so you may avoid making the same mistake next time, and keep it up. Let me ask you this – what is the price you will pay if you take the easy route and nothing changes? Where will you be in five years time if you keep running the same old habits and behaviours? Is that where you want to be? Just think, if you only change your life by 1% every day, that's 100% in just over three months! How different can your life be, by making small changes each and every day?

My final hint is to be grateful. It is impossible to feel negative when you think about all the wonderful things in your life already. You have already had so many good years, if you focus on the positive. By being positive about every experience you have this year, it will ultimately be your best year yet. Remember, if you have food in your fridge, clothes on your back, a roof over your head and a place to sleep – you are richer than 75% of the world. If you have money in the bank, your wallet and some spare change – you are among the top 8% of the worlds wealthy. If you woke up this morning with more health than illness – you are more blessed than the million people who will not survive this week. If you have never experienced the danger of battle, imprisonment, or the horrible pangs of hunger – you are luckier than 500 million people alive and suffering. If you can read this article – you are more fortunate than the 3 billion people in the world that cannot read at all. Happy New Year!

*Cara McInerney is a coach, trainer and development consultant with The Ultimate You. You can find more articles from her on self-development and personal growth on her blog at [caramcinerney.wordpress.com](http://caramcinerney.wordpress.com) ☘*

# Exploring The Art of HypnoBirthing

Jessica Fenton looks at a different approach to childbirth.

Having been aware of the power of hypnosis in birthing when I was pregnant with our eldest son Leo 3 years ago I remember feeling genuinely intrigued by the whole concept.

After stumbling upon this interesting theory about how hypnosis could make a birth potentially 100% pain free in some cases and overall more gentle and positive, I went ahead and bought a book from Amazon, read it, and then practiced the techniques in the run up to my first birth with Leo.

However when the big day arrived, I was completely blown away by the overall intensity and didn't actually put into practice what I had read and learned. Tom had read the most important chapter and we practiced one or two breathing techniques in the run up, but as far as he was aware (and most dads think is the case), it was up to me to pretty much do it on my own and in a sense, hope for the best.

And the birth wasn't quite what was hoped for to say the least.

**Fast forwarding 3 years, and I happen to be giving birth again around the end of January 2012**

And this time I mean to have the birth I deserve, and which every woman in every part of the world should be expecting – relaxed, pain free and heck, why not even spiritually enhancing?

It makes sense that women should be in a deeply relaxed state (which also works towards this pain free concept) when birthing - completely undisturbed and fully present in the moment so I decided to re-visit this idea of hypnosis during child birth once again the second time around and this time I came across the person who I knew could really provide all the answers. A woman called Marie Mongan is the founder of the original Mongan Method HypnoBirthing® programme which started in North America in 1987 and is responsible for helping thousands of women to date to enjoy safer, easier and more comfortable birthing.

With this in mind and inspired by this discovery, Tom and I decided to attend a HypnoBirthing® course together so that we could both learn the in-depth programme in preparation for our second child. This is when we met Sonia Griffiths, a Clinical Hypnotherapist/NLP Practitioner and HypnoBirthing® Ante-Natal Educator that runs popular HypnoBirthing® courses for couples in East Sussex and London.

As a Biomedical Scientist and physical therapist Sonia admits that she felt sceptical about HypnoBirthing® until

she started seeing the results for herself.

“Seeing women who were in some cases petrified of giving birth transformed into calm, empowered women who were having amazing birth experiences really opened my eyes and my mind to just how amazing HypnoBirthing is.”

She soon decided that she wanted to train as a practitioner in order to teach this to as many people as possible to help them achieve calmer, more relaxed and even in some cases “pain” free births.

So at the 26 week mark, we cleared our minds of that horrible “p” word (pain) and set to uncover the secret, yet oh so obvious practice, of “HypnoBirthing®”.

The fact that we Western women have to seek out an alternative to the “accepted norm” and almost defy hospital mentality, let alone attend a course which offers a better way with its own name and meaning ie. HypnoBirthing® is testimony to the dire state that women in birthing society have come to find themselves. Fear overriding the body's natural ability to meet pain with its own anaesthesia and general lack of knowledge or forgetfulness that women were born to birth.

Our bodies are actually more than capable of a safe, calm and vaginal birth without medical intervention (unless of course it's “needed”) and this knowledge is sometimes a good and well needed reminder as I go through my final 6 weeks picturing a lovely birth and a “calm” and happy baby that doesn't experience any trauma as a result of our ‘positive’ thinking and preparations.

And this time Tom was well and truly with me, having read the Marie Mongan HypnoBirthing® book from back to front before the course even started.

## About the course

The HypnoBirthing® course is a total of 12 hours and taught in a series of shorter sessions towards the end of a woman's pregnancy (Any time from 20 weeks onwards). Couples can opt for one to one lessons or be taught in small, intimate groups. Either way, it's just as important that the birthing partner attends so that the programme can be taught together and the birthing woman can be fully supported throughout her labour.

## What Sonia hopes people get from her course....

“I hope that anyone that does this course really learns how important a calm, relaxed emotional state is for normal childbirth and that we are in control of our thoughts and emotions.”

She goes on to explain that “fear and stress are the ene-

mies of natural childbirth as they create the wrong physiological state for birth in other words they cause the fight or flight response which is the exact opposite place to where a birthing mum needs to be."

The programme in a nutshell, is a complete Ante-natal Preparation course that teaches physical and emotional preparation for birth along with some amazing breathing techniques, self-hypnosis, deep relaxation and anaesthesia techniques.

It was really good to be in a learning environment with other like minded couples who wanted their natural homebirths as much as we did - a far cry from our experiences of attending an NCT course (National Childbirth Trust) during our pregnancy with Leo.

### **Exercises, Breathing and Meditation**

Early on in the course, Sonia ran us through a series of exercises to encourage us to let go of our fears that surround our thoughts about birth, which was helpful as I hadn't realised that I was holding onto so much from our previous birth experience. Once we had addressed these issues as couples, we could then start to move forward and understand the concepts of the programme.

Probably one of the most important parts of the course was to teach us the different breathing exercises that we are encouraged to adopt during the labour and birth process. It was invaluable to have a professional actually talk us through this and demonstrate the breathing activities to us, as opposed to reading blank text from a book and trying to learn it without guided support. And this is where we really went wrong last time.

We enjoyed a series of guided meditations throughout the workshops which were deeply relaxing and reminded us all of how incredibly powerful the mind actually is.

If you are holding onto anything that is stopping you from looking forward to your birth with anything other than joy and excitement then it's possible to have a one to one session with Sonia and work with Hypnosis to rectify this.

Although she says that "very few in fact come to see me for additional Hypnotherapy or fear release sessions. I have seen a few ladies to help then to turn breech presentations using hypnosis which has some excellent scientific data as to its success."

### **What we were shown**

Tom doesn't enjoy watching other couples' births, although he was great at Leo's, so I was unsure as to how he might react when Sonia began playing us a video of some births where the couples were using HypnoBirthing® methods. The births were so beautiful and calm that there was nothing for anyone to feel uncomfortable about. We were really amazed at how natural and easy the births appeared and many of the women were claiming that that their experiences involved none or very little pain or discomfort. I found it really motivating to see these types of births as I'd been affected by watching programmes in the past like "One Born Every Minute", which seems to largely be about assisted hospital births with women screaming in pain and fear.

**And Yep, there's homework to do after the course in preparation for the birth...**

And the more you put in the more you are reassured to get out.

We were all given a copy of the book 'HypnoBirthing' (Souvenir Press, 2010) by Marie Mongan, along with two CDs to listen to on a regular basis; a relaxation CD and a daily birth affirmation CD. Each couple was also issued with their own file which was brimming with useful information and helpful workshop notes.

I've been practising the Sleep Breathing technique every night before going to sleep along with some of the additional visualisations that we learnt on the course. I have the daily affirmations CD in our car and Leo and I listen to it as we drive along most days. It's amazing how calm and relaxed it can make a wild 2 year old!! When he's heard enough he says "No more baby CD Mummy." However I'm finding the daily affirmations really positive and lovely to listen to. I enjoy having the words floating around in my head throughout the day and look forward to when we will meet our baby.

### **Our summarising verdict**

Tom and I both thoroughly enjoyed experiencing the HypnoBirthing® course together. It was an extra opportunity to prepare as a couple for our forthcoming birth in January amidst a busy household and a whirlwind past few months after taking over the natural organic skincare company, Raw Gaia. We both enjoyed learning the techniques that we will be putting into practice, not only during the time of welcoming our baby into this world, but also within other aspects of our lives too.

### **Getting the birth we want**

We're deeply manifesting an easy home birth and I'm personally going all out to try and make this happen... HypnoBirthing®, working out at Virgin Active 2- 3 times per week, training with my personal antenatal trainer once per week, employing an independent midwife to support us through our pregnancy, birth and postnatal period too in place of NHS care and making plans for a Lotus Birth will all combine to allow us the birth that we deserve. I'd like to experience the surges without intense pain and remain in control of what happens to our baby and me. And I'd like us to remain comfortable and in control throughout our birthing experience.

I'll let you know how we got on...

*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. We are calmly expecting our second child sometime in early 2012. Jessica's websites: [www.NaturallyMummy.com](http://www.NaturallyMummy.com), [www.RawGaia.com](http://www.RawGaia.com), [www.TotalRawFood.com](http://www.TotalRawFood.com)*

**Tom and Jessica Fenton attended HypnoBirthing® with Sonia Griffiths BSc, MSc, MFHT. Tel: 01273 243435 / 07773 063273. [www.sussexhypnobirthing.com](http://www.sussexhypnobirthing.com) Sussex HypnoBirthing® are the UK's longest serving practitioners. Sonia and her colleague Steve sit on the UK HypnoBirthing® Board to monitor training, and improve services within the UK. ☼**

# Raw & Pregnant

“Finding myself pregnant, and learning anew all I knew, it’s a strange thing, everything you thought you knew, you find maybe you didn’t” says Nicola Pledger.

Its time to step up the learning and knowledge to another level, but I suppose this is the same when you come faced with any new and changing situation. You see things with new eyes. So this is exactly what I am doing, reading, living through experience and asking questions.

Its a time of intense change in our bodies, hormones rushing around like crazy, breasts growing, belly-growing, maybe you will gain weight, maybe not. The change isn’t just physical but mental, your mind and body are preparing for the changes that are needed, to birth this new life into the world, and with the hormones you can get some pretty crazy, unusual to your self thoughts! No one tells you about these changes, the uncontrollable changes - we are used to control in our society, some of us more than others, but this is one time you cannot control what is happening, you just have to breathe, be open, surrender, enjoy the process even at the times when the process can be tough.

I am just into my 17th week at the time of writing this, my body is starting to go back to how it was feeling before I fell pregnant, my emotions are maybe taking a bit longer to catch up! For someone who doesn’t normally get PMT at all you can imagine what a shock it was in the early months of raging hormones, intense feelings, crying at all - this is a really sensitive time, physically and emotionally and being my first is all new to me. So it is really important to take it slowly and gently on yourself, rest as much as you can because the extreme tiredness that you experience in those early months is crazy, so acknowledge your body and rest.

I am now just trying to read, read, read and get as much info as I can on pregnancy nutrition, natural, instinctual birthing, breathing techniques and yoga. I had become unbalanced before and during my early few months of pregnancy so I have just been trying to get back on track with my diet. My nausea was intense constantly for the first 3 months on the 15th week I woke up and it had gone! With the intense nausea I was finding it very hard to eat, I still am. Even though when you eat it actually does help with the nausea. It is good to have some dehydrated crackers on hand so that you can nibble on, its best to eat little and often this seems to help massively! I have also found and this does seem to be another common side effect from speaking to other woman that I don’t want to prepare food as even that is a struggle, from someone who has spent the past 10 years in the kitchen creating! I think in the first month I practically lived of grapefruits and freshly squeezed orange juice, taking little water as that is all I could stomach, yes even water is hard to take

in these early weeks and months, something which seems to be another common thing in pregnancy.

Even though you know that you should be eating - this is the most important time to be eating nutritious, organic food, I was struggling, immensely, it is now getting easier. You have to let it go and forgive yourself as we all do the best we can at that time. I think the fact that I got unbalanced before I fell pregnant and I am on a serious budget has made it harder for me to get what I need. Plus it has to be said that we can get stuck in that ‘fear’ mode where the people around us who never thought our raw food diet was healthy now more than ever think we should eat more ‘normally’ but as soon as I got my full vitamin and mineral blood results back - all fears in me and my support network went- they were perfect, first time I have come out of the doctor smiling, I am thankful to all the kale I consume for this!

Nausea and sickness are a normal part of a healthy pregnancy, I was horrified when I read woman who had been 100% raw for a few years and once were pregnant had suffered morning sickness, were devastated as they thought eating a raw food diet would mean that they wouldn’t get morning sickness! It is perfectly normal and healthy it shows your hormones are working effectively - it is the surge of all these hormones that causes the sickness. I think it is sad that this industry is feeding woman untruths in a very special time where we need nourishment of the body, mind and soul.

So have I managed to stay raw? Well no, I am about 50-70% currently and is growing all the time. As I have said earlier I become unbalanced within my diet while traveling, plus the nausea was so bad I literally had to eat what I could stomach for some reason my favourite salads were off and cooked vegan food was going down fine, There’s no rhyme or reason to it and we are all individuals with different make up.

Since the nausea has dissipated it has become a lot easier to eat raw and my green smoothies and juices are back in! Plus some other raw creations but the rest of the time I am eating cooked vegan food, which is feeling good for me.

I trust my body to know what it is that it needs so I go with this as much as I can, this is a time where we become even more intuitive and listen more to our bodies needs.

With that being said I did eat some organic, British meat in my very early weeks, my body needed it, I struggled with this but it was what I needed, after doing this about

3 times my body no longer craved it, so I haven't had since. I also ate a few eggs again in my early weeks but since then have had no cravings for any. I am still eating the odd bit of organic British cheese, in the early weeks I ate a lot but it is getting less and less with each week that passes.

I think it is very important to acknowledge your bodies needs and cravings and to know when it is just a craving that will pass and when your body is actually saying 'you need to eat this food'

This is a time to acknowledge your self and the growing person inside you and to honour both your needs.

I have read about and heard from women who were previously raw but when they got pregnant they drastically reduced their raw intake and ate more cooked food with maybe the inclusion of some animal products. My thoughts on this is that the raw food is maybe too detoxing and the body just wants to cultivate not detox, but again I think this depends on how balanced you were within your diet previously and your life, it isn't one diet for all. Many women who were 100% raw for many years have found themselves craving and having to go and eat meat and then felt good after.

I admire women who can stay raw and healthy during pregnancy and I would love to hear from them, there isn't enough information or experiences out there at all. I welcome more to be written about this time.

I seriously recommend Conscious Eating by Gabriel Cousen's, it's the first book that I have read, in fact it is the only thing that I have read with concise, easy to digest, no fear induced information. I understand why I hadn't read this book until now. It breaks down everything you need for optimal vegetarian, vegan and raw food pregnancy health with a very loving approach. I find a lot of information in the raw food industry can be so fear driven and I think it is good for us all to start stepping away from this.

I have included a couple of my current favourite recipes plus my list (so far) of top pregnancy foods after this article. I am not really taking any herbs apart from nettles occasionally for its super iron content plus raspberry leaf in tea as this helps to tone the uterus.

### Warrior 1

Stand in Mountain Pose.

Exhale your feet so they are about 4 foot apart.

Raise your arms so that they are parallel with the floor.

Breathe through your arms into your fingertips.

Bring the left foot to 45 degrees to the right & the right foot to 90 degrees to the right.

Exhale, rotate your torso to the right, squaring your hips.

With the left foot firm to the floor, exhale & bend the right knee over your right foot.

Inhale your arms up, palms facing, in prayer.

Looking straight ahead, chin should be parallel with floor.

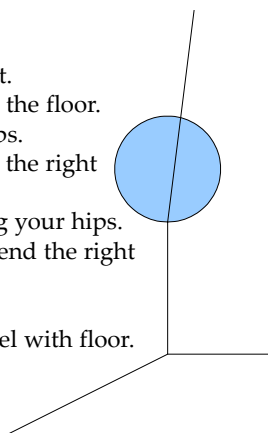
Breathe here for up to 5 breaths.

Exhale arms down, lift knee back up so leg is straight.

Slowly bring legs back together, return to Mountain Pose.

Take a few breaths here.

When ready repeat on opposite side.



I am supplementing, but only because I am not eating enough to get what I need, I believe we should be able to get all from our diets if we grow our own or buy organic, though some vitamins and minerals are extra important during pregnancy like for example, magnesium, the B vitamins, that we may decide we want to supplement with plant derived supplements. I am using chlorella, daily for its amazing benefits and its high protein, vitamin and mineral content, its good to take up to 3 tablespoons a day as this contains much of the RDA of protein, vitamin and minerals you need.

It is really important to make sure that you are getting enough omega 3 in your diet and that the ALA is converting into DHA, this is tough when being vegetarian, vegan or a raw foodie. You can optimise this conversion by adequate amounts of B3, B6, Magnesium, Zinc, Vitamin A, C, E and Biotin. It is a fact that even with adequate omega 3 it is very tough to get the DHA conversion so a supplement is needed. I have taken one brand in the past and didn't find it effective so I am on the lookout and researching other brands to see what works best for me. I encourage you to do your own research on adequate vitamin and minerals - though we need the full spectrum some in higher doses than others.

There is so much more that I could write about on this subject so I welcome people to contact me to offer their experiences and share their knowledge. You can email me at [kalistar@hotmail.co.uk](mailto:kalistar@hotmail.co.uk)

I have also started a blog which will cover all things relating to pregnancy health and my own experiences, [blessedgratitude.wordpress.com](http://blessedgratitude.wordpress.com) so please check it out!

The Yoga Asanas that follow are some that I have been finding really helpful during my 1st and now into my 2nd Trimester.

Some are more advanced postures so take it slow, and easy on yourself.

Yoga is a beautiful thing and very good to do during pregnancy for you and the baby but if you are completely new to it then some of these asanas would not be advised. Please consult a qualified practitioner for further instruction.

### Double Leg Lift

Lay in Shavasana/ Corpse Pose.

Breathe here a few times.

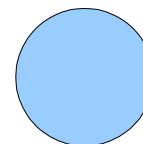
Bring your feet together.

Have your hands next to your torso, palms facing down or up whatever is comfy for you, just make sure that you feel rooted here.

Slowly keeping your legs together bring your legs up to the sky, palms of feet facing up to sky.

You can hold here for a breath or two, or three.

Or you can on an out breath lower legs back down & on an in breath bring legs back up keeping rhythmical breathing.



## Cat Pose

This asana tones the entire reproductive system.

Sit in a kneeling position.

Place palms down in front of your knees.

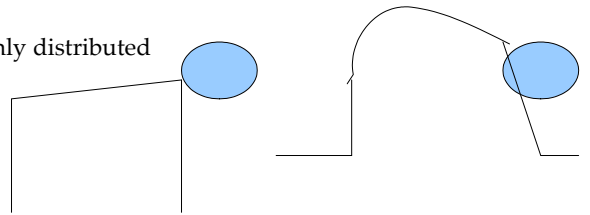
Slowly lift your buttocks of your heels & come into table top asana, weight evenly distributed between each hand and foot.

Inhale bring tailbone down & lift head, chin up, gently.

Exhale pull tailbone up, so that your bum sticks out and bring your head down to face your navel, pulling in at this point.

Move between these two points at your own pace, but it should be slow and rhythmical with the breath.

Once you feel you have repeated enough times for you, slowly come back into kneeling or go back into Childs Pose & take a few breaths.



## Downward Facing Dog

Come into kneeling.

Bring hands in front of you, palms firmly rooted to the floor.

Move into Table Top Asana.

Exhale and slowly move your hips away from the floor.

Lengthen your tailbone, so that your bum is in the air.

Push into your palms & your feet, gently, do not strain.

Your feet may not touch the floor this is fine, heels will probably be off the mat.

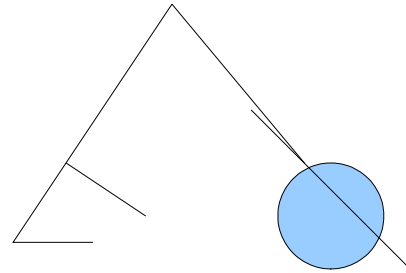
Keep the knees straight but do not lock them.

Push through the fingertips & the feet, gently.

Keep the head between the arms, don't let it hang.

Breath deeply here for up to 5 breaths.

To come out, gently bring knees to the mat, so that you will be in Childs Pose, you may want to stay here for a few breaths and slowly when you are ready lift torso up coming back into kneeling position.



## Table Top Asana

Very good for pregnant ladies, relaxes the spine & improves pelvic circulation.

Sit in kneeling, bring both palms to the floor in front of you.

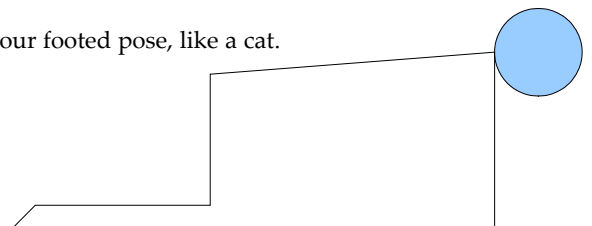
Lift your buttocks of your heels, adjust your hands & feet so that you are in a four footed pose, like a cat.

Your weight should be evenly distributed between each arm & foot.

Keep your body parallel with the ground & perform deep rhythmic birthing.

Continue this breathing for a good length of time that is comfortable for you.

Slowly & carefully relax back into kneeling.



## Wide Legged Forward Bend

Stand in Mountain Pose.

Exhale feet so they are about 4 foot apart.

Breathe here, so that you become rooted to the mat.

Bring hands to hips to support yourself.

Slowly fold forward at hips first, then with rest of torso, neck, head following.

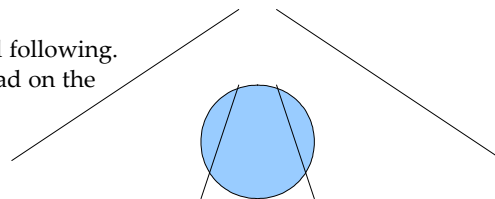
Move your hands away from your hips & bring in front of your head on the ground, maybe your finger tips will just fall here, that is fine.

Breath here for 5 breaths.

To come back up to standing, return hands to hips.

Slowly & gently bring body back up.

Return to Mountain Pose.



## Butterfly Pose.

I love this asana.

Balances left & right hemispheres of the brain.

Opens the hip area.

Sit upright, legs out in front of you.

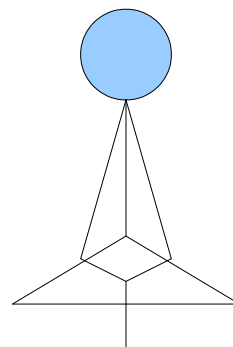
Bend knees & inhale legs up towards you.

Drop knees down so that palms of feet touch.

Hold onto feet with hands crossed over each other.

Gently move knees up & down so creating moving butterfly wings.

Breath deeply here & do so for as long as you like!



## My Top Pregnancy Foods. . . . . so far!

### Almonds

For their high protein content & rich in Vitamin E, Calcium.

Soaked & sprouted added to salads with kelp noodles, use as a base for raw hummus, added to raw chocolate, breakfast bars, dehydrated crackers, used to make almond milk, eat off the spoon as almond butter or just on their own.

### Dates

Excellent source of Iron, Potassium, Manganese, Calcium, Vitamin K, some B Vitamins & Copper.

Nice to use to sweeten nut milks, used to make raw caramel, added to raw chocolate, breakfast bars, & in buckwheat museli's.

### Chlorella

Another top superfood of mine, or rather super supplement. Amazing Algae.

Very high Protein content, high in Magnesium, Chlorophyll, Vitamin C & A immune boosting & supporting & a whole lot more of goodness for our bodies!

Great in smoothies, juices, added to avocado cream.

### Kale, Kale, Kale

This is my number 1 food! In season now, many varieties curly, calvo nero, red russian.

Full of Vitamin C, Iron, Folic Acid, Zinc, Protein, Magnesium, B12, calcium, small amounts of the essential fats omega 3 & 6 plus so much more!



Photo by 305 Seahill  
[www.flickr.com/photos/bluehillranch/](http://www.flickr.com/photos/bluehillranch/)

Can be used in salads shredded, massaged with oil, salt & lemon, in juices & smoothies, used as a wrap to hold some yummy raw beetroot hummus & sprouts & of course. . .kale chips!

I love this green vegetable, this is a true superfood! Its cheap, easy to grow & local.

It has a full spectrum of vitamins & minerals that we need for optimal health, I thank this plant for my high iron levels! Blessed is this plant, & grateful are we to enjoy it.

### Berries

If you had forward thoughts & were able to freeze some wild berries from the summer, great! Otherwise its hard but not impossible to find organic, british frozen berries.

High Vitamin C content, antioxidant packed. Great in green smoothies, or in raw cakes & makes great frostings! Also super yum added to a buckwheat muesli.

### Bee Pollen

A complete food. High Protein, almost all the B Vitamins, Magnesium, Calcium, Zinc, Vitamin C, Vitamin E, plus so many more! It's immune boosting, anti viral.

Best fresh from your local bee keeper, but can get good

quality frozen pollens & dried.

Great added to smoothies, raw chocolate, buckwheat muesli, or in green salads.

### Nettles

For their high iron & Chlorophyll content. Best freshly picked but dried do the job! Drink as a tea or if fresh they can be used to make yummy pestos.

### Buckwheat

High protein food, Magnesium, Manganese, Zinc. Soaked & sprouted added to salads, dehydrated & used to make a buckwheat museli, crackers, added to raw chocolate & breakfast bars.

### Sunflower Seeds

For their Protein content & Calcium content. Super yummy sprouted & eaten on their own, added to salads, noodles, wraps, crackers, smoothies.

### Pumpkin Seeds

High Zinc content. Soaked & sprouted then added to salads, wraps, kelp noodles, dehydrated & eaten as a snack with other dehydrated seeds. Mixed into dehydrated crackers. Great in raw breakfast bars & buckwheat museli's.

### Flax Seeds

High in omega 3, cleansing to the colon, nourishing. Best freshly ground up in smoothies, soaked & used to make yummy puddings or used to make flax crackers.

### Flax Oil

High omega 3, yummy on salads, massaged kale, & in smoothies.

### Sesame Oil/ Sesame Seeds

For their high Calcium content.

Add to noodles, salads, I find this a warming oil in these cold winter days.

### Sea Vegetables

High Iodine content, which supports the thyroid. Iodine is essential for the development of the fetus.

Kelp noodles or kelp supplement, nori, hijiki, dulse, sea spaghetti - yummiest when fresh!



Can be used in salads, sauces, dulse crisps, in raw crackers, as a raw 'stir fry'.

### Fermented Foods

Great for keeping the good bacteria in your tummy tip top! Kimchi, Sauerkraut, Unpasteurised Miso, Pickled Vegetables.

A note on oils, always used cold pressed, organic, & generally use all organically grown foods as their life-force is HIGH!

See page 14 for pregnancy recipes from Nicola. ✿

# Modern Naturopathic Protocols for an Irritated or out of Balance Liver

by Susan Laing

I have become so interested in the care and treatment of my own liver through my own health experience having suffered from my immune system *crashing*. So this is why I ended up choosing a path of raw live food and a much healthier way of living. (see raw-sprit.com for "My road to recovery")

I then came across Iridology by accident at a Health Show and I knew straight away it was going to be my path, so I decided to train in Modern Iridology. This means I have access to an amazing piece of equipment which allows me to enlarge the iris up to 80 times and zoom in and see what the iris is telling me about a persons health.

So there are many liver iris signs that tell a story. And it is really about putting bits of information together, a bit like detective work! I have to stress here and I always do that the eyes *carry your genetic blueprint* - your **health tendencies** and more!

Tendencies is an important word as a person can come along in their 60s+ and have 2-3 iris signs with health imbalance tendencies, but due to their healthy lifestyle and approach to life they do not suffer from one of those health tendencies showing up in their iris. Remember you can change your DNA.

So **the liver** which is the largest organ in the body and is akin to a *factory* getting a lot of jobs done and keeps the body in equilibrium or maintains homeostasis, simply if it is allowed to do so ie when it is not burdened with food or drug toxins or emotional toxins.

When someone comes to me and I look into their iris I am able to pick up early imbalances( chi energy blockages or sluggishness) in the liver function, way before someone is diag-

nosed with liver enzyme dysfunction by the hospital. So it is a great health diagnostic tool to help **stop health problems** occurring right in their tracks. It is **preventative**.

In the iris there are markings called transversals and these are the ones I'm going to write about for now. There is more information on various liver iris signs on my website and facebook.

A vascular transversal in the iris is transversal marking of red blood vessel colour. It **indicates pain, stress and severe irritation** . Vascular transversals may appear anywhere in the iris. According to research by John Andrews an Iridologist can identify tendencies to:

- malignancy
- degeneration
- circulatory imbalances

For example if there is one in the heart area the Iridologist needs to check for cardiac ischemia. And when they are seen in the breast area it may indicate breast tumours. Today I'm going to cover some information about the **liver vascular transversal** .

On an **emotional level** it may indicate:-

- anger
- frustration
- delusions
- relationships with females maybe the main underlying factors

If you go to this link



[www.tinyurl.com/friris](http://www.tinyurl.com/friris) you will see a blue iris with a red blood vessel running through the area from 7 o'clock to 8 o'clock towards the iris edge. This is called a **HEPATIC** Vascularised Transversal which is found in the liver area. They are of **utmost clinical importance** . If one is present in the iris then regular hepatic detoxification and support are indicated for the patient.

There are 4 main hepatic transversals:

- Root
- Antlered
- Candlestick
- General vascularised transversal

In this above image that I mentioned we can see the vascularised transversal which means we need to consider the possibility of the following in the **medical history**:

- liver congestion and dysfunction
- Hepatitis (autoimmune or viral types)
- Adverse vaccine reaction
- liver transplant
- Mononucleosis
- Hypercholesteroaemia
- Liver cirrhosis
- Autoimmune Primary Biliary Cirrhosis
- Gilbert's syndrome
- Portal hypertension
- Hypergammaglobulinaemia (Excess of protein gamma globulin)
- Tumour or cystic formations in the liver, lung or breast

There are many liver signs in the Iris and it is a huge area to cover in this short introduction of liver iris signs. And then there around 5 different maps to consider too.

It is well documented that our liver is

central to all aspects of our well-being. This is particularly emphasised with the reactivity of the immune system. And in today's increasingly heavily polluted world our liver's are placed under escalating levels of stress and our livers are asked to work harder and harder.

Our livers are:

- asked to filter our blood of toxins,
- process and metabolise fats, protein and cholesterol. The liver produces cholesterol in order to stimulate the building blocks of hormone production, especially in relation to the adrenal glands. A diet high in animal fats and trans-fatty acids can hinder the liver and intestinal immunity.
- The liver also converts the core materials, ie amino acids, from plant foods into other essential components like proteins.
- It filters and processes excess hormones
- helps to regulate blood sugar balance
- it is a source of red blood cells in times of emergency
- metabolises iron and copper in addition to storing vitamins B1, D, E and K; plus it processes beta-carotene into vitamin A and metabolises then stores zinc. Vitamin B12 can be stored in the liver for neurological times of need for up to 7-12 years.
- The liver contains anti-clotting and coagulating factors releasing them at critical times.
- The liver also releases enzymes to check histamine balance.
- The removal of infectious organisms from the blood stream
- The liver also has a central role in numerous aspects of the immune system
- in addition to storing blood for release in times of need and trauma, the liver performs the same function in relation to immune cells and chemicals such as interferon, interleukins, macrophages, natural killer cells and neutrophils.
- It is also the source of red blood cells in the growing foetus of the pregnant woman and is the main site for the production of plasma cells

### The following may have negative influences on liver immunity

- excessive alcohol
- refined sugar
- stress
- suppressed anger
- antibiotics
- oral and injectable contraceptives
- steroids
- artificial sweeteners
- hydrogenated oils
- vaccination reaction
- chemical residues
- viral and bacterial overload ie malaria or mononucleosis
- cholecystitis
- pancreatitis
- splenectomy or splenomegaly
- excessive consumption of synthetic vitamin A (retinol) can enlarge the liver
- synthetic doses of Niacin – B3 and PABA can irritate and interfere with liver function
- cholecystomy
- septicemia
- repeated physical injuries to the ribcage

**Treatment protocols** for an imbalanced liver might include **herbs** such as:

- Milk Thistle
- Chaparral
- Artichoke
- Burdock root
- Chinese Medicinal Mushrooms such as Reishi and Chaga

These herbs and others should be considered for use in combination with other liver cleansing protocols:

- liver flushing
- ancient Naturopathic healing and cleansing techniques
- from castor oil packs to enemas, oil pulling
- colonic irrigation
- taking clays such as Zeolite and Bentonite
- and using liver cleansing foods such chlorella, coriander, parsley and organic green juices from organic and wild produce, for example cleavers to dandelion, nettles and so on, sticking as close to nature as possible

- include foods that break down and flush out the bad oestrogen's from your body that contain methyl donor nutrients(methylation process in the body) which is beneficial to hormonal balance especially in women helping to get rid of the bad/toxic oestrogen mimickers due to our polluted environment such as plastic bottled water , GMO soya products and so on. Such as garlic, beets etc
- Remember the liver filters and processes excess hormones and helps to regulate blood sugar imbalance and more!
- heavy metal removal with zeolite , coriander etc
- parasite cleanse using herbs and zipper
- oxygen therapy
- make sure vitamins and minerals are made from food and not synthetic as these will further damage and confuse the liver cells
- use probiotics and drinks and foods made from them such as coconut water Kefir
- avoid drinking tap and plastic bottle water - drink spring water if you can – remember water has memory.
- The treatment of the liver is another vast subject. From looking at the physiological-emotional aspect to the nutritional – both the MALT and RES plus Psycho-neuro-endocrino-immunological pathways can be dysfunctional if the liver is congested or the various hepatic functions are impaired.
- And exercise keep the lymphatic system or 'pipes' moving which really are our "dustbin men". So consider yoga and gigong and rebounding for some great results. And simple skin brushing techniques help to move that lymphatic system too

### A healthy liver leads to an a-liver being!

For further information please see  
[www.iritologyforhealth.co.uk](http://www.iritologyforhealth.co.uk)  
[www.raw-spirit.com](http://www.raw-spirit.com)  
[www.facebook.com/IridologyforHealth.co.uk](http://www.facebook.com/IridologyforHealth.co.uk) ☼

# Healing

by Fanny Vanlaere

# our inner child

Having been a practitioner of Rebirthing Breathwork for over ten years I decided to include more work with the inner child and inner teenager in my seminars because I realised that everybody, whether they know it or not, has a lot of emotional baggage to heal from their childhood. The amazing healings which happened as a result of this choice strengthens my motivation to continue working more with the inner child.

According to Alice Miller, the majority of the worlds population suffers from childhood injuries to the soul. In resolving the effects of child mistreatment she writes:

*"We cannot resolve the effects of mistreatment in therapies that evade the facts and confine themselves only to the analysis of the psychic realities. But we can liberate ourselves from the consequences if we are prepared to face emotionally the truth of our childhood, to give up the denial of our suffering, to develop empathy for the child that we were and to thus understand the reasons for our fears. In this way, we free ourselves from the fears and guilt feelings that were burdened upon us from the earliest age. Through the knowledge of our history and our feelings, we get to know the persons that we are, and we learn to give to them what they vitally need but never received from their parents: love and respect. This is the goal of the uncovering therapy: The wounds can be scared over if they are tended to and taken seriously; but the existence of the scars should not be denied".*

Working with the inner child has magical effects. By doing so people often experience big emotional releases, develop new skills and have vivid memories of early ages that they thought they had forgotten, or did not even know they had a conscious memory of.

## Our inner child and our inner parents

When we were children, we built the image (or images) we have about ourselves on the basis of the perception that other people had of us, especially our parents and all loved ones.

But the image we have of ourselves is not, for most people, in harmony with their true self, or even denies it. Your attitude and what you create in your life corresponds to the image you have about yourself.

As a child each time you were valued, supported and trusted you could go through the learning process corresponding to the developmental stage you were in with success. You also built a positive image about yourself which

became part of your mind and cellular memory. It became your healthy inner child, natural inner child or inner divine child (Carl Jung used the concept "Divine Child" and Emmet Fox the "Wonder Child").

The inner divine child refers to that part of each of us which is ultimately alive, energetic, creative and fulfilled. You also built a good model of a loving parental figure which also became your inner loving parent.

In the same way, your body and subconscious mind retains memories of not being supported and guided when you needed to be, as well as memories of injury to your dignity and integrity when you received any form of mistreatment (derision, neglect, humiliations, betrayal, slaps in the face, beatings, sexual abuse etc.).

Denial and self-defence mechanisms were then necessary for your survival; but they lead to blockages, reduce your ability to learn new ways of acting and cause illnesses. This part of you became your hurt inner child. You also built an inner model of a critical parent or inner tyrant.

In his book *Home coming*, John Bradshaw writes:

*"Some of the most common defenses are: denial, ("it's not really happening"), repression, ("it never happened"), disassociation, ("I don't remember what happened"), projection, ("it's happening to you, not me"), conversion ("I eat compulsively or make love when I feel it's happening") and minimisation ("it happened but it's not that bad")."*

Logically the stronger your inner divine child and loving parent and the weaker your inner critic and inner hurt child, the happier, healthier and more balanced you will be as a person.

No matter how much you were hurt during your childhood, you can heal your inner hurt child and build a stronger inner loving parental figure which protects your natural inner child. This is a way to reconnect fully with you true self or what you know deeply inside you is your

real self.

### **The stages of the child development**

*"We shouldn't ask "What does a person need to be able to do in order to fit into the existing social order today?" Instead we should ask "what lives in each human being and what can be developed in him or her?"*

Rudolf Steiner.

As children, in each stage of our development we needed specific support and attention. The body, soul and spirit are present in embryo before birth. They develop and become active and independent at different stages of the child's development.

Our education system does not fulfil the real needs of the children as it is not based on a deep comprehension of these different phases. Each stage should be experienced fully and not cut short.

Rudolf Steiner envisioned the development of the child as an organic process that unfolds through stages, which have to be acknowledged and respected for the welfare of the child and its future being as a woman or man.

The different stages of human development remain in us. The stages that we learned and integrated properly contribute to making us balanced individuals. The parts we did not complete have the tendency to show up in our lives, creating healing crises, which try to help us realise fully our natural divinity.

When we are growing from a baby to an adult, there is a "divine program" inside us that, if it were completely understood, supported, and not interfered with, would lead us to complete realisation and mastery. Unfortunately, through many interferences, most of us completely lose the conscious contact with our life purpose and true self.

The healthy parts or stages we complete support our true self or are actually a manifestation of our true self, of our inner divine child.

Studying the stages of human development will help you to see which parts of you need to be healed and which parts of the learning you need to complete.

If each stage of human development was truly understood and respected, our society would be much more harmonious and spiritually advanced. Unfortunately, because of the lack of understanding and support (especially from parents and teachers), many stages remain uncompleted for most children. The result is many behavioural deficiencies and traumas.

Working with your inner child and becoming your own inner mother/father will totally transform your life.

I recommend you work with John Bradshaw's book *Homecoming: Reclaiming and Championing Your Inner Child*. Another great book about the different phases of child development is *Phases of childhood* by Bernard Lievegoed.

### **The inner baby (from 0 to approximately 9 months)**

For the baby the self does not exist yet. There is still a strong connection with the Source and a state of unity. It is the stage of being and experimenting with feelings and

sensation. Psychologists call this stage positive narcissism. It is also the stage of learning to trust life and ourselves.

When this stage is completed successfully the baby and thus future adult develops high self esteem and can be content being true to itself. S/he especially learns that s/he deserves to be loved just by "being" and develops a healthy and loving relationship with her/his body.

In this stage the baby totally depends on its parents, especially its mother. If the relationship with them is harmonious the future adult will have the tendency to build harmonious relationships. If not they will remain co-dependent and can develop the tendency towards co-dependent relationships, particularly with lovers.

At this stage the baby needs to be touched, fed, cleaned, clothed and bathed. S/he can feel exactly what his/her parents are feeling. If its needs are not covered it will learn to be ashamed of its body and its physical needs, which can not only lead to emotional problems in the future but health problems as well.

### **Examples of affirmations for your inner baby**

With your inner baby and your inner child, it is a good idea to work with affirmations in second person, that way your inner adult is healing your inner child. It is also a good idea to experiment with affirmations in the first person.

"You, --, are welcome to the world."

"You, --, are a gift from the Divine to the world."

"I am very happy you are here."

"You are special and important to me."

"I am so glad you are a girl/boy."

"Your presence is very important in the world."

"I will take care of all your needs."

"I am prepared to take care of all your needs and I enjoy it."

"I have all the time in the world to take care of your needs."

"I like feeding you, bathing you, changing you, and spending time with you."

"I will always be with you and not leave under any circumstances."

"I love you exactly the way you are."

"You are perfect the way you are."

"I will always make sure there is a special place for you."

Later stages of development will be covered in the next issue of Funky Raw, don't miss out!

*Fanny has been a teacher of Rebirthing Breathwork for over 17 years and is currently running a series of weekend workshops in London, which are open to all.*

*See [www.rebirthinginternational.co.uk](http://www.rebirthinginternational.co.uk) for more details.*

*For more information on the inner child and how to heal issues from childhood check out Fanny's book The manual for rebirthers. ☸*

# Forget Shorter Showers

## Derrick Jensen on why personal change does not equal political change

Would any sane person think dumpster diving would have stopped Hitler, or that composting would have ended slavery or brought about the eight-hour workday, or that chopping wood and carrying water would have gotten people out of Tsarist prisons, or that dancing naked around a fire would have helped put in place the Voting Rights Act of 1957 or the Civil Rights Act of 1964? Then why now, with all the world at stake, do so many people retreat into these entirely personal “solutions”?

Part of the problem is that we’ve been victims of a campaign of systematic misdirection. Consumer culture and the capitalist mindset have taught us to substitute acts of personal consumption (or enlightenment) for organized political resistance. An Inconvenient Truth helped raise consciousness about global warming. But did you notice that all of the solutions presented had to do with personal consumption— changing light bulbs, inflating tires, driving half as much— and had nothing to do with shifting power away from corporations, or stopping the growth economy that is destroying the planet? Even if every person in the United States did everything the movie suggested, U.S. carbon emissions would fall by only 22 percent. Scientific consensus is that emissions must be reduced by at least 75 percent worldwide.

Or let’s talk water. We so often hear that the world is running out of water. People are dying from lack of water. Rivers are dewatered from lack of water. Because of this we need to take shorter showers. See the disconnect? Because I take showers, I’m responsible for drawing down aquifers? Well, no. More than 90 percent of the water used by humans is used by agriculture and industry. The remaining 10 percent is split between municipalities and actual living breathing individual humans. Collectively, municipal golf courses use as much water as municipal human beings. People (both human people and fish people) aren’t dying because the world is running out of water. They’re dying because the water is being stolen.

Or let’s talk energy. Kirkpatrick Sale summarized it well: “For the past 15 years the story has been the same every year: everything that’s put out at the curb) in the U.S. was about 1,660 pounds. Let’s say you’re a die-hard simple-living activist, and you reduce this to zero. You recycle everything. You bring cloth bags shopping. You fix your toaster. Your toes poke out of old tennis shoes. You’re not done yet, though. Since municipal waste includes not just residential waste, but also waste from government offices and businesses, you march to those offices, waste reduction pamphlets in hand, and convince them to cut down on their waste enough to eliminate your share of it. Uh, I’ve got some bad news. Municipal waste accounts for only 3 percent of total waste production in the USA.

I want to be clear. I’m not saying we shouldn’t live simply. I live reasonably

Citizens have a much wider range of available resistance tactics, including voting, not voting, boycotting, organizing, protesting.

individual consumption— residential, by private car, and so on—is never more than about a quarter of all consumption; the vast majority is commercial, industrial, corporate, by agribusiness and government [he forgot military]. So, even if we all took up cycling and wood stoves it would have a negligible impact on energy use, global warming and atmospheric pollution.”

Or let’s talk waste. In 2005, per-capita municipal waste production (basically simply myself, but I don’t pretend that not buying much (or not driving much, or not having kids) is a powerful political act, or that it’s deeply revolutionary. It’s not. Personal change doesn’t equal social change.

So how, then, and especially with all the world at stake, have we come to accept these utterly insufficient responses? I think part of it is that we’re in a double bind. A double bind is where you’re given multiple options, but no matter what option you choose, you lose, and withdrawal is not an option. At this point, it should be pretty easy to recognize that every action involving the industrial economy is destructive (and we shouldn’t pretend that solar photovoltaics, for example, exempt us from this: they still require mining and transportation infrastructures at every point in the production processes; the same can be said for every other so-called green technology). So if we choose option one—if we avidly participate in the industrial economy—we may in the short term think we win because we may accumulate wealth, the marker of “success” in this culture. But we lose, because in doing so we give up our empathy, our animal humanity. And we really lose because industrial civilization is killing the planet, which means everyone loses. If we choose the “alternative” option of living more simply, thus causing less harm, but still not stopping the industrial economy from killing the planet, we may in the short term think we win because we get to feel pure, and we didn’t even have to give up all of our empathy (just enough to justify not stopping the horrors), but once again we really lose because industrial civilization is still killing the planet, which means everyone still loses. The third option, acting decisively to stop the industrial economy, is very scary for a number of reasons, including but not restricted to the fact that we’d lose some of the luxuries (like electricity) to which we’ve grown accustomed, and the fact that those in power might try to kill us if we seriously impede their

ability to exploit the world—none of which alters the fact that it's a better option than a dead planet. Any option is a better option than a dead planet.

Besides being ineffective at causing the sorts of changes necessary to stop this culture from killing the planet, there are at least four other problems with perceiving simple living as a political act (as opposed to living simply because that's what you want to do). The first is that it's predicated on the flawed notion that humans inevitably harm their landbase. Simple living as a political act consists solely of harm reduction, ignoring the fact that humans can help the Earth as well as harm it. We can rehabilitate streams, we can get rid of noxious invasives, we can remove dams, we can disrupt a political system tilted toward the rich as well as an extractive economic system, we can destroy the industrial economy that is destroying the real, physical world.

The second problem—and this is another big one—is that it incorrectly assigns blame to the individual (and most especially to individuals who are particularly powerless) instead of to those who actually wield power in this system and to the system itself. Kirkpatrick Sale again: "The whole individualist what-you-can-do-to-save-the-earth guilt trip is a myth. We, as individuals, are not creating the crises, and we can't solve them."

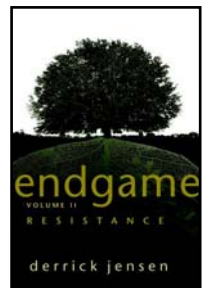
The third problem is that it accepts capitalism's redefinition of us from citizens to consumers. By accepting this redefinition, we reduce our potential forms of resistance to consuming and not consuming. Citizens have a much wider range of available resistance tactics, including voting, not voting, running for office, pamphleting, boy-

cotting, organizing, lobbying, protesting, and, when a government becomes destructive of life, liberty, and the pursuit of happiness, we have the right to alter or abolish it.

The fourth problem is that the endpoint of the logic behind simple living as a political act is suicide. If every act within an industrial economy is destructive, and if we want to stop this destruction, and if we are unwilling (or unable) to question (much less destroy) the intellectual, moral, economic, and physical infrastructures that cause every act within an industrial economy to be destructive, then we can easily come to believe that we will cause the least destruction possible if we are dead.

The good news is that there are other options. We can follow the examples of brave activists who lived through the difficult times I mentioned—Nazi Germany, Tsarist Russia, apartheid South Africa, antebellum United States—who did far more than manifest a form of moral purity; they actively opposed the injustices that surrounded them. We can follow the example of those who remembered that the role of an activist is not to navigate systems of oppressive power with as much integrity as possible, but rather to confront and take down those systems.

*Derrick Jensen is an activist and author. To read more on the subjects touched upon in this article, we recommend his book Endgame Volumes 1 and 2. To find out more about Derrick and his work see [www.derrickjensen.org](http://www.derrickjensen.org) ☘*



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# I can see through people

A short story by Cathy White

I can see through people. Literally, I mean. I can see through them. If you sat in front of me now, I could see what you had for breakfast. Assuming you had breakfast, of course. Which you should have done, what with it being the most important meal of the day and that.

You probably think seeing through people sounds like fun. Well, for the most part, it is. Other times it isn't so much fun. Like the time I could see cancer eating its way through my friend's body. You know how people say someone's riddled with cancer? It's true. My friend's insides looked like a forest of mushrooms after a rainfall.

You may be wondering how I developed this gift. After an afternoon's Christmas shopping, I cycled back home with a basket full of presents when I saw a stone in the road. A pretty stone, round and smooth and marbled, more like a pebble you'd find on a beach than a stone you'd see on the road. I considered stopping and picking it up but with such an icy chill in the air, decided to continue my way home. I swerved around the stone, my tyres skidded and I lurched towards the kerb. Instead of mounting the pavement, I rode sideways onto it, feeling the bike coming away from underneath me. Sliding across the pavement, I watched the black iron railings of someone's front garden coming towards me. I remember thinking, I hope I stop before I hit the railings.

I didn't stop.

Sirens signalling help was coming could be heard in the distance. The sirens stopped, a door opened, closed and footsteps came towards me. A paramedic peered down at me, looking up at him. Bubbling away in his stomach, I could see the remains of a Twix and a cup of coffee. 'You should chew your food more carefully,' I said before passing out.

No one knows my secret. Not even my best friends. Not even my boyfriend, but that's because I don't have one. I've been on a dating site recently and although obviously I haven't said I can see what you had for dinner and not just because you've spilt it down your shirt on my profile, it has occurred to me that I will need to broach the subject if I do bag myself a bloke. Tonight I've got a date with a man called Mike. I have high hopes for Mike. He's a raw foodist, like myself, and has chosen a trendy new raw food restaurant for our date that I've wanted to go to for ages.

Mike was there when I arrived. As he stood up to greet me with a peck on the cheek, I glanced down and saw into his stomach. Nestled at the bottom were the remains of a bacon roll. I returned his kiss with a faint smile, sat down, picked up a toothpick and stabbed an olive that was in a bowl on the table.

'It's good to meet at last,' Mike said, as he tapped a stick of celery against the side of his wine glass. 'After all our emails, I feel like I know you already.'

'Yes, but you can hide certain things behind a computer screen, can't you?' I said. 'It's only when you meet face to face that you get the whole picture.'

'True. I must say though that you look as lovely as you do in your photo.'

The waiter came over, took our order and Mike poured out two glasses of spring water from the bottle that was on the table.

'Cheers, here's to a good evening,' Mike said.

'Cheers. Have you been raw long?'

'Um, well, about five years. It's such a great lifestyle to have. All that delicious food to eat and, of course, the prettiest girls are raw,' he said, winking at me. 'How about you?'

'I was raised raw. I'd never go out with a man who wasn't, it's a shame there are so few male raw foodists.'

'Just as well we met then, eh?'

'Hmm.'

My nut burger and salad arrived, along with the green smoothie Mike had ordered. 'Is that all you're having?' I asked.

'I'm on a bit of a diet at the mo, middle-age spread and all that,' he said, sipping on his smoothie. Puréed avocado slid down his gullet like green slime.

I was halfway through my salad when Mike put down his glass after a few sips, sighed and said 'I'm stuffed'.

My knife and fork clattered on the plate as I stopped eating and laid them down. 'I'm not surprised, if you had a bacon roll just before you came out.'

'What... but... how...?'

'You're not raw, are you?'

'How do you know?'

I left a tenner on the table and stood up. 'I can see straight through you.'

*Cathy White has previously been published by Ether Books. Born in London, she emigrated to the Kent countryside in 2009 and is currently studying for a degree in Creative & Professional Writing at Canterbury Christ Church University. Cathy blogs at [www.cathywhite.co.uk](http://www.cathywhite.co.uk), [www.jog-blog.co.uk](http://www.jog-blog.co.uk) and [www.planetveggie.co.uk](http://www.planetveggie.co.uk) ❀*

# The Healthiest Thing **EVER!**

Pete Vincent shares his secret

There is no shortage of people trying to tell you what is healthy these days. It seems like everybody has an opinion, a special diet or a special product that promises to make you healthier. For the people on the street who want to be healthy it's often impossible to know what to do for the best. There is so much conflicting and confusing information that you don't know which way to turn.

In order to get business it seems, people are going deeper and deeper into the science of health and are using more and more technological terms, making it appear that if you don't take a certain product there is no way you'll stay healthy. There are more and more people warning us of the potential dangers to our health too, and of the things we need to avoid. The whole health field is, I believe, becoming very unhealthy in many ways and giving people false expectations of what "being healthy" can do for them. I have seen plenty of people make themselves sick trying to be healthy; by becoming obsessed with following the right diet, or searching to find "the ultimate nutrient". They become so paranoid about everything and far too sensitive to everything, so that their emotional health suffers and they fail to experience the health that they are trying so desperately to achieve in the long run.

Maybe trying to "work it all out" is not the best way forward? Maybe the healthiest thing for our health isn't something we eat...maybe it's something we do? Maybe searching for the ultimate "superfood" or miracle "diet" isn't the best way to health? Health and the human body is, after all, so complex. More complex than some would like you to believe. Nobody knows all the answers and so whatever anyone tells you is a fraction of the truth. Only nature has all the answers. Maybe the best thing we can do is allow nature to do its thing? This is why getting into GARDENING makes perfect sense to me. Gardening re-connects you to nature. You are working with the soil outside in the fresh air. You are moving and exercising your body. There are many things from the plant world that can apply to human health, and help us to understand what we actually need to do in order to stay healthy. We are all life forms trying to survive. In nature the strong survive and the weak die, it's as simple as that. When you look at the science of nature, it is as complicated as the human body is under a microscope. Yet when you stand in nature and look at its beauty and breathe in the fresh air, it all appears very healthy and simple. We don't understand everything in nature, but we don't have to. We just have to allow nature to do what it does best.

Take a tiny seed for example. Then think what it grows into. That in itself is amazing. A tiny seed contains all the genetic information it needs to grow into a specific plant or vegetable. Does the gardener understand everything that has gone on? Does the gardener try to understand the DNA of the seed, or does the gardener simply try and provide the right environment for the seed to do its thing?

In order to try and prevent diseases from occurring it is prudent to maintain a healthy, clean environment for the plant to grow in and remove the things around the plant that can create pollution and stagnation which harbour diseases. Yes, the plant requires the right nutrition and water in order to grow, but even that doesn't necessarily secure the plants fate. Insects and birds and slugs can ruin the day despite all the good work of the gardener. The same applies to human health. Sometimes there are factors beyond our control that determine our overall level of health. Sometimes the best thing we can do is make the most of the time we have instead of wasting it searching for a cure that might not work.

We can learn more about our health by looking at nature, and by working in it and with it, and getting to know how to keep plants healthy. In the garden there is a constant battle between the plants that we want to keep, and the plants that we want to get rid of i.e weeds. It often seems that the weeds get stronger and the crops get weaker, rather like the diseases and microbes that are attacking mankind which get stronger as humans gradually get weaker. Weeds often get stronger when we try to kill them with chemicals because they must adapt and become stronger in order to survive. Maybe trying to kill microbes and infectious diseases with chemicals isn't the way to go either? Maybe trying to create a healthy internal environment is the way to go, one that prevents disease from thriving and establishing itself in your body?

What do *I* think is the healthiest thing EVER? Gardening!

Gardening and growing your own food, for me, is where it is at, and I believe it is one of the best all-round ways to stay healthy and even regain your health. It might not make others a lot of money, but it will sure help keep you fit, healthy, and in tune with nature. Gardening is already being used therapeutically to help people recover from depression and other conditions. Not got green fingers?

Don't worry, neither did I, until very recently. You can join me on my journey to becoming a better gardener on facebook in The Raw Gardener group! [TheRawGardener.com](http://TheRawGardener.com) COMING SOON!

*Pete Vincent is a former director of The Fresh Network, the founder of **Raw Humour.com** and is the author of **The Most Sensible Raw Food Book in the World...EVER!***

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# Lifestyle Gardening?

Graham Burnett pits TV Garden design against Permaculture design.

## No Thanks!

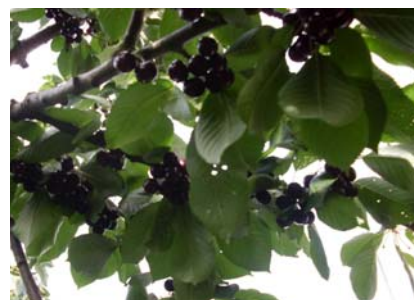
Friends and colleagues are often surprised by my attitude towards Reality TV gardening shows - for aren't they are encouraging the cathode-ray addled masses to get outdoors, get their hands dirty and get growing- surely no bad thing? Well I'm afraid I'm unconvinced. Basically they are just another variation on the endless slew of 'makeover' programs that tell us what to eat, what to wear and how to live. You know the kind of thing - invariably they feature an host of celebrities gurning into the camera whilst they slap down the decking, exotic ornamentals and (ahem) 'water features' as a 'surprise' for some gormless householder while they'd just popped down the shop for a newspaper or something. If these punters couldn't keep their garden in order when it was just a patch of lawn with a rabbit hutch and a kid's tricycle on it, how do they hope to cope once its converted into a high maintenance, Corporate Garden Centre-dependant mini-version of the Hanging Gardens of Babylon???

My vision of the urban garden is a place where we can begin to develop self-reliance, growing useful crops such as fruit, vegetables and herbs by implementing permaculture techniques and methods. The difference between the permaculture garden and its more 'conventional' counterpart is basically to do with design - or at least, an approach towards design. Of course, 'design' is very much addressed by the 'lifestyle' shows. However this tends to be focused purely in terms of aesthetics and fashion - what colours and shapes go well together this year, where best to place that decking or water feature to impress the neighbours, how to avoid those plants and flowers that are just so passé... It's also an exclusive and top-down approach. We the viewers, as well as their clients in TV land, simply sit back and gawp as open mouthed passive consumers whilst 'The Experts' dazzle us with their skills, knowledge and witty banter.

Permaculture design on the other hand is more about building up a thorough and intimate understanding of both your garden (its aspect, soil type, wind and rainfall patterns, what plants or creatures share it with you, etc) and what you actually want from it. Therefore my first piece of practical advice to any gardener that would prefer to work with rather than against nature is simply to Slow Down- "Don't just do something- sit there". Many permaculturists recommend a non-intervening observation period of at least twelve months. In reality this isn't always practical as we usually need (or want!) to obtain some kind of a yield before this, and you might well fancy cultivating at least part of your plot in order to get in a few crops of spuds, onions, carrots, etc. However the 'leave it a year' rule is certainly good advice to follow before making any changes that may be difficult to reverse, such as any major landscaping, pond creation, tree and hedge planting or building permanent structures like sheds and greenhouses.

By practising 'thoughtful inaction' rather than the frantic activity promoted by the makeover shows you will gain a

good solid grounding regarding the relationship between you, your garden, it's limitations and it's assets. In the long term such insights will be essential if you are to develop a



truly sustainable and integrated landscape that can produce food, medicines, seeds (for propagation or sharing out with others- make your plot a community hub!), craft and building materials, fibres, dyes, and much more.

This certainly isn't to say that productive landscapes should be about visually dull utilitarianism. Form follows function, and all the permaculture gardens I've ever seen are places of great beauty. But this kind of beauty flows from the relationships to be found in natural eco-systems, at once elegant in their simplicity, yet at the same time diverse in their complexity. Furthermore, a well-designed permaculture garden has many other 'uses' beyond simply 'growing stuff'- play area (for kids or adults...), spiritual retreat, open-air art gallery, wildlife sanctuary, tree nursery, nattering with the neighbours, yoga and mediation space, biodiversity storehouse or somewhere to dry your washing.

Above all, the permaculture garden should be somewhere for relaxation and enjoyment, not yet another place to get hung up about whether or not you are 'doing it right' or meeting others' expectations. For me, there's nothing like our small urban garden on a summer's afternoon. The bushes and trees are literally dripping with grapes, cherries, apples, loganberries, blackcurrants, strawberries and raspberries, whilst burnet, sorrel, rocket, mints, Welsh and tree onions, chives, lovage, lettuces, day lilies, marigolds, poppies and other edible leaves and flowers fill the salad beds. Buddleia and evening primroses scent the warm air and frogs and newts plop into the pond. Blue tits search the trees for bugs whilst starlings polish off the cherries that are out of human reach. Cuban or dub grooves drift from the open kitchen window and I'm under the shade of the quince tree in a deck chair with a case of fine local beer and a good book- truly the embodiment of 'the designer as a recliner', and much better than watching the telly any day...

First published in 'The Idler' magazine [www.idler.co.uk](http://www.idler.co.uk)

Graham Burnett is the author of *Permaculture A Beginners Guide*. He writes for publications as diverse as *Permaculture Magazine*, *The Raven*, *Growing Green*, *The Vegan* and *The Idler*. Graham founded 'Spiralseed' in 2001 in order to publish his own work and strive towards seeking a 'right livelihood'. He is currently involved with *Southend In Transition*, an exploration of how the community in which he lives can survive and thrive in the low carbon twenty first century. [www.spiralseed.co.uk](http://www.spiralseed.co.uk)

# Poetry

## Gift of Love

You called to love  
...Whispered into the winds  
Love's call answered  
Swirling around you, encompassing you  
The breath of love enveloped your being  
As the union of love arrived

Your heart felt answered  
Caressed by the gift of love  
Fortified, as love permeated through you  
Deep into the fibres of your soul  
Held in the crucible of love

From the spark of love igniting  
The sublime flow of love restored  
The radiance of love...

The essence of love so true  
Flowing, now, directly to you

by Sarah Ince

## Peas

once upon a time there was a pea  
C  
and he grew long green and slim  
and he knew he did nt want to end up in a tin  
he wanted to dangle from a shoot  
and to roll 'about'  
to feel his green skin next to that open air  
and just have folks stare  
saying oh my its a green pea  
C

thats all but little did he know  
what was in store  
to end up going from hand to mouth  
and moving south  
to convert into vit C

you C  
all these peas  
you C  
Dixie lee pea, black-eyed pea  
Snap pea ,snow pea & split pea  
& not forgetting sprouted pea  
All have that Vit C  
You C!

by Susan Laing

## Love

Love can blossom like a wild free flower  
spoken & whispered releasing a beautiful  
etheric power

just so like the petals within a sacred lotus  
waiting to bee opened & noticed  
fragility creating space in between  
each an exotic energy unseen  
sensed with touch and felt  
& fragrant smelt

to gaze eye to eye  
Sharing each we breathe  
Only to weave

An unspoken divine tapestry of vine  
And an elixir of a timeless heavenly life

by Susan Laing

# RFD (Raw Food Dude)

By Sally Holloway

RFD  
knew he  
was  
destined  
to be a  
raw  
fooder  
because  
of his  
taste  
in  
music..

Oo he loved  
those coconuts



...and all  
pips and seeds



But he never  
liked Meatloaf!



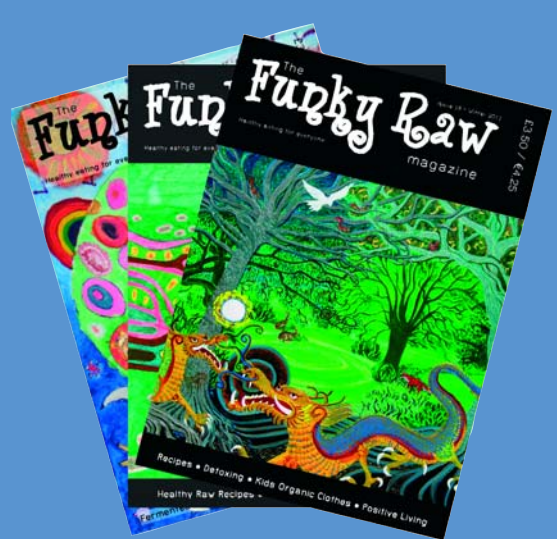
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