

The Funky Raw

Issue 24 - Summer 2012

magazine

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Healthy eating for everyone



Techniques to Feel Good • Natural Beauty • Raw Recipes

From the Editor

Welcome to another action packed issue, so much so that there's hardly any room for me to write my intro! It was great to interview Anthony Anderson for this issue (p18), he's doing great work "planting paradise". We have an excellent article from Holly and Kenny (p14), which is a great reference for all the techniques we need to be using to feel good all the time. And wonderful to have another article from Derrick Jensen (p32), I've been reading his books recently, you can read my thoughts on page 31.

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

Cover Artwork

The artist Jolita says "I started being guided by my feelings to paint nine years ago. Since then that creative voice never stopped talking to me. I started with a course called "I can't paint" as I was hesitant to start. The course gave me more confidence to go further and explore myself, to give my feelings shape and colour. It's been a wonderful journey which has always been teaching me to listen and surrender, go into the unknown with courage and trust. I thank my inner teacher for gently whispering to me to never give up and never stop learning, embracing and celebrating life with all it's ups and downs."

You can see more of Jolita's art work and purchase originals at www.redantart.eu



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

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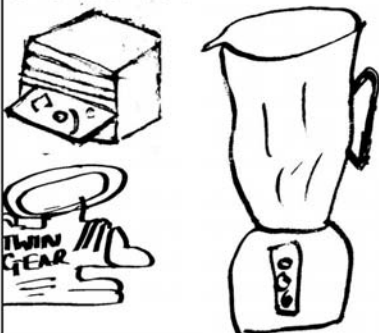
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RFD (Raw Food Dude)

Sally Holloway

RFD works hard to keep his diet interesting. He owns a juicer, a dehydrator, a spiraliser and of course, a blender...



He's just bought himself some crackers but he's not sure he likes their texture...



Luckily the bio-degradable box they came in tastes lovely!



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News

Got a story? Email news@funkyraw.com

Vitality Planet Conference

Sept

8

Not long after we went to press with the last issue the date was changed for this conference, the new date is Saturday 8th September.

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, with speakers Anthony Anderson, Mike Nash, Dr David Jubb, Stewart Pearce, Kyle Vialli and Alla Svirinskaya.

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

For more info see www.vitalityplanet.co.uk

Raw Festival in Cornwall

Aug/Sept

31-3

Not long after we went to press with the last issue, I got an email to say that all the details for the Raw Fest 2012 had changed! Probably the most important change is that the prices has been reduced substantially, although the prices now only includes breakfast, not all meals as before.

The festival includes talks and demos by Kate Magic, Soren Wolff, Heather Gardner, Beverly Bird, plus wild food, live blood analysis, yoga, tai chi, dance classes, live music and circus entertainment plus a supervised kids tent.

Raw vegan food will be prepared by gourmet chef Boris Lauser and other stalls.

Tickets: Weekend camping includes four days breakfast £100 adults, £40 children 8-14 years, under 7s free. Day Tickets £30, children free.

The festival takes place at Stithians showground, Truro, Cornwall. You can purchase tickets and see the full details here: www.rawfestcornwall.com or call 07788998919.

Vitao introduces Gourmet Menu

They have been providing healthy and tasty food in London for many years now under the name Vita Organic, now rebranded as Vitao they are introducing a new menu of gourmet food, both raw and lightly cooked, all vegan and organic where possible.

Some of the foods available include Nori Roll with Avocado and Mixed Seed Pate, Veg Lasagna with Green Pesto, Buckwheat Pizza with Seed Cheese, Samosas, Nut Encrusted Red Pickled Onion Quiche and more.

Plus desserts including Chocolate Ganache and Raw Green Tea, Fig & Chocolate Ice Creams and a range of juices and shakes.

Find out more on their website at www.vitao.co.uk

Vitao, 74 Wardour Street, London. Tel 020 77348986

Raw chef now at work at the heart chakra of the planet!

Trading as 'Raw Mischief', David Woodhouse, professional pastry chef and trained in raw cuisine in America has now taken up residency in Glastonbury's wholefood store, Earthfare and his raw treats and savouries are flying out of the door as fast as he can make them. His food is made with seasonal and foraged ingredients where possible. His breads, tortes, cookies and breakfast bars will also shortly be available fresh to order online at www.foodforconsciousness.co.uk

Ecstatic Dance and Raw Food

One Spirit is a weekly event including dance, live music, yoga, sacred sound bath, meditation and more with a cafe serving organic raw smoothies, chocolates, salads and desserts (plus cooked veggie wholefood).

Saturday nights at The Brix in St. Matthew's Church, Brixton, South London.

For more details see www.meetup.com/OneSpirit-Ecstatic-Dance

Raw Fruit Festival

Sept

12-16

A festival for fruit lovers in Andalusia, Southern Spain. The organisers grow their own fruit plus know other local fruit farms where they can get ripe fruit.

The festival will take place in a natural environment, next to a river with several swimming holes, with hiking opportunities with old oak trees.

Price: 350 € per person, 100 € for children under 16, 50 € for children under 12, and free for kids under 4. This price includes all the organization fees, space for tent camping (we may have some tents available for those who cannot bring their) and food.

Full information on the website: festival.811-friendly.net

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 Funky Raw online shop and a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **10th Sept 2012**.

Advertising deadline: 24th Sept 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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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. If you organise a potluck, email the details to news@funkyraw.com to have it listed here.

Hebden Bridge & Leeds

Meetups and wild food walks, no events planned until September. Facebook page: www.tinyurl.com/rawhebden

South Manchester

A new group, join them at: www.facebook.com/groups/southmanchesterraw/

Glasgow/Central Scotland

Events in planning include Raw Chocolate Roller Disco and Pick Your Own Fruit & Veg www.meetup.com/Glasgow-Raw-Food/

Cambridge

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

Bedfordshire/Northamptonshire

Monthly on Sunday Lunchtime from 1pm. Contact Elizabeth Drake on 07795 250312 www.tinyurl.com/rawbeds

Bath

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

Bristol

See website for future events: www.rawsome.co.uk/category/events/info@rawsome.co.uk

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.

Colchester

Contact Dawn on 01206 735780 or dawn.waterhouse@yahoo.com www.tinyurl.com/dwnaturalhealth

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.tinyurl.com/londonraw

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.

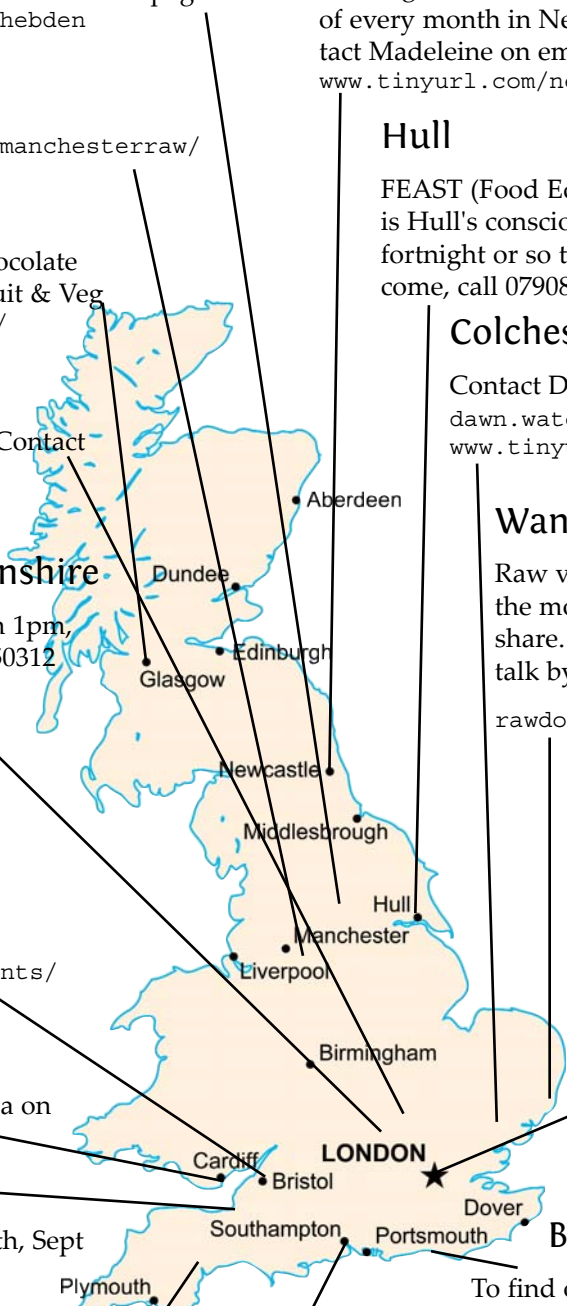
Brighton

To find out about potlucks in Brighton, visit: www.meetup.com/Brightons-raw-food-lovers/ and www.tinyurl.com/rawbrighton

Southampton

Fortnightly pot luck on Sundays 12-3pm. Dates and themes: 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, 28 Oct Competition: most visually stunning gets the prize, 11 Nov Perfect Diet or Cravings?

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/

Come Alive and Thrive on Raw Foods

Date: Saturday 4 Aug, 10am - 5pm (also Saturdays 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.therawfoodschoo1.com/ 07986 458 863

Introduction to living foods workshop

Date: Sat 11th August

Location: Bristol

Description: Learn how to make nut milks & green juices, a selection of raw snacks, dinners & desserts. Full details will be on the website soon.

Contact: info@annamiddleton.com

Website: www.rawsome.co.uk/intro-to-raw/

Raw Magic in London

Date: Monday 13 August, 6.30pm to 8.30pm

Location: Planet Organic, Torrington Place, London

Description: Kate will talk about what are the best raw foods to include and which are the best to avoid. How to transition easily. Some of the common bad habits people slip into and ways to avoid them. How to avoid deficiencies on a raw diet. The natural highs that come from eating the best foods on the planet. The transformations that start to occur in our lives. And why these personal changes are so important to the wider culture and our global environment.

Price: On the door £15 each (subject to availability)

Website: www.rawliving.eu/planet-organic.html

Food, Life, Love, Art!

Date: Wednesday 15 August, 4pm to 8pm

Location: The October Gallery, London

Description: Living Food Workshop with Diego Castro & Vit Jayo from RawAcademy.Tv. In this theoretical and practical workshop they will share a wide knowledge of living food, nutrition and health. Diego & Vit will be preparing for you different dishes ranging from the simple to the more gourmet, offering advice tailored to the specific concerns of the attendees and addressing emotional issues relating to dietary changes and home cleansing techniques.

Price: £50 or £45 Concessions.

Contact: rawacademyuk@gmail.com

Website: www.facebook.com/events/330889503661531/

Food, Life, Love, Art!

Date: Saturday 18 August, 5pm to 9pm

Location: Old Fire station, Oxford

Description: As above (15 August)

Price: £50 or £45 Concessions.

Contact: rawacademyuk@gmail.com

Website: www.facebook.com/events/333584223391437/

Raw Magic Dinner Party at Wild Food Cafe

Date: Wednesday 22 August

Description: Kate Magic is hosting a special superfood dinner party at London's Wild Food Cafe.

Location: 14 Neal's Yard, Covent Garden, London

Price: £35, or £30 each for two booking together

Contact: wildfoodcafe@gmail.com or call 07950 521532

Raw Beginnings with Lisa Sture from "Raw Lisa"

Date: Saturday 22 September, 10am to 4pm

Location: Bideford, N Devon

Description: This is a day of eating without heating! From fresh juices and smoothies to a lunchtime feast with desert, with tea and biscuits along the way - all raw, and packed with nutrition of course!

Price: £60 for the day, all food provided

Contact: lovinglifemagic@gmail.com or 07971148531

Website: www.rawlisa.co.uk

Yoga and Juice Feasting Detox Retreat

Date: Tuesday 25 to Friday 28 September, starts 10am - finishes 10am

Location: Instow, North Devon Coast

Description: A deeply restorative retreat for body and mind. We will be "Juice Feasting", that is drinking as much fresh raw organic vegetable and fruit juices as you like, with additional superfood items. You aim to take in a standard daily amount of calories whilst your body is experiencing extreme nutrition and digestive rest, soothing and calming your system, clearing your head and increasing your flexibility, all of which is in complete synergy with our yoga programme. We are just a few minutes walk from a sandy beach. Therapy sessions will be on offer.

Price: From £385 depending on room option.

Website: www.puraliferetreats.co.uk

Contact: puraliferetreats@gmail.com / 07971148531

Raw Food & Yoga Retreat

Date: Sunday 14 to Sunday 21 October

Location: Biarritz, France

Description: Yoga classes, meditation everyday, a healthy radiant plant-based diet, theory talks to improve your knowledge, a massage of your choice, a hammam session. The retreat is in Biarritz, 100 meters from the beach and 5 minutes by foot to the city center, shops and market.

Price: From 950€ including accomodation, all meals, yoga and meditation, theory talks, cooking lessons, one massage of your choice, one hammam session, a booklet full of tips and recipes to take home

Website: www.biarritz-ocean-detox-yoga.com/raw-foodyoga-retreat/

Sprouting in the UK by Sally Holloway

Review by Susan Laing

This is an easy to use little handbook on how to grow sprouts, micro greens and superfoods! It's not only a wee easy to use inspiring manual but it is also pretty compact and has easy to follow instructions. You could easily keep it in your back pocket if you were travelling too.

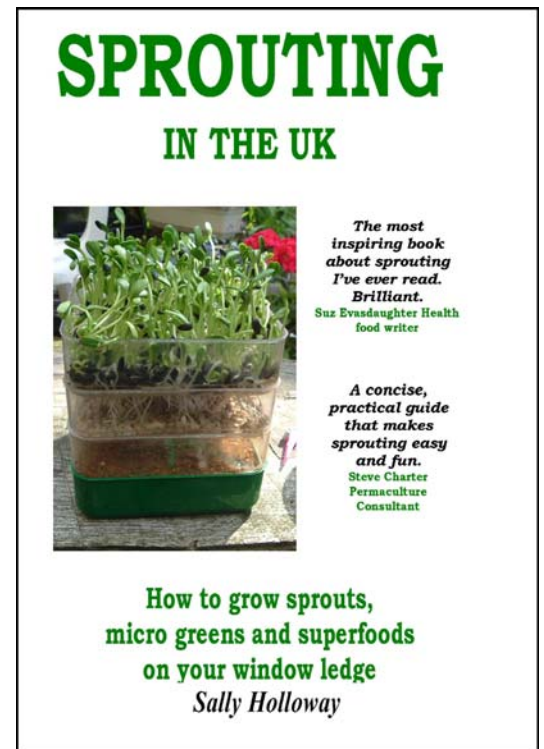
I love how Sally inspires us with the little tricks & techniques she uses for growing your own superfoods. I've read quite a few sprouting books & I'm great lover of growing these little powerhouses and this little handy book just covers enough to get you going on the path of true health! And most of all its written and based on research & experience using good old UK temperatures!

You will learn tips and info from - what's the best sprout for you to grow; How to keep sprouting fun!!! (This is all important) The difference between a sprout & a micro green to how to grow sunflower greens hydroponically!

Not forgetting tips on harvesting & troubleshooting.

It's a must if your looking to be healthy & increasing your energy coz you will become alive with adding some of these little dynamite energy packed natural superfoods.

Available for £2.99 from www.sallyholloway.com



Clay & Herbs 100% natural skin care

Review by Amy Dagley Asop

When Rob, our funky editor offered these clay & herbs products up for review I jumped at the chance and emailed him back before I'd finished reading his email with the offer! I love clay as an all-in-one everything and every day health and beauty product anyway, and the fact that a company has got together and made it simple to buy with added beneficial herbs for specific uses makes it even more convenient to use.

Clay is amazing for hair and skin, and at least some forms of clay even have benefits when ingested internally. Clay removes toxins from below the surface of the skin, it is soothing and hydrating as well as being great for dandruff when used as a shampoo and conditioning for hair, and is also good for getting rid of and keeping athletes foot at bay. Think about it - in the wild furry animals roll around in earth and good dirt instinctively, they know it's cleansing, and hairless animals tend to do this with mud. It's the same thing and they're detoxing and conditioning themselves naturally. this is why mud masks, etc, are so popular in salons, it's definitely a good pure way to go.

What *Clay & Herbs* do is specific herbs for specific needs

so you don't have to waste your energy thinking about and working out what's best - we can use their trusted knowledge. I often have slightly peeling skin around my toes after showering during the warm summer months (no soreness or pain) especially if i've been wearing trainers and socks, even good cotton, and i used their clay foot scrub and even in these circumstances, the peeling has pretty much gone within a few days and my feet are in much nicer condition. The clays smell refreshing in a super-natural way. While it's the foot clay that i can give the most

extreme example of in terms of the health and beauty improvements, the mild face exfoliator and the body scrub live up to the same high standards and there are more products in the range.

Available from www.greenleavesherbalhealth.co.uk

Purifying Acne Masque 50ml £15.70
Gentle Facial Scrub 100ml £29.70
Exfoliating Body Scrub 200ml £39.70
Peppermint Pumice Hand/Foot Scrub 200ml £38.00

Other sizes and sample sizes also available.

Dr Dana Amalgam removal

Review by Sarah Ince

As I step forth through the ornate doorway of Dr. Dana's dental surgery, I breathe in anticipation, not sure what to expect, as this is my first amalgam removal. In fact, this is my first experience with a holistic dentist, so I eagerly welcome this journey into the unknown, knowing this to be a necessary step in my pathway to dental wellness. I have avoided the dentist for two years at least, knowing there must be another way than the brutal injections, and feeling pinned down in the dental chair where what is occurring next is somehow never shared with the patient who the drilling will be 'inflicted upon'. At the last dental treatment, the dentist 'decided' that I needed some fillings even though the decay was minute. Somehow this did not seem right. I felt unnecessary treatments are often given. When I received my first amalgam filling, I had actually asked for a white filling, and was shocked and dismayed when I arrived home, only to look in the mirror and find a silvery filling staring back at me. Initially I didn't put the responsibility for the various ailments that I have experienced since down to mercury leakage. Had I known, that filling would have been removed much, much earlier. I had tried to return to the dentist upon discovery, but he said that white fillings are not so strong, so I should keep the amalgam filling. So I did...for a time...for years...until it dawned on me to start seeking an alternative.

Dr. Dana welcomed me into the room, and briefly explained the process for the

removal, and beckoned me into the chair. Having experienced horrors at the dentists, such as a dentist letting the drill accidentally slip and chip my tooth, and many more not so pleasant experiences, it took a while before I felt perfectly calm. I shared my feelings with Dr. Dana, who quickly reassured me that this treatment would be unobtrusive and gentle. All works in synchronisation with natural methods, such as the use of laser for pain relief and vitalising the mouth. A cover was placed over my face, herbal pastes applied to my gums on regular intervals during the removal, and plenty of flushing of my mouth with water. Holistic powders were also applied to my gums, as I have trouble with bleeding gums. The drilling part was over fairly quickly, and no pain was felt; probably due to the root canal, yet I did not feel too much pressure from the drilling. A tube was placed within the tooth, to which the powder was added for the white filling, which I did feel a little pressure, but overall, the entire treatment was almost 'relaxing'...something I would never have associated with a dentist before. This was astoundingly different to general dental practices. Dr. Dana explained that Holistic dentistry is something she was brought up with from a young age. To Dr. Dana, Holistic Dentistry is the way, rather than a newly acquired belief. Her gentle reassurance that mainstream dentistry is obtrusive, and the suggestion that perhaps something had happened to frighten me in the past, and that I would experience gentle dentistry that is healing from this

point on, relaxed me instantly. I truly felt so at ease that I began to see the entire dental process in a new light. Dr. Dana gave me some products for aftercare: - propolis tincture and a detox tincture.

For the entire following day I felt aches in my body subside, as though I was twenty years younger. On the second day I felt the stored mercury from years of having an amalgam filling, begin to surface to be flushed out. This is part of the natural process – as when the body is not subject to new leaking of mercury, stored deposits are finally free to leave and clear out of your body.

Home Detoxing after Amalgam Removal

Following the amalgam removal, I have continued the detox through supplements and tinctures at home. Following research, I have used the following products to assist for a quicker cleanse and recovery following the procedure:

100% Organic Chlorella, Balanced Amino Acid Complex and L-Glutamine from – Viridian Nutrition and the detox kit from The Organic Pharmacy. During the first few days, I increased bathing with Ina White Gold Crystal Bath Salts and Ahava Dead Sea Mud to assist with the clearing out of toxins.

Also, whilst suffering a little brain fog during the detox, I took Isa's restoratives – Mental Clarity tincture.

Dr Dana Vieru York, 121 Harley Street, London, W1G 6AX. 0207 9350772
www.harleystreetdentist.com

www.organicpharmacy.com
www.viridian-nutrition.com
www.zuneta.com (Crystal Bath Salts)
www.ahava.co.uk

EcoEgg - The New Alternative to Detergent

Review by Sarah Ince

Until now, I had admired similar eco laundry products, yet wondering if they really work. In my scepticism I had opted for eco laundry liquid and fabric conditioner instead, yet felt there was still further to go on eco principles. Ecoegg finally caught my full attention, thus I decided I wanted to try this product out on my laundry. The eco pack contains two types of pellets that you fill the eco egg with:

Black Tourmaline Pellets to loosen dirt from your washing and Mineral pellets which ionise oxygen throughout the water, releasing ingrained dirt from fibres.



I have been so conscious of the effects that washing processes have upon the fibres of clothes, and how some washing powders bleach the colour from your formerly beautifully vibrant garments, or somehow the garment texture thins rapidly, and is a former resemblance of your clothing. I even purchased a washing machine with a honeycomb drum to assist prolonging the life of fabric, afterall, why should the washing processes damage our clothing and linens? The process with Ecoegg is so truly natural, I find myself smiling at how lovely each item emerges from my washing drum. The fibres feel plumped and

ultra fresh, unlike anything I have experienced prior to using the Ecoegg.

I love the advantage that you just put the Ecoegg to the top of your wash, and there is no messy liquids to measure, or strange capsules that simply fail to melt on low temperatures and form a messy sight stuck upon your clothing. Also the product is very inexpensive. I love the gentle light Spring Blossom fragrance.

£19.99 (plus postage), for up to three years use, this must be the best value laundry product around!

Available at www.ecoeggonline.com

More reviews from Sarah at www.ecoluminescence.com

Recipes

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

Tahini Tzatziki

What happens when the freshest spring cucumber meets creamy tahini? You end up with a delicious and satisfying salad that will also keep you cool.

My mother used to make tzatziki in the summer time, of course, using yogurt because I wasn't raised vegan! This healthy alternative is packed full of nutrients. What better way to replace that heavy potato salad on the 4th of July weekend when most of us are already overeating during the family get together!? You really should give it a try, tahini is so yummy and so rich in vitamins and minerals. If you are eliminating all legumes and grains from your diet, incorporating foods that will provide you with high quality protein and all the B vitamins is essential. Tahini makes that list.

Tahini Nutrition

The creamy butter of sesame seeds is a very good source of vitamins such as thiamin (vitamin B1), riboflavin (vitamin B2), niacin (B3), and folate (vitamin B9), and minerals like calcium, iron, phosphorus, zinc, copper, and manganese! Thiamin, riboflavin, and niacin are important for energy production. Vitamin B1 supports the nervous system, B2 can protect your cells from oxygen damage and B3 will come handy for stabilising blood sugar and processing fats. Most of us have heard that folate is a very important vitamin during pregnancy and that a deficiency of folic acid will seriously endanger the development of the fetus. But it doesn't stop there. It plays an important role in red blood cell and skin cell production, keeps your bones strong, helps prevent osteoporosis and the build-up of homocysteine (which can lead to heart disease), and like B vitamins in general, supports your nervous system. Calcium and iron are commonly referred to as being important but we wouldn't be able to build strong bones and tissue without a perfect balance between calcium and phosphorus. Most people who eat a high protein based diet would have to worry about getting too much phosphorus but the opposite might be true on a raw vegan diet if you don't consume enough nuts and seeds. Molasses has been touted as having great benefits for the reversal of gray hair. Why? Because of its high copper content. Guess what, tahini has even more. Copper (and manganese) will help you maintain strong bones and will help your body fight free radicals as well. But it's so high in fat, isn't it? True, but again, it's fat that's good for you! Tahini contains mainly mono- and polyunsaturated fats which lower your risk of developing diabetes! All this adds up to a ridiculously nutritious dressing that is delish....

Ingredients (Serves 2)

4 tbsp tahini (sesame butter)
juice of 1 lemon
2 tbsp olive oil
splash of water for diluting
3-4 cloves garlic
1½ cucumber (or a really large one)
2 tbsp chopped fresh dill/mint/or both
salt to taste

Directions

In a bowl, mix the lemon juice with the tahini until smooth. Add the olive oil and some salt. Dilute it with some water to achieve the desired consistency and then crush the garlic and add to the dressing. Chop up the cucumber into small cubes (or shred it if you prefer it that way) and add to your mixture along with the herb(s). Garnish and serve.

by Dita - www.rawfoodfortruth.blogspot.com



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Real Raw Chocolate Mousse

I love chocolate mousse, although I'd never looked into how to make a proper one before. I did some internet research and found a selection of recipes, and was surprised to find that it looked very easy to make a raw version. The simplest recipe I found was from the book *French Provincial Cooking* by Elizabeth David, which contained only chocolate and eggs. As the eggs are used raw anyway, it just meant using raw chocolate. This is the recipe I used and it was very successful.

Ingredients (serves 2-3)

For the chocolate:

15g cacao paste
15g cacao butter
12g dairy butter (grass fed and raw if possible)
2 tsp lucuma powder
2 tsp carob powder
2 tsp mesquite/algarroba powder
½ tsp vanilla powder
¼ tsp reishi powder
½ tsp honey (I used orange blossom honey)



And the rest: 3 eggs

Method

First make the chocolate. Grate the cacao butter and paste, add the dairy butter and melt over a bowl of hot water (bain marie style). When fully melted, slowly stir in the other ingredients. (Or I'm sure you could use a purchased raw chocolate bar if you prefer.)

Separate the eggs and mix the yolks in to the chocolate.

Beat the egg whites until they form soft peaks.

Fold in to the chocolate mixture.

Refrigerate until set, approx 1 hour.

The website I found had lots of different chocolate mousse recipes, most of which could be easily converted to raw if you want to experiment more:

www.tinyurl.com/chocmousse2

by Rob Hull - www.rawrob.com

Summer Essence Juice

When watermelon is back in season, we know it is officially summer time! Apart from eating watermelon au nature, I love it (possibly even more!) in juice form. Thoroughly hydrating and energising, red watermelon juice is also high in the famous lycopene, beta-carotene and antioxidants – and is super delicious and refreshing! You may juice the rind if it's organic, although it will change the taste and may be slightly bitter.

For approximately 1L juice (can vary depending on your juice):

1kg watermelon "flesh", rind peeled
Optional: juice of ½ lime
Optional: ½ cantaloupe, peeled and seeded

by Aj Chanter - chooserawnotwar.blogspot.com

Raw Lasagna

Juicy and full of flavour. A must for pasta lovers!

4 courgettes (zucchini), sliced extra thin
Wilted spinach leaves (soaked in warm water to wilt)

Faux ground beef

1 ¼ cup walnuts
1 Tbsp coconut oil
1 Tbsp cumin
2 tsp coriander
¾ TSP Braggs (or Tamari sauce)

Chunky Tomato sauce

1 large tomato
½ red bell pepper
5-6 sundried tomatoes in olive oil
Juice of ½ lemon
fresh basil (to taste)

Ricotta cheese

1 cup raw cashews
2 Tbsp parsley
2 Tbsp lemon juice
1 Tbsp nutritional yeast (optional)

1. Marinate courgettes in lemon/lime and olive oil for 2 hours.
2. Prepare the ground beef by processing all ingredients together except for ¼ of the walnuts, which you fold in after blending (so you have some chunks in your beef). Set aside.
3. Prepare tomato sauce in a blender. I like to keep my sauce chunky and so I blend for about ten seconds. Set aside.
4. Prepare ricotta cheese in a blender till smooth. Set aside.
5. Layer the courgettes, beef, tomato sauce, cheese and spinach, in a pan, repeating twice.
6. Let sit for one to two hours to marinate and serve!

by Anika Jensdotter - www.thegreekbite.com



Chia Rice Pudding with Raspberry Jam

This most satisfying meal is just perfect comfort food!

Ingredients for Chia Rice Pudding (Serves 6)

all quantities are approximate (I never measure!)

1 cup chia seed
3 cups Nut milk
Water as needed as the seeds expand
1 cup coconut flakes
Coconut sugar to sweeten OR use xylitol for a sugar free option OR raw honey as desired.
½ tsp cinnamon
pinch mineral salt.

Method

Add the nut milk to the chia seeds and stir constantly until the gelling begins. Leave to gel for 10 minutes, stirring occasionally.

Add the coconut flakes and sweetener of your choice and stir well.

Add more milk or add water to the desired 'thick' consistency.

Add the cinnamon and salt.

Keep stirring until the gelling has completed its magic!

Set aside and make the 'jam'

Raspberry 'Jam'

I like to make a large batch as this is great for days when you want something sweet and good for your tummy!

Ingredients for Raspberry 'Jam'

2/3 cup Irish Moss paste (see below for recipe)
1 Tbs psyllium husk powder
1 to 2 cups raspberries
1½ tsp vanilla powder
2/3 cup xylitol (for sugar free) or honey or coconut sugar as you desire
5 drops Medicine Flower Raspberry essence (to intensify the flavour)
pinch mineral salt

Method

Blend all the ingredients into a smooth paste (or leave some larger bits of fruit to give more texture)

Irish Moss Paste

You will find the best results from using White Irish Moss.

I always make a large batch of paste and freeze it into muffin tin size portions and store some in a glass jar in the fridge ready to use!

Soak the Irish Moss for several hours - overnight in a large bowl of clean water. This needs changing often and give the moss a really good sorting through each time to remove debris, dirt etc.

The moss swells up a great deal so it is worth soaking for a long time - minimum 8 hours.

Once cleaned and expanded you are ready to make the paste.

For each cup of soaked moss you need 2 cups water.

Use slightly warmed water to activate the gelling process.

Place the moss and water in the blender and blend on high speed until smooth (this works best in a high speed blender like a Vitamix).

Now you have your paste, to use in many creations from 'jams' to smoothies and desserts, pies and puddings!

Dawn Houghton is founder of the School of Living Raw Foods.

She teaches live food classes and runs chef training courses specialising in low glycemic gourmet raw and holds regular Living Lightly retreats.

www.schooloflivingrawfoods.com Tel: 07846 824364

Altaira's 3 seed powerballs

The brilliant thing about this recipe is there is no equipment needed. No blenders or food processors unless you need to mill the seeds, otherwise just a large mixing bowl, measurement cups and your hands are all that are required!

Ingredients (makes 12-14 balls)

1 cup milled flax seeds
1 cup milled chia seeds
1 cup hulled hemp seeds
3/4 cup cacao powder
A sprinkle of himalayan pink crystal salts
1 cup of goji berries
2 small bananas
1 dstsp agave nectar (at Funky Raw, we recommend you substitute honey or another sweetener rather than agave)
Shredded coconut flakes

Mix together all the dry ingredients first until well combined.

In a separate bowl mash the two bananas and mix in the agave nectar until well mixed and then mix in the banana mix with the dry mix and work together until the mixture is almost dough like but with a sticky consistency. When the mixture can be worked and rolled as one big ball the mixture is ready for the next sticky stage.

Roll the mixture into small balls in your hands so they make roughly 12 -14 balls, and then once rolled, roll the balls in the coconut flakes. Then put on some baking parchment and put into the freezer for 1/2 hour, to harden them up. These are now ready to be eaten and they can be kept in the fridge for a few days, if there is any left that is!

These balls have been tested on my raw food guinea pig (aka my mother) and she loved them!

by Altaira Webb

The Most Amazing Buckwheat Crackers

Making crackers is what was on my agenda on Sunday morning and it was so lovely to get busy in the kitchen with the morning sunlight coming through the window. Since I had run out of everything that resembles bread/chips/crackers, this was an emergency and I couldn't wait for them to be done. I did not expect them to come out so fabulous though. These are by far my absolute favourite!

For the first time in my raw-cracker-making adventures I used garlic. Don't ask me why it took me so long. Come to think of it...I remember that up until now I was making sure my crispy snacks are more on the "plain" side so that they would go well with anything. Not this time. These are everything but plain, and they can be (and probably will be) devoured just by themselves!

I am not giving all the credit to the garlic either. I also added turmeric and cumin for the first time and the combination of those spices gave it a wonderful hint of Indian-food-like flavour, not to mention the gorgeous colour. flavour and aesthetics are not my priority though. As you may probably know by now, nutrition is at least equally important to me so here's the breakdown of the goods...

Health Benefits of Turmeric

This ancient spice, commonly used in Indian cuisine, is known for its exceptional anti-inflammatory properties and being an excellent antioxidant, and there's a whole list of health benefits that go along with that.

Its bright rusty-yellow colour, peppery, bitter flavour, and most healing properties lie in the powerful compound, curcumin. Turmeric is a natural detoxifier, has been used in treating cancer and for the prevention of metastases, can slow the progression of Alzheimer's disease, and studies suggest that it's effective at preventing it from developing as well. As an anti-inflammatory, it's a natural treatment for arthritis and can also be used to help the skin heal or to treat psoriasis. It's very rich in iron and manganese and a very good source of vitamin B6, which can keep your homocysteine levels at bay and reduce your risk of heart disease. Manganese is essential for strong bones and healthy nerves, and it can protect your cells from free-radical damage.

Health Benefits of Cumin

Another spice that's very rich in iron and manganese, cumin is also a good source of calcium and magnesium. It's a good digestive aid and it can help in nutrient assimilation, but most importantly, it is claimed to have anti-carcinogenic properties, like turmeric.

Just to note, if you have never used either, these spices have quite distinct flavours that will either appeal to you or not the first time around but just give them a try, you might just fall in love with their aroma immediately!

Ingredients:

(Makes 250 bite size crackers)

3 cups raw buckwheat groats

1 cup ground flax seeds

½ tsp ground turmeric

½ tsp ground cumin

1 tsp salt

½ cup olive oil

5-6 cloves garlic

your favourite seeds for sprinkling (optional)

Soak the buckwheat groats for a couple of hours and let them sprout for about a day and a half, rinsing 3 times a day. Once you have buckwheat sprouts (I let them grow to about ½ inch/6 mm length) it's time to make crackers! I have to split up the ingredients and run two separate batches because only so much fits in my food processor at a time.

Directions:

1. Process all of the ingredients in a food processor until you get a well-mixed, sticky lump.
2. Using a butter knife, spread the mixture on teflex sheets (you should have enough for 4 of them) about 3-5 mm thick. Score them to your liking (I made 1.5 in/3-4 cm squares) and sprinkle with your favourite seeds if you like. Dehydrate them at 115 °F (46°C) for a couple of hours before flipping them and then 3-4 hours longer depending on how thick they are and how crisp you like them.
3. They're ready whenever the edges and the center of the crackers look evenly dry. The other way to check on them is by stealing one out of there every half an hour...this is the method I use of course :) but you'll end up with much less in the end!
4. You can let them cool and store them in airtight containers for a couple of months (they will not last that long though), or serve them immediately. They're absolutely fabulous fresh out of the "oven" while still warm. Enjoy and let me know how they came out!

by Dita - www.rawfoodfortruth.blogspot.com



Cool Cucumber Noodles

We all know courgettes or courgette noodles – but what about cucumber noodles? Now it's warming up I find cucumber noodles welcomingly hydrating and crisp. Both spiralizing and peeling work well with cucumbers, but I personally prefer the wider type of noodles you get from peeling them. I even love eating cucumber noodles just with lime juice – they are that good! You may keep the skin of the cucumbers on, but if you make this for friends it makes it somehow fancier to peel away the outer darker skin! :=)

Ingredients

3 cucumbers, dark outer skin peeled
4 heirloom tomatoes, cubed
Handful cherry tomatoes, halved
½ bunch coriander, finely chopped
½ red sweet bell pepper, julienned
½ yellow sweet bell pepper, julienned
Juice of 1 lime
Optional: 2 spring onions, finely chopped

With a vegetable peeler - I found that a tomato peeler works even better to obtain thinner noodles - peel the cucumber lengthways into a large bowl. The middle of the cucumber with the seeds will be left, and you can chop this up and add it to the noodles. Add the rest of the ingredients and eat up! For increased flavour and softer noodles, leave to marinate for a few hours.

by Aj Chanter - chooserawnotwar.blogspot.com



Raw Coconut Chewy Bites

1/3 cup dates
1 tsp raw coconut oil
2 Tbsp coconut shreds
¼ cup raw cashews

1. Process till finely blended, about 1 minute.
2. Roll into balls and then roll again in coconut shreds.
3. Refrigerate for 30 minutes to set and enjoy!

Keeps for 2 weeks in the fridge.



by Anika Jensdotter - www.thegreekbite.com

The Magic of Kefir, the Feel Good Elixir by Holly Paige

My appreciation of the magic of this wonderful organism has gone to new heights recently. Living in nature without electrical appliances it is the safest and most convenient way to keep dairy products. Kefir culture was reputedly first cultured by nomads in the desert as a way to keep milk - it contains a wide range of beneficial yeasts and bacteria which clear out unhelpful organisms in the gut - it also does the same in the jar.

It is being rapidly acclaimed as the most potent probiotic product available, something which I have sensed for a long time from my personal experience. It is also very inexpensive, the culture actually grows so you can give it away, it potentially lives forever and has this incredible life-force which is simply amazing to be around. The name means 'feel good' and it supplies us with ample amounts of tryptophan the precursor to serotonin and B vitamins, all of which will improve our mood.

Most people find it unappealing on first tasting it and have to disguise its sour taste with other foods but if they persevere the body likes it so much the taste buds actually change to find it delicious. Milk kefir is a powerful form of yoghurt but one which is very simple to make at home and involves no heating, you just add raw milk to the living kefir in a jar. Fresh live cultures are available to buy online. Here are two simple recipes which I have been enjoying recently:

Vanilla Kefir Elixir

250ml (½ pint) milk kefir
½ tsp vanilla powder
2 Tbsps lucuma powder

Simply mix into together for a sweet fizzy yoghurt drink.

Cream of Watercress and Strawberry Soup

250ml (½ pint) mild kefir
1 bunch watercress
a handful strawberries
dash of cayenne powder
1 tablespoon lucuma powder (optional)

Blend together for a surprisingly tasty, supernutritious, fortifying and balanced blend of ingredients that covers a lot of nutritional bases.

List of Raw Milk suppliers: www.tinyurl.com/rawmilks
Kefir culture from: www.foodforconsciousness.co.uk

Life is a Precious Gift

Diet is only one part of the solution to feeling good and being in excellent health. In this article **Kenny Sunshine** and **Holly Paige** describe the techniques they use to feel good all the time.

Here on planet Earth in the 21st century there seems to be an epidemic of various physical diseases. But what about the underlying emotional malady that is also running rampantly in our society? Here in England when you ask people how it's going the response more often than not goes something like this "not too shabby" or "I'm coping" or "I've been better" etcetera. Self-pity, victim-hood or the 'poor me' syndrome is probably the most prevalent emotional state you will find as you interact with people on a day to day basis. Well instead of going into a long discourse on the reasons for this and focusing on the problem more than is necessary we want to outline some of the things that can be done on a regular basis so that you can feel good most of the time as opposed to that 'down in the dumps' feeling that for so many people has become a habit and subsequently a way of life. When you are consistently hanging out on the lower end of this emotional scale i.e. self-pity, overwhelm, blame, frustration, depression, hopelessness, helplessness, let's face it, your life doesn't work as well as it could. On the other hand when you get into a more positive state of mind and feeling on a consistent basis everything changes and life becomes easier and so much more fun. There are many techniques we can use to bring ourselves into alignment but here we want to suggest several that pretty much anyone here in the western world can access and apply immediately.

Raw Food/Detoxification

Obviously it's going to be pretty difficult for you to be in a high vibration emotionally if your body is in pain so we think this avenue is a priority. Switching over to a predominantly raw plant based diet of vegetables, fruits, seeds/nuts, superfoods, herbs, seaweeds, wild foods and raw/fermented dairy products can be one of if not the best decisions a person ever makes! Aside from stating the obvious reasons for these lifestyle changes i.e. avoiding disease, a compromised food chain, toxic environment etc. there are of course the incredible benefits that have been reported by innumerable raw food veterans such as increased energy levels, a feeling of being lighter and stronger, greater bone density, greater levels of happiness and joy, pains and ailments completely disappearing, greater endurance, weight loss, clearer glowing eyes and

skin, drastically improved digestion, clearer more cognitive thinking, greater ability to create abundance and prosperity, increased libido, increased ability to attract the opposite sex, terminal illness disappearing, more harmonious relationships, more real friends, greater spiritual connectedness, a feeling of being more psychic, less need for sleep, greater sensuality (touch, taste smell etc.), greater productivity, greater self-confidence and esteem, happier children and appearing to be younger. Added to all this is an indefinable feeling of well-being, happiness and optimism often referred to as the 'raw high' and particularly noticeable when keeping to an all raw diet. This phenomenon is an intriguing one and there is an actual chemical shift in the brain when we take in nutrients undamaged by heat. For example, in response to increased amounts of the undamaged amino acid tryptophan, levels of the pleasure neurotransmitter serotonin go up resulting in increased feelings of happiness and well-being. Raw food does indeed support a natural high and one that is really our natural state.

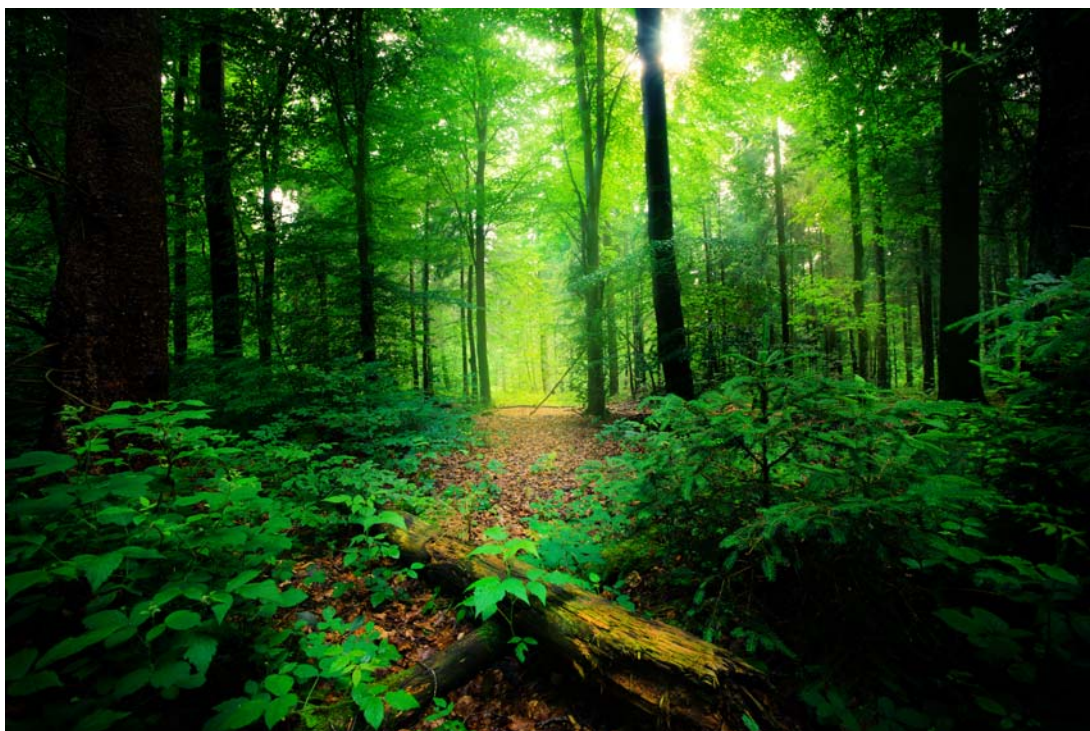
To get the full benefits from a raw food diet it's worth bearing in mind three foundational principles that actually can be applied without going fully raw: hydration, alkalisation and fatty acids. To feel our best we need to make sure we are taking in plenty of liquids - there can be in the form of juices, smoothies and teas as well as water. We need to alkalisise our bodies by taking in plenty of greens. And we need to make sure we are ingesting adequate essential fatty acids - these are nutrients which are crucial to brain function and that we cannot manufacture in our own bodies. Omega 3 is the one most likely to be lacking and is found abundantly in hemp, flax and chia seeds, fish liver oil and vegan DHA supplements.

Walking outside, preferably in nature

Walking is one of the most underestimated activities there is with regards to our health and well-being and unfortunately due to reliance on the auto-mobile one of the most underused. Medical science now knows that walking on a regular basis cures depression in more than ninety per cent of cases!

Preferably go out into nature or, within a city, find a park

and go barefoot. We are more electric than we are chemical and if we were living more as nature intended we would spend far more time walking on the earth, lying in grass, swimming in natural bodies of water and so on. Indeed we would be conceived, born and sleep in contact with the bioelectromagnetic aura of the earth. Planet Earth is like a giant nuclear reactor that emits negatively charged electricity or electrons. These electrons are there in nature as a way for us to be 'grounded' and connected - you could even describe it as 'charged'. Within the charge of the Earth our vibration is modulated so it is in harmony with the circadian rhythms or our environment. Shoes and also our homes for the most part act as insulation from this natural defence mechanism. To find out more about this fascinating subject listen to Clint Ober in a revelatory interview about Earthing here tinyurl.com/earthing2 There is now a lot of information on this subject on the web including the healing of chronic apparently incurable conditions. On the more esoteric side of this subject we receive information and guidance in the day to day living our lives through contact with the Earth, it is almost our original internet connection. Our desires become more health and life-affirming when we are immersed in the Earth's field rather than that of the artificial electric grid. Many years ago Fereydoon Batmanghelidj, in his book *Body's Many Cries for Water*, made known the crucial importance of drinking adequate water in the maintenance of basic health and prevention of disease. Now we are learning that 'earthing' is a similarly crucial requirement for health. The recommendation is at least 20 minutes twice a day for basic health needs. Of course we all know that spending extended times of time in nature can take us to new heights of well-being. Walking in nature also has a psychological effect due to the effects of moving and looking into the distance and widens our mental horizons and sense that we can move forward in life. When we are walking we are focused on what is front of us whilst staying subliminally aware of what we are actually doing - in this way it resets us with good mental habits and clears our minds for inspiration.



Smiling and Laughing

Have you ever noticed how it is impossible to be depressed or feel constricted when you are laughing or smiling? In fact there is a reason for the existence of the saying 'laughter is the best medicine'. If you're feeling out of sorts remember to smile it will instantly make you feel better. You could also watch a funny film or if you haven't got time for that go onto you-tube and find something to entertain you for 15-20 minutes. Laughing, whether it is spontaneously occurring or even if you force it by at first pretending creates an electromagnetic response in the brain that subsequently stimulates a chemical release of peptides that have a profoundly beneficial effect in our physical bodies. There are numerous cases people being cured of terminal diseases because they employed a regime of regular laughter instead of scalpels, drugs and radiation. Prove it to yourself by trying it out. Remember the more regularly you do this the better you will feel more of the time.

Thought Field Therapy / Emotional Freedom Techniques

TFT or EFT as it is more commonly known is one of the most powerful tools that we have personally come across during over a decade of research in the field of energy medicine and transformation. It is a blend of Chinese medicine and modern psychology in which you take two fingers and tap on specific parts of the body that are located on what Chinese medicine calls meridians. According to Chinese medicine these pathways often become blocked which leads to problems in the physical organism. Traditionally Chinese medicine uses various techniques to rectify these blockages most notably acupuncture.

Roger Callaghan discovered this technique basically by accident during the earlier part of his career as a psychologist. He was working with one of his clients who had severe phobia of water to the point where she couldn't even give her children baths. One day he asked her where exactly on the body was the source of her emotional distress. She replied "in my gut around the solar plexus area". He had just come back from Asia where he had been studying rudimentary Chinese medicine and he remembered that the point on the bone below the eye corresponds to that part of the body. He got a hunch and told her to tap the point while thinking about her phobia. She did as he instructed and, to cut along story short, her phobia was gone permanently! He later went on to experiment with other acupuncture points and various sequences of tapping and came up with the modality called

She replied "in my gut around the solar plexus area". He had just come back from Asia where he had been studying rudimentary Chinese medicine and he remembered that the point on the bone below the eye corresponds to that part of the body. He got a hunch and told her to tap the point while thinking about her phobia. She did as he instructed and, to cut along story short, her phobia was gone permanently! He later went on to experiment with other acupuncture points and various sequences of tapping and came up with the modality called

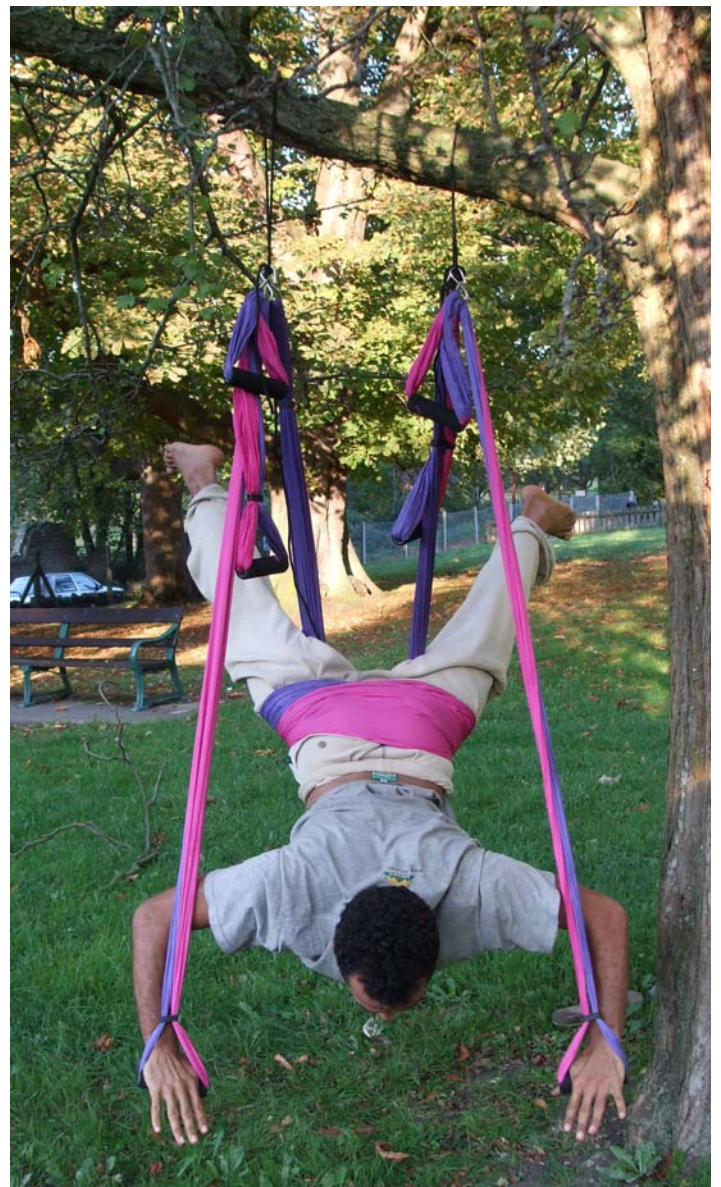
thought field therapy. One of his students, Gary Craig later came up with emotional freedom technique or EFT which is just a slight variation but is basically just as effective.

This kind of technique can seem kind of strange and is easy to miss or disregard but it is one of the most powerful and effective ways to change your emotional state and can even transform long standing core beliefs. It is very easy to learn and can be applied in a few minutes on most issues. A friend of mine in California who is a trained practitioner works predominantly with African Americans who are underprivileged (and a lot of the time homeless) in the ghetto of the bay area cities Oakland and Berkeley told me a few years ago that since he switched his modality from NLP to EFT he has had a 95% plus success rate with clients regardless of the issue! He was getting about 70% with the neurolinguistic programming which is pretty good but going up more than 20% is a very significant increase and so he has never turned back.

I have met lots of people who missed this one simply because they didn't really apply it in their lives long enough or consistently enough for the effects of it to register on their senses. Don't be one of those people! Check out these links and learn how to apply this technology in your life. What happens may amaze you. You can download a free guides to tapping at Roger Callahan's site, www.rogercallahan.com and www.thetappingsolution.com and a free guide to EFT at Gary Craig's site www.garythink.com. The tapping routine is very quick, simple and straightforward and moments when we are emotionally uncomfortable become ideal opportunities to permanently clear long-standing issues and access resources within ourselves that we never realised we had. Discord with or the loss of another person from our lives is the hardest pain that most of us experience and there is even a tailored tapping routine that can relieve this kind of trauma that might otherwise take months or even years of grieving.

Exercise

Now a lot of people are resistant to this topic mainly because it is often looked upon as something that is to be tolerated and endured. This is mostly a mental block and is often based upon how we think things should be. A great approach is to choose a form of exercise that is fun for you rather than punishing yourself and telling yourself you have to go through some long drawn out ordeal realise that you can get a lot done in just 10 - 15 minute bursts which can be repeated several times a day. In fact this is the way children naturally exercise and is the best way to stimulate the production of human growth hormone, essential for not just growth of children but also the maintenance of our bodies. For us this approach works very well but others may prefer the structure of a yoga class or a personal trainer. There are myriad of choices, for example walking, martial arts, bike riding, resistance exercise, yoga, weight lifting, running, gymnastics etc. Choose one or a combination that you can consistently apply and your emotional state is going to improve. The yoga swing is a fun, easy way to get those minutes of exercise that make all the difference. Hanging upside



Kenny exercising on a yoga swing

down in it also lets blood flow to the head, moves lymph fluid and so detoxifies the body. You can see a video of its use here: rawrecipesforsuccess.blogspot.co.uk/2011/10/yoga-in-park.html In fact one of the great benefits of exercise is to move our lymph fluid. Like our blood, lymph fluid has a job to do of carrying around nutrients and removing toxins but unlike blood it is not pumped around the body and we need to move to make lymph move. Another mechanism by which exercise makes us feel better is that it increases endorphin levels. It also helps in the uptake of tryptophan to make serotonin, that chemical messenger of happiness and well-being mentioned earlier.

As time passes you may find that you get hooked on working out and thus will want to spend longer times at it. As we obtain more helpful information and improve our lifestyles, our addictions and resistances have a tendency to be replaced by what could be described as an addiction to feeling better.

Sunshine

It's well known that we all feel better when the sun is shining, but what to do about it in a country such as Britain when it's not?! There is actually a lot we can do to

compensate for the lack of sun. If available in your area a sunshower is a wonderful way of getting a blast of much needed UVB light on the skin of your entire body. It involves entering a cubicle wearing eye protection and being exposed to 3 to 6 minutes of UVB. Between September and March in Britain, varying slightly according to latitude, the angle of the sun is such that we do not actually receive UVB light rays. As well as making you feel like you've had a day at the beach, a sun shower can have an amazing effect on food requirements as food is assimilated differently when we get sunlight. Because of this it can help prevent weight increase in winter and also takes away that pasty look it is so easy to get. Wait a few hours after a sunshower before showering or bathing to let the vitamin D be assimilated. Taking vitamin D in the form the body can use i.e. D3 is important for those of us living in this kind of climate. Vitamin D is a hormone as much as a vitamin and has been dubbed the 'happiness hormone' Incidentally walking outside early in the morning and going to bed reasonably early at night aligns our circadian rhythms and can have miraculous effects on our happiness and productivity levels and is so often overlooked in the distractions of our 24/7 culture.

Mental Attitude

As we become lucid enough to see how much creative input we have into our life experiences and start to make more informed choices regarding our thoughts and actions our lives can become so significantly better that it becomes obvious on a moment by moment level that life is indeed a precious gift and not the burden that we have at times experienced it as! The very fact that we have choices makes it a gift rather than a burden. The trick is really not to get caught up in physical circumstances rather take a mental step back and think about how we would like life to be and work from there, weaving this into what we currently have on our plates. There are many unhelpful things we have been told but perhaps the most insidious one is that it is somehow virtuous to suffer and it is through doing so that we will deserve reward. Actually nothing could be further from the truth and if the most significant spiritual truth is that we are all con-

nected then surely the best thing we can all do for ourselves and each other is feel better.

In addition to the physical things we can do to make ourselves better there are some mental habits we can adopt that can transform the quality of our lives.

Gratitude

Soon after waking if we can think of a few things or at least one thing we are truly grateful for it starts the ball rolling for the day. When we focus on gratitude it automatically attracts more things into our lives to be grateful for and also connects us in an appreciative way with other people. Choosing to think about what we want rather than what we don't want is a related practice.

A Sense of Purpose

This may even be the starting point of it all and the main key to happiness. It is a way of channelling our desires in a constructive way that benefits ourselves and others long term. It can begin as a simple desire to feel good. Our goals connect us to our purpose in life. They need to be big enough to excite us and manageable enough so that we know we can achieve them. Then we feel good thinking about them and working toward them thus enabling us to delay some gratification in order to experience greater reward in the future. This practice in itself significantly increases our sense of well-being and keeps levels of dopamine, the enthusiasm neurotransmitter, high.

A Commitment to Turn all Circumstances to our Advantage

When things fail to go according to plan or 'go wrong' we decide that we will create something beneficial out of whatever has happened. Not only does this create great benefits for us in our lives but it also gives us an inner confidence that no matter what happens, all will ultimately turn out well. This attitude in itself can bring miracles into our lives.

You can learn more from Kenny and Holly and find out about their raw food classes at their websites:

rawrecipesforsuccess.blogspot.co.uk and
www.foodforconsciousness.co.uk ☼

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Interview with Anthony Anderson

Anthony, famous for being “The Raw Model” will be coming to the UK in September to talk at the Vitality Planet conference in London. Rob Hull spoke to him on the subjects of permaculture, diet and more.

What got you started with growing your own food and permaculture?

The original intent was to simply design a life that didn't require lots of bills and headaches to maintain. I wanted to minimise expenses (without sacrificing most comforts) and have that extra saved money for travelling and manifesting projects. Once I got into conscious eating, the path eventually leads to growing your own. So these two worlds melded really wonderfully. I later found out that it was called permaculture.

Can you briefly explain permaculture from your point of view?

To be honest - its basically a way of designing paradise. Its more than organic gardening... its a way of life. It can include living in a house the produces more energy than it consumes, and having abundance in every facet of life, and living in a backyard that frankly looks like the Garden of Eden. I think it is a birthright for every human - and the beauty of permaculture is that it is more accessible and creates more abundance locally than anything I can think of. Especially with Agritourism (Eco Bed and Breakfasts located on working farms) and organic superfoods grown abroad.

Tell us about your Grow Paradise project?

Grow Paradise was a natural extension of what I was promoting through youtube and facebook via Rawmodel - I really saw that if an average suburban middle class family could adopt these principles of planting fruit trees and berries, and vegetable gardens in their yards, they would be overflowing with abundance within a few years. This seemed more than just green living, it was

about personal and communal liberation. I saw the permaculture and food forests accomplishing this.

I want people to be free. I want them to be able to earn money from their passions and live in these paradise gardens that feed them nutritious organic food. With the internet these ideas could spread quicker than ever, and at a most crucial time, so its a must to inspire and show that it really is possible.

Grow Paradise is a social entrepreneurship. Its in early stages still, and we have already done a project abroad. The key is using the events to inspire people via youtube and the rest of the web.

Soon I will be offering stickers, organic tote bags, other aligned products to help pay for expenses, and any donations we get fund the future “planting parties”. We have a few coming up in Harlem within the next few weeks. We show the kids how to make easy smoothies and plant trees. There are few better things to do!

What can people do to help with Planting Paradise?

Ideally, one can physically start planting wherever its possible. Whether its a sprinkling of wild edible seeds on your walk to work, or planting a 20-tree food forest in your backyard, it all adds up.

I love it when a few citizens realise that their garden is actually their neighbourhood... and start to take care of it as it should be... suddenly magic infuses into the area. It only takes a few people to make this happen - that is the beauty of permaculture.

If one doesn't have the space, there is always sprouting and growing seedlings to offer to friends, rooftop gar-



dens, but even more importantly is to vote with your money and support the people who are already bringing good food to your table without dousing it in pesticides. Keeping the money circulating with the people that are actually walking the talk will result in more and more people adopting these practices. And that is where it will soon be going... where its just natural to have raspberries and chickens in your backyard, or to have cities covered in trees so when one flies over, it appears as if nothing is there. This is the world that I envision in the next 10 years if people actually want it and put just a little percentage of money into manifesting it.

Can you tell me a little about your diet? I've also recently added meat and fish back into my diet and it seems that many others are doing the same. Are you still eating a raw diet?

I still have a high raw diet, but I don't focus on it too much as before percentage wise. Much of it is plant based, but there are now high quality animal products included. Grass fed raw dairy, especially from goats is a truly excellent food for me. Everyone is different. Most people digest fish quite well actually, and there are still options that are tested to be very clean and free of carcinogens. It changed everything for me. I had some times of really bad digestion, and the cravings would be replaced with loads of dehydrated crackers and nuts and

would leave me feeling very sluggish. A little grass fed butter was all I needed.

From your experience, what's the key to being super healthy?

High quality water is key, as is naturally grown food loaded with minerals and hopefully with love. Clear air too. Those three things seem to make all the difference. The details will consume some people... but those three core items will fix nearly all issues in life.

By "High quality water" I assume you mean spring water you have collected your self?

Yes that is optimal... I leave it open so people can do what works best for them. See findaspring.com for finding local spring water.

Tell us about the Vitality planet conference in London and what you will be talking about.

I'm very excited to be coming back to the UK! I worked there as a model in 2009 and am so excited to visit everyone. I will be speaking about "Growing Paradise"... everything around the idea of designing this way of life for true health, freedom, and abundance. Now is the best time to be talking about these issues, and I'm thankful for the organisers to be bringing this info to London.

If you could recommend people read one book, which would it be?

Gaia's Garden by Toby Hemenway.

And is there one video/dvd you would recommend?

The Man Who Planted Trees... you can find it on Youtube and Amazon.

Find out more at Anthony's websites

www.growparadise.com and www.rawmodel.com

The Vitality Planet conference will take place in London on Saturday 8th September 2012 from 10am to 8pm. To find out more see www.vitalityplanet.co.uk ☘



11 Simple Tips on How just to Bee and connect to the moment

Learning from the bees with Susan Laing.

I'm starting this little piece of writing with Bees! Yes. I have a very shamanic heart felt space for these amazing beautiful and wonderful zzzests of life form They are an abundance of knowledge within their **bee-ingness** and serve as images of the miraculous **inter-connectedness** of life. Bees and their working **busy bee** hives and lives are an image of the network of **invisible nature** that **relates all things to each other** in an ordered harmonious pattern.

They are shown to have bee-n present in ancient Sumerian and Egyptian mythology and images are even present today in crop circles. May-bee they are connected to some form of extraterrestrial or spiritual living energy from another dimension!? Who knows? The Bee Goddesses were respected for their power and wisdom which should tell us a lot about these special bee-ings. They are still respected in some tribes where they **know** and understand the interconnected-ness of everything in nature... see the beautiful and amazzzing video The Bee Goddess Shaman on you tube www.tinyurl.com/beeshaman

"The bee is a form of the Goddess interconnecting everything in the forest (pollinating) but also a microcosm of an inner cosmic web the tribal elders carry within themselves, the Akha Yung. For Busa, nature is not distinguished from humankind, the bee is Busa's vehicle to the waters, the moon and the rooftop and canopies of the sacred forests and the world. She is the 'bee keeper' in the forest spiritually binding the bees and the Great Mystery to the tribe, the hymn of creation" - from the Bee Goddess Shaman video.

Bees Dying off, Colony Collapse

Einstein always said "**when they go, we go**".

I have always believed this... **they will bee our messengers.**

Bees are called such because they help **create a space to BE in** and **BE aware**. So where they are no longer present our Bee-ing will become more difficult and we may find ourselves bee-coming **disconnected**. Did you know that the sounds made by the gentle bee humming can heal geopathic stress and so on and these sounds can help to diffuse and dissipate discordant vibrations, frequencies and waves on this planet BUT unfortunately not the EMF waves from our mobile phones and computers and so forth.



Bees are sacred

Haven't you ever wondered what it would be like once again, to bee just living in the moment like we did when we were an innocent, carefree, intuitive and non judgmental and connected to nature *rainbow* child? No worries... no hurries... and no monies... Well of course in this fast paced, ever achieving, goal orientated culture this can be a life time achievement to actually become aware of our body wisdom or should I say our Dantien, our true heart felt *gut* instead of using our head. So imagine if we can become present and connected to nearly every **experience** no matter where we are and what we are doing then this little bit of info could just bee a wee simple reminder for us.

When we learn to focus on the moment and bee in the moment of whatever you are doing and going with the flow of Chi it helps us to redirect our thoughts from worrying about the past or the future. And the more you practice awareness of energies around you and within you then you will see how it helps to create a stress free body. Bee-ing in the moment and meditating can bee doing anything you enjoy to doing the ironing! Of course it is easier when we are in the moment of doing something we really love and when we are truly focused and forget about everything going on around us which truly creates space and light within our cells and bee-ing.

These are tips that you could practice almost anywhere from sitting at your work desk to washing the dishes and preparing and eating your food. Bee-ing mindful and aware of our thoughts are the keys to freedom and happier bee-ing:

1. Bee-come aware: if your spine is straight or if you are slouching is a good place to start whether you are standing or sitting. A spine that is erect will help to open up the chest and lift the shoulders and create space in the joints and in the lungs.
2. Bee-come aware: of how your legs and feet are positioned. If you are standing spread the weight evenly between both feet and gently let the knees slightly loosen and bend...this is similar to Qigong . Letting the Chi or Prana flow through the spaces created in the muscles and joints. And if you're sitting just make sure your legs are not crossed and again spread the weight evenly between each foot . Feel connected to Mother Earth and imagine your feet becoming like the roots of a tree . See the roots spread into the earth. This is really powerful!

3. Bee-come aware of the muscles around your face and head. Notice if there is any tension in the forehead... are you frowning? Are you tight lipped? Is the jaw tight. Just bee-coming aware of these simple body positions and muscle tensions can create space and therefore create chi and energy with nano seconds.

4. Bee-come aware of your breath. This is really an all important everything. As breathing properly will let the oxygen circulate better into our cells and immediately reduce our stressed acidic body. So breath from the base of the lungs. Just try as you breathe in push your belly out as if you were trying to make yourself look pregnant! Its an amazing but simple step. This lets people use the lower lobes of the lungs as most people run around and forget to breath from all the parts of the lungs. And try just 3 of these breaths and wow! You will feel good immediately

5. Wiggle the toes if you can and feel the top of the head, the scalp, even the hair follicles. This is all just body awareness .

6. Then move to the abdomen and bee-come aware of any tension here. If there is and you suffer from IBS or anything similar you may need to try deep relaxation lying down. And notice what sort of day you have had that may have caused this

7. Bee-come aware of your thoughts and focus on every action you are doing like if you are doing washing up, and you are not a lover of doing this then you can use a mantra made up by yourself. To make it fun you can sing to yourself. The mantra could be something along the lines of "as I wash this glass I can see my reflection in the glass" and you could even add things like "my gorgeous bee-ing" . Say anything to yourself as if you were speaking to your child. Gratefulness is another good mantra. Just to say "I am grateful for having dishes to clean after a delicious meal" etc. For any raw foodies out there it could be the dreaded cleaning of that juicer! And you could dance too. Just bee dancing
www.tinyurl.com/dancingbee

8. Bee-come aware of your food using all your senses. Not watching the TV or talking at the same time as eating. Doing this you may notice some unhealthy habits disappearing, for example eating when you are not actually hungry and it might simply be because you are bored. You may notice when you are full and stop eating. Focusing on the smell of your food more and chew each mouthful well will all help the digestion and much more than you can begin to imagine.

9. The more you learn to focus on the moment the less stressed and healthier the body will bee-come. No matter how often your mind wanders off to think about something else just learn to refocus and stay in the moment and bee-come connected again to you. I guarantee you it makes a HUGE difference in your well bee-ing.

10. And if you can go barefooted outside doing anything will always help you to bee-come grounded and connected. See my blog www.tinyurl.com/walking-barefoot

11. Ok so here is a squeezed in number 11... if you wish to take it a step further you could add a daily sitting meditation with your eyes closed just even for 10 minutes and bee-come aware of your thoughts, body sensations and the breath and always bringing your awareness back to the moment.

Why don't you bee-come your own BE Goddess or God in this very moment.

One of the most beautiful videos I've ever seen about a Bee Dancer - not to be missed
www.tinyurl.com/dancebee

The life of a bee

Mr bee just needs to bee
That's how it is u sea
You can hear the buzz
And it may seem all a fuss..zz
Its just his way of bizz
Its all truly bliss..zzz
He stops at every open flower
Coz he has the power
Of making sweet nectar
Made in abundance by mr hectar
Every red, yellow, n orange petal
is waiting for him to just seattal
whilst he whisps his hairy back legs
taking all the pollen eggs
to his own bee hive
where he feels alive
making natures truly divine
elixir and shine
tis this honey
that is their money
altho they need not spend
I know its difficult to apprehend
Its just so simple
& don't we want it to be that simple
That life of ours
Without counting the hours
And just wanting to be
a bee
bzzzzzz

*Susan Laing practices Naturopathic Iridology and Nutritional Healing in West Yorkshire. She also trained as an Ashtanga Yoga teacher and follows the Shamanic path. She is now focusing on writing articles and poetry and her book. For more information see: www.iridologyforhealth.co.uk
www.raw-spirit.com ☘*

Our Wonderful Native Elder Tree

Everything you always wanted to know about elder trees but were afraid to ask! Dawn Waterhouse covers legend, Elderflower Champagne and Tea, Pea Shooters and more...

Our elders hold a great deal of knowledge and wisdom, that is often unseen and unappreciated. In Britain they were once associated with witches and transformation. In my research about our wonderful native tree (not our aging generation) I found a wonderful story about the Rollright stones (located on the Oxfordshire / Warwickshire border). Simplified, a king and his army were turned to stone by a witch, who then turns herself into an elder tree to keep an eye on him. In the past, at midsummer the “witch” (elder) was cut (pruned) and bled, and the king would turn his head to watch this with pleasure!

There are many tales of the magic of the elder... it is said that you should ask before you prune her, and offer something in exchange to the tree. An odd ritual for a tree one may think... however, according to the wisdom of the green man, the elder signifies that wisdom comes from sacrifice, it is also said to offer protection to those who use it. A further story tells of how the tree acts as a portal to the fairy world if you sleep under it, and that if you stand under it on midsummer's eve, you will see the faery troop go by (I have not tried either of these yet so really cannot confirm their truth!)

Well - myth is fantastic, but how do I identify an elder tree so I do not get eaten by witches or unwittingly transported into the other world of faery folk?

The elder is a member of the honeysuckle family, and is a broadleaf, deciduous tree that can grow up to 10m high. Its Latin name is “Sambucus nigra” but it also has other common names such as dog tree, fairy tree and pipe tree (there are others). It is a tree that goes barely noticed, yet when in full bloom, you notice it every where along roadsides, train tracks and hedgerows

It has heads of beautiful clusters of little white lace like blossoms at midsummer and their smell is just like that of elderflower cordial (funny that!). Around the autumn equinox they have little clusters of amazing purple berries that the birds love to enjoy. Seeds are scattered by our thoughtful birds along with a free delivery of manure to get the ball rolling!

Elder has many uses. The easiest ones to remember are solstice colds. The midsummer solstice is when this pretty tree is in full blossom, and so nature provides the medicine for summer colds and hay fever just as it is needed.

The flowers are part of the tree that helps with these ailments (they also contain lots of nutrient rich pollen) - elderflower champagne and elderflower tea are two really simple remedies you can use for these ailments (recipes below). The autumn berries can be picked and turned in to a tincture and used for winter coughs and fevers (I put mine in a jar, just cover with vodka and leave until needed... I use just a few drops in water/ juice). Mother nature knows just what we need! (**Please Note:** Some texts regard the raw berries and leaves of Elder as **poisonous** - that said, they are also regarded as valuable medicines. As with all herbs, **please seek advice if you are unsure** before using). Leaves can be used as deterrent for midges and flies from people or livestock due to its pungent smell. One definitely to grow by the compost bin or manure pile. Another of the mystical sayings I have read of the elder is that if you burn it you will be consumed by the devil and if you grow it by your house you will be protected. I guess there is protection on a practical level from flies (and in days gone by this would mean disease) and the consuming devil may be the fumes released by fire! To this end, there used to be a ritual of gathering elder leaves in late April and affixing the leaves to the doors and windows to protect from witches

Throughout time this versatile tree has been used for a skin toner to help clear freckles.

Elderflower water can help with sunburn and skin irritations. One simple way to use this in a first aid manner is to add elderflowers to a fine mesh bag and use in the bath. Elderflowers are also said to whiten and soften the skin - just what we need if the sun leaves its fiery mark! (But always best to experiment with a patch test first!)

I have been asking the universe for an elder tree in my garden for several years now (mainly because it is supposed to be a great companion plant for gooseberry bushes - the gooseberry sawfly is also said to be averse to the elder). Cosmic delivery strikes again,. Once our torrential may rains finally broke for a day or two I found not one, but two beautiful young elder trees poking through my hedge! I thanked the universe for the gift and on midsummer's day I enjoyed a beautiful glass of raw elder champagne!

This is such a simple recipe to create you will not fail to make a beautiful drink.



Elderflower Champagne

Ask the tree for permission to pick a head of elderflower blossom, cut the stalk and carefully shake off any bugs that may be present. Make sure you leave plenty of blossom on the trees to turn to berries for the autumn, and kindly thank the tree.

Place the flower stalk blossom downwards in a large glass jug then pour on filtered or locally sourced spring water.

Leave to infuse with a cloth over the jug for a few hours. Pour off the flower blossom water through a sieve into a glass or a jug.

Serve chilled for best results.

(I then obtained a second batch of the elder flower water by refilling the blossom jug with water and allowing to infuse for a longer period of time).

I personally enjoy living life without sweeteners... so to me this is a beautiful thirst quenching refreshment for an English summer day (even if it does rain a little!). If you are prefer a sweeter drink, you could always add a little dried fruit to the infusion, or perhaps even a little raw apple juice.

Elder Flower Tea

For this you will need a herbal tea pot/ or a tea ball

Place the elder flowers in the tea pot / ball (you can use dried elderflowers for this)

Pour on water that is just off the boil

Leave to infuse for a few minutes, a short infusion makes a sweeter drink.

Strain, and enjoy. (Can be served in apple juice for those with a sweeter tooth, or with a little honey or sweetener of your choice).

I often get a serving of the tea from the same pot, by refilling with off boiling water and allowing to infuse for a little longer.

Elder Pea Shooter and other Elder Toys

Ideally use wood that has fallen from the tree, if none is available please ask the tree if you have permission to prune and if yes, where to cut (you will hear the answer in your thought). Always remember to thank the tree.

Make a pea-shooter using an elder stem by pushing out the soft, inner pithy core by using a very thin stick or similar: a skewer or knitting needle works well for this. Add a bit of water if you need to soften the pith, peeling the bark off either end for easier firing.

You can also make elder beads in a similar way, just cut your pea shooter in to disks, or if you have several children who may get bored from the activity, please do saw down in to disks first, then carefully remove the inner pith.

You can also make an elder whistle - I have had a go at making these - however a pictorial instruction says so much more than words and I have found a fab website that gives just this

www.jonsbushcraft.com/elderwhistle.htm

Please look out for the beautiful elder, show her respect and love, and enjoy her autumn berries (whilst leaving a large share for the winter birds).

On a final note, I have been advised by my fairy experts (my beautiful daughters) that daisies protect you from faeries. I can not say I have tested this out, however, if you should choose to fall asleep under an elder tree... Of course solely at the readers own risk!

References

How to identify an elder: www.tinyurl.com/elderid

The myth of the Rollright Stones - an amazing story involving an elder! www.rollrightstones.co.uk

Gooseberry plant pests

www.ars-grin.gov/cor/ribes/ribsymp/ribsymp.html

We have made pea shooters at our local forest school on a few occasions - it was great fun and wonderful to make toys with nature. As ever, the universe (or someone on the universes behalf!) always provides information just as we need it - here is an article about nature crafts

www.tinyurl.com/bushcraftskills

How to make an elder whistle

www.jonsbushcraft.com/elderwhistle.htm

Dawn is a raw foodist and is a qualified homeopath. She also holds qualifications in diet, nutrition, meditation, reiki and is a lifestyle coach. She has a busy clinic in Colchester, Essex with both attending clients and telephone consultations. Dawn only uses homeopathy, diet and nutrition and Reiki for her unvaccinated children (age 7 and 11) and herself and shares her non judgemental experience in her workshops. Workshops on the vaccination decision, homeopathic first aid, homeopathic remedies for pregnancy and labour, and homeopathy for childhood ailments can be attended either in person or via the distance learning option. The sessions are aimed to help you feel more confident about using alternatives for you and your family's health. Meditation workshops are also available. Further details are available on her website www.dawnwaterhouse.co.uk or find her on face book www.tinyurl.com/dwnaturalhealth

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

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Full details are available from the web site

www.dawnwaterhouse.co.uk ☼

The UK needs more **leaders.**

Are you willing to be one of them?

Kenny Sunshine asks if you are ready to take the challenge to move the UK raw food movement forwards.

Over the past fifteen years or so since I have been personally involved the raw food lifestyle has gradually become more and more popular. The potential benefits and the fact that it is very doable (even here in England) are becoming more obvious and self-evident to a larger cross section of people. I think this is mostly as a result of greater access to information via the internet particularly through the form of social media outlets such as YouTube, Facebook, Blogger etc. But what about the people behind all of this amazing online content? Well it certainly appears that, so far, the vast majority of the people who are stepping up to do the job are from the USA. It would be wonderful to see more people in the UK engage with that magical quality that comes with thinking big and to see them consistently 'taking the horse by the reins'.

A few different factors prompted me to write this article. Firstly I was looking at one of the most recent editions of Funky Raw and I noticed when browsing the map of the UK near the front of the magazine that most of the activity in regards to potlucks and events is happening in the south of the island, there are a few happenings in the north but the middle of England where Holly and I grew up seems to be devoid of life-force. Could this be England's equivalent to America's bible belt? How embarrassing! Secondly I was listening to the phenomenal Annie Jubb, co-author of the Lifefood recipe book, on the Best Day Ever website. In this interview she mentioned how when she first started her journey in the early nineties American people didn't really have much access to this stuff and that even trying to find a decent health food store could be challenging depending on which part of the country you were in and how, now, pretty much every major city in America has significant access to health foods. Why is all this so far ahead over in America? Well it basically comes down to supply and demand. But more than that, at the root of it all, it comes down to the presence of education. We need something else in addition to books and the internet as a source of inspiration. What it takes is real people going out there and interacting with their communities and showing people what is possible. There is something tangible about human interactions and the relationships that come out of them that seem to make all the difference.

I was fortunate enough to be turned on to the raw food lifestyle when I was in my twenties and a few years into

my journey decided to go and live in Southern California so that I had greater access to resources that enabled me to maximise my success. I stayed in America for almost ten years and I'm very grateful that during this time I had the opportunity to develop the neural pathways to sustain this lifestyle without struggle or massive effort. During my time in the United States I watched David Wolfe relentlessly propagate this information one event at a time (some of them in the living room and kitchen of my home in San Diego). I witnessed, for example, America going from not having any idea about raw chocolate and goji berries to the point where they were being sold in every major health food store in the country. The point I am trying to make is that this is what could happen here.

I highly encourage and recommend to anyone who is excited about this field to educate themselves (if they haven't already) and become a leader in their area. This is potentially a huge career opportunity as there are a lot of people out there who may need your services. Also in order for you to be successful at sustaining the momentum of your lifestyle it is very helpful to have the support of your community.

What can you do?

Well depending on your preferences and your personality there are multiple avenues. For example just organising regular dinners and potlucks in your area and inviting people who you think may be interested could be a good start. Maybe you are interested in detoxification and have some knowledge in this field and want to share and increase your health foods knowledge. Starting up a coaching business or a colon hydrotherapy practice could be for you and is a very in demand and needed service to provide for your community. Perhaps you have a flair for the culinary arts and would thrive best teaching food prep classes. Another strategy could be to go to different health food stores and ask them to stock your favourite products. You could even, if you so desired, start up your own online business that provides those products that are more specialised and that are seldom found even in American health food stores. e.g. marine phytoplankton, fulvic acid, zeolite drops, clay etc. The list goes on and on in regards to exciting new health technologies that could be made available here in the UK but are for some reason not easily accessible. This is a great niche as there are a lot of people looking for these products but apparently

not that many places to find them that ship directly from within the UK. Many US based companies stock them but shipping costs and customs and excise duties make these products financially inaccessible to many people.

These are just a few of the approaches that could be taken so that our community can grow and the resources necessary to make our personal journeys more elegant and enriched become more widely available.

Imagine going on a road trip in England and being to easily find the kinds of food that you prefer to eat in every town and city. Right now, unless you limit your travels to the south of the country this is not feasible. Holly and I and some others are planning on getting very busy with this project in the near future through consistent event organising and regularly creating media content tailored to the UK market place. In order for this vision to be realised it takes real teamwork, cooperation and cohesive-

ness. The reason why I chose to make leadership initiatives the subject of this article is because I wanted to plant some seeds of thought in people's minds and hopefully attract some new friends and allies. Also I desire to facilitate the growth of this already blossoming community of health enthusiasts on this very beautiful and exciting island. There is so much potential here and together with the vision and belief in that vision and ourselves everything is possible.

Kenny Sunshine has been living a raw food lifestyle for about 13 years and spent 10 of those years in Southern California where he studied with the best of the best in this industry. He is committed to sharing his cutting edge information with interested people in the UK and working with others to take raw food to another level here.

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

Happy Earthing!

Anika Jensdotter discovers how earthing helps with jetlag.

I have been quite the jet setter these days. I currently live in Greece and travel back to California twice a year and to Scandinavia once a year to visit my family. In between my visits I am travelling professionally all over Europe. I don't really enjoy flying, but I love exploring new cultures and tasting healthy foods along the way, so the trouble I face when transporting myself around the world is well worth it.

One aspect that has always thrown me off is jetlag. Even if I am visiting a time zone two hours behind I can really feel ungrounded and fuzzy from the time change. I was reading one of David Wolfe's blogs and there was a quote from a woman that spoke of the beauty of a natural cure for jetlag, "walk barefoot on the grass," she said! I giggled when I read this, thinking, could this be true? How cool if it was! That next trip back to California I made my way out to the backyard and walked barefoot in the lawn at two in the morning. I could feel an instant gravitational pull when I put my feet on the cold grass. The fuzziness slipped away and I felt I had roots connecting me to the core of the earth. It was late so I made my way in to bed and feel fast asleep. In the morning I felt completely centered and balanced, how strange I thought, to have slept all the way through the night. I thought that maybe I was just extra exhausted or maybe I had woken up and not realised it. Also I reminded myself that I was really excited to be home and that after lunch I was sure to catch that slam-dunk jetlag feeling I was very familiar with. Sure enough lunch passed, then the afternoon, dinner and by 9PM I still had not felt the jetlag. I went to bed at 10PM that evening and slept a solid eight hours. No tossing and turning at 4AM, no waking up every two hours and wondering where I was. Holy cow, it had worked!! The following days followed suit, no jetlag.

I was wondering where this concept came from and after some research found some interesting information online. It seems there is a practice called Earthing that describes the relationship between the human body's positive charge and the earth's negative charge and the balance that happens when the two connect. Dave Asprey, *The Bulletproof Executive*, explains; "The theory is that our bodies develop a positive charge that is slowly dispelled when we touch the earth. The earth itself has negatively charged electrons that balance the positive charge we accumulate when we're disconnected, which happens because we are almost always electrically insulated from the surface of the planet. Over time this positive charge builds up, depletes our energy, and promotes inflammation and disease." Makes sense, right?

I have remained committed to walking on the earth anywhere I travel and have passed on this message to many others that have had the same results. My boyfriend, reluctant at first, had his shoes off in the middle of winter in San Francisco on the only patch of grass we could find. Today he has become just as dedicated as me to earthing.

So, the next time you take a trip, whether you are dealing with a change in time zones or not, pull off your shoes and take some time to connect to the earth. You will be glad you did! Happy Earthing!

Anika Jensdotter is a Certified NESTA Nutrition Coach and a Certified Raw Chef through the Alissa Cohen Institute. Anika offers both private and group cooking lessons as well as detox, nutrition and education services in the greater Athens area. She is currently expanding her studies in Ancient Greek and Traditional Chinese Medicine.

More information can be found on her websites: www.thegreekbite.com and www.ilovedetox.com ☼

The science of changing your mind: a Rebirther's perspective

Joe Jennings describes a method of using affirmations to make positive changes to your life.

Thought is creative. We think, therefore we are. What we think, we create. Phrases I am sure you have all heard before. Phrases I am sure many of you believe. Some may even have direct experience of manifesting events, objects or people in their life by playing with some kind of visualisation or similar tool. I am sure many others have felt frustrated and disillusioned at what seems to be such a simple, perhaps even obvious, tenant, yet bore no fruits for them. There is a simple reason for this. We are not aware of all of our thoughts. Indeed it is believed that we are only aware of 10-30% of our thoughts. This is because the majority of our thoughts occur at a subconscious level. It is here where our past thoughts are stored and repeated until they become beliefs through which we create and interpret our reality. Therefore if we are going to truly change our circumstances we have to change the thought patterns in our subconscious mind.

The mind tends to learn, that is integrate to a subconscious level, the level where all of our beliefs and behavioural patterns reside, through repetition. So, if we wish to replace an identified limiting belief with a new, more life affirming belief we can do this via repetition.

The way we do this in Rebirthing is with affirmations. Affirmations are, like mantras, powerful phrases that lift our thinking, believing and vibration into a place of love and trust. Once we have identified the pattern we want to work with the simplest thing to do is repeat its opposite. For instance, if the pattern were 'I am bad' we could use 'I am good'.

There are many different ideas and beliefs about affirmations. Certainly when I started with them I was full of doubts; how could something so simple and seemingly pointless be believed to be so powerful at effecting change in one's life? The simplest answer being that everything we experience is created via our beliefs so if we want to improve anything and everything we just need to update them. Knowing this and being very curious I persevered with the 'prescribed' affirmation and was amazed by the results. Admittedly it took me a month or two to get into the habit of actually doing them, but once I did I never looked back.

There are many ways of doing affirmations, some more useful, some less. The way we recommend is to write down the affirmation at least ten times, once a day, for twenty one days. Twenty-one days is the minimum time it takes to learn via repetition. This is true of integrating a

daily routine change and learning a manual skill as well.

I have personally experimented over and over with different ways. I have found that less than ten repetitions a day is not very effective, nor is doing them for less than twenty-one days. More is good but does not make a massive difference. One can do as many affirmations as desired at any give time so long as each one is written ten times a day for twenty-one days. It does not matter if a few days are missed so long as they are added at the end. The most I have missed in a twenty-one day period was six, I just added six days to the period and it worked just as well. These six days, however, were spread out over the period. I think if six consecutive days were missed then the momentum would be lost and one would have to start that affirmation cycle again.

Currently I do a page of affirmations a day, which is usually three, four if two are very short. I found, personally, if I try to do more it feels like a chore and I was losing my motivation. It is important to do your first set like this to establish a baseline of how effective and beneficial affirmations can be. Then by all means experiment and see if anything else works better for you. I'd also recommend just starting with one affirmation to keep it simple and observe the changes without any other variables.

It is far better to write affirmations than just mentally or verbally repeat them. This is because whilst writing we are repeating, seeing and moving. By involving the body we involve and help penetrate the subconscious. Indeed the body is the physical counterpart to the subconscious as it is in the body that many of the deep emotional memories are stored or manifest themselves. It may be possible to integrate affirmations by mental repetition alone, or other means, but a high degree of mental control would be necessary. Something I do not think many would have. I certainly still need the crutch of writing. Again, experiment with other methods, but get a baseline for comparison first.

The column response technique

Another useful tool for affirmations is the column response technique. In this we make three columns. In the first, write the affirmation. In the second, after each line of affirmation, write down the physical, mental or emotional response to the affirmation. Then, in the third, once the first and second are complete, you can make affirmations for any negative patterns that arose. For example;

1. I am good... How can I be good? I am stupid... I am not stupid, I am intelligent
2. I am good... I feel a pleasurable vibration up my spine
3. I am good... I am not good, I hurt people... I only spread love
4. I am good... I am not good, I am bad... It is ok to be bad
5. I am good... I don't believe this, I am ugly... I am a beautiful divine manifestation

Of the above five examples some features are note worthy. In the response to number one a negative is used in the affirmation. Some believe that the mind cannot distinguish between positive and negative and only manifest what we put our attention on. Whilst I agree with this notion the whole purpose of affirmations is to insert a new thought, thus negatives are always coupled with a positive opposite. Also it is often helpful to renounce the old whilst inserting the new.

In the second example we see that sometimes positive and physical reactions can be had.

In the third we see that the actual pattern need not necessarily be directly addressed if a greater, wider thought can be integrated that will thus automatically replace the pattern. However, as shown in example four, sometimes larger thoughts are difficult to integrate and a transition affirmation must be used.

The fifth example shows that it can be nice to insert spiritual affirmations, if we are that way inclined. Humour can also be a very helpful tool to incorporate as when we can laugh about a problem it instantly has less power over us.

This exercise, therefore, helps us to understand how the mind works. Helps us to get in touch with our inner voice. Shows us how patterns are often knotted in with each other, and shows us what overlaps with what, enabling us to rapidly identify the patterns we have and how we can work on them.

When we first start using affirmations, and often when starting new affirmation cycles our ego tries to stop us. It still sometimes happens to me and I find it incredibly interesting to watch this inner voice and the techniques it uses. In the first week of writing the affirmation(s) it questions the whole exercise; *why am I doing this? What a waste of time! I must be really stupid for listening to the person who told me to do this... They must be really stupid for believing in it.* And on and on. The first time this happens it can be very distracting and some may even listen to 'the voice'. However, if you make it to the second week some subtle changes in the way you behave and experience events will begin to occur. The ego will probably still be jabbering on but usually the effects are enough to keep the motivation high. By the third week the ego has usually shut up and the effects become very clear and obvious. The hilarious thing is that each time we start a set of affirmations the ego plays the same game. It is really rather amusing how silly it can be and all just to try and maintain the status quo.

As we work through our patterns life becomes easier and easier, more joyous and we begin to unlock our creative potential and discover our purpose in life. It can take a long time to clear all of our patterns, some say 50-80 years. But do not be put off! Each time we finish an affirmation cycle there is a large shift in our life. It is always life changing by definition but sometimes it is really life changing!

All patterns are equal but some are more equal than others. Some patterns are quite small and simple whereas some have many layers, are tangled with others and have lots of aspects to them. The best way to picture this is like the root structure around a large tree. The roots of the tree are the main patterns we have. It's large tap root is our deepest darkest pattern, also called the personal lie. It is the deepest and largest root of all and all the other roots in the system are somehow related to it. It has many branches. There are also many other roots in the ground aside from that of the tree. Most are much more shallow yet also much more tangled. Some roots are easy to pull out. Sometimes when you pull some out that are tangled you pull others out at the same time, especially if you pull out a deep one. Sometimes you loosen the surrounding roots. Often when you are pulling out a deep root it will snap, leaving part behind in the ground. This is exactly how it is with patterns. Some are much deeper, many are related. Each time we do a set of affirmations we will remove at least a part of the pattern. Sometimes all of it, sometimes others will be loosened at the same time. If we are working on a particularly deep pattern, however, it is unlikely we will be able to get it all out in one go. We may have to approach it from many different angles, taking out its supporting roots, before we can get the whole thing out. But each time we complete a cycle we will at least scrape away a layer and feel much lighter because of it.

In summary

- Write an affirmation ten times, once a day, for twenty-one days.
- A good affirmation often incorporates negation of the old whilst upgrading to the desired belief.
- Experiment and find out what works best for you once you have established a baseline.
- The column response technique can give us a deeper understanding of our mind and patterns.
- Use spiritual and/or humorous affirmations.
- Ignore or laugh at the ego's silly attempts to stop you.
- Be patient as we have many roots to clear.

Joe works with Rebirthing Breathwork in Oxford giving private individual sessions and group trainings. If you would like some help or advice with changing your mind you can contact him on joe@rebirthinginternational.co.uk. For more information about Rebirthing Breathwork visit www.rebirthinginternational.co.uk ☸

Wild Beauty

Rediscovering your Inner Green Goddess with Plant-Powered Potions

In this article Heather Gardner teaches you how to make your own infused oils, beauty creams, hair & body butter, beauty baths and more.

Freckles are a sign of beauty, my mother would tell me, when I had borne the brunt of yet another attack on my freely flowing tousled red tresses and sun speckled skin. Oh how as a young girl, I wished to be normal, plain, to fit in, have flat thin hair in a sociably acceptable shade and not have skin that people play join the dots on with their biros, when bored.

Eventually taking matters into my own hands in the only way I knew how, I turned to Mother Nature. At the young age of 14, I was to be found hiding behind my wardrobe door at boarding school, applying my crafty freckle busting concoction of chamomile, elderflower and lemon toner, making strong brews of sage, rosemary, nettle and horsetail to rinse my hair with, in a desperate bid to darken it, and doing over night herb infused olive oil hair treatments in an attempt to tame those troublesome tresses. Now I have no such woes, in the end I fell in love with being a frisky flame haired female and chose to celebrate the way nature created me.

I came to understand that the beauty I possess is wild beauty, untamable by any man made cocktail of chemicals, but personified by pure plant powered potions. There is nothing more satisfying than to care for yourself with fresh, juicy, wild, vibrant, living foods, use the same on the surface of your skin, and become fresh, juicy, wild, vibrant and alive in the process. We can empower ourselves as women, by taking our beauty where it belongs, into our own hands and knowing what is right for us, not what is right for the profit margins of others. We can craft conscious elixirs of self-love in our own kitchens using ingredients stocked in our gardens and cupboards with simply sensational results. To unleash the full potential potent power of our true Wild BEAUTY we can go further, further from our over heated homes and out into the forest to start foraging for our skins desires. We can ditch the rouge in favour of the cheeky rose-faced glow we get naturally from dancing through the ditches in search of dandelions and daisies, and start dressing your body in a fresh fragrant frock of natural nurturing.

To unfurl your inner green goddess with wild abandon, firstly look around your garden, hedgerows, local forest or park and see what is available. You can use a small pocket identification book such as Food for Free by Collins Gem, or even an iPhone App such as Wild Edibles with Sergei Boutenko to identify the plants. A simple way to start making your own beauty potions is to learn how to make plant infusions, vinegars and oils, these can be

used as the basis for a myriad of other wild crafted creations.

Depending on your skin and hair type you can choose from, but are by no means limited to the following wild crafted ingredients:

- Alfalfa - Very high in minerals, the tea is good to drink when breastfeeding, along with nettles. Strengthens hair & brittle nails, promoting growth.
- Blackberry leaves - soothes burns and astringent.
- Burdock skin cleanser, great for acne, eczema. Antibacterial, anti fungal, eliminates toxins. Combines well with dandelions & nettles.
- Blueberry/Bilberry leaves - Rich in bioflavonoids they strengthen the skin and capillaries, anti inflammatory, good for the microcirculation of the skin, capillary fragility and rosacea.
- Calendula (Marigold) - soothes skin conditions, anti viral, tissue healer, gum disease, great for enhancing fair hair with chamomile. Calendula ointment is great for sore nipples when breastfeeding as well as for baby's skin.
- Cleavers - spring cleaning & detoxing, lymph cleansing, water retention, skin conditions. Relieves tired or inflamed eyes.
- Chickweed - soothing to the skin, chapped, damaged or inflamed skin, skin conditions such as eczema.
- Chamomile - anti inflammatory, anti allergy, relaxant, sedative, soothing for the skin, great for babies and children
- Comfrey - promotes new growth of skin cells & heals wounds.
- Daisy - similar to Arnica in action, can be used for bruises or any skin trauma, also for skin conditions, removes blotches & whitens.
- Dandelion - detoxing & cleansing, fluid retention, joint or muscle swelling and pain, skin problems, warts & rashes.



- Elderflower - normal to dry skin, astringent, soothes sunburn, lightens freckles, and soothes bloodshot eyes. Makes a nice hand cream.
- Elderberries - use for darkening the hair or winter wellness syrup.
- Eyebright - use as an infusion to sooth irritated or infected, itchy eyes, also brighten and strengthen them. As a tea or a wash.
- Hawthorn - increases circulation, heart tonic, balances blood pressure, memory loss, and fluid retention.
- Heather flowers - nice to add to soap for a scrub.
- Horsetail - strengthens the hair, nails and bones due to its high silica content.
- Juniper - antiseptic & diuretic, don't use if pregnant.
- Ladys Mantle - tightening, astringent and healing. The oil makes a nice toning treatment for the breasts.
- May Dew - Wild beauty water! The water gathered at dawn on May Day reputed to give you a beautiful complexion, remove blemishes and bring good luck for the year ahead. Gather away from urban environments.
- Nettle - a spring cleanser re-mineralizes & strengthens the hair and helps re-growth, great for brittle nails, calms allergies, blood cleansing, great for acne and detoxing the skin.
- Plantain - for bruised or inflamed skin. Antibacterial, anti-inflammatory. Traditionally used for arthritis and rheumatism.
- Pine Needles - for aches & pains, high in vitamin C.
- Red Clover - calms inflammatory skin conditions & rashes, eases coughs.
- Rosemary - digestive, circulation, encourages hair growth, great as a scalp & hair tonic
- Rosehips - High in vitamin C it makes a good winter tonic, also strengthens the capillaries and skin, the colour makes it good for the care of red hair.
- Sage - memory, concentration, lifts the spirits, darkening the hair, mouth & gum health, not for use in pregnancy or breastfeeding.
- Seaweed - High concentration of vitamins & minerals. Nourishes the skin and assists the elimination of wastes from the body, use in all the below recipes the same as land plants. Great in a bath or making oil.
- St Johns Wort - antidepressant, antiviral, pain relief, use the oil for muscular aches and pains.
- Thyme - antiseptic, expectorant, wheezing, anti fungal. Great for colds & flu, drink the infusion, use the oil as a chest rub, the vinegar as a household disinfectant. Do not use if pregnant.
- Wild Strawberry - use the whole plant for removing spots and blemishes. The tea of the leaves is a tonic and alkalizer of the body.
- Wild Rose petal soothing & relaxing, traditionally used in skincare for mature skin and its scent, loved by women.
- Yarrow - heals cuts & wounds, stops the flow of blood, restores hair growth. As a tea it creates a sweat to help driving out colds and is a digestive.

Water Infusion / Sun Tea

Pick some fresh wild flowers, leaves and herbs. Put them a large glass jar or jug full of warm spring water. Leave to sit in a sunny window or outside for a few hours, longer on a cool day. In the winter you can make the tea with dried leaves and root on top of a stove. Add some honey or Stevia to drink if you prefer it sweeter.

Infused Vinegar

Gather your plant material, chop the leaves if you're using them, and strip the stems from your flowers. Place in a large jar and cover with organic cider vinegar. Leave on a windowsill and shake occasionally. After 4-6 weeks or longer, strain through a nut milk bag or muslin into clean jars. If you want stronger vinegar, add more plant material after straining and repeat the process. You will have a flavoured, healthy vinegar to use in dressings and sauces, or as a tonic beverage mixed with honey and water to stimulate the digestive system. Or as a final rinse for your hair after washing (conditions the hair and soothes the scalp) also as a house hold cleaner!

Infused Oil

Collect a jar full of healthy, fresh flower heads, leaves, herbs or berries, crush the plant material fist to release the oils and cover with an organic cold pressed oil such as almond, sunflower, jojoba or grapeseed oil if using for massage, or olive oil for the kitchen. With a chopstick or wooden spatula carefully poke the mixture to submerge the flowers and remove air bubbles. Cover the jar with a piece of cloth or a breathable lid and put it in a warm, sunny place. In about 2-6 weeks, the plant oils & essence will be absorbed into the oil, strain it through your nut milk bag, into clean jars and store in a cool dark place. When making a flower oil, remove the petals when they become brown and add fresh ones, keep renewing until the oil is strongly fragranced. You can then use this oil as it is or blend it into a cream.



Infused Oil Ointment

10 parts infused oil (300ml) to 1 part of solid oil (30g) such as cacao butter. Melt the wax or butter in a bain-marie over warm not boiling water. When melted, pour in your infused oil slowly whilst whipping it with a whisk. Pour into clean and dry glass jars, allow to cool before add in the lid, label and date. Add a few drops of any essential oils you love.

Wild Whipped Beauty Creams

50ml infused oil, 50ml sun tea/water infusion or floral water, 15g cacao butter grated. Melt the butter in a bain-marie over some warm water, add the oil and whip with a hand whisk, when blended add the water very slowly, drop by drop, whipping all the while, until you have created a creamy emulsion. You can add a few drops of essential oil, a spoon of aloe vera gel or any skin treats you like. Pour into a clean, dry glass jar. Allow to cool before adding the lid and label. Write the date on the label and keep in a cool dark place, use within a few weeks, does not keep as well as ointments.

Wild Beauty Balm

More oily than a cream, so great for dry skin areas, also lasts longer than a cream, as it doesn't contain water. Melt over a bain marie - ½ cup of either shea butter or cacao butter with ¼ cup of coconut oil, when liquid, whisk in ¼ cup of any infused oil or organic cold pressed oil of choice, such as jojoba, almond etc. Let cool until it thickens and whip it again adding a few drops of essential oils. If you want to make a softer version then switch quantities for the solid oils - 1/2 cup of coconut oil and 1/4 cup of cacao or shea butter with 1/4 cup of infused oil. I like to make rose infused oil for this recipe and add frankincense essential oil and the seeds inside half a vanilla pod, experiment with what combinations you like. Another interesting mixture is to add some camu camu berry powder and some msm powder (add these powders when you are melting the oils, so that they break down). Pour the cream into clean, dry dark glass jars and allow to cool before adding the lid. Store in a cool place.

Hair and body Butter

150ml coconut oil, 30g of fresh herb, flower or plant. Add the ingredients to a bain-marie over some warm water, allow to infuse for 2 hours, keep it on the warm part of a stove or just warm it back up regularly to maintain the temperature. To make it really strong you can repeat this up to 3 times (6 hours) during the course of the day, adding fresh plant material each time. Strain out the plant material and allow to cool. Pour into a clean, dry glass jar as above.

Wild Soap

Making soap from scratch is a complicated process, but we can remake it easily from soap that we already have. Use a pure, simple soap such as pure Castile olive oil soap. Take 200g of your soap and grate it finely, mix with 100ml of flower or herb infused tea and put in a Bain Marie over some warm water that is simmering very gently, best left on a warm stove or you can just keep the temp low on your cooker, leave it to melt, this can take up

to an hour. Stir it well to mix the soap with the water. When its melted you can mix anything into it that you fancy, some honey, almond, oat or beans ground to a powder or left a little gritty. Powdered or whole dried flowers, rose petals, calendula, chamomile, heather, make it your own! Pour the mixture into silicon moulds or whatever you have. Leave to set for a day or so until hard, then remove and put in a warm place to dry completely, this can take up to several weeks.

Wild Beauty Bath

In a small cloth bag or a muslin cloth, place flower petals, herbs and wild plants, rolled oats or groats ground to a powder, almond powder, seaweed, sea salt or Epsom salts, grated cacao butter or coconut oil. Close the bag or tie up the cloth and add to a hot bath, allow the bath to cool and the herbs to infuse, give the bag a squeeze from time to time, then soak in it with a homemade facemask!

Wild Honey Syrup

40g chopped, plant, herb or flower petals, 900ml of spring water, 450g honey, agave or maple syrup. Put the plant material into a pot with a tight fitting lid, bring to the boil, turn down the heat and simmer for 20 mins. Allow to cool and strain, pressing or squeezing all the goodness from the plant. Return to the pot and simmer uncovered very gently until it is reduced to 200ml, the slower the better. This is called a decoction. Add the honey or syrup to the pot, allow to dissolve slowly and simmer for just a few minutes, stirring all the time until it reaches a syrupy consistency, allow it to bubble for a moment but not long or it will become caramel. Pour into clean, dry glass bottles, cool, lid, label and date. Dosage Adult: 2-3 tsp 3-6 times a day, Child: 1 tsp 3-6 times a day. Suggestions elderberry, thyme & pine needle for winter wellness, dandelion, nettle, and cleavers for spring detox. You can also use this syrup as a facemask as you soak in a steamy bath

Further Reading:

The Holistic beauty Book by Star Khechara

Recipes for Natural Beauty by Katie Spiers

Study Holistic Cosmetology with

www.schoolofholisticcosmetology.com

Heather Gardner, Raw teacher, Raw Chef, Naturopathic Nutritionalist & Kundalini Yoga teacher was born a 3rd generation vegetarian onto an organic farm in Wales, and raised on a remote Irish mountainside by her herbalist and homeopath mother, her unique lifelong knowledge of pure plant powered living has turned into her lifes passion. A long term committed high raw foodist and a parent, Heather now lives peacefully in nature in the west of Ireland surrounded by her beloved wild plants and is dedicated to inspiring and uplifting through her workshops on raw foods, wild food and natural beauty as well as Kundalini yoga. She is currently working with www.terawarner.com helping to write and develop their certified Wild Edibles Course www.tinyurl.com/wild-course and writing articles. She also runs her own business www.consciousearthcompany.com

Heather is available to teach & cater for events, workshops and retreats. Connect with Heather on facebook at www.facebook.com/therawteacher 🌸

Where have all the forests gone?

Rob Hull discusses some profound books on the subjects of vegetarianism and environmentalism.

If you've been reading the Funky Raw magazine for a while, you may remember that just over two years ago, I set off on a journey with my partner Jolita to find paradise somewhere in southern Europe. I had a vision in my mind of a plot of land we could escape to, where we could start our permaculture based retreat near beautiful unspoilt forests.

Well, two years and seven countries later, and we can report that paradise has mostly been destroyed. Virtually all the forests have been cut down, and all the rivers have been dammed. Most of the so called "forest" which remains is not forest at all, it is plantations of pine or eucalyptus, completely lacking in biodiversity. And I read somewhere that there are only four major rivers remaining in the whole of Europe which haven't yet been dammed. Dams kill rivers. Rivers flow from the mountains to the sea, and dams break that flow, and stop fish swimming the length of the river to the sea. We've also seen massive areas in Alicante in Spain which are quite literally covered in plastic green houses where they grow the out of season food to be sold in the UK supermarkets. We have of course found some remaining areas of natural beauty, but in general these are quite small.

On a somewhat related topic, I read the book *The Vegetarian Myth* by Lierre Keith which helped me to understand that eating meat is not in itself bad for the environment. Industrial farming is the problem - agriculture and factory farming of animals. Of course, most meat you can buy right now is probably not good for the environment, but it's not the issue of the meat. An extreme example to prove the point - a locally caught wild rabbit is a sustainable meal choice, commercially grown wheat or soy is not. And even organically grown fruit and veg is not good for the environment when grown in massive fields of a single type of tree or plant. Food should be grown in diverse poly-cultures, in the way it grows in nature.

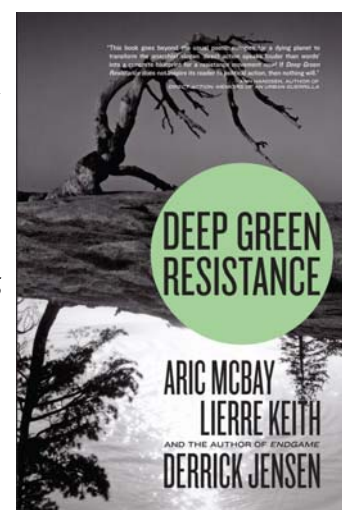
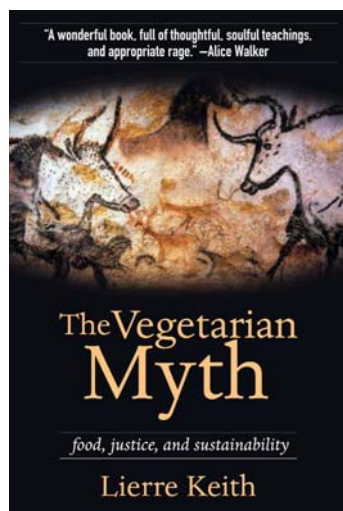
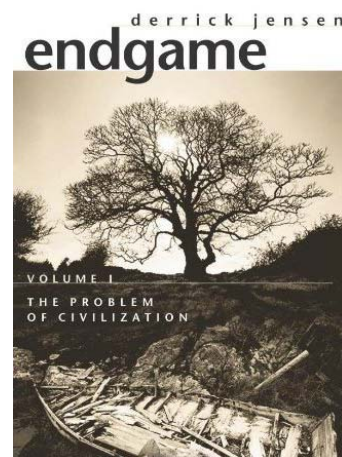
The Vegetarian Myth recommended the book *Endgame* by Derrick Jensen. This is a really in-depth book in two vol-

umes, the first subtitled *The Problem of Civilization* which goes into the specifics of how and why our civilisation is killing the planet. It explains why this civilisation can never become sustainable, as it is built on exploitation - of people and the planet. The second volume subtitled *Resistance* looks at what we can do about it. Before reading this book, my thoughts were that the current "western civilisation" was going to end relatively soon, due to running out of oil, or other reasons, and that "all" I had to do was just ignore it, start growing my own food and living 100% sustainably and teach others how to live like this. This book helped me come to the conclusion that this might not be enough and that attempting to "leave civilisation behind" is not really possible, as I've also found from our travels. Jensen suggests that the only way to have a planet which is livable is to start fighting back for the survival of the planet.

Which lead me on to read *Deep Green Resistance* by Lierre Keith, Aric McBay and Derrick Jensen, which is subtitled "Strategy to Save the Planet" and contains exactly that. It looks at the strategies of other resistance movements from history including the suffragettes and the French resistance and proposes a strategy for saving the planet. Deep Green Resistance is now an active movement, you can read some extracts from the book, find out more, and join in at the website www.deepgreenresistance.org

So now I'll hand you over to Derrick Jensen for the article on the next page *Resistance Resisters* which goes into some of the topics I have mentioned in more detail.

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



Resistance Resisters

Derrick Jensen on why we must resist this insane culture which is destroying the planet.

ANOTHER 200 SPECIES went extinct today; they were my kin. I am not going to sit back and wait for every last piece of this living world to be dismembered. I'm going to fight like hell for those kin who remain - and I want everyone who cares to join me. Many are. But many are not. Some of those who are not are those who, for whatever reason, really don't care. I worry about them. But I worry more about those who do care but have chosen not to fight. A fairly large subset of those who care but have chosen not to fight assert that lifestyle choice is the only possible response to the murder of the planet. They all carry the same essential message - and often use precisely the same words: *Resistance isn't possible. Resistance never works.*

Meanwhile, another 200 species went extinct today. They were my kin.

There are understandable personal reasons for wanting to believe in the invincibility of an oppressive system. If you can convince yourself the system is invincible, there's no reason to undertake the often arduous, sometimes dangerous, always necessary work of organizing, preparing to dismantle, and then actually dismantling this (or any) oppressive system. If you can convince yourself the system is invincible, you can, with fully salved conscience, make yourself and your own as comfortable as you can within the confines of the oppressive system while allowing this oppressive system to continue. There are certainly reasons that those in power want us to see them as invincible. Abusive systems, from the simplest to the most sophisticated, from the familial to the social and political and religious, work best when victims and bystanders police themselves. And one of the best ways to get victims and bystanders to police themselves is for them to internalize the notion that the abusers are invincible and then, even better, to get them to attempt to police anyone who threatens to break up the stable abuser/victim/bystander triad.

And meanwhile, another 200 species went extinct today.

But those who believe in the invincibility of perpetrators and their systems are wrong. Systems of power are created by humans and can be stopped by humans. Those in power are never supernatural or immortal, and they can be brought down. People with a lot fewer resources collectively than *any single* reader of this magazine have fought back against systems of domination, and won. There's no reason the rest of us can't do the same. But resistance starts by believing in it, not by talking yourself out of it. And certainly not by trying to talk others out of it.

History provides many examples of successful resistance, as do current events. The Irish nationalists, the abolitionists, the suffragettes - I could fill the rest of this column with examples. Recently, the Movement for the Emancipation of the Niger Delta (MEND) has, through attacks on oil pipelines and the kidnapping of oil workers, disabled as much as 40 percent of the oil industry's output from Nigeria, and some oil companies have even considered pulling out of the region. If those of us who are the primary beneficiaries of this global system of exploitation had 1 percent of their courage and commitment to the land and community, we could be equally effective if not more so. We have vastly more resources at our disposal and the best we can come up with is, what, compost piles? The world is being killed and many environmentalists still think that riding bikes is some sort of answer?

Some people maintain that resistance cannot accomplish anything unless we first change the underlying culture; changing culture, then, is where the real work must lie. Setting aside the fact that sometimes people, organizations, and institutions are just wrong and need to be stopped - the Nazis come to mind, as does the KKK at its peak of power, the robber barons, and so on - the more important point is that resistance and working for cultural change are in no way mutually exclusive, but rather are deeply complementary, which makes the complaints of the lifestylelists all the more nonsensical. I'm not trying to stop them from saving seeds or handmaking scythes; I'm merely saying that those activities are insufficient to stop this culture from killing the planet.

Yes, there absolutely needs to be the creation of a new culture with new values (or, really, tens of thousands of cultures, each emerging from its own landbase, including the re-emergence of extant indigenous cultures). But the people involved in that cultural creation must see themselves as part of a resistance movement that supports and encourages action against the forces that are dismembering our planet, or, at least, that doesn't actively *discourage* organized resistance whenever the subject is raised. Otherwise that nice, new culture is simply a fantasy, unhooked from anything in the real, physical world, incapable of ever being effective, and, ultimately, a position of privilege. Maud Gonne, for instance, was intimately involved with the Gaelic Revival, promoting literature and language preservation. She also did prisoner support, worked with the Land League, and got arrested herself. She almost died on a hunger strike and won some basic rights for Irish prisoners in the process (and her son Seán

MacBride eventually became chief of staff of the IRA, helped found Amnesty International, and in 1974 won the Nobel Peace Prize). It is insulting to her memory and to the memory of so many other brave people to state categorically that resistance doesn't work. Of course it works. But people have to actually do it, and keep doing it for the long haul.

Why are even those who call themselves environmentalists not talking about what really needs to happen to save this planet? Burning fossil fuel, for example, has to stop. This isn't negotiable. You cannot negotiate with physical reality. It doesn't matter how or why this burning stops. It needs to stop. We need to stop it - need to stop doing it ourselves, and need to stop others, especially giant corporate others, from doing it too.

We need organized political resistance. Power needs to be named and then dismantled systematically. This requires joint action of whatever sort is deemed necessary. While the frontline actionists are taking apart systems of power and fighting to defend wild nature, the culture of resistance is providing loyalty and cooperation and material support, as well as building up alternate institutions - from means of bringing justice to economic systems to food supply chains to schools to new literary forms - that can take over as the system comes down. The template is not hard to understand. It will take its own culturally appropriate forms. The same actions have been undertaken by resistance movements everywhere - the Spanish anarchists, the American patriots. It's not conceptually difficult.

But instead of supporting the necessity for action (and we're not yet even talking about *what forms* that action

should or could take), or at the very least not attempting to discourage action at every turn, so much of the environmental movement keeps insisting that only personal lifestyle change is possible. No other oppressed group in history has ever taken such a stand. Right now, a small group of half-starved, poverty-stricken people in Nigeria have brought the oil industry in that country to its knees. They remember what it is to love their land and their communities - perhaps because they are not drowning in privilege, but in the toxic sludge of oil extraction. Is that what it will take to get environmentalists in the UK or US to fight back?

MEND has said to the oil industry: "It must be clear that the Nigerian government cannot protect your workers or assets. Leave our land while you can or die in it." There is more courage, integrity, intelligence, and pragmatism in that statement from MEND than in any statement I have ever read by any American environmentalist, including myself. We need to accept the fact that making this type of statement (and being prepared to act on it) might be necessary to preserve a living planet.

Some people may be willing to give up on life on this planet without resisting. I'm not one of them.

This article was first published in the March/April 2010 issue of Orion magazine.

Hailed as the philosopher poet of the environmental movement, Derrick Jensen is author of twenty-one books, including A Language Older Than Words, The Culture of Make Believe, and Endgame. He writes for Orion, Audubon, and The Sun Magazine, among many others. To find out more about Derrick and his work see www.derrickjensen.org and to get involved see www.deepgreenresistance.org ❀

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Raw Holidays and Retreats

Sally Holloway samples a couple of retreats suitable for raw fooders - a summer gathering and a detox retreat.

What I didn't realise when I started on the raw path is that it is addictive. Not in a 3am, "Oh my god I've got to have some carrot" type of way but in a gentle, if I don't eat at least 50% raw my body just doesn't feel right. And I know I just need to munch on some lettuce quite soon to feel better again. This makes holidays difficult. Completely raw retreats are notoriously expensive but you if you are prepared to compromise there's lots out there. Here's just two that I have tried.

Gaunts House Summer Gathering, near Wimbourne in Dorset

The next best thing to a raw festival has got to be your holistic festival and Gaunt House have been holding them for 21 years. I hadn't been there for 10, and I set off with a tin of home made crackers and a resignation that to get away from it all I would just have to be less raw and enjoy it.

I pitched my tent and I went for a wander to see what was on offer and stood open mouthed in front to a sign saying 'Raw Food Cafe'. They weren't yet open so I stuck my head round the canvas and despite the sign asked the owner, a guy called Pete, if they were 'really' raw. When he laughed and nodded I said I'd be back for my dinner.

I skipped happily round the 'market place' (a collection of open fronted tents offering food, clothes, massages

and even hula hoops) only to be confronted by another raw food sign. This one from Dawn Houghton (aka The Juicy Raw Goddess) who was offering pizza, chocolate, juices and smoothies. She had tray upon tray of wheat-grass and sunflower sprouts all lined up waiting. As she was already open I bought a smoothie and promised to go back for dinner.

At this point I actually worried whether two raw food stalls could be sustained just by me. But I needn't have. They were packed, both of them. Pete's stall regularly sold out. The non raw friend I was travelling with tasted some of the raw cheesecake and announced it was the best cake she's ever tasted. And I assure you she has tasted a lot of cake!

Not only were there two raw stalls (and various other catering tents) there was the 'Om cafe' run by Gaunts House itself. There I discovered I could buy a plate of salad (so local they'd grown it themselves and of course, non sprayed) for just over a pound. I rolled up there everyday with my secret stash of raw crackers for lunch and had the heavier, pizza or raw Lasagna in the evening and, okay I admit it, I visited some of the non raw stalls (but veggie and healthy) and had the odd stir fry. Basically I was stunned by the all the choice. Gaunts house offer free workshops, a healing area, acoustic entertainment and an atmosphere to soothe the most troubled souls. Here children didn't seem to scream



Photos from events at Gaunts House

except in delight around the pool, everyone walked slowly and the workshops ranged from Heal your Relationship to Bushcraft, and to my delight, raw chocolate making with a lovely chap called Angus Miller.

Gaunts House is set in a beautiful country estate and they offer family camping areas as well as 'quiet camping' (no kids, no teens) which was where I pitched my tent. The tent next door was playing classical music, beautiful arias which they diligently switched off at 10.30, and apart from a man with a loud voice talking about how much he was enjoying himself it was very peaceful. If camping is not for you, you can stay in the main house, either in dorms or private rooms. My travelling companion paid £30 per night for a comfortable room in the converted stable block that had a shared kitchen complete with fridge kettle, toaster and oven. The price even included a free breakfast in the Om Cafe.

This year they are calling there festival ExperiEssence. There will be no alcohol and it will be vegetarian and I have it on authority a bit raw too as they tell me they have at least one raw food stall booked in and they are hoping for more.

Dates: 9th - 12th August 2012 Price £125.00 (£95 early bird ticket) Prices include four days camping and workshops.

See www.gauntssummertgathering.com

You can find out more about Dawn Houghton

www.schooloflivingrawfoods.com

Angus Miller is on www.facebook.com/millerangus

Sadly I couldn't find out anything about 'Pete'.

Littleton Mill, Wiltshire - 5 day detox retreat including one day fast.

I have longed for many years to go on a 'proper' detox retreat and most of the others on this holiday were the same. For them though, they wanted to be forced to live without wheat, dairy, caffeine or sugar and to replace them with vast quantities of juice. For me the above is my life and I wanted someone else to do it for me. I wanted a break from the daily grind of making my own juices, smoothies, waiting for my slow gear juicer to chew them thoughtfully and spit them for me to ingest. I wanted to be away from home and not worry whether I could find some organic salad stuff to feed me.

For this Littleton Mill is perfect. Cheaper than some of the other detox centres in the UK, you can go for as little as £400. It's a stunning place set in 10 acres of woodland and it really is a working mill. They generate their own electricity and hot water. I did worry that the shower would dribble out luke warm brown sludge but not at all, hot water flowed out of the tap whenever I wanted it.

Everyday there was yoga, healthy eating talks and meditation. Lunches were exciting combinations of raw and cooked food, like Nori Rolls with rice and raw veg. Miso soup made with warm water rather than boiling with

added raw vegetables. Everything was organic or home grown and unsprayed, and although they never mentioned it, I noticed, vegan too. The other guests sat around marvelling that healthy eating could be so delicious.

Even though I am a long time living food exponent, I found other people's ways of doing healthy eating fascinating! I picked up things I didn't know, like how to make a better raw porridge (and warm too) than I'd ever managed, lots about seaweed and there was much salad as we could eat with every meal, so there was nothing for me to be snooty about.

I liked the casualness of this retreat. It was organised, there was stuff to do but there was genuinely no pressure to do any of it. The other guests started to blossom, after just one day you could see the tension had gone from a lot of faces. One woman got up from what she described as a 'ridiculously long' afternoon nap and looked like she had been on holiday for a month. We all commented, loving how great she looked. The next day I had an hour and half combined neck, shoulder, facial, stomach and reflexology massage and afterwards people started to say that about me too.

On the second evening we were all given presents of our own enema bags and a talk about how to do it. It was at this point I felt the group start to really bond in a mutual, 'we're all gonna stick tubes up our arses together' type of way (even though we went to individual bathrooms to self administer with their instructions). I managed to have the most successful enema I'd ever had and part of the pleasure was discussing it with the others the next day.

On the third day we were juice fasting, this was what the whole retreat was building up to and everyone managed to do it with the exception of one elderly, quite well to do woman called Margaret who hadn't been able to do the enemas either. One of the staff found Margaret in the kitchen, apologising profusely for eating an apple. But the staff member just smiled and said, 'have another one if you're hungry.' They knew that she was doing well already and her skin was glowing from just not having coffee, dairy or sugar for four days.

Whereas me, I was on my rigorous two enemas a day schedule and loving it. 'You know every enemas's different,' I said to one of the staff, desperate to chat about the way my bowels were responding to the cleansing and pleased to find her willing to do 'poo' talk.

I came away relaxed and clear headed. Littleton Mill do different retreats for different levels of detox including a full juice fast and specialist fitness retreats. I would recommend the one I was on to anyone who wants an introduction to healthy, eating, fasting and detoxing.

See more at www.littletonmill.com

Sally's new book Sprouting in the UK is out now, see page 7 for a review. www.sallyholloway.com ☼

Family Siesta Health & Wellbeing Farm

Helen Hooper finds the perfect location to run her retreats.

Nestled in the hills of Mijas Costa, overlooking the nearest city of Fuengirola and the Mediterranean Sea, you find Family Siesta, a family-run country retreat. At Family Siesta you will find yourself entering another world, where you wake up to the birds singing and the bees buzzing. You can literally feel your shoulders relax as you sit back and enjoy the energy of the wild nature surrounding you!

I came across Family Siesta on my travels last year when looking for somewhere to run yoga classes and possibly retreats out of. Someone I met at a Christmas fayre knew someone who was looking to do something similar to what I was talking about and after a bit of detective work I tracked down Mona Ostrowski and went to visit her at her Spanish finca.

Mona and Jerry run the rough diamond that is Family Siesta together with their three kids; Aisha (11), Maia (8) and Jordan (7) and their two dogs and two cats. For the last 10 years their focus has been on giving travellers from all over the world a pleasant, relaxing holiday, but for the last few years their focus has moved towards the concept of health and wellbeing.

Mona is a nurse and masseuse by education, and Jerry is a man that is the happiest in nature. Together, they began to think of a way to put their passions together and had by the time I met them come up with the concept that is now the Family Siesta Health and Wellbeing Farm.

To say that I met them at the right time is an understatement and in the months that followed that first meeting we gelled over our shared passion for sharing good health with others.

They were already making significant changes to the way they and their children ate and decided after a few months of knowing me that they would dip their toes into the world of raw food. So far so good and it brings a smile to my face to see their children happily chomping through carrots and whole cauliflowers whilst telling anyone who will listen how 'sugar can kill you!' Out of the mouths of babes eh!!

Mona is also very passionate about fitness and teaches weekly kickboxing, metabolic training and piloxing classes out of the gym that Jerry has lovingly hand built with sustainable materials.

Work starts next to create a permaculture on their land so that they can be self sufficient and have produce to provide for our retreats, workshops and bootcamps. Fruit trees are already in and heirloom seeds being hunted down to ensure that our veggies will be as organic as possible.

So, you can see why I am so excited to have met this fami-

ly and why it makes my heart sing to be able to announce our programme of events over the rest of the year.

We are planning a Grand Opening in October where we will showcase all the things we have going on at Family Siesta along with working with some fantastic people we have met over the last 6 months.

But we start before then with some fantastic retreats and workshops all encouraging people to take a look at their health and make the changes that they need to in order to sustain it long term. By working through emotional issues and blocks as well as addressing diet and exercise we are confident that we can help people look at the whole picture of health and not just facets of it.

All this in the amazing setting of Family Siesta which has a habit of weaving a magic spell of calm and serenity on anyone who walks through its doors.

Below is a list of our events over the coming months. One day workshops as well as weekend and week long retreats and bootcamps. So, you can book to come here directly or come as part of a holiday and join us for just a day.

And kids are always welcome as we feel it is just as important to educate them about creating good health as their parents. And Mona and Jerry's kids (now known as Raw Kids Spain) will be only too happy to share what they are learning.

16th September – Kidz raw food workshop at MezzaNorte, Fuengirola – pizza and cake decorating.

21st – 24th September – Young Living essential oils spa weekend – yoga, raw food, massages, essential oils and bags of relaxation in the sun.

29th September – 6th October – Raw bootcamp – raw exercise, raw food, RAWking results

14th October – Introduction to raw food workshop for adults and children

21st October – Grand Opening of Family Siesta

3rd – 10th November – Raw bootcamp – raw exercise, raw food, RAWking results

16th – 18th November – Welcome to Winter retreat – yoga, raw food, essential oils and EFT (Emotional Freedom Technique)

As a special offer to all Funky Raw readers we are offering a 10% discount on all the above events. Simply email me at helen@barefootandraw.co.uk for more information on the events and full details on how to book.

For more from Helen see www.barefootandraw.co.uk ☘

Womb Blessing

Belinda Garcia introduces a healing blessing for women.

'The world will be saved by the western woman'
- Dalai Lama, 2009

The Womb Blessing was created at the beginning of the year by international author, healer and artist **Miranda Gray**. It all started when Miranda sent out an email to a group of women inviting them to participate in a distant Womb Blessing attunement. Miranda thought she would be more than happy if 50 women signed up. However, the word started spreading over the internet and just days before the first free distant blessing in February there were around 16,000 women enrolled all over the world.

The Womb Blessing has been a massive success and it is bound to create more interest from women in every part of the globe as the free Worldwide Womb Blessing has been spread out in five different events throughout the year. Last May we had the second worldwide Womb Blessing where 18,500 women signed up from 80 different countries, so this has been an intense journey for Miranda but a really nourishing one too.

So far 2012 has been a year of massive transformation and planetary changes and it is said to be the year of the feminine too, hence why so many women feel the Womb Blessing has come at the right time. The Womb Blessing has managed to create a wonderful empowering practice only for women and many women feel drawn to the experience as it doesn't ask them to change themselves into something that their not or to suppress any emotions. It actually enhances your sensitivity, healing anything you have not been able to heal before.

As someone who has been supporting Miranda Gray from the beginning of the blessing, I have seen many women transform their life's, connecting them to who they really are. Some women have felt a massive validation of their body and their calling; other have healed their ancestral feminine line and feel a deeper connection with the women in their lives and women in general.

But how does the Womb Blessing work you might ask? In Miranda's words *"it's like Reiki. There is a great source of universal energy available and the Blessing channels a female-centric version of this vibration into women's bodies, often with noticeable physical and emotional effects. Even if spirituality doesn't figure in your life, participation in the meditation - during which the energy 'comes through' - women are acknowledging their femaleness, and that can be all it takes for them to feel a shift in perception or a sudden awareness of personal strength. Whether you see it as an effect of the energy or simply as a consequence of choosing to connect and acknowledge yourself and the other women; the fact remains that many post-blessing, feel more empowered, more validated and emotionally confident."*

Many women around the globe have had so many wonderful experiences during the worldwide events that the Womb Blessing has gone viral and so Miranda has been on tour teaching women how to pass this beautiful healing

energy onto other women so we can all spread the blessing into more wombs.

Miranda's training workshop is for any woman who feels drawn to learn how to give the blessing to other women; once they have completed a two day intensive training they will be able to pass this energy onto other women. After these two days women become **Moon Mothers** as the energy we are working with is the beautiful, gentle energy of the moon. The great thing about this training is that you don't need to have previous experience in Reiki or any healing art. Miranda will initiate every woman into the blessing and guide them in the process. The energy will then bring up to light all the things that need to change in your life, so it may be an emotional initiation or a very spiritual experience; it really varies from woman to woman.

I took part in Miranda's first Moon Mother training workshop last April and my personal experience was of profound love for all the women in my family, it was a recognition of their own essence and strengths. It was also a beautiful healing experience in terms of personal trauma I had suffered in my life and I had not been able to heal, as well as a validation of my path and my calling.

Miranda's idea is to help women heal from the restrictions that others have imposed on us by bringing the Womb Blessing to every woman and also spreading the blessing by teaching women how to pass this energy and so both the Worldwide Womb Blessing and the Moon Mother training workshop act as a great healing tool for women in general.

The next free Worldwide Womb Blessing event is on **Thursday 2nd of August**, the blessing is offered at four different times so that women from different time zones can have the possibility to participate. If you are interested in participating, all you need to do is register on the Womb Blessing website, once you are registered you will receive the Womb Tree meditation and on the day of the event and at the time you have chosen you will be able to connect to the Womb Blessing energy among many other women around the globe.

After the worldwide event there will be a **Moon Mother training workshop** taking place on the **11th & 12th of August at The Centre of Whole Health Bristol**. So if you are curious to find out more or if you feel called to follow the path of the Divine Feminine, then this workshop might be what you are looking for! Places for the workshop are limited, so please check availability with **Clare Warren - Bristol Moon Mother** - at clare@claritycrafts.com

You can also visit the official Womb Blessing website and join our online community where you will be able to interact with other women who have taken part in previous events.

Belinda Garcia is the Moon Mother & Womb Blessing Community Coordinator. www.wombblessing.com ❀

What's in a raw fooders Bathroom?

Helen Kirby-Roach on cleansing and detoxing.

Drop by any raw fooders kitchen and you are likely to see in place of toaster, microwave and kettle, a juicer, blender and dehydrator. It is not too difficult to explain away these, nor the glass pans and wooden eating spoons, or the water distiller and any other quirk we have in the kitchen area. Onwards through the house, to the bedroom, where the bed raised 6" at the head by wooden blocks placed under the legs is similarly not too far removed from normality as to be an embarrassment.

The bathroom however is a different matter.

I really am quite okay with explaining the stool for raising ones feet whilst using the loo, but I only really want to tell a fellow raw fooding health seeker - as opposed to the general visitor - the real reasons we have a torch and magnifying glass and wooden 'pooh sticks' - that are most definitely not for races in the toilet bowl and around the U bend! The bag with attached plastic piping and nozzle, that is often found hanging on the shower rail is also something I try to disguise by use of a cleverly placed towel. (If I know visitors are coming I do hide it away completely.)

To say nothing of the bottle of vodka by the sink for hand washing purposes - we have cats. Dr Hulda Clark has a lot to answer for!

Any raw food beginners reading this, fear not. Just as you do not need a dehydrator to start on raw food, you also do not need an enema bag and various simple pieces of equipment to view that which one has just expelled down the loo. If someone had told me the raw path would include enemas, albeit some years hence, I would have been a most unhappy bunny. (As it was, I resisted the concept of raw food for about seven years after first reading about it).

Having been raised with a natural whole grain diet type of mum who subjected me to enemas from the age of five, I have as an adult, been firmly opposed to them. So it is with much surprise I find myself admitting that I quite enjoy an enema these days. Partaking of them is a recent occurrence for me, I have been following a raw diet for four years and only making use of enemas for the last two. Initially using them as part of a yearly colon cleanse, but nowadays on a more regular basis.

For newbies you need to know that as you progress on raw - and it will be a progression that continues in some way shape or form until the day you decide to depart this planet - the mind opens in ways you could never have imagined whilst consuming cooked, and therefore dead food.

Cleansing becomes a must, not because someone tells you you must, but because you instinctively want to. I am

now a very happy exponent of colon cleansing having completed two in the last eighteen months, and am currently 'doing' my liver. The hugely satisfying amount of 'stuff' (mucoid plaque) that is expelled via a colon cleanse (the five days fasting type) kept my partner and I in conversation for many a day. Similarly the compare and contrast possibilities with regard to the misnomered gall stones. Ironically it is absolutely incredible how many of these conversations start between us whilst we are eating. Ones abhorrence of delicate matters being aired also disappears with the previously retained matter, and the inner detached - but not disinterested - scientist appears.

Obviously, whilst eating a raw diet the body is cleansing consistently on a daily basis, and the results will show, but trust me, you will want to cleanse more deeply at some point. This rapidly progresses the healing abilities of the body. This is a personal "only you can tell what your body wants" decision. The more connected you become with yourself through eating a raw diet, the more you will trust your body to inform you of what it needs, and you will be able to distinguish this from what it may crave for the wrong reasons!

My approach to health has altered considerably over the last four years - most of which have been high raw with periods of totally raw. I once supplemented with many supportive superfoods, minerals, vitamins and herbs. Whilst I still have a high regard for these, I feel that they are less necessary to my body than when I was pre raw. Once the body starts cleansing on a deep level, it can repair much of the damage done with cooked foods, alcohol, and a stressful unhealthy lifestyle. However it is of course very important to support the elimination of the toxic matter to make it as gentle a procedure as possible, and superfoods certainly have a place in this.

Having just ended my second gall bladder flush/liver cleanse in a series of maybe six, I can say that I feel light, bright, smiley, clean, and refreshed. Hard to explain, but I feel different in my liver area, despite having no liverish type symptoms to start with. I feel actually, as though this is how I should feel all the time, as though I have reached ultimate wellness, that special high that the long term raw fooders enjoy on a daily basis year after year. The feeling that so far has eluded me, although many aspects of me have changed. In fact, although nothing in my rather bothersome - at - times daily life has altered in the last 2 days, I can't stop smiling. I may soon be an absolute joy to be around! This then, is why people cleanse and purge. Discover it for yourself please do!

If you have any questions or are in need of help you can contact Helen and read her website:
rawfoodyhealthnut.blogspot.com
rawfoodyhealthnut@gmail.com ☘

Poetry

Sea Organ Sanctuary

I heard you calling
A conch from the White Sea
Past Korana Mill
Endless blue blue blue

Tease me
The meadow in my heart
Clean the wounds at my heels
Show me another way...

You call again
I take flight, surrender
Drench my thoughts
Soar

I am awake yet
Calm as a sleeping baby
Craddled in nature's womb
My sanctuary

by Frances Kelsey -
temptedtoswim.wordpress.com

Symbiotic & Synergistic Opening to Life

My soul weaves through this realm
The poetry of my heart
The light of my spirit
The passion of my eternal self
Creativity flowing
Consciousness growing

This beautiful world is a grace to incarnate (in)
Nature's symphony graces each day
Penetrating my soul with the grace of life
I'm here to live, laugh and love
Radiating my essence forth
To imbue this realm

Ask yourself what is your truth?
What really matters in the expression of your being?
What do you want to leave behind as a legacy one day?
What makes your heart sing?
What is the greatest expression of who you are?

In radiant love, light, magnificence, brilliance,
glory...shine your light, share your love

by Sarah Ince - www.ecoluminescence.com

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re-awakening * re-discovering

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



Subscriptions and back issues of the Funky Raw magazine



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

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

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



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

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