

The Funky Raw

Issue 23 - Spring 2012

Healthy eating for everyone

magazine

£3.50 / €4.25



Raw Food Reviews • Nettles: Nutrition & Recipes • Garlic

From the Editor

I read an article online the other day (tinyurl.com/organicsk) which I thought was just going to be another of those organic bashing articles, paid for by the large industrial food companies, but actually it made some stuff clearer to me. "Organic" food bought from a supermarket is probably no better than "conventional" food from the supermarket - for the so called "organic" food, they are just using "organic" fertilisers which fit within the technical definitions of organic, but they are not really producing high quality food. The food we need to be buying should be high quality food, grown on mineral rich soil. We need to seek out small scale farmers who are using truly natural fertilisers for the soil (compost and animal manure), not artificial fertilisers that technically fit the specification of "organic" but only contain nitrogen, potassium and phosphorous, not all the trace elements and minerals that compost and animal manure contains.



So, give up the supermarkets, the food there is organic in name only, go and find your local farmers markets and small scale farm shops, and start growing your own food and foraging for wild food. On page 16 you can learn about the best local, wild and free superfood, nettles, with loads of recipes and on page 36 you can read Helen's story of living close to the land and eating high quality foods.

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

Cover Artwork

Cover artist Alice Mason says "I am a painter. My inspirations come from mysticism, nature, sacred and religious iconography, craft traditions, lace making, travel, quantum physics, kitsch art, history..."



My work is as much about the process as it is the end result. Meditation in the physical/spiritual act of painting and meditation in the act of looking at the end result."

You can learn more at www.alice-mason.com You can purchase Alice's work at www.society6.com/alicemason and she has a blog at mermaidartist.wordpress.com

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www.ink.uk.com



Raw Food: What? How? Why?

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

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

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

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

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

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

Animal products - insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food and wild figs are laden with insect matter. At the very least we need to substitute for this. We use unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Raw egg yolks are nutrient dense, buy them direct from a local farmer.

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

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

High Quality cold pressed oils - Flax and hemp seed oils are excellent. Keep all oils in the fridge.

Find out more on our website:

www.funkyraw.com

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the shop and a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **23rd June 2012**.

Advertising deadline: 10th July 2012 funkyraw.com/ads/

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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Vitality Planet Conference

June
30

This is a one day conference and exhibition in central **London** covering a diverse range of topics including permaculture, vitality, energy healing, living foods and sound healing.

The speakers who will guide you to the next stage in your personal evolution:

Anthony Anderson of Rawmodel.com discovered the joys and profundity of gardening and realised that this just may be the panacea that will help heal humanity and planet Earth. Anthony's mission is to inspire others to plant paradise on the planet once again. He has founded GrowParadise.com to help inspire others do just that: to grow their own food forests and create a paradise planet here and now.

Mike Nash has been teaching the importance of living foods for over 14 years. Mike covers everything from raw food nutrition, detoxification, strength training, hormone control through nutrition, how to build a peak performance brain, mind technology and strategies of longevity.

Dr David Jubb is an expert on nutrition, an author, lecturer and shaman. He conducts trainings and seminars around the world on cleansing, vitality, diet and fitness.

Stewart Pearce is a Master of Voice & Performance and sound healer.

Kyle Vialli is a vitality coach. As an independent wellness researcher and speaker Kyle's approach opens up new dimensions in our understanding of human vitality.

Alla Svirinskaya is a medically trained energy healer and expert in holistic medicine.

Saturday 30 June, 10am to 8pm, Kensington Town Hall, London. Tickets £39 each or 3 for £90.

For more info see www.vitalityplanet.co.uk

Fresh Food Festival

June
14-17

The annual Fresh Food Festival will this year take place at the Mundekulla retreat centre, Långasjö, Småland, Sweden.

The festival offers the possibility to learn about the health advantages of a diet based on fresh fruit and vegetables and meet others who share this interest and lifestyle in beautiful surroundings.

Activities include lectures, food preparation, yoga, sharing circle. Themes include raw food, eco-eating – producing your own food and networking.

Prices Adult: SEK 2,600 (approx £235), Youth: SEK 2,250 (£204), Child: SEK 1,100 (£100). See website for discounts. Price includes all activities and food. Accommodation extra, starting at 525 (£50) for a dorm room or camping.

For full details and booking, see www.mundekulla.se

Freshly Pressed Flax Oil in London

Flax oil should always be used fresh, we don't recommend using it unless you are 100% sure that it is freshly pressed. So we are pleased to hear that Flax farm in Horesham, Sussex, is now selling freshly pressed flax oil in the Jubilee Market at Borough Market, **London Bridge**, on Saturdays.

The oil has a pressing date rather than a best before date so you can see exactly how fresh it is.

Also available is a range of raw pastries and savouries made by Theresa Webb of Kitchen Buddy:

Cinnamon Swirls – Banana, Apricot & Strawberry Pastries
Pizza Toasts – Wild Rosemary & Black Olive Flax Crackers (nightshade free)

Pizza Margherita – Linseed pastry with garlic Macadamia nut 'cheese' with a tomato, pepper and oregano sauce.

Little Cubes of Superfood with Maca

Organic, Fair-Trade Raw Chocolates made from 75% Ecuadorian Cacao

You can order flax oil and seeds from their website www.flaxfarm.co.uk which also contains recipes (raw and cooked). And see www.kitchenbuddy.eu for more details about Theresa Webb and Kitchen Buddy.

New Natural Skincare Range

"Clay & Herbs" is a new 100% natural range of skin care products containing zeolite which removes toxic wastes. There are currently four products in the range:



Purifying Acne

Masque - A therapeutic blend of highly absorbent and detoxifying clays, zeolite mineral, healing herbs and essential oils to deeply cleanse blemished skin.

Gentle Facial Scrub - A blend of gentle, toning clays and zeolite with a mild exfoliant and geranium essential oil to leave skin feeling soft, smooth and fragrant.

Exfoliating Body Scrub - A clay formulation designed to smooth rough, dry patches, blended with zeolite, chamomile flowers and cedarwood essential oils.

Peppermint Pumice Hand/Foot Scrub - This is a stimulating scrub with pumice and Peppermint essential oil. Perfect for neglected hands and feet.

For more information and to purchase online please visit www.greenleavesherbalhealth.co.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 and also see www.funkyraw.com/events/ or start your own.

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

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

Glasgow/Central Scotland

See website for future events:
www.meetup.com/Glasgow-Raw-Food/

Hebden Bridge

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

Leeds

Every last Sunday of the month from 1pm onwards phone Sue on 07980 064 092 for details.
www.leedschiropody.co.uk/raw-spirit/events.html

Cambridge

Meetups, dinners and other events. Contact Barbara: www.rawfiesta.com
barbarafernandez@msn.com

Bath

Monthly on a Sunday evening:
www.positivelivingbath.co.uk/raw-food/raw-food-potluck/

Bristol

See website for future events:
www.annamiddleton.com info@annamiddleton.com

Cardiff

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

Bridgwater, Somerset

Monthly potluck, next dates Aug 10th, Sept 7th, Oct 5th, Nov 23rd.
More details:
www.resource-me.com/noticeboard.html

Please RSVP: enquiries@resource-me.com
Tel 01278 671863

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.

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 and see 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 07884 438 758

London

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

East London: monthly Potluck in Plaistow, E13. For more info call Helen on 07940 057 724, or email rawfoodgardener@yahoo.com for

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

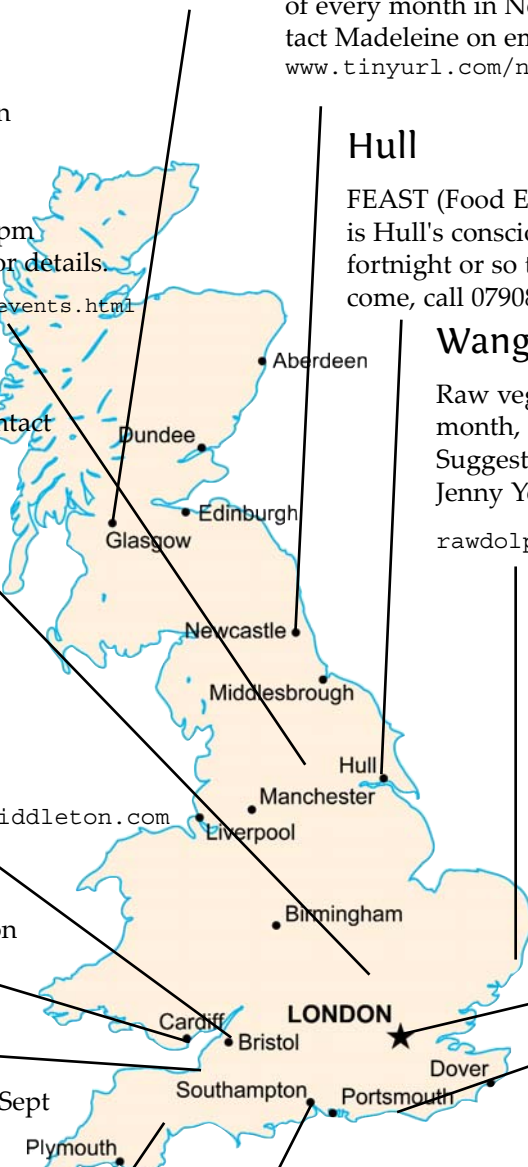
Brighton

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

Southampton

Fortnightly pot luck on Sundays 12-3pm. Dates and themes: 10 June Different Diets Exploring, 24 June Evenings pot luck, 8 July Free Reign, 22 July Different Diets Exploring - Sproutarians, 5 Aug --- Local food, 19 Aug Different Diets Exploring the Paleodiet, 2 Sept Free Reign, 16 Sept Different Diets Exploring Fruitarianism, 30 Sept Free Reign, 14 Oct --- Different Diets Exploring Juicarians and a liquids

Bring a dish to share and own plate & cutlery. Near Swaythling train station. www.rawinuk.com/showthread.php?t=745
Contact kcreations@live.co.uk



Workshops & Events

To get your event listed here, add it to our website at www.funkyraw.com/events/

Raw Food Holiday

Date: Saturday 26 May to Saturday 02 June

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! 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.

Price: £299 + Food at cost (allow £10/day)

Website: www.retreat.es/raw2012.html

Wild Food Course

Date: Saturday 26 May to Sunday 27 May

Location: The Maltings, Wellow, near Bath

Description: On the Saturday we will be focusing on wild food and the various aspects of this. On the Sunday we will be working with wild medicines, though the subjects do overlap, and interact a lot.

Price: £70 for both days, or £35 per day. Camping in garden available for £10 extra per night.

Website: www.maxsalad.co.uk/?page_id=930

Wild Food Foraging

Date: Saturday 26 May, 2pm

Location: Hither Green London

Description: A 2 hour guided walk through a local nature reserve and woodland as part of 'Hither Green Week'.

Meet at Hither Green Station, Free.

Website: www.facebook.com/events/225110494261984/

Come Alive and Thrive on Raw Foods

Date: Saturday 16 June, 10am - 5pm, (also Saturdays July 21st, Sept 22, and Oct 20th).

Location: Chelsea Café, Chelsea, London

Description: For those who are curious or new to raw foods. Holly Paige and Andrew Davis introduce you to the fundamentals of a raw and living food diet. We will demonstrate how to create mouth watering recipes for optimum health and rejuvenation. Whether you are looking to lose weight, improve your complexion or simply regain your youthful energy, this course is a great starting point.

Price: £150

Contact: www.therawfoodschooll.com / 07986 458 863

Experiential Workshop and Weekend Retreat

Date: Saturday 23 June to Sunday 24 June

Location: Broomfield Village Hall, Somerset

Description: French born Niten Vital will demonstrate new ways to prepare fresh fruit, vegetables, seeds, nuts and sprouts. As this is a midsummer workshop, it will particularly feature herbs, salads and dressings, and raw (guilt free!) ice-creams and chocolates!

For residential participants this weekend will also offer a relaxing time in beautiful countryside, with meditation, gentle exercise, walks, and optional massage and detox treatments using colour light therapy.

Price: £125. Accommodation from £25 - £45 pppn

Contact: www.resource-me.com/noticeboard.html /

01278 67167 / enquiries@resource-me.com

All inclusive Detox, Walking and Therapies week

Date: Sunday 24 June to Saturday 30 June

Location: Biarritz, France

Description: Detox and colon cleanse week including Massages, Reiki healing, guided walks and Raw food preparation class.

Includes: Accommodation, Food, Drink, Tuitions, Airport transfers and Holistic therapies:

Price: 890 Euros

Contact: www.retreatbiarritz.com / 0033 559 54 56 35

Kate Magic in Bristol

Date: Wednesday 27 June, 7pm-9pm

Location: Radford Mill Farm Shop, Bristol

Description: Kate will be cramming in as much as she can of the Raw Magic philosophy. What are the best raw foods to include and which are the best to avoid. How to transition easily and achieve your goals effortlessly, without stress and yo-yo-ing. Some of the common bad habits people slip into and ways to avoid them. How to avoid deficiencies on a raw diet.

Price: £15 on the door (or £25 for 2) / £12 in advance

Website: www.rawliving.eu/bristol.html

Raw Magic Dinner with Kate & Anna

Date: Thursday 28 June, 7pm - 10pm

Location: Bristol

Description: Kate Magic and Anna Middleton are working together to create a stunning raw food menu for you. They will prepare a three course meal, with drinks specially for your delectation. Full menu on website.

Price: £35

Website: www.rawliving.eu/bristol-food.html

SunfoodYoga Retreat

Date: Fri 29 June to Fri 06 July, also 13 to 20 July

Location: Andalusia, Southern Spain

Description: Yoga and excellent gourmet living food. Unwind from your daily responsibilities and revitalise your body, mind and spirit. Including scenic walks & relaxing by the pool, yoga exercise & meditation sessions, accompanied by great tasting, detoxifying food & juices.

Website: www.sunfoodyoga.com

Raw Magic in Glastonbury

Date: Friday 29 June, 7pm to 9pm

Location: The Goddess Hall, Benedict Street, Glastonbury

Description: Kate is being hosted in Glastonbury by Holly Paige. Details same as **Kate Magic in Bristol** above.

Price: £12

Website: www.foodforconsciousness.co.uk

Raw Magic in Glastonbury ~ food prep class

Date: Saturday 30 June, 12noon to 6pm

Location: Glastonbury Leisure Centre

Description: In this five-hour class, Kate will go deeper into the whys and hows of Raw Magic, as well as teaching the basics of raw food cuisine to inspire you to get endlessly creative in the kitchen.

Price: £90

Website: www.foodforconsciousness.co.uk

Fresh Food Festival

Date: Thursday 12 July to Sunday 15 July

Location: Torrig, Lolland, Denmark

Description: Fresh Food Festival

An international raw food and healthy living event. The festival is kept in a relaxed and loving atmosphere and offers a mix of lectures, activities and socialising.

Website: www.freshfoodfestival.com

811-Friendly Raw Fruit Festival

Date: Wednesday 12 September to Sunday 16 September

Location: Andalusia, Spain

Description: Local tropical fruits. Meet other fruit lovers, in a natural environment, next to river with swimming holes, hiking, etc.

Price: 350 €, or 100 € for children inc food

Website: <http://festival.811-friendly.net>

Raw on the Mountain

Date: Friday 05 October to Sunday 07 October

Location: Asheville. North Carolina, USA

Description: A raw foods festival in the beautiful Blue Ridge Mountains of southern Appalachia.

Website: www.rawonthemountain.com

Raw Festival in Cornwall

Aug/Sept

31-3

At last, the UK again gets a raw food festival, Raw Fest 2012, from August 31st to September 3rd, Gunwalloe, Cornwall, half an hour drive from Penzance.

Includes talks by Kate Magic and Soren Wolff, yoga, tai chi, dance classes, live music and circus entertainment plus a supervised kids tent.

Food will be raw vegan from head chef Boris Lasuer of b.alive.

Prices: adult £290, child £140. Single day tickets available.

Price includes activities, all meals from lunch on Friday until lunch on Monday and camping.

More details and tickets from www.rawfest.eu

Raw Basics by Jenny Ross

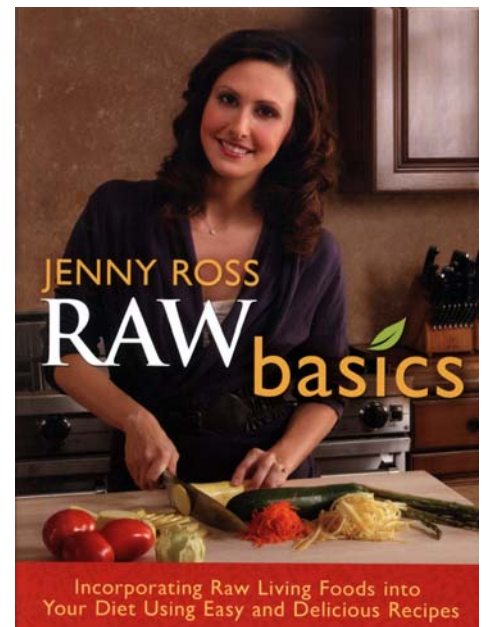
Reviewed by Sarah Ince

Jenny Ross first co-authored a title with Doreen Virtue: *The Art of Raw Living Food*, and has now published *Raw Basics*, for those starting out on the raw food path. For my own journey, I recall trying to source information through all kinds of media, just to collate together that which I needed to know in order to even commence the Raw Food Diet. I wish "Raw Basics" had been available at that time, as I could have had a lovely and gentle introduction, with nice and easy cuisine to recreate, along with much essential wisdom on very important considerations of the Raw Food Lifestyle. Insights into the reason for the raw food path, along side the benefits of such, are all shared, through to shopping lists and setting up your raw food kitchen. I feel that enough information is shared to assist a person starting out on their raw food journey, but not so much as to overwhelm, complicate or confuse.

Information on different foods and super foods are interspersed between recipes, which I feel is most helpful to understand more about what you are eating and why certain foods are so beneficial to achieve a leap forward in your health and vitality. The recipe section includes some delicious sounding creations such as Sun-dried tomato ketchup - for those unable to

give up on comfort food, to Smoky Ranchero sauce using chipotle peppers, Mandarin-Orange Salad with Sweet Miso dressing (great, I now have a recipe for my wonderful newly purchased fresh miso); and in the transitional recipe section (yes, you receive help with this area also) you will love Quinoa BBQ Bowl. The transitional recipe section is quite short, but will assist you in the passage from cooked to raw. Useful guides are included, such as a shopping guide for 7 days on raw foods, a 7 day detox menu, cleansing, a 5-day liquid fast, and 10 ways to incorporate living foods into a daily diet. Basic guides are also found between recipes, for example: Planting your own garden, and three types of farming (Organic, Biodynamic and Sustainable gardening).

For most of the recipes, the ingredients are easily found in any supermarket, but there are recipes requiring young coconuts (which can easily be ordered over the internet), and coconut aminos, chipotle/jalepeno/serano peppers, supergreens powder, acidophilus, maca powder, mesquite, lucuma, but you will find these required ingredients in the minority rather than the majority of the recipes, leaving you free to commence your



raw culinary creations in your kitchen immediately!

Jenny Ross owns 118 Degrees Raw Foods Restaurant in California, and previously the owner of a cafe in Los Angeles. Jenny also has her own product line available in health food stores in the USA.

For more information about 118 Degrees, visit: www.118degrees.com

More reviews from Sarah at www.ecoluminescence.com

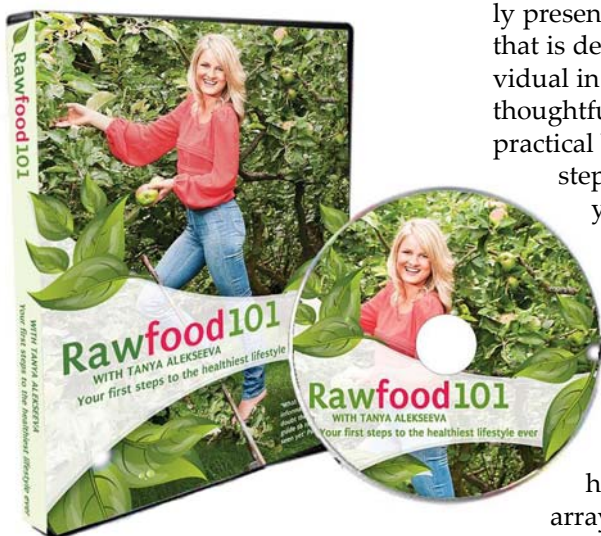
Published by Hay House.
ISBN: 978-1401931667 RRP £12.99

Available to purchase online at:

www.hayhouse.co.uk OR
www.hayhouse.com

Raw Food 101 DVD by Tanya Alekseeva

Review by Dawn Waterhouse



When I first started my journey to Raw, over 20 years ago (oooo... that one makes my years feel older than my biological age) I was so frustrated at the little information I could find out there (I did not have Internet access back then). I bought book after book each one having just a little nugget ... the rest I just had to put together by experience. I have to say this is a great way to learn and the lessons are ones that are not easily forgotten... However, had this DVD been around then ... things would have been a whole lot easier and quicker.

At the tender age of fourteen, Tanya Alekseeva of Better Raw went raw to heal herself after a near fatal car accident damaged her internal organs. Her story is another fantastic revelation of what the right diet can do for health and vitality... and is a great one to listen to for inspiration on your journey to raw. Tanya brings her wealth of experience in this beautiful-

ly presented two and a half hour DVD that is designed with the busy individual in mind. Tanya has also thoughtfully indexed the video into practical bite size chunks, so you can step back and forth between your favourite sections at the touch of a button.

After explaining the benefits of raw food, Tanya covers the ever important topic of equipment (such as what is essential and what is just great fun to have), and then shares a wide array of recipes in a simple step by step fashion. A common question is the difference between smoothies and juices. Tanya deals with this and explains when you may want to switch from smoothies to juices, and follows up the section with a recipe for a yummy green smoothie. One question that just about every non vegan asks is "What about your calcium?" Tanya has a section on that too, explaining in detail the difference between milk and milk alternatives, and completing the section with a demonstration with a calcium rich vegan milk alternative (and practical tips on how to adapt the recipe for other raw vegan nut milks). So if you have loved ones who just don't get your choices, no matter how experienced you are (and how much explaining you have done), then it is worth having the DVD to share with them. Just so they can hear the answers from someone else!

Tanya also introduces the dehydrator... a great thing to see and some-

thing a book never really hits the spot with, a few demonstrations of staple recipes using the dehydrator to keep you appetite satisfied are also included to help you on your way (along with a practical view on how to bring dehydrating into your routine).

Another area that raw foodists can find hard to work on is fermented foods. It is not one that our culture typically does (with exception to cheese and yoghurt) so raw fermented is a bit outside the average persons box. Tanya has a chapter on this for you ... and she also has a couple of great recipes for you to try along with her to get you started.

And what about sprouts. This look can look so hard and complicated when you read a book, but with the visual of someone talking you through, sprouting is a do able challenge and a simple step when you can see what sprouts actually look like at their different stages. Furthermore Tanya shares one of her special sprout recipes with a few tips on how to make raw sprouts taste yum...and why. Towards the end of the DVD Tanya pulls together skills learnt chapter by chapter to create simple meals that look fit for any table, and prepares them in minutes.

With additional sections of sauces and sweets this really is a comprehensive guide to get you started, give you confidence or share with someone who wants to know more about how you need to eat. This is not just a how to video, Tanya embeds so much information about healthy eating, and



hints and tips on making raw work for you within the content.

I have already mentioned a few of the recipes Tanya works with in the DVD, others include granola, curry, sushi (made easy), crackers, hummus, sauerkraut, chocolate and ice cream..... and more. What is more, Tanya takes the time to talk you through ideas for adapting the recipes to your own personal tastes, and gives simple think ahead "to make raw easy" tips.

I watched this DVD with my children, my 7 year old daughter has been playing at being a raw chef presenter since she was three (and I have to say my Mothers day surprises are getting tastier with experience!). She loved the DVD and was most keen to watch the true stories section. I feel for her it may perhaps of been great to see the reality that there are other people out in the world who have seen the light

and been part of the change, saving their lives in the process. She also loved the fact she could watch a recipe and then have a go at it in the kitchen, the visual aid meant it was in her memory at a practical level. My eldest daughters favourite bit was the sweets section (no surprise there). What girls would not want to watch raw chocolate being made!

Overall I feel this is a great DVD that certainly deserves a huge place in the market. It is well thought out, and well structured with clear definitions and explanations to give a complete visual guide for any beginner or relative/friend who is at a loss to appreciate what you eat. I would also suggest it being a helpful support for any teen deciding to become vegetarian / vegan - this is a point in life when gentle steering in the right direction can have a huge impact on healthy life style choices.

The great thing about a DVD is that you can prep along with Tanya, pausing and replaying as you go. Tanya is confidence inspiring, like a friend guiding and chatting with you in the kitchen.

A recommended DVD - and at £15.99 it is great value too!

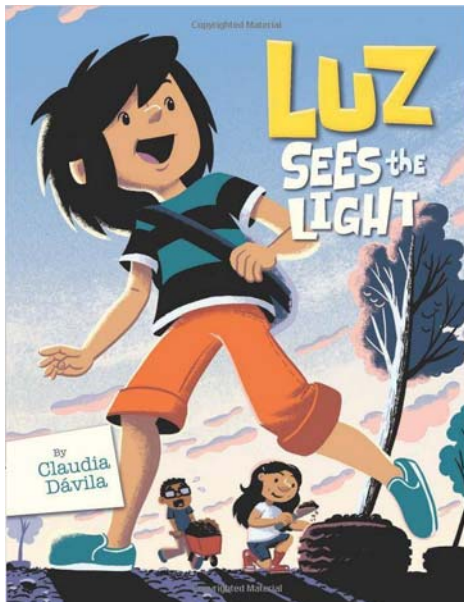
Reviewed by Dawn Waterhouse of www.dawnwaterhouse.co.uk

£15.99 from www.betterraw.com



Luz Sees the Light by Claudia Dávila

Review by Rob Hull



A great comic book for kids, with a positive message. Well, maybe not just for kids... The story is set just a little in the future: blackouts are common, the price of fuel and therefore everything in the shops is rising, fossil fuel is finally running out. Luz is a young girl learning how to cope with this new world she is finding herself in. Learning from her mum why she can

no longer have imported avocados and pineapples but has to instead eat locally grown food.

Gord is a neighbour who Luz and her friends see as "crazy", riding his bike instead of driving, building a woodstove out of scrap metal, who they sort of get inspired by. Luz convinces her friends to help her turn an abandoned lot into a community garden with farmers market and compost heap and a big party where the local people come together and start helping each other.

It ends with Gord teaching Luz how to make compost, great for teaching your kids what goes in the compost and what doesn't.

Beautifully illustrated, lots of fun and with a great message, for your kids or as a gift for other kids.

Book two is coming out in the Autumn: Luz Makes A Splash.

Note that the author lives in Toronto and is originally from Chile - it is written in American English with the

odd word or two in Spanish which might confuse younger kids, but the illustrations should explain it all.

Luz originally started life as an online comic, you can view online here: www.luz.txcomics.com

Order from your local bookshop or available online. Paperback ISBN 978-1554537662, also available in hardback.



A Gentle Start ebook by Angela Stokes-Monarch

Reviewed by Jessie Maguire

A Gentle Start, by Angela Stokes-Monarch, is an eBook about conscious choices for new parents. As always with everything written by Angela, the approach is open-hearted, honest and raw. Angela and her family's choices are gutsy, super natural, incredibly well-researched, and respectful of old traditions.

So in this lovely eBook, Angela walks us through everything she went through and the options she and her loved one chose through her first pre-pregnancy, ante-natal and post-partum periods, from what she consumes to the enlightened practices now part of her daily life with her new baby Oria Berry Monarch, and everything she has learnt along the way.

Angela's was no normal pregnancy or experience, or should I say, no conventional approach was taken! Her's is a wonderful, hugely positive and amazing story. I was so happy to read through its 74 pages, which give details about every aspect of Angela's experience, including Oria Berry's very short, unassisted, lotus waterbirth!

Angela begins by describing the long preparation period before the guys became pregnant. They weren't messing about with this one, researching and learning long before Oria Berry's conception!! She details how she dealt with the early nausea, the importance of positivity, her anti-miscarriage brew recipe;K. She explains how the only intervention they sought was from a local Ecuadorian expert with decades of experience, who turned their baby in minutes, when Angela sensed the little one was not positioned optimally. Isn't that amazing?! No check-ups: a true hands-off, nature-embracing mentality!

Angela expresses the importance of rest, sleep and managing stress during pregnancy, supplements she took and found helpful, and herbs, foods, activities and supplements, etc. to avoid. (All raw-friendly and -specific, of course! Where can you find that?!) She lists useful books she found indispensable and gives us links all along the way, so there is a lot more to this eBook than meets the eye: information which could make your child-bearing experience so much easier and more love filled than ever.

Other points covered include bodily changes and symptoms Angela experienced during her pregnancy, the importance of communication with your partner regarding your choices, affirmations and dealing with negativity and the outside world's expectations and judgments, and how they dealt with these influences. I think this is one of the most inspiring and affirming parts of the book for those seeking an alternative and raw approach to mothering and childbearing.

The next part of the eBook goes into Angela, Matt and Oria Berry's birthing experience in detail. My goodness, how different this story is, in comparison to the good majority of birthing experiences I have heard about in the West, both in terms of the choices made throughout, and

the physical experience for the family. The courage, the positivity, the integrity! Angela then explains how the post-partum time was spent with their newborn, with the family taking time out to spend it together;K during which time the placenta and umbilical cord was still intact and being cared for. She tells us how it went beginning the breastfeeding challenge with help from friends, how healing, adapting and learning occurred for them.

Interesting and wholesome practices are being used by Angela and family, including attachment parenting - co-sleeping, baby-wearing, conscious touch, elimination communication. How fascinating to learn how these practices work in real life, the tricks and tips for success, and the beautiful effects they have on a family when embraced.

However, Angela is real and honest about the challenges that come with being a new mother, supporting us with her openness, and providing solutions and advice on how to deal with leaking breasts, vaginal healing, and other intimate elements - which we may all have to deal with directly or indirectly after creating new life, on a spiritual, physical or emotional level.

Soothing babies, burping them, vaccinating them (or absolutely not!!!), clothing them, entertaining them, celebrating them, educating them, communicating with them non-violently; all these things are covered later in the book. Angela finally lists the material items she has found useful and used/didn't use, giving us a guide so we don't go out and spend unnecessarily. These include herbs, books, DVDs, clothes, foods, 'supplements', other resources, and other baby paraphernalia!

So why would you read this book? One, because it's chock full of info! It's also 100% real, life-affirming, and it describes how childbearing should be: devoid of fear, negativity, pain, and ignorance. It's affirming, encouraging, and shows that integrity, courage and love can transform everyone's experience of childbirth and parenting. Enjoy!!!



\$19.95 from www.therawfoodworld.com as an ebook download and now also as a printed book.

Beyond Broccoli by Susan Schenck

Reviewed by Rob Hull

I was so happy to read this book, a book the raw food movement has been waiting for. Almost every book about raw food is about the raw vegan diet, with many people assuming raw food means raw vegan.

The author was a raw vegan for 6 years and even wrote a book *The Live Food Factor* about the raw vegan diet, but over time she realised that the diet wasn't working for her. A lot of research led to Susan writing *Beyond Broccoli*, which explains the reasons for what seems to be a common problem - people try raw veganism and feel wonderful for the first few years, before nutritional deficiencies start to show up.

For me, the fact that Susan was a vegan, and really wanted to make the vegan diet work for her is important. I feel this mirrors my experience of discovering the vegan diet and the ideals behind it, but finding it didn't work long term for me either.

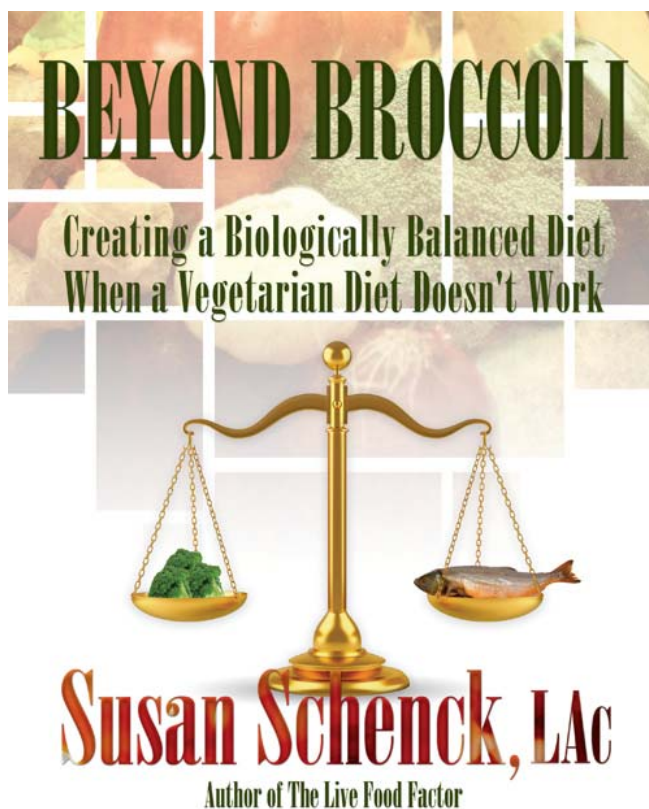
The first part of this book discusses vegetarianism. The chapter "Vegetarian Myths Dispelled" discusses the myths we are told and the real scientific answers, including "vegetarians live longer" which she shows is not true. "Vegetarian diets are more sustainable" is another myth that is proved false. It also includes a chapter on well known vegetarians who went back to eating meat.

Part two looks at the "Evolution of the Human Diet", how agriculture changed the way humans were eating and theories that eating fish was the reason humans have larger brains.

Part three "Finding Balance in Fats, Carbohydrates, and Protein" is where Susan really gets into the details of creating the right diet for you. She looks at the different metabolic types, carb, protein and mixed. She says "So some people can do well with a high-carb diet, some need a high-protein diet and other do best on mixed."

Everyone should read chapter 11, "Falling for the Big Fat Lie", which discusses the fact that, contrary to popular opinion, eating fat does *not* make you fat...

There is also a whole chapter devoted (or maybe that's not quite the right word) to "The China Study". This chapter contains the critiques of both Susan and other researchers. The most important observation for me is "The fact is, *none* of the people in the study group were 100 percent



vegan!", which means that any conclusion from that study recommending a vegan diet is not scientific and frankly absurd.

So if you get this far in the book and decide you want to add meat back into your diet, you will probably need Part four, which goes on to the subject of "Morality, Spirituality, and Sustainability of Eating Meat".

And then Part 5 "What's for Dinner?" ties everything together, including sections on eating a balanced diet, why we need to eat our food raw (including any meat) and the safety of raw meat. The final chapter gives more specifics on what to eat.

There is a comprehensive bibliography at the end, references for the science bits and lots and lots of further reading if wanted.

Overall, this is an excellent book, I recommend it to everyone eating or wanting to eat a raw diet as it provides balance to all the other vegan books out there. And I especially think vegans should read this book - even if they are doing fine themselves on a vegan diet - just so that they can understand the reasons that not everyone can thrive on a vegan diet.

My personal experience with this book - it convinced me it was ok to try eating raw liver, which I have done several times now and feels like a very healthy food for me.

With 260 large pages, this is a comprehensive book. Order from your local bookshop or available online. ISBN: 978-0977679522

We ran an extract from the first chapter of this book in Funky Raw Issue 18, which can be downloaded for free from www.funkyraw.com/magazine/

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Raw Lisa Bread, Breadstick & Crackers

Reviewed by Nicola Pledger

I was really excited about trying the **Tomato Breadstick** as I was looking forward to a crunchy, snappy stick! I was disappointed to find them to be chewy.

I really wanted to like these but I just couldn't no matter how hard I tried.

I found them to be far too sweet, this may have been because of the dates in them mixed with the sweetness of the tomatoes was just too much for my taste.

The tomato & herb flavour was very powerful & packed a punch!

I think had they been crunchy I would have liked them more, I feel it was the texture rather than the taste that I wasn't so keen on.

My friend on the other hand, really loved them & the tomatoey punch that they gave & she is very much looking forward to getting herself a packet.

So just goes to show our individual taste enjoyments!

(Onion, Sundried Tomato (Tomato, Sea Salt), Golden Flax Seed, Fresh

Dates, Lemon, Unfiltered Apple Cider Vinegar, Mixed Herbs, Garlic, Cayenne.)

I loved the **Onion Flatbread** so much.

The onion flavour was not at all overpowering, it was subtle, balanced, the sweetness of the onions coming through wonderfully. I was quite disappointed when I had finished the box!

These had a nice, quiet crunch to them as well as being a little chewy also, perfectly balanced, with a slightly bread like texture which I really enjoyed- & is hard to get with a raw bread!

I look forward to trying these again. I would actually go so far & say that these are the yummiest pre packed raw cracker that I have tried, yet.

(Onion, Sunflower Seed, Golden Flax Seed, Sesame Oil, Fresh Dates, Tamari, Chives)

I also really liked the **Seed Snaps**.

Aesthetically I loved looking at these as all the seeds were whole, they are a very pretty cracker!

These didn't so much as have a distinct flavour, but had a very good crunch to them, plus acted well as a carrier to other things like guacamole & beetroot humous. These had a sweet, tangy taste (coming from the cider vinegar in them) both flavours complementing the other so that they were neither overtly sweet or tangy.

(Buckwheat Seed, Sunflower Seed, Pumpkin Seed, Sesame Seed, Onion, Dates, Tamari, Unfiltered Apple Cider Vinegar, Psyllium Seed Husk)

What I love most about this range is that they are all 100% nut free.

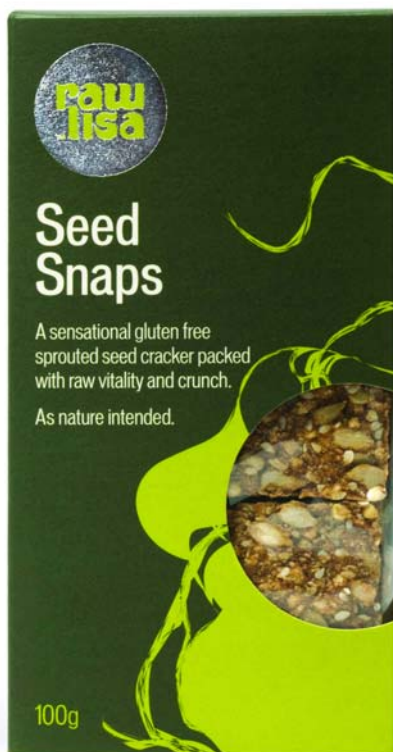
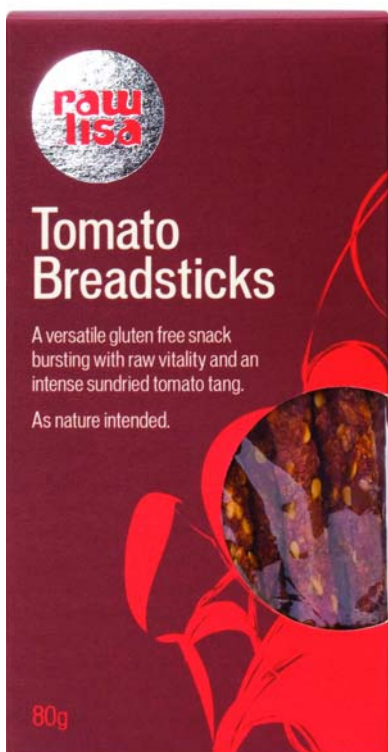
They feel light, wholesome to eat & you can feel the love & vitality that they are made with- just as it states on the packaging, which was another thing I liked, bold, bright, earthy block coloured boxes.

Tomato Breadsticks 80g - £3..99

Onion Flatbreads 100g - £3.99

Seed Snaps 100g - £3.99

Available from www.rawlisa.co.uk



Recipes

Want your recipe to appear here? Email it to magazine@funkyraw.com Free magazine if used.

Broccoli Salad

Got broccoli?...then you got good quality protein, loads of vitamin C, beta-carotene, vitamin K₁, and folate. It doesn't stop there! It's not only a cruciferous vegetable that helps prevent cancer but also a very good source of highly absorbable calcium. Also present, and in high amounts, are magnesium, manganese, iron, and pantothenic acid, which all aid in calcium absorption. And guess what?! Tahini happens to be a very good source of calcium as well (among other minerals)... So pairing these two up is like a therapy for your bones! :)

Greens are always emphasised and discussed in the raw community. Recipes for juices, smoothies, salads, and even some desserts call for them. Doesn't it feel like broccoli has been left out? Variety is key to health and I think I can speak for most of us: we don't eat a great enough selection of foods. We all have our favourite few and stick with those, ok maybe slip in something different every now and then, but not often enough. I know I need to widen my horizon and remind myself of the existence of other vegetables and fruits and nuts and seeds....and go beyond the few I eat on a daily basis.

But how to eat broccoli raw? Well, this is one, delicious way...

Ingredients (Serves 1)

2 tbsp tahini
juice of 1 lemon
splash of umeboshi vinegar
2 pinches of salt
water as needed
1 large floret broccoli (about 1.5 cup chopped)
1 slice red onion
red chili flakes

Directions

Make the dressing by mixing the tahini with the lemon juice, the vinegar, and some salt. Mix well until you get a completely smooth consistency. Add enough water (approx 1 tbsp) to end up with a pourable dressing. Make sure to do a taste test and adjust the ingredients...remember, it's all in the dressing!

Chop up the broccoli into small pieces and place in a serving dish. Break apart the onion slice and spread the pieces on top of the broccoli. Drizzle your veggies with the dressing and add some chili flakes.

Crunch, crunch...

by Dita -
www.rawfoodfortruth.blogspot.com



Arroz con Leche - 'rice' pudding

Arroz con Leche is a creamy rice pudding delicately flavored with cinnamon. It was my favorite dessert when I was a kid in Spain and I decided to recreate the flavor in this delicious raw recipe. The traditional rice and milk are replaced with coconut, one of my favorite fruits.



Ingredients (serves 2-3)

1 cup young coconut meat (from 2 coconuts)
¾ cup coconut water
¼ cup agave syrup
½ cup unsweetened shredded dried coconut
¼ teaspoon ground cinnamon

Method

Put the coconut meat, coconut water, and agave syrup in a blender and process until very smooth. Stop occasionally to scrape down the sides of the blender jar with a rubber spatula.

Transfer the mixture to a small mixing bowl and add the dried coconut and the cinnamon and stir well to mix. Chill in the refrigerator for at least 2 hours.

To serve, add some cinnamon powder on top and decorate with half a cinnamon stick.

Stored in a sealed container in the refrigerator, the Arroz con Leche will keep for 3 days.

by Irene Arango of Bliss Bites www.blissbites.co.uk

Seaweed Salad

Seaweeds are ancient superfoods that are loaded with nutrition. In fact, the phytonutrients present in them are so concentrated that you only need to eat a small amount to get their health benefits.

If you're lucky enough to have grown up right by the beach where you could smell the ocean all the time, then you're probably familiar with seaweed, but I didn't, and I don't think I tried any seaweed until I was about twenty years old. Their taste and texture are definitely something to get used to.....a very distinct and somewhat fishy flavour that, I'm sure, seems stronger than it is if you're a vegan. The good news is that there are ways to prepare them to end up with quite palatable meals or snacks in no time.

Why seaweeds rock?

Nori, wakame, kombu, dulse, arame, Irish moss...all plants of the sea are multicellular algae. Some are green, others are brown, or red, or even translucent. What they all have in common, besides growing in seawater, is that they're all very nutritious, that is, very high in iodine (excellent for thyroid health), minerals, protein, and lignans, the plant compounds with cancer-protective properties. Let's start with nori, the one you have probably tried if you've ever gone out for sushi. It's available as raw or toasted thin sheets that you can wrap things in....how fun! Raw, they appear nearly black, or a very dark green, but once they're toasted, they are a brighter green in colour. Nori is rich in iron, potassium, magnesium, beta-carotene, C, B2, and of course, iodine. It's also a good source of protein. Wakame is another one you might have encountered since it's most commonly used in miso soup that is also served in Japanese restaurants. Ever wondered what those green, sweet tasting slimy things were floating in the soup? They are them. Wakame is high in B vitamins and essential fatty acids, which means it's very good for your skin. Kombu, a brownish-green sea vegetable, is used to treat thyroid conditions and is very rich in minerals and folate. Dulse has a beautiful deep rosy-purple colour and is also commonly added to soups or, in a powder form, used as a thickening agent. It's exceptionally high in iron, magnesium, beta-carotene, and protein, Arame is a mild tasting sea vegetable that can be added to salads and almost anything else you wish to try it with. The dark brownish strands are rich in calcium, iron, zinc, manganese, folate, beta-carotene and vitamin K1. Irish moss is most commonly used to thicken foods, especially desserts. It's yellowish brown and is rich in v beta-carotene, minerals and protein but especially rich in sulphur, which means it's good for decalcification.

Where to get some?

Unless you live on the coastline somewhere where it's very clean and you can harvest it yourself, you'll have to look for them in a health food store or an Asian market. Most health food stores will either carry a variety of dried seaweeds in bulk or ready-to-use seaweed salad mixes that are kept hydrated and in salt in a plastic : (bag, the kind I used for this recipe. All Asian stores/markets have an incredible selection of dried seaweeds available and some of them even sell them fresh, by the pound!

Ingredients (Serves 2)

6 oz. (170g) seaweed mix
1 green onion
2 tbsp sesame oil
2 tbsp rice vinegar
2 tsp sesame seeds
1 tbsp of your favourite sweetener (optional)
½ tsp red chili flakes
soy sauce or shoyu*

*If you buy the moist version that is sitting in salt then you'll find that it's not necessary. Even after rinsing or soaking the seaweed it will be salty enough.

Method

Rinse the seaweed and if you have time, let it soak for a while. Soaking is obviously a must if you're using dried seaweed. They need to be rehydrated before you can make a salad. Put the drained seaweed in a mixing bowl. In a separate dish, mix the oil and the vinegar and the soy sauce and sweetener (if you choose to use them). Pour the dressing over the seaweed and mix well. Add some sesame seeds and chili flakes and top with sliced green onion. Eat!

This salad keeps really well and is an easy way to take something nutritious with you to work the next day, if you have any leftovers.

by Dita - www.rawfoodfortruth.blogspot.com



Raw Quiche Pie

Ingredients for Cashew Parmesan

3 cups cashew nuts*
1 tbsp dried oregano
1 tsp Himalayan Crystal salt
1 tsp ground white pepper
1 tbsp coconut oil

Ingredients for Cashew Herb Pie

Filling

4 cups cashew nuts*
1 tsp ground white pepper
1 tbsp Herbes de Provence
1 tsp Himalayan Crystal salt
1 heaped cup coconut oil

1 tsp caraway seeds
10 chopped sun-dried tomatoes
1 more cup cashew nuts (for nutty chunks)
Small handful spinach
Small handful parsley
1 red onion

2 large tomatoes for layers

Method

1. Grease a 9" springform cake tin with coconut oil.
2. Make Cashew Parmesan by first processing the first four ingredients to a fine powder in a food processor. Add the coconut oil and process until slightly dough-like.
3. Layer half of this mixture into the bottom of the pan.
4. Slice and layer 1 fresh tomato on top.
5. Make the Cashew Herb Pie Filling by first processing the cashew nuts to a fine powder in a food processor. Add the coconut oil and process thoroughly until well mixed.
6. Add the rest of the ingredients and blend again or pulse until the nuts are chunky and vegetables lightly mixed.
7. Spread this mixture on top of the layer of tomato.
8. Layer with a second sliced tomato.
9. Sprinkle the remaining half of the Cashew Parmesan on the top.
10. Refrigerate overnight or until hard.

* Other nuts can also be mixed with the cashews, such as Brazils, walnuts, etc.

by Karen Shephard

Helen's Raw Mango Cheesecake

Crust

Raw almonds – 250 grams (soaked)
Ground coconut – 50 grams
3 pitted medjool dates

Filling

Raw cashews – 500 grams (soaked)
Pulp and juice of 2 lemons
Raw honey or agave or maple syrup – 50 grams
Coconut oil – 110 grams
Ground vanilla pod or extract – 1.5 tsp
Himalayan salt – 0.5 tsp
1.5 mangoes

Method

1. Soak almonds and cashews for 24 hours.
2. Blitz crust ingredients for several seconds in a food processor, until it can be formed into a dough.
3. Grease a 10/11" flan dish with coconut oil. Push the dough into the dish and up the sides to create the container for the filling.
4. Put the dish into the dehydrator for 4-5 hours. Chop the mango and dehydrate at the same time. Transfer the dish to the fridge.
5. After the crust has been in the fridge for about an hour, make the filling: place all the filling ingredients (including dehydrated mango) into a blender and blitz until smooth and creamy.
6. Scrape in to the prepared dish, on top of the crust, and place back into the fridge for 2-3 hours, or until needed.



by Helen Foy

Marinated Sardines

Sardines are wild oily fish rich in DHA, EPA and minerals such as iodine, zinc, iron, selenium and copper which are all crucial for development and maintenance of our brain. DHA is crucial for the nervous system, eye health and for preventing Alzheimers disease.

Ingredients (Serves 4)

500g sardines (also works with herring)
2 medium lemons
1 onion, chopped
6 - 8 peppercorns
½ teaspoon sea salt
5 cloves (optional)
water

Method

Fillet and wash the sardines and place them in a glass jar. Add the chopped onions, peppercorns, salt and cloves. Add the juice of the lemons and then add water to completely cover the fish. Put the lid on the jar and place in fridge for 24 hours to marinate.

Will keep for 2 to 3 days in the fridge.

Optional sauce to go with the sardines

2 handfuls dried porcini mushrooms
2 teaspoon dark miso
1 onion or spring onion
3 to 4 tablespoons olive oil

Mix all ingredients and leave to marinate for a couple of hours, then mix with the drained sardines.

by Jolita (from a recipe by her mum)

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Stinging Nettles

Wild Nutrition

Learn everything there is to know about nettles and how to eat them including tasty recipes with **Heather Gardner**

Nettle Nutrition

Nettles are one of nature's most nutritious wild foods. They are rich in iron, silica, calcium, beta-carotene and vitamin K1. Nettles soothe and prevent hay fever and allergies. They regulate blood sugar and improve circulation. Nettles also help rheumatism and arthritis; in many cultures people would thrash themselves with nettles to help these conditions. Eating them is said to be helpful for stiff muscles after exercise.

Stinging nettles are rich in silica which strengthens the hair, skin & nails making it perfect for natural beauty seekers who can be advised to start their day with a nettle infusion. Another wonderful property is that nettles have long been used as a spring detox, to help clear out the excesses of winter and get ready for the summer ahead.

Nettles are abundant in iron as well as chlorophyll; the green pigment in plants that helps to build and replenish our blood as well as alkalise and detoxify our bodies. They contain, manganese, which helps in the absorption of iron, as well as magnesium and potassium, which helps the muscles and heart function.

In herbalist Susun Weed's opinion, eating nettles daily is more strengthening than wheatgrass, spirulina and other green supplements that we buy in pills and packets and not naturally found in our local outdoor herbal larder. Luckily for us nettles grow abundantly in most areas of human habitation and are free for the foraging.

Picking & Processing

The best way not to get stung by stinging nettles, is to wear gloves when picking them, or simply snip them into a container (your blender jug for example) with the help of scissors. They are at their best to eat when young and light green, before they grow tall and start to flower. Pick the top part, not just the leaves; the stem is also good to eat. If you do get stung, don't worry, it's good for you, but if you want to ease the pain either apply a crushed dock

leaf or some nettle juice. To eat them safely either process them in a blender or juicer.

Nettle Infusion

According to herbalist Susun Weed, a herbal infusion is a large amount of herb brewed for a long amount of time. Drinking an infusion will give you more health benefits than just having the occasional tisane. Nettle infusion is good for everyone to drink daily but particularly good for women who are menstruating, to replace iron. During pregnancy and breastfeeding for its nourishing minerals and effect on promoting milk production.

Directions

1 cup of dried herb, a big bunch of fresh or 4 nettle teabags

1 litre of water.

Pour the boiled and slightly cooled water over the herb in a teapot or thick glass jar (be careful that it doesn't shatter with boiling water), put the lid on and allow to steep for 4-10 hours or overnight.

The following day strain the liquid. You should have a nutrient dense, super elixir beverage. Try

to drink this during the course of the day or at least 2-4 cups. It may start to spoil after 36 hours depending on the room temperature. It can be served chilled or reheated.

You can try adding in other nutritious healing herbs. Horsetail works well with Nettle for its beautifying silica rich content, red raspberry is mineral rich, as is oatstraw. A few sprigs of mint can lift the flavour and aid digestion. If you find it an unusual taste at first then a spoonful of honey may well make the medicine go down, and in no time you will start to love it. If you feel brave you could add instead a pinch of salt or spoon of miso.

If messing about with all those jars of herbs and reheating doesn't appeal to the time stretched wellness warrior well don't fear! Another option is to just pop you nettle tea bags or loose herb (either loose or in a little metal ball tea strainer), into a thermos flask. Top it up to the brim with boiling water, pop on the lid. If you do this last thing at



night and keep it by your bed, you will wake up and enjoy your hot potent potion from the comfort of your bed, a perfect solution for co-sleeping breastfeeding mums.

If you can't finish it in one day, or it starts to spoil then you can use the infusion as a great hair rinse, wonderful for adding shine, thickening, strengthening, nourishing and reducing dandruff. Or even give your plants a boost by watering them with it.

Raw Nettle Recipes

N.B when a handful of nettles is indicated, you can gauge the quantity or wear a glove!

Nettle Juice

Juicing nettles is a great way to get a daily dose of nutrition for free without trying to grow greens in trays. Taking a daily nettle juice for 30 days is a great spring cleanse. You can juice it on its own in little shots or add fruits and vegetables.

Nettle, Carrot & Apple Juice

1 bunch of nettles
4 carrots
2 apples

Run the nettles through the juicer, then the carrots and apples.

Wild Blender Juice

Collect wild edibles, such as nettles, cleavers, chickweed, and dandelion leaves.

Add any of the following - Cucumber, celery, apple, lemon or lime pips removed.

Directions

Clean the greens if necessary and pack into your blender jug filling it to about half. Add in enough fresh spring water to cover or more as you wish and blend until everything is completely broken down.

I like to make a pot of fresh herbal infusion such as spearmint from the garden to add as the liquid to this juice for a fresh flavour.

Strain through a nut milk bag and serve.

Tips & Tricks

If you would like to make it sweeter and creamier, here's a little trick. Rinse out the blender jug and put ¼ - ½ a melon flesh into the jug, blend it without adding any water, until it's a creamy liquid, then stir this into the strained wild juice...delicious (not recommended if your avoiding fruit or food combining).

If your finding this juice to be too bitter for you then try adding a few drops of Stevia or don't add dandelion leaves, the bigger and older the dandelion leaf the more bitter it will be so try switching to young small ones.

If you want to give this to your little ones, then add less greens, no lemon and more apples and blend with plenty of water, strain well and add it to a stainless steel beaker that stops them from seeing the colour, hopefully they will love it! If not introduce them to Popeye!

Green Nettle Smoothie

Nettles are great to add to smoothies, just snip some nettle tops directly into the jug and add the other ingredients.

A few handfuls of nettle leaves

A mango

1 banana

2-3 cups of water

If you want it not to be green add ½ cup of fresh or frozen berries.

Blend and enjoy!

Nettle Lemonade

Take your blender jug for a walk and using a scissors snip the tops of nettle plants into your jug.

¼ - ½ a jug of nettle tops

2-4 apples

Juice of 1 lemon or lime (be careful not to let the pips into the jug, they taste very bitter)

A few spoons of your sweetener of choice

A small pinch of salt if you like.

Directions

Add all the ingredients to the blender.

Fill the jug up with fresh spring water.

Most important part - make sure to put the lid on!

Blend until completely broken down and strain through a nut milk bag, you can serve as is, or chilled with some ice, a straw and a cocktail umbrella!

Nettle OJ

For a refreshing nourishing beverage blend together

2 cups of orange juice (pineapple is nice too)

1 cup of fresh nettle leaves

Directions

Blend until fully broken down and drink

If you want to make more of a meal of it, add in a banana, mango, pear or apple.

Raw Nettle Soup 2-3 servings

2 handfuls of nettle tops

1 avocado

1 green apple

1 cucumber

1-2 stalks celery/ fresh fennel~

1 spring onion

Juice of 1 lime

Fresh mint leaves, or other fresh herb

Pinch of sea salt, seagreens, kelp powder & chili or cayenne powder

1-3 cups chilled or warm water, herbal infusion such as mint &/or nettle or nut or seed milk.

Directions

Put all the ingredients in the blender and add 1 cup of liquid

Blend until creamy; add more water as needed until the consistency is as you want.

Serve topped with sprouts and some flax crackers.

Wild Nettle Pesto

1 handful nettle leaves
1 handful basil leaves or other green (more nettle, rocket, spinach, parsley)
1 cup soaked pumpkin seeds
1 cup shelled hemp seeds, walnuts or hazelnuts
½ a lemon, juiced
1-3 cloves of garlic chopped
1 tsp sea salt
½ tsp Seagreens and kelp powder
½ - 1 cup of organic cold pressed olive and hemp oils

Directions

Place everything in your food processor (in 2 batches if it's a small machine). Blend until nice and smooth but with a 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. Pesto is best used within a few days for flavour, but will keep if the oil seal has been done properly.

Nettle Pesto Rawfredo 2-3 servings

2-4 courgettes
1 cup of cashews, peeled almonds, shelled hemp or sunflower seeds
1 tsp nettle infused cider vinegar
1 tsp of nutritional yeast (optional)
½ - 1 cup water
Pinch of salt

Spiralize or use a peeler to make the courgettes into spaghetti or strips.

Put the rest of the ingredients into the blender and blend until it forms a cream, just add half a cup of water to start and add more if needed.

Mix the cream with the spaghetti. Store any left over's in the fridge, and stir in a few tsp's of Nettle Pesto.

Serve with vegetables a leafy green salad.

Nettle Seeds

Most of us are familiar with the properties and benefits of the leaves but the seeds are actually more potent again.

Reputed to give energy and have adaptogenic properties, helping to deal with stress, fatigue, endocrine, adrenal and kidney issues. The nettle seed has similar benefits as the leaf though more concentrated.

It's possible to just nibble of a few seeds when out walking or working, for a quick boost, or gather and process them into superfood products.

Gathering & Drying

To gather the seeds, cut the nettle tops when the seeds are nearly ripe. Lay them outdoors on brown paper for several hours to let the insects escape. If it's very warm then they can be dried out in the sun, otherwise dry them in a well-ventilated airing cupboard or a dehydrator.

Nettle Seed Salt

Mix some dried nettle seeds with good quality salt, experiment to find your favourite proportions, 1 part salt to 3-5 parts nettle works well or 1 part salt to one part nettle if you prefer. You can add other things to make it really lovely, such as ground celery seeds, any dried herbs you like or even ground sesame seeds to make it like a Gomasio.

Nettle Seed Honey

You can mix ground nettle seeds into runny honey and store in glass jars. Use 1-2 teaspoons daily in your warm nettle infusion or as a tasty spread.

Dried Nettle 'Super' Powder

To make your own home superfood green powder, gather nettles and dry them in your dehydrator or hang in bunches upside down in an airing cupboard. When dry grind them to a powder in your blender or a coffee grinder.

Then gather more nettles and run them through the juicer. Mix the juice with the nettle powder until you have a paste. Spread this on dehydrator trays until completely dry.

When dry, crumble it up and store in airtight labelled glass jars in a dark place.

Add it to your smoothies; use it to make warm beverages like powdered matcha green tea, or in any of your favourite recipes. You can even add it to sweet treats for an energy boost.

Nourishing Nettle Vinegar

Harvest the nettles anytime before they flower, and tightly pack then into a glass jar. Fill the jar to the brim with organic cider vinegar. Let it brew, out of direct sunlight for 4- 6 weeks. When ready strain it into bottles and use in salad dressings and marinades for an extra boost of minerals.

You can also use it diluted with water as a final rinse for your hair after washing.

Further Reading

Hedgerow Medicine by Bruton Seal

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 consciousearthcompany.com as well as running after her feisty toddler!

You can connect with Heather on facebook at www.facebook.com/rawconscious ☘

The Link between Yoga and Cleansing

Cleansing will help you push past what you thought were your body's limits in yoga says Fiona Robertson

Ancient yogis have known about the positive effects of internal cleansing for thousands of years. Their internal cleansing methods include: fasting, colon cleansing, enemas and pure raw food.

Cleansing and diet are essential aspects of any yoga practice. In order to optimise the absorption of essential nutrients, it's important to rid the body of toxins and free radicals. Internal cleansing will enable you to enjoy more energy, cell rejuvenation, weight loss and greater strength. Yoga enthusiasts often engage in a cleanse once or twice a year.

After each cleanse the body will become noticeably more and more flexible as inflammation is removed from around the joints. Where does this inflammation on our joints come from? It is largely due to our consumption of processed foods, common problem foods associated with inflammation include citrus, corn and corn products, dairy products, gluten grains (wheat, barley, oats, rye, spelt, kamut), yeast, and eggs, as well as members of the nightshade family - tomatoes, potatoes, peppers, and eggplant. As well as E-numbers and preservatives, caffeine and sugar to name a few. These foods are acid-forming and hard to digest. They end up contributing to the accumulated waste in our gut and the inflammation in our joints.

Inflammation of the joints has become a common ailment in today's society, making even simple movements painful. Many people who suffer from joint pain also report digestive problems. This is because persistent imbalances in the (GI) Gastrointestinal tract (such as leaky gut, constipation, diarrhoea, irritable bowels syndrome and inflammatory bowel disease) are often associated with chronic inflammation and allergens. I urge anyone with joint pain start with an elimination diet. As internal cleansing releases many toxins and so eases the inflammation in your joints, bending and stretching will become easier and more enjoyable. Your mobility will be greatly improved,

enhancing your ability to practice yoga.

If your body is even just a little bit clogged and congested, this will have a detrimental effect on your energy, health and immune system. When you are not supporting your body with nutrient rich foods, you will be even more depleted.

The complete internal cleansing process involves fasting, detoxing and enemas. Fasting means no food, allowing your body and your digestion to take a well-deserved break. Up to 85% of your energy is used just to digest your food.

Fasting allows the body to use all of its' available energy to detox. This results in optimum digestion when healthy food is reintroduced into the diet. Detoxing utilises psyllium fibre and bentonite to clean house, so to speak. Psyllium pushes unwanted debris through and out, while bentonite takes on the toxins as if they were their very own, with the enema completing the process.

Enemas use nature's gift of pure, clean, (warm) water to gently fill the colon, facilitating the release of the mucoid plaque which lines your intestines. This plaque is indicative of all the toxins you have accumulated over the years. This plaque inhibits the absorption of nutrients. No matter how well you might eat or how many nutrients you take in, if your body can't absorb them they are completely useless.

This complete internal cleansing process can be done for a week at a time, two times a year. Internal cleansing softens the old matter and sweeps it out of its hiding places. Cleansing the colon through the use of enemas, along with detoxing and fasting maximises the benefits you will see and feel.

After you have cleansed the system the two most important components to maintain optimum health are oxygen and enzymes. The more oxygen and enzymes you have in your body the easier it is for waste to be removed. The practice of yoga encourages oxygen to reach the cells and encourages the

process of moving old waste through the body. Enzymes help to propel and transport out the waste and toxins. Oxygen and enzymes enter the body through fresh raw foods and vegetable juices. This is pure nutrition at its best. However, you only have access to the full range of these enzymes if your digestive system can absorb the enzyme rich food you eat. The safest and quickest way is to ensure this is to irrigate the colon, which has been used since Egyptian times to restore health, regain looks and improve digestion.

Colon hydrotherapy, more simply known as an enema, originated with the Egyptians around 1500 BC. They partook in the cleansing activity at least several times a month. Enemas used to be such a normal part of life kings and queens would actually engage in the process discreetly while socialising. While most of us probably don't want to take it that far, internal cleansing with enemas can be part of a regular health regime.

Over 2,000 years ago Hippocrates, the well-known Greek physician, affectionately known as the "Father of Medicine" and perhaps one of the first holistic practitioners, used enemas to treat fevers. His philosophy? Treat the whole body, not just the part that seems sick.

The Egyptians and Hippocrates also practiced fasting along with the use of enemas, with the earliest records of fasting dating back 10,000 years.

Those Egyptians were a clever lot after all. They were not afraid of doing what it took to maintain their health and they took it to another level entirely.

Fiona is the creator of the Home Detox Box, a 7 day internal cleanse and detox program beginners can follow at home. She also runs "Regular Cleanse Retreats" at Retreat Biarritz in France.

For more information and to download a free E-book "How to Start Your Detox at Home" visit www.homedetoxbox.com or www.retreatbiarritz.com ✿

The Wonders of Raw Cacao

Holly Paige asks if cacao is really healthy or not...

So what is the low down on raw cacao? The debate goes on; is it good or is it bad? While agreeing that beans could be said not to be part of the biological diet of the human species and that we can get hooked on an addictive cycle of needing stimulants, this does not stop me nipping into the beloved Chocolate Love Temple in Glastonbury to purchase my favourite "pocket money" mixed magic chocolate. As someone said to me recently, if you need stimulation, raw cacao is a good

choice, and in the world we live in this is often the case. Maybe caffeine is the drug of civilisation. Although there is a debate about whether there is actually a significant amount of caffeine in cacao, for sure it contains similar stimulants in the form of methylxanthines. I do notice that living in nature, out of a town, my eating habits automatically change, simpler more natural and whole foods appeal, and the need for stimulating foods very much diminishes. I have concluded that it is the energising connection with the earth that is responsible for this. Insulated from the power of the earth in built up areas, we are like laptops permanently disconnected from the mains, our batteries simply run down. The earth

not only grounds us - it charges us. Also the earth and the forests were our original internet. Through connection with them we can download, even if partially subconsciously, information to guide us in our immediate lives. The psychoactive elements in foods such as cacao help to compensate for our disconnection with the earth and organic living matter in our everyday lives and also for the diminished pineal function which has been part of the human condition for indeed millennia. Incidentally something I have noticed is that the habit of eating late at night simply does not appeal living close to the earth. For me, I think it is something I do in an artificial environment because i am craving contact with organic matter, the life-force. I do suspect that in towns an cities humans and perhaps even domestic animals for that matter, use both food and sex indiscriminately and unwittingly for this very reason.

So back to cacao, good or bad thing, it depends on the way you look at it. I look at cacao as a great ally in the world of civilisation and getting things done. Recently I have been preferring it in the form of cacao powder in "elixirs" (described on the next page) as I am enjoying consuming mainly liquids and fruits. In fact, they are more like glorified cups of tea, but as long as the water is

not above biological temperature (around 40 degrees C) when the cacao and other superfoods are mixed in this does not matter at all.

Here I want to explain about the wonderful biochemistry that exists in raw chocolate and also distinguish between the different varieties of cacao bean. Nutritionally raw chocolate is rich in anti-oxidants. Also one of its greatest offerings is the large amount of magnesium it contains. You can tell if you have enough magnesium in your body by pouring some magnesium oil on your skin. If it stings you are deficient. Regular consumers of raw cacao generally seem to have sufficient amounts of magnesium. Of course you can get your magnesium from other sources, notably greens, but it has to be admitted that chocolate is fun. Magnesium (like all the others of course!) is a very important mineral in the body, supporting the heart, brain function and muscle flexibility, clearly a great ally for yoga practice.



In terms of brain biochemistry, raw cacao contains ample amounts of the essential amino acid tryptophan. In the presence of magnesium, trypto-

phan reacts with vitamins B6 and B3 to produce serotonin, the neurotransmitter of sensations of pleasure and feeling good. Tryptophan is easily damaged by heating so the average chocolate bar is really only a sugar rush rather than a serotonin experience. Cacao butter melts at body temperature and it is this feature which is partially responsible for the mouth watering experience of chocolate consumption. Chocolate also contains more than 400 distinct flavour compounds which is twice as many as the average food. Added to this are numerous other active biochemicals in raw cacao which combine to produce the lovely feelings we associate with chocolate.

Phenylethylamine (PEA) creates feelings of attraction, excitement and euphoria. It is abundant in the brain when we are happy, sexually aroused, interested in something that really captivates our attention or generally in love with life. Chocolate produces similar feelings to being in love. Dopamine levels also increase in response to DEA. Dopamine is the biochemical messenger of motivation, enthusiasm and desire for life's experiences. Anandamide, known as the 'bliss chemical' because it makes us feel so good is also present in raw cacao, along with breakdown inhibitors which prolong its circulation in the brain. Monoamine oxidase inhibitors which keep our neurotransmitter levels high are also present. Chocolate con-

tains approximately half fat and half carbohydrate which facilitates these biochemicals being positioned at optimal levels for positive mood and euphoric feelings. As the brain's main fuel is sugar and, after water, it's main constituent is fat, we will naturally crave sweet and fatty foods. The important thing is to take them in in a suitable form.

There are several different types of cacao used in chocolate production today. Two hundred years ago criollo was the predominant cacao bean; it has become scarcer now as it is less resistant to disease so now the more robust Forastero dominates the world-wide market. The Trinitario is a hybrid between Criollo and Forastero, developed in Trinidad to survive the conditions there, and now used to produce most fine/flavour cocoa. It was actually criollo that was the original fine/flavour cacao. It has

a distinctly reddish tinge and a complex taste including hints of nuts, caramel and vanilla. Criollo chocolate is rare to find and here I must mention again the incredible Chocolate Love Temple in Glastonbury where the chocolate is made exclusively from heirloom criollo cacao beans. giving an exceptional flavour and effect. Criollo cacao powder and other cacao products are also available for sale there. You can also see a short video with the crew there at my and Kenny Sunshine's website www.rawrecipesforsuccess.blogspot.co.uk where you will find more tips on making healthy raw foods and interviews with some very interesting characters.

You can read more from Holly at her website www.foodforconsciousness.co.uk plus find out about her raw workshops and coaching and purchase Chocolate Love Temple chocolate.

Raw Chocolate Elixir on the Run

Recently finding myself living in a semi-nomadic situation with no electricity to run a blender or indeed running water I have been surprised to find it how easy it is to eat a natural raw food diet without the aid of appliances! It would almost seem that this is the diet we are meant to eat! Fruit and salad are so easy to put together and I even have kefir and alfalfa sprouts back on the go. As fresh living foods they are ideal for this kind of circumstance and indeed the fermenting of milk with kefir culture was a traditional way that nomads kept milk fresh and drinkable in the days before fridges. When it has come to exotic smoothies the solution did come as a surprise as it revolves around a kettle on a gas stove. Now I can have a warm yet raw superfood drink every morning that is definitely worth getting up for. First of all make a herbal tea of your choice. Spicy teas taste the nicest in this kind of recipe. For convenience I use yogi teas - a mixture of choco and ginger orange or licorice mint are my favourites. After the tea has cooled down a little I stir in about 10grams creamed coconut - not strictly raw probably but as coconut fat is so stable it suffers little damage when slightly heated. You could use raw coconut butter instead. I then let it cool down to 'biological temperature' which is strictly about 40 degrees but I judge it by how it feels to my skin. I then stir in a teaspoonful of raw honey and a delicious combination of superfoods as follows: 1 tsp raw cacao powder, 2 tsps maca and sprinklings of vanilla powder, reishi powder, rosehip powder, mesquite, spirulina, shilajit, cardamom, cayenne, cinnamon and mucuna. Cayenne is wonderfully warming and comforting on cold mornings and also helps us absorb the nutrients in the other superfoods, which incidently, have been chosen to cover a wide range of nutritional bases.

Shilajit is an intensely mineral-rich compound that seeps out from between rocks in the mountains of northern India and other parts of Asia during the summer. It is composed of humus and organic plant materials that have been compressed by layers of rock over millions of years from the time when the land where the Himalayas are now was a lush fertile garden valley. It is described in ancient Sanskrit texts as 'destroyer of weakness' and is said to be beneficial for physical strengthening, anti-aging, rejuvenation, enhanced brain function, libido, blood sugar stabilisation, healing, immune system strengthening, skin and a long list of various maladies.

This drink has become a staple part of my diet and I drink it as a bedtime hot chocolate too and as a cup of tea when arriving back from working, simplifying the list of ingredients when I am busy. By mixing up a bag of ingredients and taking them with me I realised I can rustle up this drink anytime anywhere I can get my hands on a kettle, at this moment my only piece of 'raw' equipment! It really does go to show there are ways and means of doing raw food in the most varied of circumstances.

For more information and upcoming events please visit www.foodforconsciousness.co.uk.



Raw disorder?

So you start to eat raw and you feel great, then you sneak in a burger or a portion of chips and your world of fantastic energy comes tumbling down...sound familiar at all...Lets check out the story with Dawn Waterhouse

A few weeks ago I followed a link to a blog (and the name of it has escaped my memory...) of an individual who was eating more raw and healthier... He noted that when he ate food off his remit he felt unwell. This was put down to the guilt felt by eating the wrong foods as he had always been healthy in his past and had been able to eat all sorts of rubbish in his sporty younger day. Well there is argument in favour of this, there is a condition for individuals who are addicted to healthy eating... Orthorexia.

In 1997, A Californian doctor (Steven Bratman) gave the definition of orthorexia to individuals who have a "fixation on righteous eating". It is in a similar category of conditions to anorexia....it is an eating disorder label. I question how far this "label" can be applied. The Observer published an article on this in August 2009, explaining that an individual "suffering" from orthorexia may "...commonly have rigid rules around eating. Refusing to touch sugar, salt, caffeine, alcohol, wheat, gluten, yeast, soya, corn and dairy foods is just the start of their diet restrictions. Any foods that have come into contact with pesticides, herbicides or contain artificial additives are also out."

Mmmm... Not really sure how much the observer understood about health issues and what makes us ill.... But those foods tend to be on my hit list when I see a client with allergies / leaky gut / candidathe list goes on and on.... Infact, leaky gut is one of the first concerns with any autoimmune disease.... And you can take a guess at how many autoimmune disease sufferer there are in the country! You get what I am saying. The majority of people who come to raw living do so from a point of ill health or a desire to increase personal performance. So the foods mentioned above are the ones that are most commonly linked to causing ill health! Why would any one want to knowingly eat foods that cause ill health long term! Ahh... There is the second part of the definition... Fixation... That is they will only eat health giving foods... To rephrase, they will not eat non health giving foods. For some that is extreme, to deny yourself of a bag of chips on the way home from the movies, or a bag of sweets on the desk at work, I guess this is why there are now so many amazing food recipes / products out there on the market for people "suffering" from orthorexia. I believe orthorexia is more a definition of waking up!

Now let us consider this a little deeper. At a seminar I attended a year or so ago, we were exploring nutrient requirements for individuals suffering eating disorders. The opening question was for us to name different eating disorders (no one mentioned orthorexia!) when we quickly ran out of imias and exias our lecturer challenged us about vegetarians and vegans! Most of the audience gasped at such a concept... but straight away I appreciated where she was coming from. The author of the article she was quoting was a regular meat eating guy. Therefore he would quite rightly assume he was normal and anyone else outside his box was not normal. And going hungry in order to avoid eating the flesh of a creature may certainly not appear normal...

Vegetarians were once in the minority... Now it is so common place it is hard not to know someone who is vegetarian or vegan. Once it was hard to go to a restaurant and have something to eat that was vegetarian... Now there is always a vegetarian option (albeit one with dairy in super sized portions). And what is more, restaurants are becoming more accommodating to the weird requests of vegetarians, as long as it is something the chef can put together in a few minutes, or if you are lucky they can nip to the local supermarket to purchase the ingredients in advance (I kid you not on that personal experience!). Vegans are now heard of but not really catered for, and raw vegans are pretty much aliens where I live ;0) but gradually that will change, and may be one day there will be an "exia" or an "imia" title for those individuals who refuse to take responsibility for their health and clog up their bodies with vast quantities of toxins, feeding internal parasites and moulds as they go (yuk!). Possibly a few years away, but I like the thought.

So, what about the guilt side of it, well I guess guilt is really an internal safety mechanism. Guilt is about being aware of a responsible act of wrong (my definition). If we are aware we are doing or have done something wrong we can make a responsible decision to rectify the problem, or work on a plan to prevent the situation from occurring again. So effectively guilt should be a short term passing emotion. For example an individual may say "Ooops... I habitually eat chocolate on my birthday, and I do not want to do that, how can I fix that?" That is the logical thought process... although life is rarely that straight forward. If we are able to love ourselves and laugh at our mistakes, recognise our needs and identify our weaknesses from achieving our goals guilt has no need to stand in the way. Just enjoy the moment of deliciousness that you experienced (or thought you would experience) then be conscious of any side effects of eating sludge food. It may be you have none.

As you tune into yourself more, you can start to feel the negative effect just by looking at the food, then you can decide if it really is worth it. Also, there are the occasions where you are out, hungry and can only eat cooked. Personally, if I find myself in that situation I can usually get steamed veg... and I juice / green smoothie when I get home. Alternatively, if the food is really that stodgy, I will choose to fast until I can locate fruit or a bag of salad. A further option is to have a raw cracker in your bag for emergencies, what ever works for you is cool, long term guilt is not healthy and is not conducive to your raw lifestyle.

So how does all this fit in with being ill when you change to a healthy diet, I thought you might ask that...

When we stop putting in the sludge, and start putting in the good stuff, the body will wake up to this feel good idea. It will say hey, I needed all that chlorophyll to help me clean up my body and it will start to look up all the garbage it has been hiding and stockpiling over the years and pull it out for the refuse collection. It may seem more sense to have a

sludge clear out if you are ill, so why are some people not ill before they start to detox, yet ill after the cleansing commences?

Over the years, however healthy we are, putting rubbish in on a constant basis means our amazing highly talented bodies becomes a little bogged down in rubbish. It may be we become ill (with colds or infections of various degrees), or it may be we notice we are unable to do things quite as much as we used to... Or it may be we feel perfectly fine yet are unable to conceive a child... Or numerous other options and examples that are on offer to the toxic body. Slowly, very slowly we are stock piling rubbish into one of the very many hiding places we have on offer.

Well suppose your rubbish bins are only nearly full, they are not overflowing, but they certainly have a lot in there, suppose the body has not been able to de-sludge efficiently every time it has tried to have a fever or a cold because the media advertises magical drinks / pills that enable you to work through a fever / headache and present your report when everyone else would have (sensibly) stayed in bed! The body has to catch up with the back log at some point, rubbish has to be put out, and rest needs to be taken. To add to this, just because you cannot see the toxic load it does not mean it is not in there. If you put toxins in when the body is going through de-sludge, it may well complain about having to take in more rubbish before the clean up is finished A bit like the screams of a mum when muddy foot prints are walked across a nearly mopped floor!

Holistically, we have a method of working out if someone is getting better. This method is referred to as Herrings law of cure. Constantine Herring observed 5 directions that cure followed. They are from above, downwards; within, outwards; centre to periphery; from more important to less important organs, in the chronologically reverse order of disease development. That all sounds a bit tricky, so how about an example or two?

A rash may leave the body, it may fade from the face, and gradually work its way down the body until all that remains is a rash around the ankle and feet before it finally fades away (from above to below). A Candida infection may improve internally, making digestion easier and internal irritation more comfortable, but a rash occurs on the body before it all finally clears up (from within outwards). Someone may experience severe bouts of depression and as they improve they develop a fever, as that clears a rash appears then it all clears up and they feel fantastic (from centre to periphery). An asthmatic has frequent asthma attacks at night, these lessen and start to appear mildly during the day (better because the individual is able to sleep and hence repair) before they get hives on their chest, as that clears they feel better (from more important organs the lungs - we only have two of them) to less important organs (the skin - we have quite a bit of it... but please do take care of it). Finally chronological reversal of symptoms - this is where the most recent symptoms experience are the first to go, recent joint pain may clear up initially and frequent digestive irregularities since childhood may be the last to clear.

As a homeopath, I am very privileged to have seen some amazing and unbelievable healing journeys, some on raw food, some just with homeopathy and natural alternatives. The best stories to tell are ones that cannot be argued, science has recorded the change and physical symptoms are removed (rather than subjective descriptions... which

although valid, can often be argued by sceptics). So here is one of my cases of how a child made an amazing journey to recovery.

A tiny baby was brought to me by a mum, the baby had been diagnosed with a hole in the heart. Quite a scary diagnosis for any new parent to hear. We start to treat the hole in the heart, carefully and attentively. It is not long before the baby is diagnosed with asthma, the mum questions this as baby has a hole in heart... When mum and baby return for their next appointment the mum is most pleased.... The doctors are shocked, they must have misdiagnosed hole in the heart, it was asthma all along (notice the direction of cure there!). Mmm okay, so we continue to treat the baby carefully, who is growing healthily, eventually baby (now a toddler) contracts chicken pox, is covered from head to toe in blisters and as they clear, so does the asthma. Mum tells me that the doctors decide they must have misdiagnosed asthma... mmm... do doctors really misdiagnose that often... or is the body really capable of healing it self?

What is also extra ordinary for the average eye is that the little one had been transformed from a shy sickly child to a very cheeky, vibrant and vital little one. A beautiful example of Herrings law of cure and a beautiful gift of life for any child.

So as you transition and walk your path to better health, enjoy the knowledge that your body will release its garbage. It may need a little help on the way, or it may just need good nutrients and space, either way it will do its best to push all the rubbish out... and now you have a model to help watch your progress - guilt free.

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Healthy Food Obsession sparks a rise in healthy eating disorder

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Info about Herings Law of cure and homeopathic philosophy

www.tinyurl.com/orderofcure

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. 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. Further details are available on her website

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The legal bit - Disclaimer

The contents of this article are intended as an aid for readers to adopt a healthy approach to their health. The article is not intended as a substitute for proper medical advice and should not be relied upon in this way. Always consult a qualified Doctor, Homeopath or health practitioner. The author cannot take responsibility for illness arising out of the failure to seek medical advice. ❀

The World is a Friendly Place!

Kenny Sunshine on the subjects of wild greens and wild water...

More and more it is being confirmed to me that the pronia concept i.e. the world is a friendly place or the universe is conspiring to do me good is one of the most powerful, beneficial and useful belief systems or philosophical foundations that a person wanting to tap into a more magical life experience can cultivate. Smile and the world smiles back.

This was shown to me a just over two years ago in a very demonstrable way. Mysteriously I fell into the clutches of US homeland security while boarding a domestic flight from San Diego to San Francisco as a result of my tea tree oil being flagged as 'suspicious'.

Anyway this article is not about politics or terrorism but the point I am trying to make is that those corporate/federal agents were actually doing me a favour when they politely asked me to buy a plane ticket back to my country of birth even though it is really cold in the UK in mid-January. After the cultural shock of coming back to England was over I went to stay with my friend Love Sky Dancer who is a raw food shaman. Sky has been drinking 100% spring water for 16 years. I can actually verify this fact because I've known him for around the same amount of time.

When I was living in the US I was drinking some spring water but never really found a consistent source. Thus I usually ended up with filtered water. Little did I know how much of a difference it would make. I heard David Wolfe speak the summer before last at Cafe Gratitude and in his talk one thing he said that really stood out that night was "you heard about the benefits of wild food but what about wild water?". A few days later I was driving up to Oregon with my friend Jared and we stopped at Mount Shasta to fill up. I was still thinking about what David said that night and I proceeded to drink about half a gallon. Let's just say that it created a very different response in my body than water usually does! From that point on during the rest of my stay in California my body was wanting this experience. Subconsciously I think this is what helped catapult me back into my present state of dominion in the UK. As a result of hanging out with my shaman/druid friend I managed to become a 100% spring water drinker and within about 2 weeks of being back in the UK noticed a huge physiological difference, I think mostly because of the water. Also I think the soil in the UK is more densely mineralised than it is in California. Intuitively I was eating mostly kale in my salads which grows all year round in this climate. My body felt like it was generally more fortified than it had been for a long time.

We gather water from quite a few springs, some from the

village of Daulting which is about 10 miles from Glastonbury, also from the Wye Valley. My friend Laxmi who started on the raw food path about the same time as me and Sky, probably about 14 years ago has a beautiful cottage in this area which has some of the best water in the country gushing out of the ground in his garden. Its amazing to me how easy it is to drink large amounts of spring water of this calibre! My body feels like it completely opens up when I drink, even in a cold climate like this one! There are definitely some minuses comparing the UK to America but when you start to look for the pluses they are there too.

In spring time all the amazing wild food starts to proliferate in the fields and woods in the beautiful Somerset countryside, one of the most prominent being the stinging nettle and also the less common white nettle. Nettles are really high in chlorophyll and can contain up to 10mg of vitamin C per 100g, they contain glucocinins which can aid in lowering high blood sugar levels. Nettle roots are extremely good for issues of the prostate. I clearly remember my daughter's Mom and her practice of drinking nettle tea while pregnant with Eden. The midwives were astounded at the amazingly high levels of iron in her blood.

Another wild green I have been consuming is wild garlic (*allium ursicum*). When I ate these for the first time I was surprised to notice that there was not so much odour apparently as is usually the case with our traditional agricultural grade *allium sativum* garlic bulbs. Upon further investigation I discovered via my trustworthy friend Google that the sulphur compounds in wild garlic leaves more readily bind to proteins where as in common garlic there is a more free form of sulphur and so the odour tends to linger more (I actually am not offended by the smell of garlic on people. But I know some folks are and thus might find this to be useful information). Wild garlic also has a greater concentration of minerals than common garlic, one of them being magnesium. This is why it is sometimes referred to as the 'magnesium king'. Magnesium is fantastic for opening up avenues of detoxification in our bodies. But also it is anti-stress medicine strengthening our heart and our whole circulatory system. There are 1700mg of magnesium per kilo of *allium ursinum* leaves.

As we get deeper into the wild food season's proliferation here in the UK in spring we progressively decrease the amount of store bought organic produce while at the same time increasing our wild food intake. For instance in our juices we do less celery and apple and more and more of the amazing herb cleavers. This plant is also known as

'sticky willy' and has an amazing ability to cling onto other plants so it can grow taller. Cleavers is a great substitute for celery/apple/carrot as it tends to yield a lot of water - this is why we feel less need for the traditional organic 'fillers' for our juices. Cleavers is diuretic, anti-inflammatory, and also an excellent tonic herb. In regards to our lymphatic system it can change the body at a cellular level allowing for the renewal of tissue so as to carry out its workings more efficiently. Some of the maladies it has positive impact on include skin disease, eczema, finger nail ulcer, fluid retention, cystitis, kidney stones, bladder stones and obesity to name but a few. These are just a few of the wild food discoveries I have made after being immersed in the UK raw food lifestyle and in particular in northern latitudes.

Another very fun, very medicinal and nourishing part of our regimen has been the medicinal herb tea/ superfood cacao beverage we have been creating. In a land where a lot of the resistance to raw food is because of the cold climate I have been trying to show people that you do not have to cook food in order to consume it warm.

One of my favourite recipes is this:

- ☺ First prepare nut mylk: soak 1 cup of raw cashews, almonds or pumpkin seeds overnight, discard the soak water, rinse, blend with spring water and strain. You want your blender about a third full - if you are using a Vitamix, which is recommended it will be about 20-24 oz of spring water that you will use to make your nut mylk.

- ☺ Then take the following superfoods: 3 heaped teaspoons of raw carob powder, 1 tablespoon maca powder, 1/4 teaspoon cayenne powder, 1 heaped tablespoon lucuma, the insides of 2 vanilla beans, a couple of pinches of sea salt; blend all these with the nut milk.
- ☺ Prepare a herbal tea from these suggested ingredients, or others: reishi mushroom slices, liquorice, pau darco, cats claw, peppermint, chai spices etc.
- ☺ Combine the tea and mylk by pouring the tea slowly into your blender, add a sweetener of preference and serve. I have been gravitating towards honey but sometimes have used the coconut palm sugar at times. I think coconut sugar is a great alternative to agave but honey may be a wiser choice. For those who have issues with candida and other dysbiotic internal conditions may want to be a little more discerning about the quantity and type of sweetener they use if any at all.

Sometimes 50% of our diet is wild green juice in spring. One time I was harvesting wild greens from a field near Buckfastleigh in Devon and I realised that more than 90% of what was growing there was edible! And here in the UK where the health food stores tend to have a sparse selection of fresh produce available! There is so much bounty in the world for those with the eyes to see it.

Watch videos from Kenny at www.youtube.com/user/Juicetasticcoach ☼

Raw Food Events Come to Somerset!



June 8th - Pot Luck Supper

Taunton/Bridgwater - on the edge of the Quantock Hills. Come and have loads of fun with us as well as sharing dishes with other raw food experimenters!

June 23-24th

Experiential workshop in the Somerset countryside with French Raw Food master Niten Vital. Enjoy and learn how to incorporate more raw and living food into your lifestyle and have time to relax with country walks, meditation or massages.

We will feature herbs and new salad dressings as well as guilt-free ice creams and chocolates!

Special low price including all food - £125.

Special low rates for those requiring accommodation.

Raw Food Bed and Breakfast!

Our 17th century house is a haven of peace on the edge of the Quantocks and is now available for booking - as well as detox retreats on certain dates.

More information & to book, visit: www.reSource-me.com or call Robin Littman on 01278 671679

You construct your own Life

Aj Chanter on her mantra “I construct my own life”

I've got to confess something to you: I'm very good at procrastinating. Realising that was a very big step for me to become efficient, pro-active and productive. It was actually going vegan and raw that allowed me the self-reflection to realise my procrastinative nature (that I see a lot of people have!) and not accept it as my destiny and decide to change things! Ask my mum now, and she'll say that I do too much and always have projects and get a lot done! Over the years, I've gained the motivation and skills to flip my lazy side over to become a lot more purposefully and passionately active, value my time and make the most of it. There are still days I find myself procrastinating, as I'll share with you now. I also want to share with you the way I overcame these procrastination impulses. Who doesn't want more free time, energy and a delightful sense of healthy control over their lives by becoming more productive, creative and less fearful of the unknown, of duties and the seemingly unendingness of their 'to-do' list?

I'll start by giving 2 examples in my recent life that served as opportunities for me to learn more about how to deal with being 'stuck' or overwhelmed by things to do, the fear of the unknown, and the fear of our own success.

On my calendar, it was 'article day'. By the time I sat down to start writing, I was already distracted by the thought of having to write. I couldn't think of the best way to start it – or there were so many ways to start I couldn't choose which one. I wrote a sentence, I erased the sentence. Anything I wrote I doubted its value. So I allowed myself to look at my mail, check out inspiring YouTube videos and read a book. Time passed quickly, and before I knew it was nearly time to call it a day and start getting ready for bed. But the article still wasn't written. And I knew that feeling. It had happened many times before – it's just too easy to say “oh, I'll do it tomorrow” and you know what happens the next day. And I knew how I'd feel guilty going to bed, putting myself down because “yet again, I didn't do it”. So, I decided to do something about it. I decided to say to myself “No, I con-

struct my own life”. If I wanted to wake up tomorrow satisfied and joyous to start the day, I needed to work past my excuses and distractions and just get down to it. And you know what? Once I sat down at my laptop screen with intent and purpose to finish (my first draft) of my article, I actually really enjoyed it. And since I blocked out the distractions, I could think clearer and get the job done faster. I finished the article that day and went to bed on time and woke up happy and accomplished.

At the moment I am staying at my grandparents' house in Holland for a few months, studying maths with my physicist grandfather. I love running, and so I've made it a habit of running 5 to 20km each morning around the house. We live in the country-side here and from the back garden there is a direct view of the beautiful and luscious woods and the lovely path leading there that starts from the road a few streets down from our house. But usually – especially in the morning – I'm just too scared to go running on the path. That's right, scared. I don't know why. Maybe habit, maybe laziness, maybe low self-esteem. But each evening I think “Oh, tomorrow I'll take a gorgeous run to the woods and back – how lucky I am to have access to such beautiful surroundings!” But each morning I end up circling around the house. Well, today as it were, I used my new mantra and revelation to great effect. At the point of ½ hour into my run around the house, I keep seeing the path to the woods. I keep thinking – “wouldn't it be lovely to be on that path”. The morning light was beautiful, and the sun was just rising into the clear, crisp sky casting a mystical glow through the morning mist. As I circle around I develop a slight stomach cramp and so here pops up an excuse I readily grab – “Oh now, see. I can't possibly go run anywhere else in pain. I'll just finish 10 laps around the house and then stop”. By lap 20, the pain is completely gone and I see I have no more excuses left. I ask myself “Why am I scared?” Because people might see me, because it's different, because I'm used to running around the house, because what if I sprain my ankle and look stu-

pid... “No, I construct my own life”. I grabbed my iPhone and leapt onto the pavement. Running towards the trail on the road, I felt free but still self-conscious. I could see there were people up ahead, boys on bikes, mothers with their children, and I started to get anxious. I have this thing of being self-conscious when running (especially in my new Vibram Five Fingers even though I absolutely love the look of them!). I approached them, passed them and looked behind me. They weren't in the slightest bothered or looking back at me in the judgmental, demeaning way I imagined. As my worries peeled away layer by layer, I became lighter and lighter. By the time I was on the path, I revelled in the beauty of the passing country-side – the newly budding trees, the long grass sparkling with dew. Why was I so frightened? The unknown is exciting, beautiful. And I felt so free when I stepped out of my comfort zone and out into the unfamiliar, wild and wonderful world of Nature.

Realising when you are limiting your own potential by making excuses is the first step on the road to success. This is not about being fanatical, and certainly not about putting yourself down when you have a quitter day in terms of “doing output”. In fact, I think it's very beneficial to dedicate a day a week to just “be”. It's about reprogramming and overriding our minds when it tries to take shortcuts to be lazy – in short, when it tries to cut your capability.

Having a mantra, such as “I construct my own life” if it resonates with you or coming up with one of your own, to repeat in times of frustration and feeling 'stuck' can be a very useful way to transform your stalling into creativity, turning a heavy, stressful day into a light, proactive and productive day! This in turn can make us feel happier and take control of our lives in a positive way in order to reach our goals and keep aiming higher and higher!

Make a habit of doing the things that expand and express your potential. Commit to living an extraordinary life and don't be afraid of your own success. You construct your own life!

chooserawnotwar.blogspot.com ❁

Running for the Elephants

Helen Hooper tells us about her barefoot running challenge

I love to challenge myself; it is how I have come to have my own business, to build a house, to live abroad and to basically live a life slightly different to the norm. Pushing my boundaries and seeing how far I can go is what puts a smile on my face and makes me feel as though I am doing justice to the life I am living.

Which is how I came to set myself on the challenge that I am now embarking on.

I have been a 'jogger' on and off for most of my life. I have 'jogged' a few marathons and half marathons and somewhere in the back of my mind was always the notion that I would jog another marathon before I got too old.

Over the last few years this notion has worked its way to the fore of my mind and just before Christmas I started seriously thinking about how I could do it and finding a focus for a challenge.

You see I prefer to have a focus to what I am doing and so simply turning up on the start line is never enough for me.

About the time that I was mulling over how to make another marathon happen someone posted a video of an elephant named Shirley onto facebook. I watched it and the second video that followed it with tears streaming down my face and I knew in that very instance that I had found my motivation and focus. (You can see the videos on my website)

Shirley is an ex circus elephant who ended up living alone in a zoo in America. The zoo finally decided that they couldn't give Shirley what she needed and so The Elephant Sanctuary in Tennessee stepped in. This Sanctuary is an amazing refuge for old ex circus and zoo elephants. It provides 2700 acres of land in which elephants like Shirley can have something of a normal life again.

They get to roam at will and more importantly than anything they get to be among their own kind again: back in a herd. Elephants are incredibly social

animals who live in the same group their entire lives. Daughters, mothers, grandmothers and aunts develop such a strong bond with each other and sense of community that it is probably the cruelest thing of all to take them away from that and force them to live a life of solitary confinement.

At The Elephant Sanctuary they are left pretty much to their own devices, there is very little human interaction - no visitors and minimal involvement from the staff - so the elephants get to be simply elephants again. Not paraded around and made to do senseless 'tricks' for our 'entertainment'. It is a special place for sure.

So, I had found my cause but now I needed a challenge that would live up to their majestic and graceful spirit. Something that would match their resolve and amazing strength that has seen them through the painful lives we as humans forced them to live.

I knew I had no special talents, that I was just one person, but what I did have was my freedom, my health and my two legs and so what better way to express that than to run.

To run for the elephants...

The events had to be big - not just marathons and so I have come up with the following challenge:

A marathon - 26.2 miles

A 50 mile ultramarathon

A 100 mile ultramarathon

Each event doubles the one previous and to add a twist I will be doing each of them barefoot (or in Vibrams)¹ and fuelled solely on raw food.

The challenge feels good and the training has begun and nearly 3000 miles of running stands between me and the end of the challenge in October 2013.

As well as raising awareness and money for the elephants I am hoping that my challenge will also raise awareness of health and fitness.

To often in today's 'busy' world we let

go of our health for something more important. Work, families, or just life in general. To me though there is nothing more important than health. It has to be the number one priority as without the best health you can't enjoy all the other good things life has to offer.

Health starts with the food we put in our mouth. You put bad food in and all you can expect to get is bad health out.

I am hoping that by doing this seemingly crazy challenge I can show people just what our amazing bodies are capable of when giving the right nutrition and looked after to the best of our abilities.

As I said, I am nothing special but I do understand that there is a direct link between my own health and abilities and the way I treat myself.

I hope I can somehow inspire, motivate and encourage others through this challenge to look at their own health and think about ways in which they can improve it.

For more details on my Barefoot and Raw Marathon Challenge go to my website www.barefootandraw.co.uk and look on the main menu for marathon challenge.

You can also donate money for the elephants through the direct link on the left-hand side or sign up for my monthly membership club. Here you will receive weekly videos, raw food recipes, audio podcasts and tonnes of information on barefoot running, raw food, yoga and how to have the best health possible. From now until the end of the challenge 50% of every monthly subscription goes straight to The Elephant Sanctuary.

Thank you in advance of your help with my challenge. Shirley her friends and I really appreciate it. And I'll keep you posted on the training...

Read more: barefootandraw.co.uk ❁

See *Earthing Matters* by Aranya in FR issue 21 for more on running barefoot and Vibrams.

The Medicinal Properties of Garlic

Susan Laing tells us everything she knows on the subject of Garlic

Well I felt compelled to write on the wonderful Mother Nature's medicine for many ailments - Garlic. I have had a love affair with this earth bulb from the Lily family. In ancient Greece, it was called *scorodon*, thought to be derived from *skaion rodon* and said to mean *rose puante*, or "stinking rose."

The Latin and botanical name for garlic as most folk know is *Allium sativum*. Other member of the lily family are: onions, leeks, chives, scallions and shallots. Garlic has been grown in every continent and has been grown for thousands of years!

It has even been recorded as far back as the Egyptians using it, in fact they were crazy about it! *Alliumaniacs*. And I can completely believe this as it has such powerful medicinal *juicy Immortality* qualities.

Instead of taking a solemn oath on the bible they swore on garlic! It doesn't get any better than that! It was also found in the tombs of the Egyptian Pharaohs and hieroglyphic records show that it was used to maintain stamina and strength. Even in the Egyptian medical papyrus there were 22 uses for garlic, including headaches, **worms**, bites, heart problems and tumours. And now years later we are coming to the same conclusion.

I think a lot of health advocates nowadays might swear on this bulb too! I certainly do even although I used to be renowned for reeking of it!! But as the Motto of the Washington D.C. annual Garlic Festival stated: "**It's Chic to Reek.**"

It even has a Zodiac connection - it's corresponding planetary ruler is Mars, and its astrological influences are Aries and Scorpio.

The **Chinese** have used it in their medicine for many years too, advocating it very good for **cold dampness** as it is said to have the nature of being pungent and warm. And it only has benefit when taken uncooked! They say it has bactericidal actions on typhoid fever, dysentery, cholera, diphtheria and pneumonia pathogens. And it is a great **stomachic**. And also used for the lung conditions such as **bronchitis** and asthma clearing **catarrh** (dampness) and infections.

However because of its pungent and stimulating volatile oil **allicin**, in Ayurvedic medicine it is referred to as

Rajasic. And so is said to irritate or stimulate the body, mainly the mind creating unpleasant emotions such as anger or restlessness. This certainly is a fact to consider if you are contemplating going on a meditation or some sort of spiritual contemplation type of retreat.

But all plants have their power to heal the body if they are used in the right amounts and for the necessary conditions. One plant can be toxic if used excessively, and a medicine if used in very small amounts. **It is all about balance and knowledge of the plant and the individual.**

Nature provides us with medicine from the earth so that we can use it wisely.

It is also seen as a safe and **natural aphrodisiac** and I think this is what the Yogis may have been referring to when they talked about the stimulating affect on the genital-urinary tract?

And the amount needed for each individual varies from person to person as is the case for most of nature's plants when it comes to dosages.

There are many varieties of garlic but they are usually categorised into 2 major groups by cultivators: Hardnecks and Softnecks or Silverskins, the ones usually found in grocery stores. Then then there is wet garlic which is the 1st crop of the season before it gets hung up and dried out. Then we have Wild Garlic known as Ramsons, *Allium ursine*. This looks completely different. You can eat all the parts but it is usually the leaves that are used in salads and they make a great pesto sauce!

Garlic is high in:

sulphur	selenium
iodine	calcium
germanium	potassium

Obviously the quantity of these elements will depend on the quality of the soil the garlic was grown in.

It is also high in vitamin C

It is also contains **seven of the essential amino acids** and here are some of them:

- ♦ glutamine - which helps in **intestinal healing**
- ♦ glutamic acid - precursor to GABA (reduces anxiety & stress & helps to reduce musculature tension.



Glutamic acid also is a component of **glucose tolerance factor**

- ♦ lysine - which helps **antibody** formation
- ♦ valine - needed for the nitrogen balance in the body & helpful in **inflammation**
- ♦ tryptophan - precursor of **serotonin**; helps in depression; mood stabiliser . It is also a neurotransmitter!

And because of these components it has many fantastic medicinal healing qualities and is **useful** for many **ailments** or imbalances such as:

- ♦ promotes **circulation** due to the **vasodilation** action of garlic & by helping to prevent **Rouleaux** formation of the red blood cells which can help to reduce high blood pressure & increase uptake of oxygen and therefore increase energy levels. The **health of the blood** is the very core to our healthy being & longevity
- ♦ in some case studies it has been proven to reduce **calcification** of the arteries
- ♦ help with **impotence** - as it is an **aphrodisiac** and as already mentioned it can improve blood circulation significantly. Studies have recently shown that garlic in certain forms can stimulate the production of nitric oxide synthase (NOS) particularly in individuals who have low levels of this enzyme - which is primarily responsible for the mechanism of erection
- ♦ promotes **sweating** by increasing the heat in the body and circulation
- ♦ it helps to stimulate liver energy pathways by reducing dampness & creating a lesser of a favourable environment and therefore helping to stimulate the breakdown of unhealthy cholesterol - but cleansing the liver & changing the diet here is paramount to long term of a healthy liver
- ♦ and therefore helps to regulate **blood sugar** levels too
- ♦ removes abdominal obstructions and stagnant food
- ♦ inhibits the common **cold virus** as well as **viruses**, amoebae, & other **micro-organisms** associated with degenerative diseases such as **cancer & AIDS**
- ♦ eliminates **worms**, unfavourable bacteria (Mother nature's **natural antibiotic**), and yeasts including *Candida Albans*
- ♦ it has been proven to help heal stomach ulcers that have been caused by *Helicobacter pylori* infection
- ♦ and promotes the growth of **healthy intestinal flora**
- ♦ used for dysentery, pneumonia, tuberculosis, snake bite, Lyme disease, anthrax infection, abscesses & hepatitis. When you reduce dampness in the body's cells you create a better environment for health and reduce disease. In some chronic conditions garlic must be taken regularly for several weeks to initiate substantial improvement.
- ♦ It also **eliminates toxins** including poisonous **metals** such as cadmium and lead
- ♦ Garlic also contains **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 from things such as plastic water bottles, GMO soya products and so on.



- ♦ It is used for many conditions even ear infections with using a drop of garlic oil once a day.

Garlic is used with **caution in heat type conditions** e.g. people with red face and eyes, sensation of feeling too hot aversion to heat and a desire for large amounts of cold drinks and so on. Also if there are is any **bleeding** or severe **inflammation** in the intestines. The Chinese say a **large amount can damage the stomach and liver** if used **over a long period** of time.

There are many ways to prepare garlic as medicine from poultices to oils to juices, syrups, teas and so on. And **dosage** is all **important** too, different for each individual and disease or imbalance. If you are suffering from a chronic condition it might be wise to get professional help.

There is also *Black* garlic which is simply regular garlic that has been fermented for a month more for culinary purposes. The process that turns garlic cloves dark, changes their consistency into that of jelly, and gives them a sweet taste.

The flower of life...
The repellent of vampires...
The clove of health...
The bulb of bad breath...
The drug of choice...
Gloria Morrison

And if you are worried about garlic breath then take the natural Mother Nature's breath fresher **parsley** afterwards.

Garlic may be contra-indicated when taking certain medications such as the blood thinner warfarin and so on. So check this out. Remember garlic thins the blood.

You might like to check out this link to see how to peel a garlic head in 10 seconds! Entertaining and another useful fact about garlic: www.vimeo.com/29605182

Susan Laing practices Naturopathic Iridology & Nutritional Healing. Find out more at www.raw-spirit.com and www.iridologyforhealth.co.uk

Contact Susan on Facebook www.facebook.com/IridologyforHealth.co.uk

Susan will also be at the Vitality Planet Event in London on 30th of June please contact her for info (also see page 4 for more details). ☁

Garlic

The Less Popular View

Debbie Took looks at the other side of the story on whether garlic is a food for your kitchen or not...

In my second year of raw food, I was excited to be contacted by a journalist who wanted to write an article about me for a women's magazine and possibly make a TV series too. He was very enthusiastic about raw, and we chatted about various things, finding lots of common ground, until...the subject of garlic came up. I happened to say that, after being raw for a while, I'd come to dislike the taste of garlic, and had found some information to suggest that perhaps garlic wasn't all it was cracked up to be, and could even be something health-conscious people should be avoiding.

He was shocked that I could suggest such a thing. He swore by garlic, and told me about the various ailments that garlic is said to be beneficial for. I did say it was a controversial area, but he appeared not to be able to entertain the concept of garlic being anything but a wonder-food. I didn't hear from him again much after that, and I often wonder if my doubts about garlic had raised some doubts in his mind about me!

On raw food forums, I've seen garlic lovers get a little upset at any criticism of garlic. It's dangerous territory, but...here I go! In my article on the hallowed garlic, I won't be providing 'balance' as in putting forth the pro's and cons. You can all find the pro's of garlic in the previous article or googling 'garlic health food'. Rather, I'll try to provide 'balance' by presenting you with some information/thoughts on garlic that you don't hear so often.



When I was a child in the Sixties in the UK, garlic didn't enjoy the reputation it holds today. Most people disliked the odour, let alone the taste. But with books such as Elizabeth David's Mediterranean Cooking, package holidays in the Seventies, and the foodie-ism of the Eighties, garlic enjoyed a surge of popularity in cooking, and health writers began to extol the virtues of garlic as a health food.

The mainstream has a love affair with garlic. It can do no wrong. I used to love it myself until raw. Then, as so often happens when we go raw, we start to experience things differently, with our senses, intellectually...we talk, we read, we think, we meditate...and our old cherished beliefs are thrown up in the air and our eyes are opened to other possibilities.

Is garlic a natural food for us?

Garlic is not a food at all. Not many people would enjoy popping a clove of garlic into their mouths and having a good chew, or a bowl of cloves if they were hungry.

Garlic in breastmilk can give a baby colic. It is one of the

things its pure body doesn't like. Garlic is one of those substances like stinky ('aged') cheese, chili, alcohol etc that relatively healthy, vibrant, responsive small children with relatively unadulterated taste buds and desires, generally dislike. That should tell us something.

As children get older, they are conditioned into 'accepting' garlic in small amounts until, because they've come to associate it with pleasant situations, because older people they admire like it, and because it's been cunningly slipped into all sorts of foods (even crisps!), they learn to like it. In some households, garlic is in so many meals (I used to have a vegan cookbook that had garlic in just about every meal bar the desserts) that children get so used to the taste that they grow up to be adults who feel that meals taste bland without it. In this way, garlic perverts the tastebuds just as salt, chili and other substances do, resulting in our (sadly) rejecting food in its natural state.

After I'd been raw for a few months, I no longer liked the taste of alcohol. For someone who'd liked a drink or five for the past 30 years, that was quite incredible. But, alcohol came to taste like it had done when I'd first tried it as a child - not good. Same happened with garlic. Before raw, I was certainly a garlic-lover (someone once told me that he could find me quite attractive but would need a gas-mask I ate so much garlic). But, even just a few months into raw I was finding that the amounts of garlic that (some) raw food recipes recommended rendered the meal inedible for me - it tasted so unpleasant. I started halving, then quartering the amounts, and now use it in tiny amounts only if I'm making a raw dish for cooked-food people.

What happens when we eat garlic?

As everyone knows, our breath stinks of it. Breath the same day as eating garlic isn't too bad, as everyone can identify the smell as garlic. But the day after, although garlic-breath doesn't smell like garlic anymore, the garlic that had been ingested the previous day results in even worse breath that smells...disgusting. The sulphur?

We also exude garlic through our pores. That suggests to me the body is trying very hard to expel it. Also, I'd noticed way before going raw that garlic would always make me thirsty. That indicates to me that, like salt, the body is demanding water to try to neutralise the effects of something harmful, to flush it out. As Dr Doug Graham puts it so well, 'the solution to pollution is dilution'.

Does everyone love garlic?

Garlic has certainly been revered by many in the past. But some have gone against the flow...the Roman poet Horace

wrote that garlic 'is more harmful than hemlock'. Ancient Hindu texts ('The Laws of Manu') forbade eating garlic as 'unclean' (unhealthful).

Tibetan monks don't eat garlic. Some yoga teachers and Buddhists believe that garlic interferes with meditation. Ancient Indians believed garlic would lure people away from spiritual endeavours.

Dr Robert C Beck, DSc, in research carried out in the 1980s (and, no, I don't have a source) found that it had a detrimental effect on brain function. And he recalls from his days as a pilot in the 50s a flight surgeon telling pilots not to touch garlic three days before a flight as it would double or triple their reaction time.

Some people do report 'brain fog' after eating garlic (and I'm one of them).

Garlic has antibiotic properties

Indeed it does, through the action of allicin. It's interesting that some garlic advocates, whilst shy of conventional antibiotics as prescribed by doctors, will see the 'antibiotic' properties of garlic as a plus, because it's a 'natural' antibiotic. Well, that's OK then...except that it isn't.

'Antibiotic' (Concise Oxford Dictionary): '(substance) capable of destroying or injuring living organisms, esp. bacteria.'

Bacteria are our clean-up agents. As everyone knows, bacteria are essential for our well-being. Now, just for the sake of argument, I'll go with the popular 'good and bad bacteria' theory (I don't actually agree with it, but...maybe an article on that in ten years' time?) I haven't read anything to suggest that that crushed garlic coursing through our digestive system actually knows the difference between the 'good guys' and the 'bad guys'. The number of times I've heard people confidently declare that garlic only kills the 'bad' bacteria - could someone show me the study that proves this?

If you are a gardener, and have grown garlic you may have noticed that your garlic will be untouched by bugs. Nothing eats it. Insects won't eat it because it will kill them. In fact, garlic grown amongst plants deters insects. Garlic is a pesticide.

Garlic has medicinal properties

It certainly does. Countless studies have shown that garlic has positive effects on certain symptoms in unhealthy people.

And, like all medicines, there have also been a host of reported adverse effects after ingesting garlic. They're in the same category as many on the list of 'side-effects', that patients are warned may occur, that you would find in the leaflet in a medicine bottle box. Sure, they haven't been proven (they've come from case reports), but this simply means that no studies have been financed to prove/disprove them. Here are some of them: oesophageal and abdominal pain, small intestinal obstruction, contact dermatitis, rhinitis, asthma, bleeding, myocardial infarction, urticaria, angioedema and ulceronecrotic lesions (Journal of Herbal Pharmacotherapy 2001 Vol 1, no 1, pp63-83 - the author does cite sources).

The Natural Hygiene view of medicine is that medicine

per se is toxic. It may indeed suppress certain symptoms, but at the same time it gets up to all sorts of other tricks in the body -the results of which are not so 'beneficial'.

People are duped into thinking they've discovered a 'miracle cure' just because one symptom has vanished, but, sadly, the 'cure' is an illusion. There is always a price to pay for ingesting things that we really shouldn't be putting into our bodies, whether pharmaceutical or 'natural'. Short-term gain leads to longer-term pain; the suppression of one symptom will simply be swapped for more problems later on. But although many people know that, they so often still prefer the 'quick fix' cure than change their lifestyles.

Does the fact that garlic reduces cholesterol, 'balances blood sugar' mean healthy people should be eating it?

As you've probably guessed from the last section, the answer as I see it must be 'no'. As it wouldn't be logical for a healthy person to take medicine (even daily).

Does the fact that aspirin (may) 'reduce the risk of a heart attack' (in very unhealthy people with heart problems) mean that healthy people who are not at risk of heart attack, should take an aspirin each day? Maybe the very unhealthy person who will not change the lifestyle that led to heart problems in the first place would find the risk of gastrointestinal upsets and stomach bleeding from aspirin a reasonable trade-off. But this would not apply to the healthy person.

So, if someone with high blood pressure is taking a medicine (or even garlic?) to reduce high blood pressure and/or lower blood pressure, regardless of whether it is actually a good idea for that person to be taking that medication rather than addressing the root causes of the problem so that they don't have to take the medicine with its various side-effects, should a healthy raw fooder with no blood pressure problems be ingesting that medicine?

It would be daft, wouldn't it?

So, as garlic is clearly an antibiotic, and clearly a medicine, rather than a food, why are so many raw fooders still adding garlic to their food? I guess one answer could be 'I like the taste'. Sure, just as some of us used to like the taste of meat, salt, coffee, alcohol...



A raw vegan (or raw vegetarian low-dairy) diet will reduce cholesterol and blood pressure, and Gabriel Cousens MD has showed us how the raw food diet can reduce and eradicate the need for Type II diabetes medication.

I know that most of the world won't be switching to raw any time soon, but does it really make sense for healthy raw fooders to mix medicine with their meals?

Debbie Took has followed a raw food diet for several years, has been a raw food coach, run raw food prep classes and spoken at national and local raw and vegan events. You can find out more at www.rawforlife.co.uk and read more of her articles at www.debbietookrawforlife.blogspot.com where this article was first published. This article was also previously published in Funky Raw issue 15. ❁

Healing Our Inner Child part 2

Fanny Vanlaere continues her analysis of our inner child, taking us from toddler to puberty

Following on from the previous edition of Funky Raw Magazine here are the later stages of childhood development. As in part one we will focus on the changes in consciousness and the emotional development more than the physical changes. This should help you to identify what you may have missed to be able to work through it and dramatically improve your life.

The inner toddler (from approximately 9 months to 3 years)

Until approximately 18 months the world is a sensory abundance for the child. It is wonderful to touch, smell, taste and explore. When the child is prevented from doing this by adults (and because of our gender education, it is usually more common for girls) then they might develop autonomy and will power issues in the future and be afraid of the external world.

From approximately 15 months to 3 years the child learns how to say no and is testing his parents boundaries in learning the way the world around him works.

That way s/he learns to develop his own identity and sense of separation. Therefore it is very important to listen to and respect the child during this stage; but also set healthy, loving boundaries. It is a difficult period as the child has temper tantrums.

They have strong emotions and do not know yet how to express them in a less dramatic way. The role of the parents then is to communicate with the child in a way that helps him process his emotions and learn to channel them. As in all the other stages the attitude of the child might trigger his parent's unresolved issues, which they will have to heal before they can act in a wiser way.

When this stage is not successfully completed the future adult can develop different issues like: shame and doubt about what s/he is doing, repression of exploring abilities, saying or receiving a no, asking for what they want, putting up healthy boundaries, emotional dramas and dependency.

Many people also develop complexes and even traumas due to the pressure they received with the toilet training, such as the disapproval or demand they felt from the parents or other people around them during the phase of learning to leave nappies behind or avoiding urinating in bed. Some people unconsciously suffer from this problem so much that they even develop pathologies of the bladder, the colon, the anus or the intestines.

Other people find it difficult to go to the toilet in situa-

tions of change, or when they are away from home. In this case it is good to overcome the repressed feelings of guilt and shame, as well as those related with the natural excretion functions of our body.

Examples of affirmations for your inner toddler:

"You, --, can enjoy touching, smelling, tasting and exploring."

"It is safe to explore the world. I will always protect you."

"Little, --, I love you the way you are."

"It is ok to have strong emotions. You can learn to express yourself in a loving way."

"I love you even when you have emotions explosions."

"It is ok to say no."

"You always deserve to be taken care of, little --."

"You don't have to worry for me; I can take care of you."

"I am glad you want to do the things your own way."

"You can be yourself; I will always be there for you."

The inner pre-schooler (from approximately 3 to 7 years)

From 3 to 7 years old there is an early consciousness of being someone and being sexual ("I am a girl/boy").

We start to be independent. It is the stage of asking a lot of questions and learning initiative. We also start learning to share with others and start to approach other children and begin to play with them.

Sexual exploration of one's own body is a normal part of the child's development during this period. The messages he receives from his parents and environment at that time will condition his future adult sexuality.

I once had a client in her thirties who had frigidity problems. During a Rebirthing session, a memory suddenly came to her. She had completely repressed it and forgotten all about it since it happened. When she was about 3 years old, she was sitting on a bidet, enjoying innocently the massage of the water on her genitals. When her mother discovered it she shouted at her and prohibited her to use the bidet again. After having forgiven her mother, my client could feel innocent again and enjoy her sexuality.

This is also the phase where the child starts to develop his imagination and becomes more aware of his emotions.

S/he also imitates her/his parents and adults in general.

S/he thinks in a magical and egocentric way, is very curi-

ous and is still very innocent, not judging between good or bad. There is now a purpose and goal in the games, which is also the way the child learns to achieve and complete things.

It is very important at this stage to give him/her space to discover him/herself.

In a dysfunctional family this cannot happen as none of the other members of the family really know who they are and each of them is established in a role which forces the child to also take on a role. This role usually becomes a pattern as an adult. For example if the parents are not responsible enough, the child might try to restore the family balance by feeling and acting in a responsible way which does not correspond to his age. When adult, he might always take responsibility which are not his and even become a control freak because he will not trust other people's abilities to be responsible.

Other patterns can be: being or feeling like a loser, being a perfectionist, being over ambitious, being a rebel, being submissive, being a "good boy" or a "good girl", being aggressive or even becoming an aggressor.

Examples of affirmations for your inner pre-schooler:

"I like you as a boy/girl."

"You deserve to be loved just the way you are."

"I like to play with you."

"I like your games. I like to give you all the time and space you need to play."

"It is ok to discover the difference between boys and girls."

"It is ok to cry."

"Your curiosity about sex is ok. You are innocent."

"You can ask all the questions you want."

"You are not responsible for your parent's relationship."

"You are not responsible for the problems in your family."

"You don't have to save you mother/father or anybody else."

"You can be yourself."

"You don't have to be the best one in order to be loved."

Childhood (approximately 7 years to puberty)

This is a new stage of socialisation and skill building. The child leaves its familiar home environment. After establishing some sense of power through testing his reality and identity building, the child is now ready for the world.

At that age, children are developing a lot of new skills and need to feel that they are capable. When this phase is not completed successfully enough, they might develop an inferiority complex.

By the age of 7 or 8 children are able to think logically but it is only through puberty that they will be able to understand and have abstract ideas.

The child is still egocentric in his thinking process.

It is also at this stage that the Oedipus complex begins, i.e. when the 'little girl' falls in love with her father and the 'little boy' falls in love with his mother.

If the parents have many emotional issues and project their affective needs on the children it may cause "emotional incest". When someone has emotional incest s/he will have the tendency to become co-dependent in his/her relationships and fall in love with people who represent an authority or forbidden figure, instead of having a real, close intimate relationship with someone.

Between 5 and 7 is the age of the first, of two, growth spurts in our life. According to Rudolf Steiner and the anthroposophy researchers a child is only ready to go to school after this. The physical change always relates to an emotional/inner change. In this case it is especially related to the beginning of independence and will power.

Most people have their divine nature and creativity totally stifled and destroyed by school through emotional energetic pollution (E.E.P.) and an unnatural curriculum.

School trauma involves mental programming and conditioning. It is the learning of conformity and knowledge without spiritual enlightenment. Stifled creativity, the need to ask for permission to act in life and possession of too much irrelevant information are symptoms of school trauma. Bullying and peer pressure are also causative factors of this trauma.

Examples of affirmations for the inner school-age child:

"Little, --, you are capable. You can trust you abilities."

"Little, --, you can stand up for yourself, I will support you."

"You can do things your own way."

"It is ok to be afraid of new things."

"I love you just the way you are little --."

For more information on the inner child and how to heal issues from childhood as well as other aspects of our consciousness check out Fanny's book The manual for rebirthers.

Fanny has been a teacher of Rebirthing Breathwork for over 17 years and is currently running a series of weekend workshops in London, with Brighton and Oxford to follow next year. Visit www.rebirthinginternational.co.uk for more information about Fanny, the workshops and Rebirthing Breathwork itself. ❀

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Raw Organic Abundant Reality

Sally is 30, a raw foodie, musician, artist, gardener, forager, living in a small community next to Beneficio near Orgiva in southern Spain with partner Joseph and lovely family of friends. Here she shares the story of her abundant reality.

Peace be with you dear family of humanity of awakening children of God, I am so happy to be sharing with you. I hope you are feeling your own blossoming. I hope you enjoy to learn a little of my part of our collective blossoming.

I knew I was going to meet my life partner at THE FUNKY RAW SPACE OF LOVE FESTIVAL, August 2008, and I did. I thought what better place to meet someone on the same wavelength, as I was getting more into raw food, and I knew a healthy lifestyle was a priority quality that my life partner would need! My friend Hannah, (then Oshen), arrived before me and told me on my arrival, 'I've seen this guy, and I thought, 'Sally!''. Joseph and I are still together nearly four years later, in fact Hannah was the priestess for our handfasting in Cornwall in August 2009.

I knew that a raw food lifestyle was for me, but it was a gradual journey from my first 'Arise and Shine' cleanse in 2005. I wanted to go to the Funky Raw festival to be inspired, as I wasn't raw, and actually found the whole event overwhelming with all these super high vibe people. Before going into the festival, from the camping ground, Hannah pointed this guy out to me. I thought he looked fun on first glance, he was doing cartwheels with children, a good sign. Later I saw him dancing a bit crazily and wasn't sure. He was at a wild food walk with Rob and Timothy Dawber and seemed to be very interested. I was really into wild greens at the time as I'd been picking in my local woodlands, Huxhams woods in Dartington, Devon.

My friend Sarah, who I went to the festival with introduced me to her friend Timothy as she knew he had been living in Spain and I was interested in visiting. Timothy, now a very good friend too, introduced me to Joseph as he said he had lived there more than him. So, our first conversation was about southern Spain. I felt that England was the wrong country for me as I was really drawn to eating olives and dried figs as I was eating more raw food, and felt I needed to head south. Now here we are in southern Spain! We've been here since February 2010. We did the olive harvest on our friend's land this January, over 100 trees. Over these two years we have

dried about 30kg of figs, not to mention all the fresh ones we ate.

We feel we are following our natural evolution back to the garden of Paradise. After meeting, we picked apples in Somerset for a couple of months. Then we lived in Glastonbury and had some good initiation time in the vortex of Avalon. Next we set up a garden at my Gran's farm in Cornwall. I also worked at a children's nursery while Joseph made Carob Gold, raw carob bars; and put up marquees. However, we were isolated from 'alternative folk', in lovely Delaware, over the river Tamar from Tavistock.

Onward and upward to Buckfastleigh where we lived with Letitia Clifford who helped start the Funky Raw, and her family. She actually planted the seed and told us of the Azores where we are about to visit. I worked as an assistant at the South Devon Rudolf Steiner School, where I had worked before. A beautiful school of people. I previously did a BA in Steiner Waldorf Education. Joseph promoted drumming workshops in schools with a company called 'Drum Crazy'.

All was good, but we realised we were not living the lifestyle we dreamed of. We wanted to be on the land with more sun and more fruit. Joseph had lived before on our friend, Free Rob Cannabis's land in south Spain, 'let's go there' we thought. Free was really happy to have people to be on the land as he was running his shop, Hemp in Avalon in Glastonbury. So we lived there for a year. It is a piece of land called Satvahsram in between Estepona and a small village called Genalguacil. The land is in a mountainous valley with the beautiful river Almachar running through. Amazing life. We lived in a bell tent and could only see trees and mountains and hear the river and birds. All around were orange and mandarin trees, carob, olives, figs, cork oaks and pines. Swimming in the river, especially in the scorching summer was bliss with the fish. We gardened and foraged and made friends in the nearest village, an hours walk away, (we didn't have a car). Here we realised we needed to live with other people who wanted to live in a similar way. I promised to our friend Joanna that I would only bring my children up where other children were too.



Good friends, Veronika and Lorenzo and Ananda Chris lived somewhere in southern Spain. I had met them all through the Brazilian Church of the Santo Daime, we had drunk Ayahuasca together in England and Brazil, before I met Joseph. Joseph and I decided to visit the 'La Chispa' festival in Marbella in the summer of 2010. La Chispa is an 'alternative life' magazine in Spanish and English. I had a feeling that Veronika and Lorenzo would be there as I had heard they were selling 'superfoods'. Yes they were, and Rio, their son who was three and who I hadn't seen since he was a baby. They asked us if we would like to come and live with them.

So here we are. We live 900m up in the mountains on this special piece of land called 'Ceja de las Águilas', sky of eagles. With spring water, views of mountains all around, in an olive grove. There's a small community of us, all living in our separate family nests and space but with common ground of health and creativity. We have land rules - no alcohol, drugs or meat & fish. So with those things not present, there's a lot of other magic that is. We always come together for birthdays, and often come together for music, food and sometimes ceremonies.

Joseph and I have mostly been gardening and foraging. We like to be creative in different ways, me - poi, knitting, sewing, painting, writing songs and playing guitar. Joseph plays guitar and writes songs, plays swing clubs and general garden design. We've lived in the tee-pee that Ananda made and over-wintered in a cosy wooden cabin with woodburner.

Veronika and Lorenzo live in yurts with an outside kitchen and have lived here for 5 years. They have two children, Rio is 4 and Liana, our goddaughter is 1. They have a business called Lotus Union that sells superfoods or 'superalimentos' in Spanish. Super foods have definitely been slower to take off in Spain than England. Veronika is also a naturopath and has worked in the local yoga centre Kali Yoga to run detox retreats and give talks on superfoods. Veronika is a raw foodie, baby-carrying, elimination communication master Mama. They're a really beautiful and inspiring family to live with.

Nuria is Spanish and has two beautiful children, Luz, 5 and Teyo, 2. She is an inspiringly strong and natural woman who is a doula and training to be a naturopath too. None of the children go to school and their parents don't want them to - Nuria is especially creative with them.

Ananda Chris has lived here for about 16 years and was here to start up Beneficio, the colourful Rainbow community who are our next door neighbours. It feels so good to have so many people living around in a similar way. Ananda lives in a stone house he built with his two dogs and two cats and is studying Chinese energetic healing.

We live an hour and a half walk, or 20mins drive to Orgiva town which is a thriving place, especially on Thursday markets with many a hippie and land lover from all around the world living in the surrounding area.

So, we all get on really well, on the land, it's a beautiful family but I'm missing the sea. We were almost ready to settle down, make our space of love and have a family but we couldn't do it. We can see the sea if we walk a little bit, over the mountains, and the coast is an hours drive away. I grew up in Cornwall and have lived a lot by the sea, swimming and surfing a lot. Joseph loves swimming too. We do have a great alberca here, a small spring water swimming pool which is heavenly in the summer.

However, on the 12th May we fly to the Azores for 2 and a half months. There are 9 inhabited islands, 8 are active volcanic and have hot springs. They are semi-tropical and known as the gardeners paradise. They were renowned for whale hunting, but now for whale watching and dolphins. Apparently the Azorean people feel they are on the islands of the re-surfaced Atlantis.

So, we'll be camping, wwoofing, couchsurfing, hopefully surfing waves and swimming with dolphins and whales. We're looking forward to feeling the power of Yemanjá, the Queen of the Sea.

We'll let you know how we get on... ✿

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High on Raw in the Algarve

Helen Kirby-Roach talks about her life in Portugal, living close to nature and eating high quality local food

Having passed a good few months in various parts of mountainous Central and also Southern Spain over the last few years, we now find ourselves in the Algarve region of Portugal. Ours is not a tour to bring raw to the Portuguese - yet - but simply a move around trying to find where we want to set some roots. 'We' compromising my man and me as our various adult sons and daughters are now living their lives in other places. We came to raw late in life but not too late to reap some unexpected benefits and enjoy some amazing experiences. 'Amazing' being qualified by the degree of cleansing we have so far accomplished!

Although we are in the Algarve region it encompasses a large area, so we are 40 minutes drive from the sea, perched above a small but pretty town. To date, living away from the coast by even just a few miles, means organically grown foods that are not certified organic so are therefore not a horrific price. Normally the actual certification would quadruple the cost. The fresh food here is bountiful thus making it so easy to be raw. The warm weather conditions aid in this greatly too of course.

It is spectacularly beautiful at this time of year (as I commenced writing it is towards the end of January) with the almond trees frilling out daily, vaunting a mass display of snowy pink frothy flowers. Legend has it that an Arab king married a Scandinavian slave who became ill and was diagnosed to be suffering home sickness. The king planted hundreds of almond trees so that she could have her Northern snow, the petals falling are indeed like large swollen snow flakes.

Beneath these trees there lies a velvety lush green floor covering of wild grasses and clover punctuated by wild fennel, comfrey and my beloved nettle (for juicing!) I have no idea of nettle season back in the UK but here it is roughly between January and April. The scent of orange blossom wafts across the fields which are planted with row upon row of these trees, currently heavy with fruit yet at the same time full of flowers, something I find quite confusing!

Eating seasonally here is extremely easy and varied. Fig season has ended now but during the 6 - 8 weeks that 'our' 2 trees flourished, we were picking and eating 30-40 figs a day. I tried freezing these instead of the typical Portuguese way of drying, the intention being to have them in the Winter months as a treat...they freeze and defrost beautifully, and yes we had already eaten our Winter supply well before Christmas ... no self control! Our morning smoothie just does not taste the same without them. They are such a wonder food too! Highest fruit source of calcium and excellent for dissolving mucus (although this is thing of the past on a raw diet.)

No sooner do we lose those but we gain pomegranates...I do have to buy these as there are no trees to hand, but at 1 or 1.50 Euros per kilo they are fantastically cheap and again so full of goodness. We currently live in a tiny house (a converted hen-house apparently, but they must have been happy as there is a good energy here!) surrounded by open countryside and myriad almond and olive trees with the aforementioned fig trees flung in for contrast (most of the latter have not been tended over the years so are

not very productive).

On Saturdays the local market is boosted by little old couples who bring their goods, picked fresh that morning, and sit outside the indoor market area, taking ages to serve and add up the cost. They are however so cute in a gummy deeply wrinkled sort of way that I want to pat them all on the head. I do however solely restrict myself to cheek kissing! They have an undeniable charm and an affability - just possibly fuelled by the morning tradition of coffee and some kind of liqueur- that renders this a spirit lifting experience. They are a hugely generous people, smiling and happy, that just to watch them with each other makes me smile.

During my last visit I was drawn aside with such whispering, to be shown eggs pulled out from under the counter, not wrapped in brown paper, however it was as furtive an operation... I can only wonder if it is illegal to sell these eggs because they are not stamped, but at €2.50 for a dozen do I care? Nopey no! I am also rewarded for buying, by free fruits - often ones I have not bought as have no idea what they are, so thanks to this I have discovered I love diosporo - persimmons, and am shortly to try xu xu otherwise known as chayote which can be eaten raw grated on salads.

We have recently tasted the most delicious squash, at less than 1 Euro per kilo it gets hacked off by request...it is the moistest sweetest squash, just made for eating raw! Speaking of sweet, how about local honey at €2.50 a jar? Pollen for €3.50? It is enough to make one jig for joy ;)

Approximately a 30 min drive from us is the town of Silves. This too has a bustling weekly market full of wonderfully fresh local produce. The joy of shopping here is to experience the sight of storks nesting high on the chimney tops and just sometimes catching them in flight. Fabulous!

Sadly, the nearest supermarket is frequented by many Portuguese which we find incredible as well as disturbing. By and large, the Portuguese in this area have been less infiltrated by fast food outlets and the like, but why they buy half dead veggies and fruit from a supermarket when the pulsing alive stuff is just 3 minutes walk away, puzzles me. (My tenuous grasp of the language is not up to this detailed conversational type of questioning)

We have 3 raised vegetable beds, which to keep myself interested, I chose not to label what I planted with the result that I have been enormously surprised by lots of watermelons appearing as I do not recall planting any ...it is not the right time of year so we shall see what happens there, they are currently the size of golf or tennis balls. All last Summer we juiced bought ones skin and all for the high silica content, and have fallen in love with this energising juice. My nails were also the best ever.

Our Brazilian neighbour knows much about gardening and manages to convey to me helpful tips. I know she

does not grasp the odd concept of raised beds in an area that has much open growing space, but I need to feel I have a controllable space. Too much would overpower me at this early stage of growing our own, plus I am sure we will be moving again before too long so I don't want to establish a permanent garden that it would break my heart to leave.

I have also tried hard to explain that we eat raw uncooked food but given that many who speak the same tongue as me do not grasp this concept, I am not able to get the point across and have had to make do with us being understood to be vegetarians. This is met with great surprise - what no fish either?

Given the way the economy is going, the farming Portuguese are going to be even more essential than currently. Already the enlightened Portuguese are suggesting that people with land get together with others and grow as a communal project. There is also talk a few miles from us, of a LETS type scheme..however because the rural hill mountain village areas are still very much rooted in the old ways, they at least have the capacity to cope with this austerity better than most.

For the specialist raw items we fancy from time to time eg raw cacao powder, maca, spirulina, I order from the UK as they are largely unavailable here or are extortionately expensive.

We did find a wonderful small raw and organic shop when in the mountains in Spain which was such a delightful surprise but so far there is nothing similar here, so if anyone fancies moving in and setting up....???

It is a joyous place and way to live, so much so that my constant desire to be waking up to the sea has almost but almost waned, as my love for the people here has developed. I long to be able to introduce them to the wonders of raw, but am stuck at the moment with explaining I juice my vegetables to make a drink that is good for the health. (Tenho um machina de zumo e cada dia tenho aipo, cuentros, pepino, maca, e muito boa por saude : I have a machine for juice and each day have celery, coriander, cucumber, apple, it is very good for health.)

For days that are spent in the ways of Slow (the book), time flashes by and I find myself completing this in March! The buds are erupting daily on the fig trees and grape vines. Living amongst nature this way and seeing the daily changes serves to remind us that we are ALIVE and as full of potential as all the fruitful plants and trees around us.

Raw in any environment is a blessing in itself because of the enormous health benefits, and spiritual growth, here it is heart skipingly fabulous. Do come and experience it, if you possibly can. ✿

RFD (Raw Food Dude)

Sally Holloway

RFD and the Dudette discuss what puts the 'RAW' in Raw Food Dude...

Then they have a lovely meal under the moon shining through the window...

Is it because raw is Right And Wise?

Does it mean Really Amazing Wonderstuff?

No

No

It's cos you're a Ridiculously Attractive Woman...

..and I'm Ready And Willing!

wink

Losing the Plot

Applying Permaculture principles with Graham Burnett

Two key ideas I communicate when explaining permaculture are “Start small” and “take it easy!” But I have to confess that I haven’t always been ‘walking my own talk’ when it comes to the “minimum effort/maximum effect” principle. I’m often asked how much land my family and I maintain ourselves; “In addition to our back garden we’ve got an allotment that we’re developing as a forest garden and two half allotments where we grow annual vegetables and soft fruits.” Impressive, huh? What I’ve been more reluctant to admit, particularly to myself, is that the edible and useful outputs of the latter two plots have been steadily declining over the last few years.

Things always start off well enough. During the autumn months we usually manage to prune the fruit bushes and get in overwintering crops such as broad beans, Japanese onions and garlic. In the period between December and March a fair number of beds are made ready for the new growing season with either a little light cultivation, mulching or even digging over where persistently rooted perennial weeds have gained the upper hand. By mid April things seem promising – early growth is well under way and the allotments even look pretty photogenic. It’s usually around June that things start to slip. In her book ‘Sweat Your Prayers,’ Gabriel Roth likens the cycle of the seasons to her Five Rhythms body movement sequence. ‘Flowing’ corresponds with the early spring new growth that follows the period of stillness and withdrawal that is winter, before heralding the late spring ‘Staccato’ of wild plants popping up everywhere and anywhere. By the long days of summer the rhythm is ‘Chaos’, a riot of growth and photosynthesis, with vegetation irrepressible in its pulsing need to spread tendrils and leaf surfaces. It’s a joyous and celebratory salute to the sun, but I just can’t keep up with dance any more. Whilst couch grass and fat hen spread across the beds of onions and potatoes my weekends and evenings are increasingly taken up with teaching, writing, family stuff and well, life in general! Somehow I imagined that things would improve when I went part time in my ‘day-job’ in order to concentrate more on permaculture related work, but so far the pattern seems to have been the opposite.

We (literally) lost the plot this year when I visited California in late July to co-teach a full permaculture design course, and decided to ‘put everything on hold’ for the three weeks that I was away. The aforementioned ‘life in general’ however had other ideas. Upon returning I was faced with a bulging inbox and a host of people ranging from my printers to the inland revenue demanding fairly immediate attention. So it was probably another two weeks before Debby and I finally found the time and energy to visit the allotment, where it was clear that one thing that had no intention of ‘going on hold’ was the growing season...

As we picked amongst a jungle of bindweed, thistles and long gone tough runner beans, salvaging a few handfuls of scrubby spinach and pitiful beetroots along our way, a thought formed somewhere in the deep recesses of my brain. A heretical idea, yet at the same time somehow enlightening like a Zen whack on the side of the head as it bubbled up through my consciousness, blurring from my mouth before I had a chance to repress it; “You know, maybe we should give one of these plots up...” Debby looked up at me with an expression somewhere between startlement and relief. “I’ve been thinking that for ages but didn’t want to say anything as I know how much they mean to you.” It was true, having had them since 1992 I had a lot invested here, and not just in terms of the work put in building ponds, planting and maintaining fruit bushes, herbs and other perennials as well as building up soil fertility with compost and green manures. To consider leaving all this behind somehow felt like abandoning an old friend, even though our relationship was becoming increasingly difficult and dysfunctional.

In the past it hadn’t been such an issue. Many of the plots here at Springfield Drive had been unused since the end of the last John Seymour/Tom and Barbara Good inspired self-sufficiency boom of the 1970s, so it didn’t really matter if ours were ‘low intensive’ or that quite a lot of growing beds were ‘given over to wildlife’. However, due to increased public awareness about the health and environmental benefits of locally sourced, fresh, organic fruit and vegetables, for the first time in 30 years the site now has an allotment waiting list. This puts a new perspective on things - it’s difficult to justify having a surplus of under productive land whilst others are crying out for a chance to have a go at growing their own.

Deciding to let go of Plot 130 actually feels like a weight has lifted - a bit like when I sold my 1958 Bedford Dormobile van a few years ago. Even though I was very fond of it, trading in the burden of petrol costs, MOT’s and perpetual parking worries for a bicycle trailer I can fold up and store in my hallway gave a whole new dimension of freedom, simplicity and lightness to my life. Similarly, downsizing our ‘allotment empire’ to something we can comfortably manage to maintain with a couple of hours of mulching, weeding, watering and pruning each week paradoxically feels like entering into a whole new period of abundance. ‘Less is more’ is a healthy mindset that is already making us think more creatively about the small plot we’ve retained. I’m also looking forward to seeing the other plot enjoy a new lease of life when taken over by maybe a young family starting on their own quest for self-reliance. And who knows, I might even get to use my favourite garden tool, the deckchair, a bit more often...

Graham Burnett is a permaculture teacher, designer and author of ‘Permaculture - A Beginners Guide, self published by Spiralseed. For more information see www.spiralseed.co.uk

Poetry

The Kingdom of Heaven

The cell-formations of this leaf
Take away the breath,
For they coalesce
As do the notes of birdsong
In airy heights of unsurpassable grace
Unimaginably!

My horse tethered for departure
In the real-world fairy kingdom,
Passing over her flesh
My fingers experience the joy-thrills
Even as the notes of birdsong in the winds of stillness
As they are passing over the cell formations of the leafy treetops!

For how I wish to die
Into the Winter Forest
The Black winter forest
Where, wherever the spirit of stillness moves
Birds sing and men tell the truth
As charcoals swelling with ruby glow
Beneath the breath!

Autumn
And the birds are less and less
Their songs are breaking away against the immaculate silence of the air,
Even as the cell formations of this brittle leaf
Which, sitting beneath the tree,
My fingers crumble in the ecstasy
The distraction of great peace!

Entering the city streets
How can I tell if it is the leaves or I who tremble?
For every little tree
And, now I know that, every tree on Earth
Is the seed within the heart which is the infinite silence....burst!
Which is Ecstasy, each as a different mode
Outspread in a stillness upon the breath of the starry air!

Standing before the Poplars of the forest
Dying into this snowy whiteness
Dying to this becoming
With the glinting of a million leaves....
Replacing my identity
With one of silver light
Spoken like a word from the green forest
SHE returns to the valley of men!

The birdsong are as adults to me!
Blue voices as I sit
On the forest floor experiencing
This piece of leaf in a single state of rapture with the birdsong
Aah! How heavy upon the finger tip
The reeling vision
Of this living, vivid fragment broken
From the vast melody of Heaven!

by Benedict Goldsmith

Divine Unity

I'm awakening, after the storm
Into a different space
...feels like time and space collapsed
...as I sit on the 'edge' of the universe
...gazing into the vastness of life
My soul – like a drop in the ocean...
Of the presence of life

Radiating the immortality of my soul
Truth is my companion
To the in breath and outbreath of life
Love is the key, the fusion, the unity, the all

I dance through existence
Embracing the eternal life
Love is the continuum thread to all (life)
The pulse of god encompasses me
Forever in my heart and soul
Divine unification

by Sarah Ince

Star of Love

Spirit open
Love flowing
The dance of life, dance of love
Interweaves its force through my soul
Lifetimes coincide, clash, then flow again
The dark and light polarities spark of life
Merging yin and yang

Our tears open the doorway to greater love
Your touch I long for
Your embrace I await
You are my counterpart to our star of love
I hold true, just awaiting our perfect reunion
Not denying our love, revealing our truth
My soul fire from source burns through the
illusion
...the flame of truth remains
...and that truth is love

by Sarah Ince

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