

# The Funky Raw

Issue 27 - Spring 2013

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Healthy eating for everyone

magazine



## From the Editor

I recently came across a review for a book called "The Hunter-Gatherer Way" by Ffyona Campbell. Usually with books I think about them for quite a while before purchasing, but this review was so compelling that I immediately ordered the book. And then when the book arrived I stopped what I was doing and started reading it straight away. I couldn't put it down, I think it's an amazing book which I think everyone would benefit from reading, so I started stocking it in the Funky Raw online shop. Ffyona tries to teach us a new way of thinking, about how we can really live sustainably on this earth - she says "the hunter-gatherer way is the only way of life which is *proven* to be sustainable on all levels and for all time." So I urge you to read the review on page 10, the same review as I read!

I hope you enjoy the magazine - we've got some amazing articles this issue, plus some delicious looking recipes... and check out the inSpiral Kale Chips give-away - 5 lucky readers will win a pack on page 10...

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



## Raw Food: What? How? Why?

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

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

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

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

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

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

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

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

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

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

Find out more on our website:

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

## Cover Artwork

By Jolita. It's a great joy for me to paint trees, in a way I feel it's like planting trees in people's hearts. I also think this is a way for trees to communicate with us, to express how they feel, what they want. I think a human and a tree relationship is very inter-connected - trees need us as much as we need them.



Our sense of self and connection is deepened and well being is enhanced when we are surrounded by trees. Have you ever noticed the sense of aliveness in the forest and disconnection where the landscape is barren?

We have recently bought land in Portugal and have been planting all sorts of trees and deep down in my heart it feels such a natural and great thing to do. Thank you trees for very important lessons that you teach us.

See more of Jolita's art at [www.redantart.eu](http://www.redantart.eu)

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](mailto:magazine@funkyraw.com)

Submission deadline for next issue: **7th June 2013.**

Advertising deadline: 14 June 2013 [funkyraw.com/ads/](http://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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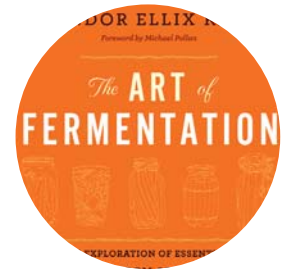
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[www.ink.uk.com](http://www.ink.uk.com)



This magazine is printed on 100% post consumer waste recycled paper by an environmentally friendly printer using vegetable based inks.

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# News

Got a story? Email [news@funkyraw.com](mailto:news@funkyraw.com)

## Raw Café in Sheffield

I'm a bit late with this one, only just heard about it. Pure on Raw opened in September last year in the Shalesmoor area of Sheffield. The owner Inga trained with the Living Foods Institute in Atlanta, USA, studying Raw Food Nutritional Science, Health Education Consultation and Raw Chef and Culinary Arts.

The menu includes granola or banana pancakes for breakfast, a range of starters and soups including BBQ kale chips, chips & guacamole or a daily soup. Mains include mock BBQ Ribs, pizza, cheeseburger and enchilada, with sides including dips and breads. There are also juices, smoothies and deserts. They try to use organic and local ingredients where possible.

Pure on Raw also offer a raw catering and raw food delivery service, plus classes and events, see the website for full details.

**Hours:** Mon, Tue & Thur: 10am - 3pm, Wed: Closed, Fri: 10am - 10pm, Sat: 11am - 10pm, Sun: 11am - 4pm

**Contact:** 244-246 Shalesmoor, Sheffield, S3 8UH (near Shalesmoor roundabout). Tel: 0114 327 323 5.

[www.pureonraw.co.uk](http://www.pureonraw.co.uk) Email: [info@pureonraw.co.uk](mailto:info@pureonraw.co.uk)

## Raw Life Festival, Sweden

Summer festival in Sweden featuring Kate Magic and Daniel Vitalis. According to the website "Here you can enjoy an abundance of raw gourmet cuisine, inspiring health lectures, cooking demonstrations, yoga, dance, concerts, new friends and more..." Plus the weekend after the festival (15-18 Aug) Daniel Vitalis is running a retreat "REWILD Yourself: Restoring The Health of the Human Animal", but there is not much info on that yet.

### Festival Prices

Adult: 3600 SEK (Approx £365)

Youth (13-18): 2200 SEK (Approx £225)

Child (5-12): £155 Under 5: free

400 SEK (approx £40) early bird discount if you purchase before April 30th.

Full details [www.rawlifefestival.se](http://www.rawlifefestival.se)

## Festival of Life, London

The annual festival returns for its tenth year with over 50 free talks and workshops and over 60 stalls covering: self-healing and self-empowerment, natural parenting and nature cures, permaculture and environmentalism, musical, poetic and artistic expression, simple and non-consumerist living, creating community and networks, celebration and connection. Plus conscious dance party in the evening. Find out more on the website [www.festivaloflife.net](http://www.festivaloflife.net)

## Could you live on Wild Food?

Fergus Drennan is planning to live for a whole year eating only wild food. He will be trying different diets over the year, including one month eating only raw wild food. He plans to write a book and share his findings, he is currently trying to raise money to help with the project. You can find out more info here:

[www.indiegogo.com/one-year-total-wild-food](http://www.indiegogo.com/one-year-total-wild-food)

### 4<sup>th</sup> Annual London Permaculture Festival

*A celebration of sustainable living*



Sunday 14<sup>th</sup> July, Cecil Sharp House, Camden

Bringing together people from all over Britain who are interested in finding creative solutions for a sustainable, healthy future. There will be something for all: presentations and workshops, live music and storytelling, practical demonstrations, grassroots films and to finish the day: music from the funky three-piece Australian band, the Formidable Vegetable Sound System featuring ukulele, trumpet/trumpbone and DJ Button providing beats. (<http://youtu.be/QxU5Pk6sArc>)

This year showcases the work of the national network of Permaculture LAND projects funded by the Big Lottery Fund's Local Food scheme. They aim to make high quality local food accessible, grown according to ecologically sound land design principles. Their projects include home gardens, community gardens, allotments, smallholdings and farms. They are joining in to share their experience and expertise: whether beginner or experienced yourself, come and participate.

Inside the main house there will be presentations on subjects as diverse as: our own body ecology and health; sustainability and parenting; surviving climate change; a history of land rights and protest in folk song and story; as well as the opportunity to find out more about, what is permaculture?

Outside in the garden the 'How to' dome for adults and children will introduce such topics as: growing from seed; keeping chickens; growing fruit; making a bee hotel; and worm composting. Additional activities for the kid's zone include: creating nature collages, felt making and natural dyes.

There will be raw food information and nutritional advice in the Kitchen Buddy area from Nutritional Therapist Theresa Webb and plenty of other stalls to browse offering fresh local food, books, green products, seeds from the London Seed Bank campaign and information demonstrating alternative technologies.

The London Permaculture Festival is a non-profit grassroots event organised by volunteers. We look forward to seeing you there at **Cecil Sharp House, 2 Regents Park Road, London NW1 7AY. Nearest tube: Camden Town; Rail: Camden Road; Buses: 274 and C2. Price: £5/£4 concessions (under 18s free)**

More information on [LondonPermacultureFestival.com](http://LondonPermacultureFestival.com)  
Email: [info@LondonPermacultureFestival.com](mailto:info@LondonPermacultureFestival.com)



# Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on [www.meetup.com](http://www.meetup.com) and also see [www.funkyraw.com/events/](http://www.funkyraw.com/events/) or start your own. If you organise a potluck, email the details to [news@funkyraw.com](mailto:news@funkyraw.com) to have it listed here.

## Hebden Bridge & Leeds

Meetups and wild food walks. See Facebook page for future events: [www.tinyurl.com/rawhebden](http://www.tinyurl.com/rawhebden)

## South Manchester

Check website for future dates  
[www.facebook.com/groups/southmanchesterraw/](http://www.facebook.com/groups/southmanchesterraw/)

## Glasgow/Central Scotland

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

## Cambridge

Meetups, dinners and other events. Contact Barbara: [www.rawfiesta.com](http://www.rawfiesta.com)  
[barbarafernandez@msn.com](mailto:barbarafernandez@msn.com)

## Bedfordshire/Northamptonshire

Contact Elizabeth Drake on 07795 250312  
[www.tinyurl.com/rawbeds](http://www.tinyurl.com/rawbeds)

## Southend-On-Sea, Essex

Raw Essex Girl Potluck,  
Next meet up 2nd May 7.30-9.30pm and then every 2nd Wednesday of the month throughout the year.  
Bring along a Raw Vegan or Vegan dish (does not have to be 100% raw) no charge just bring a dish.  
For further information, address etc contact Stella: Mobile 07545982562  
Website: [www.rawessexgirl.com](http://www.rawessexgirl.com)  
Email: [stella@rawessexgirl.com](mailto:stella@rawessexgirl.com)

## Cardiff

First Saturday of the month - contact Nicola on [kalistar@hotmail.co.uk](mailto:kalistar@hotmail.co.uk)

## Bridgwater, Somerset

Monthly potluck, check website for future dates. More details:  
[www.resource-me.com/noticeboard.html](http://www.resource-me.com/noticeboard.html)

Please RSVP: [enquiries@resource-me.com](mailto: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](mailto:emvz53@gmail.com) and see [www.tinyurl.com/nerawmeet](http://www.tinyurl.com/nerawmeet)

## Hull

FEAST (Food Education And Social Transformation) is Hull's conscious eating group which meets once a fortnight or so to eat, chat and organise. All welcome, call 07908 018 251 for more info.

## Colchester

Contact Dawn on 01206 735780 or [dawn.waterhouse@yahoo.com](mailto:dawn.waterhouse@yahoo.com)  
[www.tinyurl.com/dwnaturalhealth](http://www.tinyurl.com/dwnaturalhealth)

## London

**North London:** See the website for details of next meetup:  
[www.tinyurl.com/londonraw](http://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](mailto:rawfoodgardener@yahoo.com)

**London Raw Food Meetup group**  
[www.meetup.com/rawliving/](http://www.meetup.com/rawliving/) see website for future events.

## Hastings

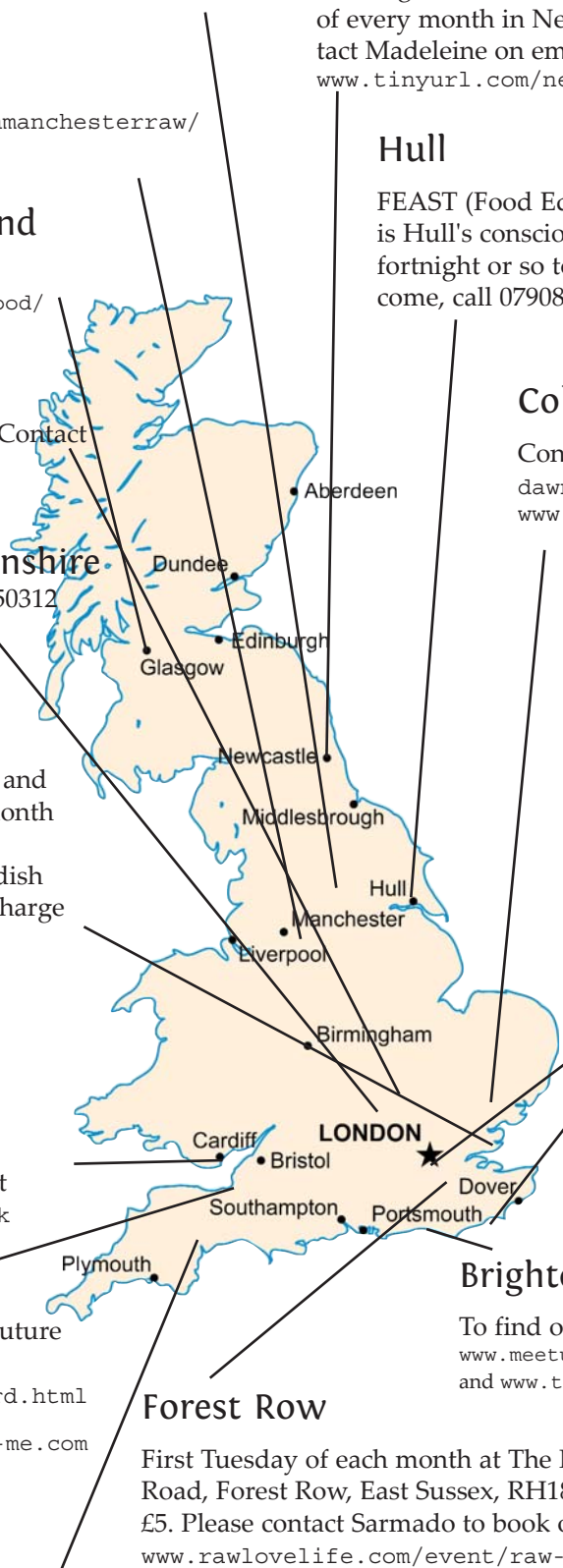
New potluck every 2 months:  
[sallyholloway@cheerful.com](mailto:sallyholloway@cheerful.com)  
07960 222077

## Brighton

To find out about potlucks in Brighton, visit:  
[www.meetup.com/Brightons-raw-food-lovers/](http://www.meetup.com/Brightons-raw-food-lovers/)  
and [www.tinyurl.com/rawbright](http://www.tinyurl.com/rawbright)

## Forest Row

First Tuesday of each month at The Milliners Studio, Lewes Road, Forest Row, East Sussex, RH18 5AF. Suggested donation £5. Please contact Sarmado to book or more info on 07757 766917  
[www.rawlovelife.com/event/raw-pot-luck-supper-club/](http://www.rawlovelife.com/event/raw-pot-luck-supper-club/)



# Workshops & Events

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

## Acid Alkaline Breakthrough Live

**Date:** Saturday 20 April, 10am-12:30pm

**Location:** The Albany Club, Regent's Park, NW1 4DY

**Description:** "Disease can not develop or live in a slightly alkaline oxygen rich environment. Free radicals don't stand a chance of surviving. Every ache, itch and pain is telling you that your body is too acid."

-Why acid/alkaline balance within your body is so vital.

-Discover 5 different ways to find your own pH level and measure it during the class.

-Experience a simple exercise to keep you balanced.

-The 9 most alkalising foods and the 9 most acidifying.

-Discover the difference between juices and smoothies and which would be the most appropriate for you.

-Watch Tanya demonstrate the making of ideally balanced and highly alkalising recipes, such a green juice, cucumber guacamole rolls, probiotic rich sauerkraut, satisfying tacos filled with salsa and tangy sauce, a simple 2 minute ice cream.

**Price:** £70 or 2 for £130

**Contact:** [tanya@betterraw.com](mailto:tanya@betterraw.com) / 020 7386 9215

**Website:** [www.betterraw.com/p/teaching.html](http://www.betterraw.com/p/teaching.html)

## Ahimsa - Pure Food and Nutrition Pop Up Restaurant

**Date:** Wednesday, 24 April 2013 from 8pm to 11:30pm

**Location:** Kentish Town, London

**Description:** One night only - come for a delicious gourmet meal at the Raw Food Pop Up Restaurant. Delicious, super healthy and high vibrational food created by raw food chefs and nutritionists Bruna Oliveira and Asa Simonsson. Limited Places so book early.

Included in the price is a Kombucha Cocktain and a 4 course gourmet raw food meal. Green tea and more Kombucha will be available to buy. Or why not bring your own bottle of wine.

This is what previous customers have to say about our food: "probably one of the best meals I ever had" David-Hackney

**Price:** £35

**Website:** [www.therawpopup.eventbrite.co.uk](http://www.therawpopup.eventbrite.co.uk)

## Introduction to Raw Food Workshop

**Date:** Sunday 28 April, 1pm to 4pm

**Location:** Rydevale Nursery, Balham, London SW12 9JP

**Description:** Patricia will show you how to easily prepare tasty meals from scratch – and even recreates the raw equivalent of your favourite cooked food dish. This beginner's guide to raw food really is an education for your taste buds! See for yourself how easy it is to prepare simple dishes such as curries, dips, sauces, vegetable wraps, ice cream, cheesecake and chocolate mousse.

You'll leave this class confident about creating delicious gourmet 'raw' meals yourself at home.

**Price:** £55

**Contact:** 020 8916 1329

**Website:** [www.greenleavesherbalhealth.co.uk](http://www.greenleavesherbalhealth.co.uk)

The same workshop repeats on Sunday 26 May.

## Mini Raw food chef training

**Date:** Saturday 4 May to Wednesday 8 May

**Location:** Bidart, South West of France

**Description:** Learn the secrets and techniques of a certified Raw food chef. At the end of this holiday you will be able to impress your friends and family with delicious, fresh, colourful dishes that will give energy and vitality. You will come home with a booklet of the recipes you prepared.

What you will learn:

How to use superfoods

Flavour balancing

Dehydration

Use of sweetener

Making yummy healthy desserts

Mastering the art of raw chocolate

The art of plating

How to ferment/sprout ...

**Price:** Twin or double 815€, other options available

**Website:** [www.biarritz-ocean-detox-yoga.com](http://www.biarritz-ocean-detox-yoga.com)

## Raw & Superfood Yoga retreat

**Date:** Friday 10 May to Monday 20 May

**Location:** Alpujarras, Andalucia, Spain

**Description:** SunFoodYoga offers workshops and retreats in the magnificent mountain area of the Alpujarras. Far away from the hectic lifestyle you're used to, your roles and stories, you can unwind from your daily responsibilities. This retreat is dedicated to your health. We gently detox the body and each day reconnect a bit more with our body, mind and spirit. We focus on yoga, pranayama and meditation and learn about what raw and superfood do for our body-mind and general wellbeing. In this week we will not only try interesting, tasty and beautiful dishes of rawfood, but we will also learn how to prepare it and how it can become a natural part of our life.

**Website:** [www.sunfoodyoga.com](http://www.sunfoodyoga.com)

## Vitality Planet

**Date:** Saturday 11 May, 10.00am-8.00pm

**Location:** Kensington Town Hall

**Description:** Vitality Planet is a pioneering full-day conference and exhibition that celebrates the greatest wealth attainable, allowing you to discover new worlds of possibility for revitalising your life and rekindling your brilliance. Provides fresh insights for the next evolutionary step in your personal wellness and showcases routes for healing that you may never have considered before.

**Price:** £39 for 1, £73.50 for 2, £91 for 3

**Website:** [www.vitalityplanet.co.uk](http://www.vitalityplanet.co.uk)

## Free Raw Food Demonstration

**Date:** Friday 17 May, 12-4pm

**Location:** Southend-On-Sea Essex

**Description:** Raw food demonstration for those of you new to raw foods. I will be demonstrating Green smoothies, Nut milks, Breakfast bars and more. Limited spaces available, booking required.

**Price:** Free

**Contact:** [Stella@rawessexgirl.com](mailto:Stella@rawessexgirl.com) / 07545982562

**Website:** [www.rawessexgirl.com](http://www.rawessexgirl.com)

### Raw Lifestyle Retreat

**Date:** Monday 20 May to Friday 24 May

**Location:** Arundel, West Sussex, UK

**Description:** Our Raw Lifestyle Retreats can help you on your journey to better health and wellbeing. A truly transformational week awaits you, with beautiful, freshly prepared raw food meals, plus workshops and demos to introduce you to the raw lifestyle and show you how to make super healthy gorgeous raw food for yourself. You will enjoy twice daily yoga classes, meditation, and have the opportunity to book a relaxing treatment with one of our expert therapists.

**Price:** From £400 (based on sharing double or twin)

**Contact:** natalie@rawlifestylecoach.co.uk / 01293 871012

**Website:** www.rawlifestylecoach.co.uk

### Raw Food Prep

**Date:** Saturday 01 June, 10-4

**Location:** Universal Yoga, Bath

**Description:** You will Learn the alchemy of spices, oils, natural sweeteners, salts, superfood and herbs and how to integrate more raw food into your diet easily.

Rather than sending you home with a set of recipes you will learn the chemistry (the foundation) of raw food that will give you the confidence what ever ingredients you have to hand to create simple, sexy and highly nutritious food.

**Price:** £70 early bird (before April 15th) or £85 on the day.

**Contact:** info@rinagolan-rothwell.com / 01225 720160

**Website:** www.rinagolan-rothwell.com

# The Art of Fermentation by Sandor Ellix Katz

## Book review by Rob Hull

Nearly 3 years ago I read a wonderful book called *Wild Fermentation* also by Sandor Katz which really got me into making fermented foods - I reviewed the book and published an extract in issue 17 of this magazine. What I have in my hand now is the latest book from Sandor, and it's quite a leap. *The Art of Fermentation* is a 500 page hard-back manual covering every aspect of making fermented foods, and even chapters on non-food uses of fermentation and considerations for making it commercially.

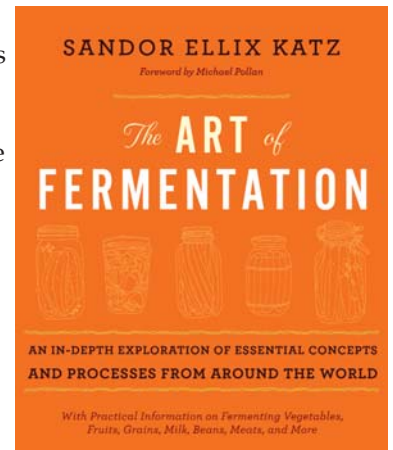
Before getting into the recipes, the book starts with 3 introductory chapters. The first a general introduction to fermentation and its role in our evolution and culture, as always with Sandor's writing containing some deep insights, including this "Continuous indiscriminate killing of bacteria in, on, and around our bodies makes us *more* vulnerable to infection rather than less vulnerable." Next is a chapter on the benefits: preservation, health and flavour. The third chapter outlines the basic concepts and techniques of fermentation and the equipment you will need, covering everything from jars and crocks to fermenting in pits, gourds and baskets.

The bulk of the book is made up of chapters covering each type of fermentation, including vegetables; sour tonic beverages; alcohol; milk; grains & tubers; mould cultures; beans, seeds & nuts; and meat, fish & eggs. One noticeable contrast in this book compared to the last one is the lack of specific recipes - I'll let Sandor explain "Rather than specific recipes, I wish to communicate concepts with broad applicability. I offer general proportions, or ranges of proportions, and process parameters, and sometimes even seasoning suggestions. I have attempted to explain what to do in each ferment, and why. [...] I want to help you understand the hows and whys of fermentation. With that understanding, recipes are everywhere, and you can creatively explore." While it sounds good in theory, I know often look up a quick recipe in the *Wild Fermentation* book, it might take longer to read through the text to find the info I need in this book.

Each section is very comprehensive, Sandor tells us about his specific experiences, what works, what doesn't work. He has done extensive research of all kinds of traditional peoples and their fermentation methods which he shares here, whether or not he has tried himself. Reading this book just makes me want to start experimenting. And there are so many variables to experiment with, with lots of pointers from Sandor.

In *Wild Fermentation*, there was not much mention of fermenting meat and fish as Sandor has been a vegetarian in the past, whereas this book has a chapter devoted to it. Although he says "To be perfectly honest, I have much more limited personal experience fermenting flesh as compared with plant matter." So this chapter is very much an introduction to the topic with pointers for further research.

A very well written and organised book, with a good index, notes and references, plus a resource section organised by chapter with books, websites, addresses, equipment suppliers and more. If you have a love of fermenting, I definitely recommend this book. If you're new to fermenting, you might find it easier to start with *Wild Fermentation*, although *The Art of Fermentation* is also suitable for beginners. If you are a strict raw fooder, note that a proportion of the recipes in this book are cooked, although there are many that are raw and I still recommend the book.



£32.50. 498 pages

ISBN: 978-1603582865 Published by Chelsea Green Publishing

# Wholefoods Store and Saf Cafebar

## Review by Helen Kirby Roach

As someone normally restricted to shopping for raw food stuffs in a tiny market town in the Algarve, the sudden transportation into the wonderland that is Wholefoods (Kensington High St, London) was an experience bordering on magical. So forgive my enthusiastic excitement! This is the first time I have found/seen in nearly 5 years of searching - young Thai coconuts of the yurt(ish) shape and reasonably priced at around £3.<sup>1</sup>

Of particular interest to me were the kefir grains and the nut butter making machine for customers to use. The pistachios were the only raw nuts so I had my first try of this butter. At £29 a kilo it is a delicacy indeed but £1.50 gave me enough for one meal. Unfortunately it was all rather agonising as I couldn't buy and take back due to only having booked hand luggage and that bag was already full, much as I would have like to have jettisoned my clothes to get in supplies whilst I could.

So the only other way to transport this home was to eat it and bring my newly energised cells with me! This meant heading up to the Saf cafe area on the upper floor. There were other cafes here but must admit I can't name them as I had eyes for only one place. It is not a totally raw menu, catering for vegetarians and vegans in the main but it does offer a constant set raw menu.

Daughter number 2 was treating me to lunch and given that she is a London resident, she did not find the prices as shocking as rural Portuguese trained moi (quick price comparison: good coffee in Portugal 50p a cup, London similar £3.20). We had ozonated water, a raw juice each and a main course... mine is pictured.

Courgette Linguini Alfredo is quite possibly the most amazing raw meal I have ever eaten and I do fancy myself a dab hand in the raw kitchen. The mix of courgette, light cashew dressing and porcini mushrooms, drizzled with truffle oil, was perfect. I am rather vocal in the palate pleasure areas so many a (subdued) 'mmmm' could be heard. It was very filling although it sat lightly on the stomach, so sadly I had no room for dessert. For those who don't like metal in their mouth, it was accompanied by chopsticks.

The setting is lovely and bright but with a muted ambience, the murmuring of other diners around the upper floor being the most prominent noise. It is described by Saf as such: "Our Restaurant & Bar is set on the first floor of the historic Barkers Building with its distinctive floor to ceiling windows bathing the venue in natural light. We provide an inviting and intimate dining experience amongst the animated store atmosphere." And I do concur with this.

The lovely Ralph - the - only - vegan - working - there waiting on table added to the pleasure. It is worth dining there to be bathed in his beaming smile, daughter number 2 declared him adorable. His mother eats raw and he has

<sup>1</sup> Editors note: Try Chinatown for around half that price.



Raw Courgette Linguini Alfredo



Cooked vegan meals are also available

been a vegan from the age of 15 when he became aware of the cruelty imposed upon animals to make them into food for us.

The combination of the shopping floors and the hotch potch of restaurants is definitely in line with the store ethos. "We offer value to our customers by providing them with high quality products, extraordinary service and a competitive price. We are constantly challenged to improve the value proposition to our customers."

I hate travelling around in London but this was worth the tube trip and on my next visit I will be prepared with at least one suitcase. Only quibble - I would have loved to have found wooden eating spoons. Compostable ones yes, wooden ones no, so mark it so 99/100. Not too shabby!

More from Helen at [rawfoodyhealthnut.blogspot.com](http://rawfoodyhealthnut.blogspot.com)

63-97 Kensington High Street, The Barkers Building,  
London, W8 5SE

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

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

# Permaculture Design: a Step-by-Step Guide by Aranya

## Book review by Steve Charter

**This is an excellent, important and evolutionary book for the permaculture movement.**

*Permaculture Design: a Step-by-Step Guide* by Aranya is evolutionary because its focus is the 'how to' of permaculture design, rather than the 'what is' of permaculture overall – and that is new, and moves the worldwide permaculture movement forward. This book does what it says on the tin ... or in the veg box ... in that it guides you through the many and varied permaculture design tools, techniques and processes that you have in your imaginary permaculture toolbag, whether you are designing a garden, a small-holding or a community project.

One of the main gaps in the raw movement is that instead of producing plenty of our own high quality greens, herbs, roots and fruits, there's often an imbalance toward imported superfoods and unseasonal supermarket 'variety' with a bucket load of food miles behind it. So if you are wanting to do that all important thing of growing more of your own raw foods to gain the highest levels of vitality and nutrition, and you're new to permaculture this book is not the best place to start – although once you've taken that first step and got a general idea of what permaculture is, then it is a fantastic book for taking you further down that productive and

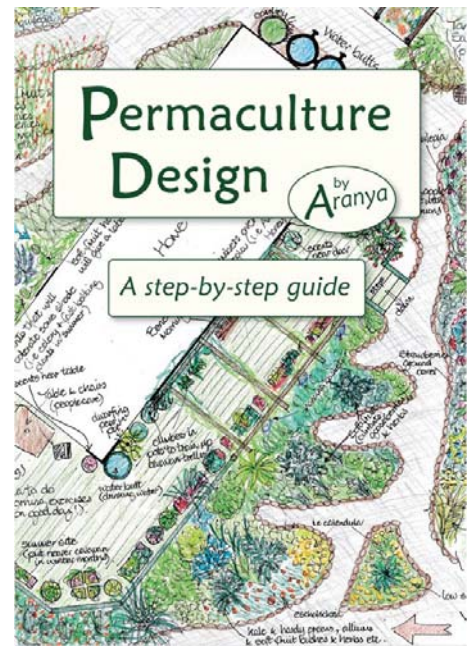
enjoyable pathway.

If you've done a permaculture design course or an Intro course, or you are a good self-directed learner, or if you are a permaculture geek or grow-your-own raw food enthusiast, then this is THE book to give you loads of information on how to do permaculture design. It's full of excellent illustrations, photos and diagrams, as well as a helpful layout to use in a practical way, because it is as it says, a guide. It's probably not one you'll sit in your armchair and read from cover to cover, but it is one to have in your pocket on site, or on the table as you survey, consider and design your site.

I can't say a lot more about it than that ... partly because there's no need to say more than, 'well done Aranya - what a great book!' and partly because it's so useful I have of course lent it to a friend or student, so it's not to hand as I finish this review because it's usefully being looked at and *used* elsewhere! Doing the job it was designed and written for...

*Steve Charter is author of Eat More Raw (Permanent Publications), a permaculture tutor/designer and co-founder of the now almost mythical Ecoforest project in Spain, where FR Rob started his raw journey...*

PS. Raw Food Permaculture Course anyone? If any readers are interested in participating in a raw focused per-



maculture course, either a 2 day intro or a 12 day design certificate course (possibly over 4 x 3day weekends), probably in SE / Kent, or possibly even southern Spain, then please email me at [steve@sc2.org.uk](mailto:steve@sc2.org.uk) ... we might even be able to get Aranya to come and do a guest spot, if he can squeeze us in ...and Rob to do a slot on wild foods in the unlikely event that he's in England!

RRP £14.95 but available for £10.95 direct from [www.aranyagardens.co.uk](http://www.aranyagardens.co.uk)

ISBN: 978-1856230919. Published by Permanent Publications.

# Tip Top Spiritual Lessons by Frank Arrigazzi

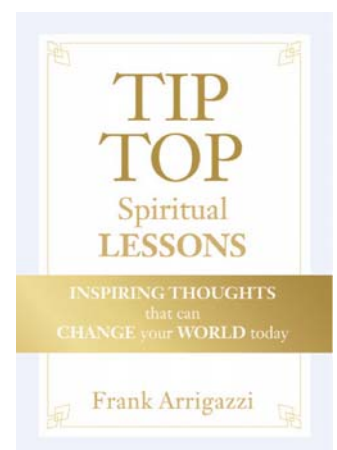
## eBook review by Jessie Maguire

Tip Top Spiritual Lessons is a heart-warming, inspiring little book, which is written with a lot of love. Less than a hundred pages long, it's a quick read that you will come back to, full of tips on how to live happily and with purpose. There are mantras, little inspiring phrases after each of the 26 lessons, a list of spiritual commandments, a recommended reading section, and a general plethora of inspiration.

Frank touches on many subjects in the book: meditation, gratitude, loving yourself and

self-healing rituals, protecting yourself from environmental toxins, as well as sharing his own story. What I liked about this book is that it's very personally written, and Frank reaches you and touches your heart. I would have loved more images in the book, but the presentation is simple and stylish. In general I felt this book was beautiful. Thank you Frank!

94 pages, £6.99  
Available from: [www.tiptopbooks.com](http://www.tiptopbooks.com)



# The Hunter-Gatherer Way by Ffiona Campbell

## Book review by Rory MacPhee

I have just finished reading this extraordinary, charming, illuminating, bonkers book.

How many pages are there? Dunno, no pages are numbered, but lets just say "enough". Fiona has said what she needs to say, and, like her Aboriginal folk in the book, just wandered off to eat some honey.

Fiona went for a walk in the nineties, all the way around the world. She clearly thought, and thought, kicked ideas around, chewed them over, then thought some more.

This is a thinking persons book for those who care about the rhythm of life yet are not quite tuned into contemporary narratives of "mindfulness" and "soul retrieval". No need: the proposition is a simple one – look within and eat Nature.

This is not a learned book, it quotes no authorities, there is no patron nor forward.

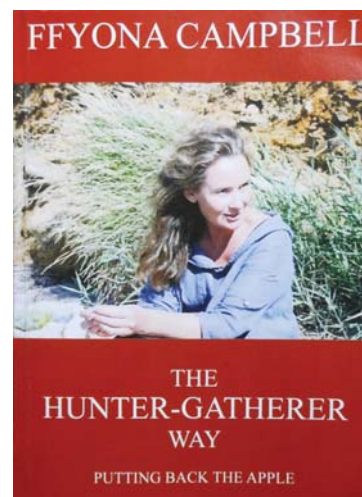
Quite simply it is an authentic voice of a deeply, intuitively thoughtful individual who has carried her fair share of burden the better to attach herself to mother earth with a straight back and a clear gaze into the future.

It is also – importantly – a book for men, written by a woman. There are some uncomfortable ideas that need to be accommodated in man-dom.

I hope that the good can spread out from this book, because, as the Cherokee grandmother is quoted as saying, there is no telling how far it will go.

Rory MacPhee harvests wild seaweed in Cornwall:  
[www.falassa.co.uk](http://www.falassa.co.uk)

*Editors note: This is not a raw food book, and as suggested by the title is not vegetarian! But it is full of ideas which are definitely useful for raw fooders.*



Fiona can be found at [www.wildfoodwalks.co.uk](http://www.wildfoodwalks.co.uk) and the book can be ordered via Facebook and is also available from the Funky Raw online shop.

# Raspberry Maca Kale Chips by inSpiral

## Review by Sarah Ince

**Zingy raspberry and Caramel Maca are the perfect marriage of flavours**



Just when I thought that inSpiral Lounge had created the ultimate Kale Chip variety (check out my review of Cacao & Cinnamon Kale Chips), along comes the new nut free Raspberry Maca Kale Chips. I'm enamoured with the super fruity natural flavour that marries so perfectly with the boost of maca. For those unrelenting moments when you crave something sweet, there is finally an answer!

Whilst satiating the body's desire for sweetness, the balance is met through maca – a boosting supplement renown for rebalancing the hormones in men and women. Raspberries are one of my favourite fruits, so it is good to know that real frozen raspberries are amongst the ingredi-

## GIVE\*AWAY

We've got 5 of the 35g packs of Raspberry Maca Kale Chips to give away - simply send an email to [competitions@funkyraw.com](mailto:competitions@funkyraw.com) with the subject **inSpiral Kale Chips** and 5 winners will be picked at random on May 31. Open to readers in EU only.

ents list, alongside local kale, cacao butter, and coconut palm sugar. There is so much talk regarding which sweeteners are truly optimal for a healthy diet. I have experimented with many, and finally settled on coconut palm sugar, as I have not experienced energy spikes whilst consuming coconut sugar.

Facts on raspberries: rich in antioxidants, minerals, vitamins and amino acids. Number 4 on the ANDI (Aggregate Nutrient Density Index) scale for fruit.

More about maca: rich in protein, B vitamins, essential amino acids, vitamins, enzymes and minerals. Boosts energy considerably, whilst perfectly balancing hormones.

A winning combination of flavours and active ingredients that will leave you wanting more.

£3.45 for 35g / £5.75 for 80g  
Available in health food shops, direct from [shop.inspiralled.net](http://shop.inspiralled.net) plus the 80g packs are now available from the Funky Raw online shop.

# Prepare Real Food for your beloved pets!

Eleni Paleologopoulou asks if you feed your pets processed food or the same top quality food you eat yourself?

Don't be afraid to make the switch. Our animals deserve the best, just as we do!

Our animals need rejuvenation as they have greatly suffered from the toxins, additives and preservatives which have accumulated in commercial pet foods. I came across this dilemma about a year ago when I realised that my dog, Koutsi, was continuously sick. He had skin problems, low energy, and his digestive system was not working properly. I had to make a choice to help Koutsi and I have to say I was a bit scared at the beginning. Am I making the right choice? What if this well-advertised dog food bag is all he needs? I started researching more about toxicity in commercial pet food and came across eye-opening information. Never had I thought that there could be so many forbidden ingredients in commercial pet foods. The artificial colours, the flavour enhancers, the antibiotics; the list goes on and on. But most importantly one thing missing from processed food was the life energy of the ingredients. After all this processing and chemical alteration the ingredients were no longer there. It was then that I thought about the issue of health. If Koutsi was not getting a healthy, raw or homemade diet then his body was unable to fight disease and restore itself. Just like the human body, the animal's body too has amazing ways to heal itself if it has the right support.

During my research, one thing that amazed me was the many choices I had. I could get organic top quality meat, vegetables, herbs, supplements, oils, and try different recipes. I was able to adjust the diet in case an ingredient was not well tolerated or in the case that a health issue came up I could add a certain ingredient to assist in the healing process. For example, red pumpkin is great for constipation or apple slices for just the opposite.

I found out that my dog and cat could get the same spinach, courgette, and carrots as I eat and that made me feel really inspired. I was able to offer love and care through a more natural nutritional diet, one in which I knew the ingredients.

My animals felt the difference from the start. They were very keen to eat their food and always jumped around when I served them. Their eyes became more clear and lively and Koutsi's mucus started to decrease and he stopped scratching his paws.

A number of great recipes can be found on the internet, in books and even better through the guidance of a spe-

cialised holistic pet nutritionist or vet. You can try both raw and home-made cooked recipes. In the market there are many supplements, vitamins, oils and herbs for animals that add value to the diet you prepare such as flaxseed oil, omega 3 oil, probiotics, peptic enzymes - especially for stomachs that lack digestive enzymes.

Our animal's body will go through the same detox process as we do when we make this switch so don't be scared, especially with the help of your vet this will work out fine. Another important thing is to avoid certain foods that our pets are not supposed to eat like onions, chocolate or macadamia nuts. You can find great information about these foods online.

It might take some time in the beginning to adjust but once you begin a routine of preparing your animal's food, it really pays off. Considering that you offer real food to your beloved animals, you will see a remarkable difference right from the start.

You can contact Eleni on [paleologopoulou5@gmail.com](mailto:paleologopoulou5@gmail.com)

## Doggie Snack time: Sweet potato chews

### Easy & healthy homemade recipe!

Choose a nice organic sweet potato

Preheat your oven or food dehydrator to 120°C / 250°F

Cut the potato into thin slices lengthwise

Place the slices in a baking tray with foil underneath

Bake until they become a bit crunchy but also tender

You might need to cover them with foil if you bake them in the oven.

This is a healthy and nutritious snack for your beloved dog! Sweet potatoes contain beta carotene which is an antioxidant, vitamins A, B, C, manganese, potassium and are a good source of fibre.



This is also a great treat for you too! Enjoy!

# Recipes

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

## Herbed Olive-Walnut Bread

Bread is one of the hardest foods to cut out while transitioning to a raw, living lifestyle. This bread is nothing like the fluffy wheat bread you remember vaguely from back in the cooked and baked days. It's kind of a substitute for the already dipped-into-herbed-olive-oil-and-toasted bread. All in one loaf. Seeds, small amount of nuts, olives and herbs create a perfect harmony and it takes but a little "kneading" and shaping and slicing. That's it.

**Ingredients** (Makes 1 small loaf: about 6 slices)

1 cup golden flax seeds  
¾ cup walnuts  
6-8 sun-dried olives  
1 clove garlic  
1 tsp salt  
oregano  
rosemary  
1½ to 2 tbsp olive oil  
5-6 tbsp water

### Method

1. Grind the flax seeds, chop the olives and the walnuts into small pieces, mince or press the garlic and chop up your herbs very finely.
2. Somehow my intuition was suggesting I should use the greatest method I learned from watching my grandmother making different kinds of pastry dough. Some of those buttery, crumbly mixes require this kind of mixing by hand and it works perfectly for this recipe: In a mixing bowl, combine all ingredients except the water. Scoop up a handful at a time and rub your hands together coating all of the mixture evenly with the oil and herbs.
3. Add water little by little until your dough is starting to hold together when you try to shape it into a loaf. Start folding and kneading the dough by pressing down on it and folding it again... similar to when you're kneading bread dough. This is not an easy task because it will be losing crumbs and constantly wanting to fall apart but just be patient and if you accidentally added too much water you know you can always add some more flax seeds to the mix to save yourself.
4. Once you have your desired shape, place the loaf on a teflex sheet gently and, using your sharpest knife, carefully slice it on the diagonal about an inch or two centimetres thick each. I ended up with six slices and a small corner this way.
5. Lay out the slices on the sheet and dehydrate for a few hours at 46°C (115°F). You can turn them and even trans-

fer them onto a screen after a little while.

### Nutrition

Flax seeds and walnuts are both amazing brain-boosting food, full of Omega-3 fatty acids and very high in fibre of course. Given the high percentage of golden flax seeds, this bread is exceptionally rich in most minerals and very high vitamins B1 (thiamin) and B6. Soothing to the body, nourishing the brain, mineralising the blood and bones... probably more than you'd expect from bread, isn't it?



Your herbed slices will be perfect with salads and light soups. It sure is nice to have around especially when expecting guests! Happy "baking"!

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



# Sweet Potato Hashbrowns with Mushroom Gravy

Who would miss potatoes on a raw diet when they can make these sweet potato hashbrowns? Served with a side salad or simply on a bed of greens, they provide a satisfying meal reminiscent of those ole cooked times, minus the heavy feeling in the stomach and any sense of guilt from destroying the vital nutrients by high heat.

## Ingredients for patties

6-7 cups of sweet potatoes/yams, peeled  
1 medium yellow onion, peeled  
½ cup golden flax seeds, ground  
1 tsp Celtic sea salt  
½ tsp garlic powder  
freshly ground black pepper to taste  
juice of ½ lemon

## Ingredients for mushrooms marinade

10 mushrooms, sliced  
1 tsp Celtic sea salt  
1 Tbs red onion, minced  
1 ½ Tbs fresh lemon juice  
1 Tbs olive oil (optional)

## Ingredients for gravy

1 cup cashews, soaked for a few hours, drained and rinsed  
¾ cup water  
1 cup courgette, peeled and roughly chopped  
2 cloves garlic, peeled and diced  
1 tsp fresh lemon juice  
½ tsp paprika  
½ tsp ground flax seeds  
tsp sea salt or to taste  
pinch of black ground pepper

Using a food processor, shred the sweet potatoes, and transfer them to a bowl. Shred the onion the same way and add to the sweet potatoes, mixing them together with a fork. Put half of the sweet potato onion mix back into the food processor equipped with an S-blade, and blend well, making a fine mix, until the shreds are no longer distinguishable. Return

this well-blended mix back to the bowl, and mix with the rest of the potato-onion mix. Add the remaining patty ingredients, and thoroughly mix once again. Form patties with your hands, and place on non-stick sheets in the dehydrator. Dehydrate at 40°C (105°F) for about 6-7 hours, flip them over directly onto the mesh trays, and continue dehydrating for another 5-6 hours until the patties are dry on the outside and somewhat moist on the inside.

Marinate the mushrooms in sea salt, lemon juice, red onion and olive oil mix for 30 min. Blend all the gravy ingredients together using a high-speed blender until creamy in texture. Adjust salt to taste at this point. Transfer gravy to a bowl. Drain the mushrooms, and gently stir them into the gravy. Sprinkle fresh herbs on the gravy just before serving. Hashbrown patties and gravy can be served cold, or you can warm up this dish by placing it in the dehydrator for 1-2 hours.

Preparation time: 1 hour 15 min plus soaking and dehydrating time.

by Tonya Zavasta from her book  
Beautiful on Raw - [www.beautifulonraw.com](http://www.beautifulonraw.com)



## Apple and pear pie Serves 2-4

½ cup nuts - any you have in, I used up the last of the hazelnuts and walnuts and added some almonds to make it enough  
½ cup dried fruit - again what ever you have, I used a few apricots, a couple of figs and the rest was dates

1 apple  
1 ripe pear

Grind the nuts until reasonable fine, then add the dried fruit and process until you

have a sticky lump (add a spoon of water if necessary).

Press into the base and sides of a 6inch flan dish.

Cored the apple and pear and roughly chop them. Process them together until smooth. Pour into the lined flan dish and level out. Warm through in a dehydrator for an hour if you like or serve cold.



by Fiona Pook

# Russian-Style Layered Mushroom Salad

Tired of traditional salads? This recipe puts a whole new spin on the salad theme. The idea for this festive layered salad comes from Russian cuisine.

Traditional Russian salad recipes often include herring, boiled potatoes and mayonnaise. But this healthy variation is chock full of raw goodness. Instead of cooking vegetables, use them in their raw state. Let mushrooms be the substitute for herring and have the avocados stand in for potatoes—more tastily, too! No mayo, either—instead, a nut-based dressing.

A decided improvement in taste and nutrition. A real novelty, too. Your party guests will never have seen or tasted this one! Guaranteed to impress.

## Ingredients for the salad

4 cups button or crimini mushrooms, sliced  
2 cups carrots, grated  
2 cups beetroot, grated  
3 small or 2 big avocados, peeled, pits removed, and mashed with a fork  
¾ cup red onion or shallots, finely chopped  
½ tsp Celtic sea salt  
juice of 1 lemon

## Ingredients for the dressing

1 cup cashews, soaked for 2 hours.  
1 cup pine nuts, soaked for 2 hours.  
¾ cup water  
2 Tbsp scallions, finely chopped  
1 ½ Tbs lemon juice  
1 tsp Celtic sea salt  
2 cloves garlic, minced  
1 Tbs fresh dill, finely chopped  
1 Tbs basil leaves, finely chopped

1. Marinate the sliced mushrooms in lemon juice and salt for a few hours.

2. Prepare the dressing by putting all the dressing ingredients into a high-speed blender and processing until you get a homogeneous mix with a thick creamy consistency. Add more water if necessary. Transfer to a bowl.

3. Place all salad ingredients in separate bowls, and decide on the order of your layers. Reserve some of the ingredients for garnishing on top. The idea is to assemble the salad in layers, alternating them with the dressing. You can use a see-through salad bowl for this salad, or a 7-inch

springform pan. If using the pan, pack the ingredients tightly, especially near the edges, since the salad would need to keep its shape when taken out of the pan.

4. The following sequence of layers was used for this recipe in the springform pan:

- Mushrooms
- Dressing
- Onions
- Avocados
- Dressing
- Carrots
- Dressing

At this point turn the salad over onto the serving plate, release the clamp on the pan and carefully slide the sides and the top off. You have mushrooms as the top layer now. Place the side part of the pan back and continue assembling the salad. Next layers:

- Dressing
- Beets

Remove the pan, and decorate your salad any way you wish.

Preparation time: 1 hour plus soaking and marinating time.

by Tonya Zavasta from her book  
Beautiful on Raw - [www.beautifulonraw.com](http://www.beautifulonraw.com)



## Lemongrass Dressing

I love salads so much that I really don't like going without one for a day. I like to play a lot with creating salad dressings to vary the Flavour and nutrition poured over the greens and veggies. My latest favourite is this almond-butter-based, aroma-filled concoction. It's very much like a Thai dressing and it will be wonderful in the summer to toss fresh cucumbers and chilis in it.

### Ingredients

1 lemongrass  
¼ cup (or more) almond butter  
Approx 3 tbsp apple cider vinegar  
2 cloves garlic  
2-3 tsp coconut sugar or your preferred sweetener  
salt  
½ cup (or less, to taste) water  
optional: piece of jalapeno / other hot pepper / dash of ground cayenne

### Method

1. Lemongrass is a very fibrous herb and the outer leaves, most of the top, and the bottom stem are all removed. Only a relatively small piece of the fresh herb you'll end up using.
2. Once you end up with just the core that is much easier to slice, chop it to small pieces to help the blender.
3. Place all ingredients in a blender with only some of the water to begin with so that you can add more as you adjust the flavours when taste-testing.
4. Blend the ingredients on a high speed until you get a smooth, uniform consistency. Taste-test and adjust ingredients as necessary.
5. Pour it over your favourite salad ingredients... so yummy.

Note: the dressing will keep in the fridge for days. It will thicken and separate but can be simply stirred and you can add a little vinegar or water if you find it too thick.

The incredible Flavour is paired with many health benefits

Lemongrass is a cleanser, in other words, it helps the elimination of toxins. It's a digestive aid and it has warming energy, which means it helps improve blood circulation and this makes it a great cold weather raw food ingredient. It can come to your rescue when fighting a fever (it's even referred to as fever grass at times), coughs and colds, can help lower high blood pressure and balance cholesterol levels.

This grass of wonderful aroma also has antibacterial, antiseptic, and antifungal qualities, is very high in fibre, and rich in minerals especially manganese (a hard-to-get mineral!!!), iron, potassium, magnesium, and zinc. This adds up to a "nutrition facts" label that says eat this to support strong bones, great brain function, and heart health. But I still eat it just because it's so delicious!

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



## Oh My Goddess! Hot Chocolate Elixir

Each day this brings such amazing blessings

### Ingredients

2 servings  
3 cups warmed water  
¼ cup cacao powder OR carob powder  
1 T Mesquite  
2 T Lucuma  
1 - 2 tsp coconut oil  
1/8 tsp cayenne pepper  
1 tsp cinnamon  
½ tsp ground cardamom  
¼ tsp vanilla powder OR  
1 tsp vanilla extract  
1 tsp fresh ginger juice (optional)  
¼ tsp nutmeg  
2 T raw nut butter  
1 tsp bee pollen for garnish (optional)  
Raw honey or sweetener of your choice (optional)

### Method

Place all the ingredients in the blender (apart from the bee pollen), adding in your choice of sweetness.

Blend on high power for 1 minute. Taste test and adjust to your desires. Blend again for a few seconds if needed.

Enjoy served in a large mug, sprinkled with the bee pollen, and with a even larger grin on your face! \*fingerless gloves optional extra\*



by Peace Ravenwood - [schooloflivingrawfoods.com](http://schooloflivingrawfoods.com)

# Living a Raw Lifestyle

To be truly healthy, we need to consider more than just our diet, **Natalie Heath** discusses some other factors.

To me, raw food isn't just about what I put in my body; it reaches into pretty much every corner of my life. I, like a lot of people, came to raw food for the physical benefits; i.e. weight loss, detoxification and all round better health and wellbeing. But raw food is an amazing catalyst for change. It takes a while, and usually happens in small steps, but the results are unlike any other system of eating or self-improvement I've ever come across. It's like the raw spark and vitality you consume with the food permeates through every cell of your being, and you can't help but make healthier, wiser choices in other aspects of your life too.

When you begin to detoxify the body with raw food and juices, the mind detoxes also. Old negative thought patterns you've had playing over and over in your head like a broken record fall away, and positivity replaces them. You start to listen more and talk less, notice things in your environment, and often your spiritual connection improves, as it's easier to quiet the mind without the fog of processed chemical filled foods. You find that you care more about other people and find joy in serving others. You may feel that you want to recycle more, reduce your carbon footprint, and help to heal the planet. Raw eating fills your heart with love and compassion, as you begin to understand what is really important, and see things for what they truly are, not what you have been led to believe.

I am a raw food teacher and coach, and my system of coaching is a holistic approach. I call it Raw Lifestyle Coaching because it's about making positive changes in all aspects of your life. I believe that you can't make

long-term transformation by just changing one thing in your life, i.e. diet or exercise routine; the more angles you approach it from, the more it will sink in and become a part of you. So depending on the person and where they are in their life, I recommend other things to go along with the raw food plan, including yoga, meditation, affirmations and positive thinking, detoxing the bathroom and kitchen and getting rid of chemical products, Pranayama (breathing exercises), journaling, finding ways in everyday life to live more sustainably, living with gratitude and joy, and so much more. These can be done gradually, in fact, that is a better approach because if you try to change too much too quickly it can seem too hard and you'll be tempted to give up.

When we begin to make these small individual changes, they snowball into something huge.

So how can you start to live a raw lifestyle? Well it's easy! Here are a few things you can try this week:

**Move** – Start to cultivate a yoga practice – Get a DVD or better still find a local yoga class. Yoga has many positive effects on the body and mind. It acts like a moving meditation, increases flexibility, strength and stamina, detoxifies the body and the mind, and clears and balances the chakras and meridians (the body's energy system). Not only that but if you care to

delve deeper into yoga, you will discover it is actually a complete system of right living. It includes a set of moral guidelines called the yamas and niyamas that recommend living in a non-harming, positive & helpful way. Take for example the first yama - ahimsa – practicing non-violence. This yama is telling us to refrain from acting in any way that may cause harm or hurt to other people, animals, the planet and ourselves. A fantastic step to take to elevate our vibration and live life more consciously!

**Meditate** – Begin to quiet the mind - It has been proven that people who meditate, even just a few minutes per day, have lower heart rate, lower stress levels, higher immune system



and longevity than those who don't. Meditation affects the entire body, and helps you to keep calm in stressful situations. Try just sitting for a few minutes in a comfortable seated position with your spine straight. Close your eyes and focus your attention on the breath. Don't alter the breath at all, just notice the sensations attached to your breathing; the way your ribs expand as you inhale and contract as you exhale, the temperature difference in the nostrils as you breathe in and out, whatever comes up for you. If thoughts come into your head, just acknowledge them and let them pass by, then bring your attention back to your breath. Doing this for a few minutes before bed will really help to calm you and get you ready for a good nights sleep and you may find you feel more alert and focused during the day as well.

**Think** - The power of positive thought – The next time you catch yourself repeating that same familiar negative thought pattern, stop. Whether it be 'I don't want to do the cleaning today' or 'I hate the way I look' or it's not fair, they have something I want', try to turn it round to something more positive, like 'I enjoy having a clean tidy home', or 'I have nice eyes/hands/hair' or 'I'm so thankful for everything I have in my life'. Try to do this as often as you can remember, and I'll bet that quite quickly you will start seeing the world in a different way, and begin to feel more joy in your life.

**Detox** – Reduce your toxic load - To truly live in the raw you should seriously consider switching to natural chemical free skincare, bath & body products and cleaning products. This doesn't have to cost a fortune either – it is easy and fun to make them yourself! If you want to buy them, there are some really good brands on the market now, just make sure you check the ingredients as not all prod-

ucts marketed as natural are completely chemical free. But why not have a go at making something yourself? The theory here is that if you can't eat it you shouldn't put it on your skin, so most of the ingredients you would need are probably sitting in your kitchen cupboard already! Try making your own natural body scrub – gently melt some raw virgin coconut butter, add in some brown sugar or even better, granulated coconut sugar, and a few drops of your favourite essential oil, and voila, a completely natural personalised body scrub. Rub over damp skin in the bath or shower. Your skin will be smooth and hydrated (coconut oil is amazing for the skin and hair) and you'll smell good enough to eat!

**Breathe** – Practice pranayama - 'Controlling the breath is a prerequisite to controlling the mind and the body' – Swami Rama. Pranayama is an integral part of yoga practice and there are lots of techniques that serve different purposes. Yoga teaches us that the breath is the tool to use to affect the prana (energy) in the body. When we are able to harness the breath we can control our prana. Pranayama also has lots of physical benefits like relaxation, detoxification, increased energy levels & improved sleep. Most of us don't utilise the full capacity of our lungs at all and therefore are not taking in as much oxygen and nutrients as we should, so taking a few minutes each day to sit and focus on the breath is key to wellbeing. Try a couple of full yogic breaths and see if you feel better – Breathe in all the way down to the bottom of the lungs, feeling the abdomen rise, then allow the side ribs to expand as you fill the mid lungs, and finally take a last sip

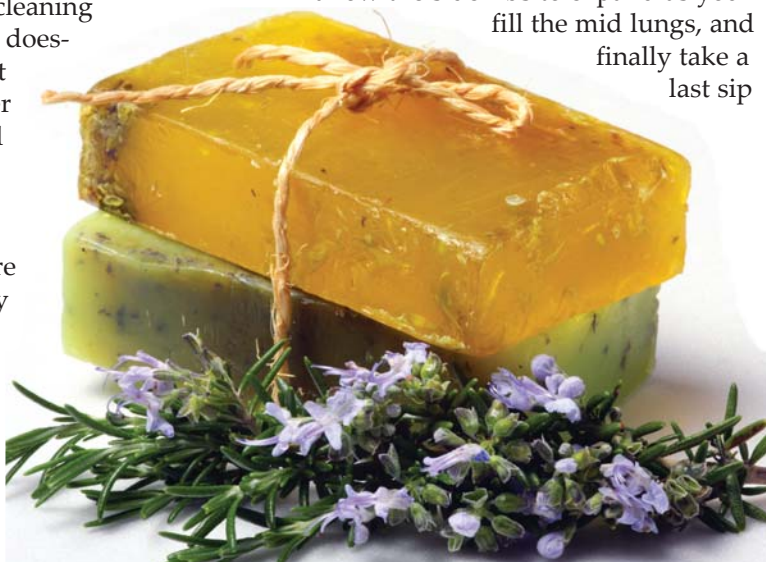
of air filling the top of the lungs into the collarbones. Then reverse to exhale, releasing from the top, the mid lungs, and lastly the bottom of the lungs, using the abdominal muscles to push the last bit of air out. Repeat three times, building up repetitions as you progress. You should feel more calm and alert.

**Write** – Start a journal – Journalling can be a really powerful tool for transformation and reflection, especially when you are going through a period of transition. Grab yourself a notebook and pen and write down your thoughts, good or bad, whenever you feel the need. Some people find that keeping a food diary and recording how they feel after they've prepared and eaten their food is a really good way to see what foods suit them best. Also keeping your journal by the bed and writing your thoughts last thing at night can help you to sleep better, plus it will be there in the morning for you to note down any dreams that stand out for you. You'll find that looking back through your entries really helps you to see how far you have come and what lessons you can learn from past experiences.

**Love** – Practice gratitude and contentment – This simply means trying to go about your daily activities with a feeling of thankfulness and love for what you have. For example, eat with a feeling of gratitude for being fortunate enough to have regular, healthy meals – most of the world's population does not.

So you can see that making just a few simple lifestyle changes, along with your raw food diet really can create a big change in your life. I recommend choosing a couple of things that you resonate with and progressing with those to begin with, adding in more things as you go on.

*Natalie runs 5 day residential Raw Lifestyle Retreats in the UK teaching clients to embrace all aspects of the raw lifestyle. Included are twice daily yoga classes, raw food classes & demos, a natural skincare workshop, meditation, all meals, which are raw and created by her with love. The next retreats with availability are 20-24<sup>th</sup> May & 24-28<sup>th</sup> June. Read more about the retreats and her one on one coaching sessions: [www.rawlifestylecoach.co.uk](http://www.rawlifestylecoach.co.uk) ☼*



# Food is Mood

Did you ever stop to think how addictive the food you are eating is... and how it may be affecting your mood?

Did you know your mood is created by the chemistry that takes place in your gut most of the time?

Did you know that some of our good mood chemicals are mostly produced in the intestine?

Did you know our body can become wired with a certain past emotional vibrations leading us to crave certain foods? **Susan Laing** investigates.

Mood disorders could be caused by a **loss** of our inherent, **reflexive avoidance** of aversive events, according to a new study. So the body may crave a certain kind of energy or **mood** due to our past emotional experiences or perceptions. And this is when the body can crave the very food you were hoping to avoid, (don't we know about this one???) because of the habitual energetic blueprint the body has recorded, which *seems* to have become the *norm* for your receptor sites.

If you think of our body as more than just a **body**, it has consciousness, and is made of vibrational light energy or chi/prana. So if the wiring in certain parts of our blueprint has been recording, over and over again with the same imbalanced or negative vibration, then the connection at the receptor sites are going to become weakened and so need to be **reset and strengthened and cleaned**. Just like spark plugs in a car engine!

So the longer the body has been wired to this *norm*, means it can take some time, even years of changing the groove in the *recorded stuck mis-information*. As I said it can be likened to learning all over again or reprogramming the receptor sites. For example some receptor sites may have been over stimulated and gone into a *rave* type of energy when someone has been eating excitotoxin – neurotoxin filled diet for many years e.g with MSG . Or it may be the receptor sites may have been completely confused with negative messages or vibrations from toxic thoughts or foods for a long period of time and no longer function normally creating something like insulin resistance. And just remember there are receptor sites for our live bacteria in our gut too. These gut bacteria have consciousness and are affected by stresses of all sorts from unhealthy food to our imbalanced emotions. The live bacteria imbalance is an energetic mirror of our emotions too. They feel what you are feeling on every vibrational level.

So for example someone like myself who has been a sugar and chocolate addict since the age of 8, caused by life not being sweet enough and not only that but I was labelled the most mischievous girl in the school. Then bam! Remove the sugar or chocolate and the associated vibration of energy within

the whole of my being changes to something quite different. Shock, unfamiliarity, struggle, difficult, challenge, scary and learning to unlearn are common words used to describe the journey of transformation.

Nowadays so many people are addicts of some sort, some are sugar addicts, some are bread addicts, some are chocolate addicts, coffee etc. Most people have an addiction that serves their mood due to lack spiritual nourishment. And obviously not always a food addiction! Sex, shopping, drugs, gambling, stealing, smoking etc. are all included. Even simple boredom can cause us to eat our emotions.

*We need to fill this empty sad, bored or whatever negative emotion space with heart and soul nourishment!*

Learning to reset the consciousness at cellular level involves not only changing and exploring our diet but also our thoughts and daily habitual nourishment of movement and activity. Anything to help ground the mind, body and connect to the spirit. The spirit is the very thing that has been missing all along. So introducing activities like sitting meditation, yoga, plant medicine, pranayama, Qigong, etc. will enhance the change to a more positive energy within our being. Most people are aware of the positive healing change in our brain waves during meditation and **according to recent medical research**, the EEG readings of meditators do show **them** to be in alpha state, while the EEG readings of indigenous shamen on shamanic journeys show **them** to be at the theta level.

Other forms of meditation may involve activities where we become one with ourselves and become more aware may involve anything like painting, playing a musical instrument, gardening, dancing etc. These joy-full experiences help to all help to transform the body chemistry of the heart which is the core of our consciousness and our feelings or receptor sites. This whole ethos of body chemistry and our mood plays the most important part in everything we act upon in life.

So during the space of the day do you ever find you are:



*We cannot forget the connection of mind, body and spirit*

- up and down and are suffering from mood swings?
- feeling a high then not long after you feel a crash in energy and mood after eating certain foods?
- stressed after eating say a Chinese take away or bag of crisps?
- feel high or spaced out after drinking an extra sweet fruit smoothie ?
- craving these very feelings that is perpetuated by these very foods or is it the food you are craving ?

Does this remind you of anyone you know?

Our emotions can run wild during a day all due to what we eat causing imbalanced blood sugar levels or chemical imbalances.

If you tune in to your body's wisdom you will notice subtle effects or sometimes when people start cutting out, say wheat or pasteurised dairy products for example they will notice HUGE changes in the body functions and mood. However if your body is loaded with toxins it is **difficult to feel and connect** to what is actually going on within the body or emotionally because it has become **numb** due to consuming the unhealthy damp forming and nutritionally depleted foods you may have eaten for a long time.

This is another classic feeling or mood ...feeling numb. How many of us go and eat something to make us **feel or not feel = numb**.

Once when I visited the Chinese Herbalist he told me "*Our bodies are like computers*". This was when I explained to him I can put something on my tongue and bam! straight away if my body does not want it or like it (yes even though I really WANT this yummy tasty delicious food) my tongue will contract at the sides! Our bodies really are amazing wisdom.

Those receptor sites all around our cell membranes cannot be fooled!

*Our body is nature and only likes to be fed nourishment from 100% natural nature.*

In fact it may *appear* initially that the body can cope with all the excess toxins in foods and in our environment not to mention the overeating and lack of nutrients in our food and soil, stress etc. *But* in reality our body is just slowly filling up all the spaces and *pipes* in the digestive system and various body organs beyond their capacity until the body can no longer cope and has eventually become the dis-ease of imbalanced emotion = mood swings, obesity, fatigue, depletion and loss of spiritual nourishment.

When we eat food that has no natural intact altruistic DNA either spoilt by mans interference with pesticides or fungicides & hybridisation GMO etc. this leads to an energetic electrical fault within our bodily systems. It blocks our connection to everything around us and within. We are walking vibrational

messengers. And what ever we eat and drink will affect the very core of our DNA and our mood.

Did you know that on an average standard diet we eat approximately 70 stimulants a day !

So **FOOD is MOOD**.

So next time you guzzle that pizza with melted cheese and white flour become aware of how you may feel straight after eating it? - super happy then that well known slump in energy. Then quite often we want this very *feel- good -opiate* feeling again so we search for the very same mimicking opiate foods to create the same old *recorded stuck* mood.

Children now are addicted to our opiate rich false empty nutrient foods as these fast dead processed foods are so addictive. This leads to depletion of minerals and robs our body of the very feel good factors chemicals called neurotransmitters such as serotonin and dopamine. Which is another story.....

So once again if you have experienced sadness or trauma in the past eg breaking up of the family unit due to a divorce or the loss of a beloved you might find that the time you felt this low ebb in your life is the time you may have become addicted to some sort of opiate mimicking food or substance.

So here we are in this year of 2013 of raw-love-ution. Why not try adding more organic, wild, un-hybridised, uncooked foods to our plate! Experience the shift of energy within and out. If you have ever experienced any length of detoxing with healthy foods or plant medicine you will be aware of the bliss and joy **you can feel**.

This only comes into our being with 100% NATURE.

**Food is for taste. Joy is taste of life.**

I would like to mention here that during an **Iridology examination I am able to pick up stimulation** of the central nervous system by looking into the eyes. So when someone shows **Pupil Hippus** - the pupil contracts and dilates, alternating between the two extremes quite rapidly, independent of any light stimulus indicating acute adrenal stress. I have seen this many a time when people are eating foods over stimulating the adrenals. Very often they will say they feel fine but the eyes always tell the truth.

*Susan is writing a book... Food is Mood : Is your sugar addiction stopping you from living due to come out soon.*

*Susan Laing practices Modern Multidimensional Naturopathic Iridology and Nutritional Healing*  
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# Fats that Heal Fats that Thrill

Where do you get your omega 3s, EPA and DHA? Kenny Sunshine and Holly Paige discuss the options.

These days within the raw food movement there are numerous different approaches as to how one can attain vibrant and dynamic health, some of them sane and some of them other than sane. In regards to the latter, e.g. "You should cut down drastically from your fat intake and predominantly eat fruits and maybe a few greens here and there", we felt it necessary to express our concerns and highlight not only the massive importance of having healthy fats in ones regime of eating but also some suggestions that are perhaps new to you and some strategies for you to implement them into your culinary adventures.

## Essential Fatty Acids

We think this is a good place to start because having the right balance of these essential fats is crucial in allowing *any* nutrient to transmit its signals correctly to our cells. Omega 3 to omega 6 ratios have impact on brain, endocrine, cardiovascular and mental health, they are defined as essential fatty acids because we cannot function as healthy human organisms without them and we cannot manufacture them from other raw materials so we have to get them directly from the food we eat. Scientists have quite recently termed omega 3 deficiency as FADS - Fatty Acid Deficiency Syndrome.

The typical western diet has insanely unbalanced omega 3 to 6 ratios, generally around 1 to 20 or even as high as 1 to 30. It is thought that a healthy ratio is 1 to 3 or 1 to 4. Doctor Tom Gilhooly a researcher from Edinburgh who markets an essential fatty acid blood test called the ideal omega test ([www.idealomega.com](http://www.idealomega.com)) suggests that a healthy ratio is 50% omega 3 going up to an optimal level of 70% omega 3 in the cellular membranes. The point is *we need more of them in our diet*.

An inflammatory response is created in the body by large amounts of omega 6 and that inflammation is counteracted or dampened by omega 3s. The raw food diet is already much improved from the standard western diet by the fact that there is a reduction in omega 6s and the quality of these fats is also improved. Often though adequate amounts of omega 3s are not present unless people aggressively supplement with flax and/or algal oils, even then, depending on your genetics, you may not be able to convert the short chain (18 carbon) ALA (Alpha Linoleic Acid) into EPA (Eicosapentanoic) and DHA (Docosahexanoic Acid). Generally only about 5% of ALA

is converted to the necessary EPA and DHA anyway! Certain ethnic groups including: British Columbian Inuit (Eskimo), Scandinavian, Scottish, Welsh and Irish cannot convert plant based ALAs into the usable forms of EFA and DHA.

In order to have proper neurological function the brain needs EPA and DHA. Without an adequate supply, the cell membranes/synapses etc do not work properly. Proper absorption of nutrients depends on cellular membrane functionality. The omega 3 to 6 ratio also affects the nuclear and mitochondrial membranes. The bottom line is when these ratios are askew our ability to deal with inflammation at a cellular level is compromised. It is thought that inflammation is at the source of almost all diseases that afflict western society.

## Importance of Essential Fatty Acids for Brain Function and Mood

Everything we have said about the importance of the omega 3 fatty acids in relation to body cells in general applies to the cells in the brain with extra significance. The brain is the fattiest organ in our bodies consisting (after water) of about 60% fat. The omega 3 fatty acid DHA makes up about 15% to 20% of the cerebral cortex ("grey matter") of the brain. It also makes up about 30% to 60% of the retina of the eye. DHA has an important role within the membranes of brain cells as well as in the cells of the rest of the body. "Brain cells" otherwise known as "nerve cells" or "neurons" are electrically excitable cells that transmit information in the brain through electrical and chemical signals. If there is not enough DHA available in the membranes of these neurons ("neural cell membranes") then cholesterol and omega 6 are used to make make up the neural membranes instead. The nerve cells then become too rigid and the transmission of electrical and chemical signals becomes compromised. Low DHA levels have been linked to memory loss, Alzheimers disease, depression and bipolar disorder. DHA has been found to significantly improve cognition in the elderly.

## Why we need Essential Fatty Acids in Undamaged (Raw) Form

Now we come to a very important point, the significance of which is often lost. The omega 3 fats are part of a class of fats called polyunsaturated fats which are very volatile

and easily affected by interaction with heat or other substances. They are particularly susceptible to the changes that all foods are subject to when they are heated above biological temperature (about 40 degrees C). Cooking, heating or processing fats produces chemical reactions and the molecules of the fats are changed into forms that cannot be properly assimilated by the body since there are no enzymes adapted for their digestion. Basically they accumulate in the body and brain and potentially cause problems. In particular they can become part of neural cell membranes and compromise electrical signalling in the brain as described earlier. For example French researchers found that dietary trans-fatty acids (processed fats) find their way into the myelin of the brain cells where they change the electrical conductivity of the cells, especially when the cells are already deficient in essential fatty acids. Therefore it is important that we consume these essential fats in pristine fresh and raw form.

### **Why Raw Foodists still need to be Aware...**

Simply not cooking or overheating food does not guarantee that we will be taking in the types and rations of fats that we need for optimal function. We need to ensure that we are taking in adequate undamaged omega 3 oils and as mentioned, in the forms DHA and EPA. It is speculated and very possible that humans once got their omega 3 essential fatty acids from leaves plus some seeds but clearly we do not have the capacity to assimilate the fats that we need from these sources in our current situation.

Even on an apparently 'healthy' raw food diet it is easy to neglect the need for omega 3s and particularly EPA and DHA. Most seeds and seed oils for example sunflower, pumpkin and sesame are predominantly omega 6. Fatty fruits such as avocado and olives are predominantly omega 9 (mono-unsaturated) oils. So although by eating our fats raw we may avoid the worst of the damaged and damaging fats such as trans-fats we may still be consuming an unfavourable ratio of omega 6 to omega 3 and be consuming very little amounts of DHA and EPA. Traditionally flax seeds and flax oil have been used by raw fooders to up the ratio of omega 3s in their diets. Flax seeds make great crackers and supply fibre which can cleanse our digestive tracts but whether we can actually extract undamaged omega 3 from them is doubtful. Dehydrating them potentially causes the oils in them to turn rancid especially if they are ground. Flax seed oil has many beneficial properties in its own right but still only gives us ALA, not EPA and DHA. The same can be said of chia seeds and oil.

### **Good Sources of Omega 3**

**Marine phytoplankton** is a very small single celled microalgae that makes up a quarter of all vegetation on the planet (land and sea) and is responsible for 90% of all oxygen production, more than all forests on the planet (according to NASA). It is 9 times smaller than a red blood cell making it the smallest food source that is known anywhere. It has a very impressive nutritional profile. It contains all amino acids, vitamins, minerals, vital trace elements, anti oxidants, phospholipids, nucleic acids, pigments, enzymes, etc. An amazing thing about phytoplankton is that it does not have to be processed

through the mitochondrial "machinery" of our cells in order to be utilised as energy! It contains nucleotides that feed our cells directly with ATP (Adenosine Triphosphate) which most food we eat has to be converted into in order for our body to use it as energy. An analogy would be, like going to a foreign country with a universal currency that allowed you to spend money without needing to go to a bank or a bureau de change.

In regards to the subject matter of this article we are very intrigued by its profile of essential polyunsaturated oils, particularly its EPA and DHA content. The whole food algae as opposed to the liquid "oceans alive" product contains 10% EPA by dry weight matter (according to David Wolfe). We intuitively feel like this is a better choice as a source of omega 3s than ALA based flax, chia or even hemp but it seems like there isn't enough scientific data upon which to come to an irrefutable conclusion, it may be an excellent choice for people who adamantly want to remain raw vegetarian/vegan. We think it is very promising and sincerely hope it works as an adequate medium for supplying these essential human building blocks. It has to be said though that these ways of getting our fats are at an experimental stage and haven't been tried and trusted over generations.

### **Algal Oils**

The ideal ratio of EPA to DHA is supposed to be 3 to 1. It seems like proponents of these products have latched onto the scientific observations that view the brain and see that it is mostly comprised of DHA.

What they fail to mention is that this DHA has been oxidised from EPA through its natural process and pathway. Algal oils have a far greater representation of DHA than EPA and our body needs them in the right proportions (3 to 1) in order to function optimally. This is not said to diminish the efficacy of vegan DHA and algal supplements, as we are sure they have benefits in their own right, but as means of supplying us with these compounds all the evidence points to the fact that they are other than adequate.

### **Non Vegan Sources:**

#### **Krill and Pharmaceutical Grade Fish Oil**

For those who don't have spiritual, ethical or moral issues regarding the consumption of animal products there are other options that do supply these essential nutrients in adequate proportions. Like marine phytoplankton, krill doesn't have a massive amount of independent scientific studies to warrant us hanging our hat on it. It appears based upon the research that has been published that krill oil could perhaps be potentially a better source of omega 3s than the more common fish oil, based upon claims that say the phospholipid content allows for more efficient absorption and thus smaller dosage etc.

But this information maybe marketing propaganda. One thing that we would look out for when selecting a brand of krill is look to see how it is extracted and processed. Based upon some lab testing that was done on one of the brands out there we would suggest that there may be some ocean toxicity issues with krill - unless the manufacturer has taken the time to have the oil purified of likely contaminants.

Pharmaceutical grade fish oil on the other hand does have a massive amount of published and independent scientific studies that have been conducted (over 10,000) and there are, due to the exponential technological expansion of recent decades, ways to process it that remove all detectable particles of mercury, cadmium, PCBs, PVC and the various other toxic components that make up today's waterways, seas and oceans. We thus recommend that if you seek out such a product, that you find a source that has been molecularly distilled or uses molecular distillation as a means of filtering out the potential harmful components that otherwise could be there

Its recommended that we consume at least 1500 mg of EPA and DHA per day. Whilst cod liver oil has many benefits we cannot consume it in this kind of quantity as we would likely overdose on the large amounts of vitamin A that are present within it and so we need to consume the oils that have been taken from the whole fish as opposed to just the liver.

Professor Saldeen of Uppsala University Sweden along with various associates concluded that some ordinary fish oils on the market may, due to their unstable nature, produce free radicals and can ultimately be detrimental to the cardiovascular system. There are stable good quality brands on the market which have noticeable effects in humans and have demonstrably significant advantages over ordinary more commercially available brands. Our research suggested that the Eskimo 3 oil was the best so we now stock this on our website

[www.foodforconsciousness.co.uk](http://www.foodforconsciousness.co.uk) Here are some of the reported benefits of pharmaceutical grade fish oil according to Dr. Dave Woynarowski, author of the book **The Immortality Edge.**

**Helps prevent recurring heart attacks better than any pharmaceutical drug it was tested against**  
**Probably the most effective protection against sudden cardiac death**  
**Is used effectively in the treatment of Alzheimers disease**




**Improves memory, IQ, and age related memory lapses**  
**Helps with MS**  
**Plays a key role in brain development**  
**Lowers blood pressure**  
**Reduces the incidence of stroke caused by clotting of the brain blood vessels**  
**Lowers triglycerides and raises good HDL cholesterol, lowering the risk of heart disease**  
**Is a potent antioxidant and one of the few that cross the blood brain barrier**  
**Improves mood and mental disorders**  
**Improves cartilage and joint health**

Since experimenting recently with over a teaspoon (over 1500mg of EPA and DHA) pharmaceutical grade fish oil a day and encouraging family and friends to do the same we have reports of noticeably softer skin and hair, sharper memory, improved mood and reduced chronic inflammation. What a wonderful gift to bring to loved ones. In particular we are excited about potentially giving a new lease of life to the older generation and also the benefits for children. Fish oil is absorbed much better with food and so we have been incorporating it into our meals and have been creating delicious salad dressings along with flax oil (for the plant based ALAs) so as to up the amount of omega 3s in our diet.

We hope this information helps you make the right decision in regards to choosing the best source of omega 3 fatty acid for your particular constitution.

*Holly has been passionately engaged in a raw food lifestyle in the British Isles for over a decade and has brought up two children this way, giving her a unique insight into the practicalities of making raw nutrition work here. Kenny returned to Britain after a decade of adventures in the cutting edge US raw food scene and now shares the wealth of nutritional and culinary expertise he acquired there.*

You can find more content from them at [www.rawrecipesforsuccess.blogspot.co.uk](http://www.rawrecipesforsuccess.blogspot.co.uk) and [www.foodforconsciousness.co.uk](http://www.foodforconsciousness.co.uk) ☼

<b>RFD (Raw Food Dude)</b>		<b>Sally Holloway</b>
RFD's grandad travelled the world having adventures and when he finally settled he called his house...	Now RFD has inherited the house and after all his food adventures, he's called it...	
		

# Juice Feasting



## Polly Noble talks about her experiences with juicing.

I have undertaken many juice feasts over the last 7 years since my first cancer diagnosis aged 24 and I have thoroughly enjoyed every single one for different reasons. Juice feasting or juice fasting just means that you consume only raw fresh juices for a period of time and nothing else other than water. Some undertake juice feasting for just a day here and there while others looking for a deeper cleanse tend to feast between three to seven days or more but you should seek advice or supervision if looking to do it for a longer period of time than that. The major bonus of the majority of juice feasts that I have done has been that I was able to do so abroad, somewhere tropical and sunny with breathtaking views. There are many benefits of giving your body a break from digesting food such as improved sleep, better skin, less aches, pains, weight loss and much more.

Of course, all of these benefits are wonderful and the feeling you experience at the end of the feast is absolutely magnificent. You feel like you have a brand new body (which you kind of do as many of your body parts regenerate over varying periods of time) and consequently you feel like you can conquer anything. It feels like there are no limits and the possibilities on how you can improve and create the life you want are endless. I don't know about you but I find that incredibly exciting! Humans seem to have an extraordinary ability to limit themselves and tend to lack self-belief and self-worth so if that is something you suffer from, then juice feasting could be just what you need.

Aside from the physical benefits, taking time out to do a

juice cleanse is a major catalyst for change and a powerful agent for growth. Just taking a few days out to turn off your computer, put down your phone and reconnect with yourself is transformative. Harnessing the relationship you have with yourself is the single most loving thing you can do so turning everything off and turning inwards will help you to harness that place within yourself where possibilities and power are endless.

I often take several days out to juice feast as it speeds up my body's ability to heal which is important for me as I live with cancer and must take the necessary steps to support my body and it's innate wisdom. I will often choose to do a juice cleanse either at the beginning or the end of a massive project to either buoy up my energy to get started or help me to unwind and let it go once completed. Many people will juice cleanse when they are facing a major life decision or are ending or beginning a new phase of their life. For me, it massively increases my productivity allowing me to work on several projects at once (which is common for me at the moment!) but more than anything, it increases my creativity and my ability to keep evolving and growing as a person, a coach, an author and speaker.

Whatever life pickle you are currently traversing at the moment, juice feasting could be just what you need for a boost of positivity, reflection, new perspective and a spring in your step!

*Come to Turkey with me or juice cleanse at home with "The Clarity Cleanse" ebook. More details on both at [www.pollynoble.com](http://www.pollynoble.com) ☼*

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# The Magic of the Hawthorn

Dawn Waterhouse investigates the hawthorn tree: legend, healing properties and edible uses.

Along two edges of my garden boundary there is a lovely hedgerow that keeps my garden alive and warm. For many years I wondered what the hedge along one side was – it never had blossom or berries on it – yet it support lots of life (nesting birds!) and its leaves looked a lot like that of the hawthorn.

It grew well – just never produced any colour. All that changed when we had a shift around in the garden. I wanted a bigger garden (but had no intention of moving!!!). We had a huge vegetable patch that was difficult to keep up with weeding, and a long thin stretch of garden that seemed challenging to make into anything attractive. The idea of smaller raised bed and some reclaimed timber gave me a larger stretch of grass and vegetable plots along the hedge line.

Well – that was a great idea – veggie plots produced great veg – and nature

liked the idea of compost bins along the hedge line. Lots of nutrients going into the soil soon identified that they really were hawthorn bushes producing lots of beautiful blossom and berries. So with another resource in my garden I could incorporate it into my life.

As with most of our plants, the tree has several names. Crategus, May tree, quick thorn, white thorn, May apple tree are but a few. The names are all with good reason, the blossoms used to come on May Day (before the calendar changed), the tree grows quickly and is a brilliant hedging material, and it has white blossoms!

Some say you can still smell the plague on the blossoms. The carrion like odour attracts insects to pollinate the flowers. I have eaten May blossom (which can be pink or white – even on the same tree) – it tastes okay – not sure I could eat a mono meal of it –

but I do like to pick a blossom or two as a nibble when out for a walk in the spring. I am not sure I can say the same for the pixie pears (the berries of the hawthorn – properly called Haws). They do tend to draw your mouth in. But it has many herbal and culinary uses – so I do collect them in the autumn with great intent (and I always leave plenty for our little birds to keep them through the winter). The English hawthorn has two or three stones in the centre- the common hawthorn has just one larger stone.

The lobed leaves, which are quite variable in shape, can also be eaten when picked early on in the year (they appear in March/ April) when still young and tender. I would suggest only having a few at a time – all parts of the hawthorn tree help heal High blood pressure.

The tree can grow up to 30ft (9m) tall, so if you plan to use it as a hedge, you

will need to keep it in trim! When young, the grey bark is smooth, becoming rough and fissured as it ages. The wood is quite well regarded. For fires, it burns hotter than oak (and the charcoal was once appreciated for burning pig iron. The wood is white or pink/ white streaked, and was once used for making the May Pole. The root wood is useful for making combs and boxes (the fine wood takes a lovely polish), the upper wood is useful for walking sticks and tool handles – so a great reason to grow this as a hedge if you are a keen gardener or enjoy working with wood, but you may have to wait for a few years to harvest. Its fast growing root stock is often used to graft garden fruit trees such as medlar and pear trees.

The hawthorn is a vital part of our eco system (that said – so are all our trees) it is home to over 150 insect species (including the sawfly, shield bugs and cockchafers), and to numerous birds, including our lovely song thrush. The birds in turn spread the tree via eating the berries.

### Healing

This spiky little deciduous hedge (or glorious tree if allowed to grow full height) has many medicinal and magical properties. I have already mentioned its use for high blood pressure – if you have high blood pressure, you may have seen this in health stores under its herbal name *Crataegus*.

The name *Crataegus* is derived from Greek. *Kratos* means “strong” and “agos” means bringing – so the Greek name was “bringing strength”. This is the perfect name for this tree- for that is exactly what it does. It brings you strength as a tonic, as a walking stick, is strong enough to melt pig iron and strengthens collagen and the circulatory system. In helping the circulatory system, the memory can be improved. Its uses include being a heart stimulant and also amazingly a sedative. It can be used for circulatory disorders, menopausal problems, migraines, some digestive complaints, kidney stones, stress and anxiety, angina and insomnia (can you see a pattern there?). Its collagen stabilising qualities help heal the tendons, ligaments and cartilage. It is also rich in flavonoids, so helps prevent disease damage to collagen by free radicals –

such as with arthritis and periodontal disease. The herbs’ astringent qualities make it wonderful for sore throats.

In homeopathy, this potentised remedy has just as many applications too. It is principally considered for circulatory problems. A patient needing homeopathic *crataegus* may be grumpy and irritable and feel despair. They may feel hurried with a rapid feeling in their heart and they may also have a sensation of confusion. It has also been used for treatment in childhood diabetes.

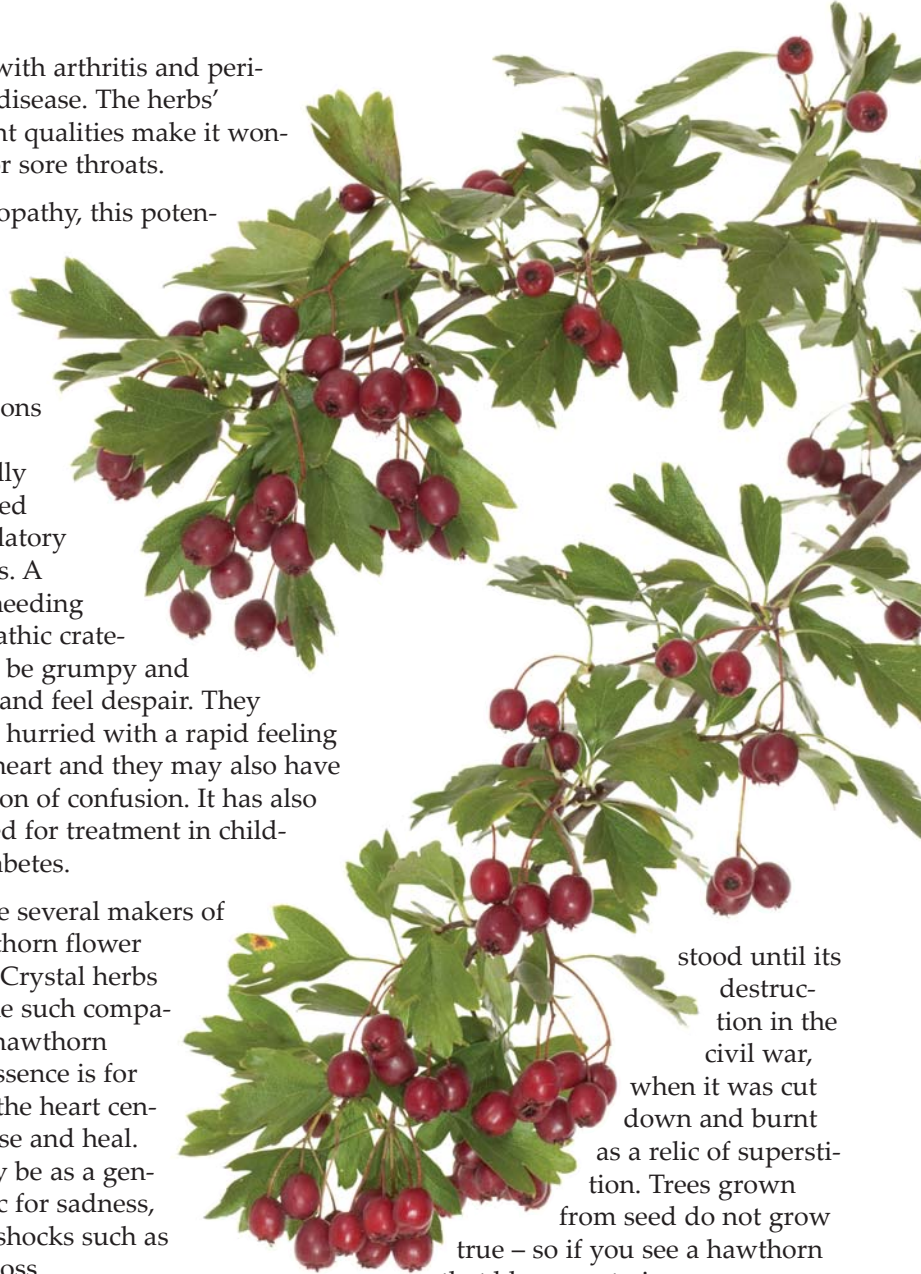
There are several makers of the hawthorn flower essence. Crystal herbs being one such company. The hawthorn flower essence is for helping the heart centre cleanse and heal. This may be as a general tonic for sadness, or from shocks such as grief or loss.

Of course – it is best to see your homeopath, herbalist or alternative health practitioner if you are unsure about what you need to help find the treatment personal to you.

### Stories

Our ancient trees are steeped in magik and mystery – and the hawthorn is no exception.

The story has it that our country’s most famous May tree (so named because of when it blossoms) is at Glastonbury. It came about that when Joseph of Arimathea came to England; he lay down wearily, setting his staff upright into the ground for the night. When he awoke it had burst into blossom. The tree and its grafted descendants all blossom twice a year, once on “old” Christmas day (pre Gregorian calendar) on old wood and once on May Day (again, old calendar) on new wood. The original tree



stood until its destruction in the civil war, when it was cut down and burnt as a relic of superstition. Trees grown from seed do not grow true – so if you see a hawthorn that blossoms twice a year, you know it has been grafted from the original tree! Many cuttings of the original tree were taken over its years – and they are well spread around the Somerset area. A graft of the original was set in 1951 – only to be destroyed by vandals in 2010. Since then it has been replanted only to be broken a few days later – I wonder if the curse of this tree needs lifting.

Beltaine – or May day – is an ancient festival that, amongst other things, celebrates fertility. Magikally the blossoms are linked with male fertility (although logically – if circulation is improved – other areas are sure to follow!!!). When the May is out, it is a sure sign that winter is out and that the finer days are on their way....

And what of faery magic – with two daughters my eyes always catch that word where ever I seem to look. If you sit under the May tree on the 1<sup>st</sup>



May you will be whisked for good to fairy land!!! And if you are more in to Wizards than faeries, then you may be keen to know that the hawthorn wand is very powerful. However, as Christ's crown was reported to be made of May thorn, it is bad luck to bring it into your home, and if you take the blossoming branches in to decorate your house – the bad luck is said to cause your mother to pass over!!!

### Recipe ideas

So – how do you use the hawthorn tree? How about a nice cup of spring tea? Pop a few fresh may flower blossoms (just the petals is cool), leaves or berries (check parts over for bugs of course) and pour on near boiling water. Leave to steep for a little while and strain if you like. Add honey to taste or drink it as it is!!!

Another name for the hawthorn is bread and cheese – this has arisen from land workers picking a few leaves / petals to munch on as a snack to keep the hunger pangs away. It would also aid as a “pick me up” helping the body oxygenate. Try adding a few blossoms or young leaves to a flax cracker sandwich. Sprinkle a few leaves or blossoms in a salad, or even add them to your juice or smoothie... the options are endless.

But what of the pretty pixie fodder, the lovely red berries that bring colour to our winter hedge rows and are packed with vitamins B and C. We can make a lovely hedge row jam that will see use well through the winter. Pick elderberries, blackberries and Haws (they may not all be out at the same time – my top tip is to dry pack freeze them as you harvest them (the haws will be last out) and when ready blend small quantities with some raw honey (or preferred sweetener) into a seedy pulp. Push this through a sieve and you have raw hedge row jam. Full of nutrients to keep you well through the winter. Do not delay with the sieving stage – the pectin in haws is high and it thickens very quickly.

The jam does not keep too well – so I suggest popping it in to ice cube trays and freezing it. Using portions as needed.

With the left over seedy pulp sitting in the sieve there will still be some



goodness – so I choose to add it back to the blender with some water, whizz it up gently and then sieve out the stones. Now you have a yummy tonic to drink – share it round or freeze it as cubes to add to drinks throughout the winter.

There is a saying to help us avoid the challenges of the first warm spring days – shed not a clout till May is out. What this means is that we should not shed our warm winter layers (clout meaning cloths) until the May blossom is out. This is obviously a hard one – as soon as the sun is out we want to bear our skin to the fresh air – but it is a reminder that we need to keep our warms with us as the changeable weather can lead to colds.

There is so much out there about the hawthorn, if you are interested – please carry on your research of this amazing hedgerow tree. In the meantime, keep warm and enjoy the blossom :0)

### About Dawn

*At 21, when faced with a crippling disease for the rest of her life, Dawn discovered natural remedies and raw food (over two decades ago). Her determination to walk down the aisle unaided and have a life free of medications was the motivation to discover a whole way of being. When Dawn had children she carried this passion for natural health forward for her unvaccinated children (now 8 and 12), combining the wealth of all her experiences she now teaches and supports natural immunity through private sessions, workshops and support groups.*

*Dawn is a raw foodist, qualified homeopath and Japanese Reiki Master and shares her non-judgemental experience in her workshops. The sessions are aimed to help you feel more confident about using alternatives for you and your family's health. Find Dawn on her website [www.dawnwaterhouse.co.uk](http://www.dawnwaterhouse.co.uk) or Facebook [tinyurl.com/dwnaturalhealth](https://www.facebook.com/tinyurl.com/dwnaturalhealth) ✿*

### Resources

[www.thegoddesstree.com/trees/Hawthorn.htm](http://www.thegoddesstree.com/trees/Hawthorn.htm)  
[www.hedgerowmobile.com/hawthorn.html](http://www.hedgerowmobile.com/hawthorn.html)  
[www.organicfoodee.com/herbs/hawthornberry/](http://www.organicfoodee.com/herbs/hawthornberry/)  
[en.wikipedia.org/wiki/Crataegus#Folklore](http://en.wikipedia.org/wiki/Crataegus#Folklore)  
[www.eattheweeds.com/the-crataegus-clan-food-poison-2/](http://www.eattheweeds.com/the-crataegus-clan-food-poison-2/)

### Flower Essences Suppliers

Crystal Herbs - [www.crystalherbs.com](http://www.crystalherbs.com)

**Homeopathic Remedy References** taken from: *Murphy's Homeopathic Guide, First edition*

# Yoga

## A door to Wellbeing and Inspiration

**Frank Arrigazzi** on the subject of yoga: what it is, inspiring stories and the various different styles.

“Health to the yogi extends far beyond not having a headache or knee pain – or even being cured of a cancer. It is about optimising the function of every system in your body from the muscles to digestion, circulation and immunity. It is about emotional wellbeing, spiritual resilience and buoyancy, even joy.” **Dr Timothy McCall, editor of *Yoga Journal***

I started practising yoga when I was 8. I really enjoyed moving my body in different ways and playing with my flexibility, and as I grew up I certainly appreciated having been introduced to yoga at such a young age. But I never imagined how special this practice would become in my life. Years later, and having left my family home, without even noticing it my passion for living an inspiring and healthy life gradually waned. I became more and more undisciplined until I'd let all my good habits slip and acquired some very unhealthy ones in their place.

Soon after this, I started experiencing panic attacks. They could happen at any time – when I was alone as well as when out in public – and with them came a deep fear of death. After a year of this I decided something had to change. I couldn't live any more with the constant worry of when the next attack was going to come. I immediately knew what I had to do: I had to resume my daily yoga and



healthy living practices. My plan: I would do daily yoga and would acquire new good dietary habits until I see reborn again my inspiration and passion for leading a healthy lifestyle, and as *soon as* I started with a daily routine the panic attacks decreased, and a few months later they were completely gone.

That experience completely changed my view of life. I now understood the amazing difference between living connected to my body and being fully responsible for my life and my health, and living “disconnected” from my body, controlled by fear and by a desperate desire to escape from reality.

But that's just my yoga story. There are equally amazing stories from people all over the world. People who

overcame fears and phobias through yoga, like I did, or who completely changed their attitude towards life. Patients who got rid of chronic diseases or greatly improved their health. Elderly people who are fresh and vibrant in their 80s and 90s thanks to their daily yoga practice (see some stories below), and contrary to popular belief, you don't have to be “flexible” nor “spiritual” nor to follow a specific diet to practice yoga. Even if you have suffered a serious injury or are in a wheelchair, there is a yoga practice for you. Yoga has been used to treat abused women and children in Cambodia, Aids patients in Africa and military personnel suffering from Post-Traumatic Stress Disorder. Whatever level you're at, yoga will work for you. If your muscles are

weak, yoga will strengthen them. If you suffer from mood swings, let yoga balance those moods. If your spine is misaligned, yoga will straighten it.

A recent study estimated that about half a million people in the UK regularly practice yoga, with this number increasing rapidly. And in the US, the figure is already 16 million, with an estimated 25% increase every year! This interesting study also shows that nearly half these yoga enthusiasts started practising yoga to improve their overall health (when the same study was conducted in 2003 this figure was only 5.6%) and that they are continuing their practice for the very same reason.

### Inspiring yoga stories

**Sri T. Krishnamacharya** is one of the fathers of Western yoga as its known today. His biggest achievement is that he influenced yoga throughout the world but never left his native India. At the age of 96, Krishnamacharya slipped on a damp stone while checking the mail, and fractured his hip. Refusing surgery, he treated himself and designed a course of practice that he could do in bed. Krishnamacharya lived and taught in Chennai until he died in 1989 at 100 years of age.

**B.K.S. Iyengar** was the younger brother of Krishnamacharya's wife. He experienced one illness after another, among them malaria, tuberculosis, typhoid and malnutrition, and there wasn't any hope that he would ever be healthy. At the age of 15 he went to live with his elder sister and Krishnamacharya and it was after starting to learn yoga that his health began to improve. At first he experienced difficulties performing some of the yoga postures but with persistence he was able to perfect them. And after a few years of diligent practice his guru asked him to go and to teach yoga. Today Iyengar is in his 90s and still a devoted teacher and yoga practitioner. He is considered one of the leading yoga gurus in the world. His yoga style is well recognised everywhere and there are Iyengar yoga schools in every corner of the globe. He has also written some of the most valuable books on yoga, the most popular including *Light on Yoga* and *Light on Pranayama*. The famous vio-

linist, **Yehudi Menuhin**, was so amazed after his first yoga experience – under the guidance of Iyengar – that he decided to continue his practice of yoga until his death 40 years later. Menuhin wrote that, "Yoga made its contribution to my quest to understand consciously the mechanics of violin playing". He also called Iyengar, "my best violin teacher".

**Bette Calman** is living proof of the powerful effect yoga can have on the human body. She has been practising and teaching yoga for the last 40 years and today, in her 80s, she still teaches up to 11 classes every week. She also still performs some of the most difficult postures in yoga – such as the bridge and the headstand – with tremendous ease. Asked when she is going to retire she says, "You're never too old. The body is a remarkable instrument. It can stretch and stretch, and get better all the time. Forget age."

### Starting your yoga practice

Yoga poses, also called *asanas*, can be divided into elementary, intermediate and difficult. Performed correctly and with awareness, yoga is one of the safest forms of exercise. Here are my tips for getting started.

- Ideally start practising with a teacher, either one on one or in a class.
- If you have any health issues, make your teacher aware of this prior to starting, or consult your doctor.
- Start gradually, and with great focus.
- If you decide to start by yourself make gentleness and kindness your watchwords.
- The most crucial rule: "If a posture hurts, don't do it".

### Yoga: where an Eastern practice meets Western science

The first accepted medical research that attempted to validate yoga as a "therapy" was published in 1998 in the *Journal of the American Medical Association*. Since then many studies have been published and it is thanks to the great commitment of people such as Dr Timothy McCall (yoga researcher and editor of *Yoga Journal*) that we have more facts and evidence to understand this Eastern practice in terms of Western science.

To date, Dr McCall has listed 54 con-

ditions for which research has found yoga to be helpful, and this is the result of hundreds of scientific studies. The list includes some of the most common ailments – including, but not limited to, cancer, heart disease, diabetes, depression, eating disorders, insomnia, osteoporosis, psoriasis, Post-Traumatic Stress Disorder (PTSD), autism spectrum disorders and epilepsy. Not only has yoga been proven to help such conditions but it's also been proven to increase our strength and flexibility, enhance the immune system and improve psychological wellbeing.

### What exactly is yoga?

On the surface it is an ancient Indian discipline that combines breathing techniques (*pranayama*), physical postures (*asanas*) and meditation (*dhyana*). But in my opinion, the real definition of yoga is not found in the practice itself but in the *experience* that arises in oneself after a period of practising with adequate attention and discipline.

Personally, for me it is a feeling of wholeness. I am no longer in "need" nor in an anxiety mode, searching for any outside element to fulfill me. I feel complete, content and at peace. This is not a fleeting feeling but rather one that, with regular yoga practice, soon becomes constant.

In yoga philosophy, regular practice is viewed as a way of connecting body, mind and soul. Each posture or "asana" is a specific therapeutic technique, benefiting and regulating specific systems in our bodies, such as the endocrine, digestive, respiratory and circulatory systems. No posture has only a single effect; each one in fact impacts our *entire* system. For example, one established effect of yoga is that it increases blood supply to the internal organs and consequently improves the function and efficiency of those organs.

An interesting excerpt from the book *Yoga as Medicine*, by Dr Timothy McCall, says: "Some people who come to yoga, particularly some women, are very flexible. What they need is strength. Other people, including many men, are pretty strong when they first come to yoga, but lack flexibility. Some yoga students are debilitated by fear. Others have trouble

staying motivated. Some people can't relax. What the practice of yoga does is challenge you wherever you need it, transforming liabilities into strengths, making you a more balanced person"

Patanjali wrote 2,000 years ago in the *Yoga Sutras* (a classical yoga text) that "the key to success in yoga is to practice regularly without interruption over a long period of time". It is patient attention to the simple poses and the incorporation of the right focus and breathing that will bring results that can be experienced "sometimes almost immediately". And that is what will encourage further practice. In Sanskrit, the word "Yoga" derives from the root "Yuja" which means "to join or weld together". Yoga is a union with our real self and the universe. It is a solution for the illusion of separation. It is for that very reason that to think of yoga simply as a form of exercise is to miss the most important part of its essence, which is as an *inner journey*.

To start this journey of transformation, and to arm yourself with the confidence and necessary faith to continue moving forward, there is nothing for it but to begin your own experiments with yoga.

My experiments have left me truly satisfied and the transformation that I have experienced through the years has gone far beyond my expectations.

As mentioned earlier, my panic attacks quickly disappeared when I resumed my yoga practice. In addition to that, I have a greater awareness of my whole body, which is much stronger and healthier than ever before, and my back has become straight (before it was quite misaligned). I have a much more relaxed mind and am much better able to cope with whatever comes along. I have become much calmer and more patient. I am more efficient, focused and determined, my confidence has increased, and I am a much kinder and more compassionate person. And that is to name only some of the benefits I've experienced.



### Choosing a yoga style

When we practice yoga we practice inner awareness, meditation, breathing, balance, alignment, focus, strength, energy and compassion – among other things. There are many different styles of yoga and each one has a special focus on several of these.

While one yoga style will demand of you great strength, another will demand great focus on breathing, while another will emphasise alignment. practice Bikram yoga and your class will take place in a specially heated room. There is even a form of yoga – Acro-yoga – that requires the cooperation of a group in performing acrobatic postures. There is a yoga style for every personality, and for every problem. If you have been doing yoga and are not in love with your practice and its results, you have just not found the yoga style for you yet. I hope the following may be of help to you.

**Hatha yoga** focuses on easy poses at a very relaxing pace. This is one of the most popular types of yoga in the West. While it incorporates breathing and meditation, too, Hatha yoga puts greatest emphasis on the physical practice as the way to achieve spiritual excellence.

**Iyengar yoga** is the form of Hatha yoga developed by yogi B.K.S. Iyengar. This type of yoga focuses on the physical practice and especially on balance and alignment. Iyengar is a pioneer in the use of props and ropes to perfect the execution of the poses.

**Vinyasa yoga** was developed to reinforce the mind-body connection and teaches you to flow from one pose to

the next with a synchronised breath.

**Ashtanga yoga** is a vigorous, athletic form of practice developed by Sri K. Pattabhi Jois and it focuses on developing strength and stamina, as well as flexibility. The postures are more difficult than those performed in other styles.

**Kundalini yoga** focuses on the awakening of the "kundalini" energy (located at the base of the spine) in order to

attain a certain spiritual state. It achieves its goal through chanting, breathing practices, poses, finger movements, meditation, eating quality foods and cultivating good habits.

**Bikram yoga** was created by yogi Bikram Choudhury and it's practiced in a very hot room (heated to 37 degrees Celsius). Heat is used both to reduce the risk of injuries and to help to eliminate toxins from the body, making Bikram yoga the most detoxifying form of yoga.

**Kripalu yoga** is a placid form of yoga that puts great emphasis on practising compassion in daily life. Kripalu literally means "being compassionate".

**Acro-yoga** involves practising with a group and performing acrobatic postures in cooperation. This yoga style aims to bring the individuals into a state of union with themselves, with each other and with the divine.

*Frank Arrigazzi is a visionary and a passionate researcher within the fields of spirituality, nutrition and yoga, and believes in the importance of living ones purpose for the true evolution and expansion of consciousness. At the age of eight he was introduced to yoga and spirituality and soon after began to study different philosophies and concepts to find new ways of bring inspiration to others.*

*Today Frank is an active health writer and a yoga teacher who travels around the world learning and inspiring others. He is also the founder of Purple Balance food range that sells at many health stores and supermarkets including Wholefoods Market, Planet Organic and Revital.*  
[www.purplebalancesuperfoods.com](http://www.purplebalancesuperfoods.com) ✿

# Germany's Raw Food School

Stefanie Breme-Breilmann finds out about a school where the children learn naturally at their own pace, where nature and diet are important.

*"We eat raw, because we are a school of the new consciousness!"* Joy Müller, founder of the Freie Morgenrot schule.

Saliha, Rune, Lovis and Fiona are sitting at a long table with other children and four adults. Various delicacies are built up in front of them: Sprouts of every kind, apples, mandarins, dates and soaked nuts and sunflower seeds.

Although there are a lot of people in the room, the atmosphere is eased and quiet. The children are talking about their animals; some are drawing pictures of the Greek gods and goddesses.

No-one interrupts the other, if they do, the Teacher Tao Kugler points lovingly

and quietly to it. The German shepherd dog Mariele Goldendoodle, dog Maggie and half-breed dog Amber, pets of the pupils, are lying on the ground. Rabbits nibble on their carrots in a cage in the room next door.

"Animals" is the title of the general project topic at the Freie Morgenrot Schule and this is the reason why next to the teacher Tao Kugler two mums are present at school today.

'Sustainable learning' is the focus of the Freie Morgenrot Schule. The school was founded in 2008 by Johanna Joy Müller to let the dream of self-defining, integral, sustainable and close to nature learning become concrete reality.

Joy came a long way before starting the school. She studied society and economy science, has been a member of the school of Chris Grisom and visited repeatedly the international school project Auroville – city of the future- in India. "There I have experienced how inspiring and free adults and children can deal with each other and how our narrow and judging idea of studying limits the natural desire and joy during the learning process."

Primarily this concrete experience gave me the strength to create something like that here in Wendland.

## Vegan raw fruit and vegetables

The experience of what life really means in all facets starts with one's diet. Vegan food like raw fruit and vegetables are not simply put on the table, they need to be understood on all levels and with all senses.

The therapist Katja Funke has a deep knowledge about trees and their wisdom. The children are fascinated by her knowledge of plants. "Sometimes it happens that a pupil sends loudly for ribwort, because another one bleeds on his knee", so the 'modern herb witch' says and is pleased, "because ribwort doesn't only help with cuts, but also with abrasions. In summer we create a stock for winter, we use preservation methods which keep as many bio-photons as possible in the plants. The gently dried herbs and flowers are used by the children, grated into our winter smoothies or into dips. We also experiment with fermented herbs. The children love this herb-sauerkraut from marinated nasturtium, meadow button cabbage and plantain. We can never produce enough dainties from dried summer fruits like cherries, pears, apples and berries. We dry strawberry mush from self picked organic fruits into strawberry-leather. "Actually it would last a long time, but it is very quickly eaten around here", Katja Funke laughs and continues enthusiastically, while the children are occupied with their self chosen tasks. Our most important fresh food source in winter is self grown sprouts, like fenugreek, alfalfa, sunflower seeds, radish and many others. Their ability to store light is a particularly reliable bio-photon source for us in winter.

## Education demands decision

The 29 year old self-employed Simone moved with her family from Frankfurt because of the raw diet at the school. "We are vegan and want that Pia (6 years) grows up in an appropriate environment. Education is not only a



word, but must become reality by making our own decision." she said and doesn't regret the step at all.

"We also have specifically moved here from Stuttgart", Patrizia Kuhn, mother of the 8 year old Lovis and trained zoo-keeper assistant. After a long search for the right school, the family decided to move to Wendland. Environmental awareness, ecology and sustainability and the most individual support were the main criteria for the search. "We wish for Lovis that he can develop his own abilities in a free way and that he will get the greatest possible support in discovering his very own path. The authenticity and love we feel here, made our decision. At the end of the day it is all about the people and their ability to maintain a deep heart relationship with each other."

### That certain 'Something'

The teaching team encourages the children very individually without pressure and competitive structures. The study groups are of mixed ages and the offered projects are always done with ecology and sustainability in mind, if art projects, music, dance, theatre or sports. All it needs are enthusiastic adults, who are open for development of mindful relationships with the children and recognise them as wonderful and talented beings. This seed seems to be planted here in this school. Everybody in the school can feel that 'certain something', that is not to be explained by concepts, rules or models. "We keep it with Gerald Hüther [famous German brain researcher], who just explained cultural education like this: 'The children experience themselves as creator of the world!' This is the main core of self-confidence. This fills the students with joy and enthusiasm. This is what makes them feel strong."

### Brain research confirms

The Freie Morgenrot Schule receives scientific support through the newest findings of brain research. The teacher Tao Kugler participated together with the headmaster of the school in a lecture of Gerald Hüther in Berlin.

The empowering upshot: Children are only able to learn what they are interested in. Neurotransmitters in the brain are mainly distributed when there is something fun to do. They "fertilise" the brain, and the seed grows and the plant grows. "The children learn and remember faster and more effective if

the impulse to learn starts within the child. This is our experience; in contrast to normal schools, where children get fed information even when they are not hungry... Because of this kind of learning we have more time and freedom for social subjects. For sure, social competences and dealing with problems and conflicts is a request of every body's heart", says Barbara Spenner, the director of the school.

### Bilingual Lessons

The director of the school has been teaching in New York for many years. It is thanks to her that the school is bilingual. "During our morning circle we are changing language after a clear announcement. The children understand a lot even though they communicate with each other in their mother tongue.

For this reason Maïke and Jesus Hernandez decided on this school after they moved from Venezuela. At home they speak English and German. Because the concept of the school and the people who are working there are so coherent for them, they already enrolled their 6 year old daughter at the school before they had even found a place to live. Salih's 6 month old little sister will go to this school as well, that's clear already.

Teacher, carer, school leader and parents are meanwhile growing to become a big family: Open to new ideas and enthusiastically involved. According to the agreement undertaken, the parents work 60 hours a year for the school, however they can. For example Patrizia Kuhn contributes her help when the addressed theme revolves around animals and others help when the new school house needs to be built.

### The new school building

With the start of the new school year, summer 2013, the Morgenrot School enters a new era. "Finally we arrived! At the moment 300 square meters of a historical half-timbered house is being renovated and adapted to our needs" Joy Mueller raved. There is still a lot

of hammering and painting and rebuilding that needs to be done. Maïke Hernandez is a stone carver and her parents' cooperation work is putting up a mosaic ornament at the entrance area and a wall mosaic in the workshop area. The school building is quite picturesquely suited in the centre of Drethem, a district of Neu Darchau next to a little church, pretty charming in its typical national flair. With a large and close to nature plot and lots of space inside, the school has capacity to grow even further.

### And now up to class 10

In summer 2013 The Freie Morgenrot Schule is offering secondary education up to class 10. "The regulatory approval has been applied for and the feedback about the educational format of our lessons is very positive", the founder of the school says, "In December the school authority visited us. We documented the rating level and the individual promotion of each pupil."

"The children who needed to leave the school because they moved to another town gave great feedback. The new class teachers reported great independence and motivation of the children coming from the Morgenrot Schule. Therefore it was easy for them to catch up with the learning material in their new school. One pupil could even skip one class and another received the highest grade on his first maths test", director Barbara Spenner enthused. "The aim is that the majority of the pupils are able to stay on after finishing primary school, so they can have the opportunity to learn with the same educational concept to get their graduation."

For more information see the website [www.freie-morgenrot-schule.de](http://www.freie-morgenrot-schule.de) ☼



# A Raw Journey

## How did you discover the raw food diet? Dr. Wilco Hermans shares his story.

One of the many intriguing capabilities that we as 'Intelligent' species have access to is the process of 'Reflecting'. To think or reminisce about a personal 'Momentum' in time. A memory that is held special, or on the contrary, one we would like to erase forever. Either way, I enjoy this, and the many other features of the brain. I have learned that one should never have regrets in life, whatever the outcome was. This is not always easy I must say, but when one realises that a thought or action of the past (even the ones of a few seconds ago) are only a figment of our imagination – it all becomes less important then in a way.

So, when I reflect back on my personal 'Food Journey' a whole collection of 'Figments' in all shapes and forms enter my reality. My RAW food journey has been an interesting one I feel and it has become an adventure that continues to this day.

About 20+ years ago I was in 'love'. I fell in love with Jane, and Jane was a *vegetarian*. As I was eating a chicken burger one day at our workplace I was asked by her if I knew what I was eating. Before I knew it I was heading home with a classic (now it is) under my arm. The book: "*Diet for a New America*" was the pill I had to swallow, the cold water I had to jump in. You see, I had no intentions of reading this book as I was not really interested in the topic to say the least. But the evening arrived and I suddenly started to realise: OK, if I want to impress her then I should know at least the premise of the book, so that she will notice that I care. The plan was to read the first few pages, maybe glance over the rest and then prepare some nifty comebacks, so that I could 'woo' her into liking me. I indeed did start to read the first few pages, but before I knew it, and to my own surprise, I pretty much read the whole book. This book in the end became the

game-changer for me. "I saw the light." I set out to help to change the world – I would become a vegetarian too.

It is funny when I look back and reminisce now about the thoughts and feelings that went through me in that moment. I ended up dating beautiful Jane by the way, but not because I read the book I think (maybe my charms did it in the end). Anyhow, I made my first step towards a better planet for me, my friends and family, and of course the rest of the world. It felt great to be a vegetarian. It was in those days still a bit of a 'taboo' word and you would fall under the 'weird' section, but I did not care. I always loved to be different, never wanted to be a sheep that follows the herd. Rebel with a cause I was, I always said jokingly.

Little did I know that my first diet revelation was the on-start of a life filled with questions, research and studies of the human diet. I became more and more intrigued as in what we as a human species are suppose to eat. It was very soon after, and several books later, that I became a *vegan*. I felt even better naming myself a vegan, because it was a huge step away from being a vegetarian. It was more controversial, which rebels love, and it raised more questions in social circles. You become a curiosity when following a diet that goes against the mainstream of society.

And as my stroll down memory lane continues I remember feeling pretty great. Of course I decided to become vegan for the planet and its animals, but I really did not start yet to think about my own personal health (being still young and all). I gotta say that I felt pretty good throughout those years.. Had a lot of energy (always had that though) and felt that I would recover from a night of drinking a lot faster and better than I used to do. I



was still partying back then and I was good at it.

After some time I remember that I was subconsciously redirecting my hunger for diet books to 'spiritual' ones, they really intrigued me. I slowly started to realise who I was. Sounds funny, but we all are on a journey to self-discovery of course and I felt after some time that I had found my 'self'. I knew instinctively that this link between spirituality and healthy eating would become my road. I learned about energies, past lives and Souls. I discovered the connection between all there is. I felt different and weird, as many people already confirmed for me, but it was great, it was a necessary transition. I needed to find a new direction in life. Away from sceptical people that just do what everybody else is doing. I had to set out to become a diet specialist of some kind.

### Raw

I do not know what weighed heavier on my conscience while back-packing the globe for a year and a half. If it was the cruel local animal cuisine that I encountered in various parts of the world or the naive and sometimes stupid attitude of my fellow backpackers. But I became very motivated to try to change peoples minds and outlook on life, and diet of course. It infuriated me, in my younger preaching days, that people believed that the animals that walk our planet are here for one purpose only – to be eaten by us. I

had to do something. I had to help change awareness within the mind concepts of these fellow humans. It was not often that I met a like-minded person on my travels that believed in living in harmony with the animals, but sometimes our paths would cross and then the conversations would explode (in a good way). It felt like meeting somebody from the same planet. A conformation was also shared that we were not mad.

So, after travelling through San Francisco I stayed and became a whole food chef. Trained to make 'healthy' meals for Yogi's and Yogini's, and I loved it. Everywhere I worked my food was classified as vegetarian, but I prepared only vegan meals, as my quest to make the world a more peaceful and healthy place was continuing. I felt that I found my ultimate path in life.

Then one day while I was preparing a 'Rustic Tomato Soup' in the jungles of Costa Rica a client of the retreat walked into the kitchen. Commented on the amazing smell of the soup and practically dove with her nose into the goodness. After I offered her a cup, she replied; "O no, I could not eat that, I do not eat anything cooked". I was baffled. I heard about this 'raw fad' but I never before met a real 'raw fooder' and felt immediately that they were a crazy bunch and that they were physically and psychologically starving. I had no time for that type of insanity and brushed the incident off like it never happened.

But of course the universe works in mysterious ways, and it never takes a day off, so I had to receive this unexpected gift from a guest. A raw philosophy book was given to me and as I learned about manifesting energies, I saw this gift as a predestined sign and I had to read it. Needless to say that I swallowed it up and became RAW. It all suddenly made so much sense. All the animals in the world consume their instinctive foods 'raw' and so why were we not? – we the human race.

### An Epiphany

This long road I had been on took me to Spain one day. One beautiful evening, while walking the beach, I suddenly expelled a frustrating

scream towards the universe asking for my direction in this confusing world of diets. That everybody claims a different theory of philosophy as in what we need to eat to be healthy became over the years a frustrating part of my research. I realised that I needed to shape my particular quest to my own desires. I needed to find my own path within this chaos, a direction that would resonate with me so I could then educate people and truly help them to heal naturally through their life-style. I got delivered what I ordered. 'Natural Hygiene' landed on me and it all became clear.

I did my Ph.D on 'Natural Diet and Lifestyle' and finally found my truth. I got my recognition to what I believe in, what I was searching for. Logic in diet and life-style. The Natural Hygiene approach was all that and more. Because how can you find a much greater truth than nature itself?

I have been a raw vegan now for four years. But even in my 14+ years as a cooked vegan I ate much raw already. As a 'Hygienic Doctor' I live my life as simple as possible. Avoiding the dangerous 'Toxemia' that threatens every persons health. To live the hygienic lifestyle one leaves many food addictions behind, like salt, spices, flour, alcohol, artificial sweets and so on. Nothing that is fabricated by mankind. They call them 'Frankenstein' foods. They only please the pallet, and do not nourish you in any way.

People around me are always mystified when they see me eat and I am sometimes seen as a threat to their food addictions. It is like trying to take away the heroin from an addict so you learn over time to not say too much about the diet unless you are

asked. The world around me likes all this food that pleases in so many ways. Emotional eating is one of the most challenging parts of helping people to leave certain foods behind. I understand the enormity of the addiction that exists everywhere, but luckily the awareness is growing. The raw food movement is definitely gaining more momentum and it is heading for an accepted lifestyle.

But it is all good in the end. This is Human Nature. This is a natural reaction of the process of letting go, and it sure is worthwhile going through the withdrawals. I know that this diet has helped me tremendously over the years. It has kept me free of unpleasant illnesses and discomforts. I used to be plagued by sniffles and colds all the time, as my mother, but those are fortunately a thing of the past for me. Energy is important for me and I always say that 'energy' is the most valued asset that we all possess. Energy and health, that are closely linked, are our true treasures. I am furthermore also personally on a mission to gain years gracefully with no ailments or worse, because that would of course take the fun out of life (I only wish though that raw food would grow back my hair).

*Dr. Wilco Hermans is a Natural Health Doctor specialised in the low fat raw vegan lifestyle. He has studied the laws of life and so the natural diet of mankind, following a 'Natural Hygiene' philosophy.*

*He works together with 'Eden Retreats' in Spain, where they offer affordable luxurious health vacations for anybody that wants to relax, detox, fast and/or exercise.*

For more see [www.veggievibes.com](http://www.veggievibes.com) and [www.edenretreats.com](http://www.edenretreats.com)



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# How to Grow Carrots

## Top tips on growing carrots with Helen Hurworth.

Yellow, red, purple, black, white and of course orange. Yes, Carrots come in all colours, and I have enjoyed growing them all, they are my favourite vegetable to grow. Carrots have been grown and enjoyed, in all their wonderful variety of colours for thousands of years. From the Black Russian, to the Dutch White, they are simply delicious; and whether they be finger, stump necked or rounded varieties, they are a major staple of the raw food diet. We love them for salads, giving to the children as a snack, cakes and juicing, and of course their wonderful earthy flavour and vitamin content. Now that Spring is almost upon us, it's time to decide which variety of carrot to sow, I hope some of my suggestions will help you.

However, people often find they do have difficulty getting the results they wanted when trying to grow them, so here are a few tips to help you have a wonderful harvest this year.

**Tip 1** - Get the soil right. Carrots are naturally a coastline plant. Carrots will grow on a heavy clay soil, taking much longer to get to maturity, but much prefer something more free draining. I always grow carrots in a

soil mixture 50% loam 50% sand. (Some of the old gardening books say you can grow carrots in just a bucket of sand.....I haven't tried this though). Carrots have very low nutrient requirements, in fact, growing them on recently manured, or heavily fed soil will make them fork and twist.

**Tip 2** - Grow in a raised bed of at least 10cms depth if you can. (If this is not practical, then remove all stones from the soil, add sand, and create a fine 'tilth') The Carrot root fly flies near to the ground and growing in a raised bed will help prevent some of their damage. It is also ideal if you want to create the 50/50 soil mixture ideal for this vegetable.

**Tip 3** - Never be in a hurry to sow. Wait till all chance of frost and bitter cold has passed. It really is not worth trying to get ahead with carrots; the slightest cold snap will kill all your seedlings, or give them a growing 'check'. Anything you plant earlier will be at the same maturity as anything grown later, they all seem to catch up, so you don't gain anything, but you might lose your crop. Go by how the weather is in your area, there

is much difference between the North and South of the country, don't just go by what it says on the packet.

**Tip 4** - Water the area you want to sow in first. I do this with most things I grow, and is a tip I picked up from the late Geoff Hamilton. This encourages plants to draw their roots 'down' and also doesn't alter the lines you have sown them in, this helps with weeding later, its far easier to identify the weeds if the seed remain in the same position and not end up in a zig-zag.

**Tip 5** - Follow the Lunar calendar for planting. This ancient method is truly amazing. I first did a trial one year, when I was studying horticulture; I sowed one set of vegetables according to the calendar, and the same seeds on the wrong days. The difference in germination, growth and so on was quite marked. Books with the calendar are easily available.

**Tip 6** - There are various sowing methods. The traditional one is sowing in drills (lines), at least 10cms apart. First score the soil in a line with a stick (this is a good stage to water, you will find watering afterwards can move your seeds around alarmingly)

and slowly sprinkle your seeds very finely along the groove, cover with soil and lightly pat over. Or you can use the scatter technique; just broadcast your seed over an area and lightly cover with soil. Carrot seeds are very tiny, and it takes a bit of concentration to not let them drop all in one place. I am so in love with carrots, that I sow each seed individually at least an inch apart. I have done this now for many years, and although it takes longer and is rather painstaking, I know each seed will have enough room to grow, and I have almost 100% germination. It's a really relaxing job, and I love it.

**Tip 6** - Companion plant. Companion planting is the method of mixing flowers, herbs and food crops together to mask both the smell and appearance from pests. Some herbs and plants also afford special strengthening and immune boosting effects to plants grown near them. A great companion plant for carrots is onion. I always sow alternate lines of carrots with lines of onion and I really close crop too. Doing this in a raised bed practically cuts out all weeding. Spring onion works particularly well I find. Another companion plant you can try is leeks and salsify. Carrots general health is better when planted near chives, celery, lettuce and radishes.

**Tip 7** - Carrots sown traditionally, that is sprinkled lightly in drills will still need 'thinning'. This must be done on a day with no wind. When the seedlings are up by about 2/3 inches, you need to thin the drill down to allow each carrot room to grow. The carrot root fly is purported to smell thinnings brought to the surface 6 miles away. Make sure you thin to leave at least an inch between plants and put the thinnings in the compost bin immediately. Alternatively, wash the thinnings and juice them, there are more vitamins in the leaves of carrots, than the root. Of course if you follow my method of sowing each seed individually you don't need to do this laborious task. Thinning also disturbs the soil around the other delicate seedlings left to grow and can cause damage.

**Tip 8** - Carrots are very prone to being 'checked' by drought. This means it will halt their growing

progress even after you have started watering again. Keep the watering regular but never let the soil get too wet. A good judge is just to insert your finger into the soil, and make sure that you have watered to depth. If you have a greenhouse or outhouse, fill your watering cans next time you water and leave them to warm slightly ready for the next watering. Icy cold water from the tap can shock your seedlings.

**Tip 9** - When you begin to harvest your carrots, support the soil around the carrot as you do so, this will not damage the tiny feeding roots around the other plants, also you also do not want to leave the scent lingering in the air as the carrot root fly will make a return journey.

**Tip 10** - Leave your carrots in the ground until you need them. Unless you have a wonderful darkened garden store, with damp sand ready to pack your carrots away, I advise you keep them in the ground. I have continued to harvest my carrots well into the Autumn and early winter. There are some excellent varieties now that have no 'wooden core' or do not go woody if left. However, I rarely find this is a problem, as they are all devoured by then. If you do have a glut, I would keep them in the ground as long as you can, then lift and store the old way in damp sand somewhere dark. Alternatively, you can juice them immediately and freeze to have over winter in juices, soups and smoothies.

These are my top favourite varieties that I have grown and recommend.

#### Red Varieties

'Atomic Red' (very high lycopene content)  
www.plantsofdistinction.co.uk

'Red Samurai'  
www.plantsofdistinction.co.uk

#### Yellow Varieties

'Yellowstone'  
www.gardenorganic.org.uk

'Honeysnack' (discontinued from Thompson and Morgan) available online www.veggrower.co.uk

'Crème de Lite'  
www.nickys-nursery.co.uk

'Solar' www.nickys-nursery.co.uk

'Jaune Obtuse de Daubs'  
www.ThomasEtty.co.uk

#### Purple Varieties

'Purple Dragon'  
www.gardenorganic.org.uk

'Purple Haze'  
www.gardenorganic.org.uk

'Rouge Sangvoilette' (red and purple)  
www.ThomasEtty.co.uk *heritage seed*

#### White Variety

'White Satin'  
www.gardenorganic.org.uk

'Lunar White'  
www.nickys-nursery.co.uk

#### Black Variety

'Spanish Black'  
www.Thomas.Etty.co.uk

#### Highest Beta-carotene/sugar content

'Sugarsnax'  
www.gardenorganic.org.uk

#### Earliest Variety

'Amsterdam Forcing'  
www.gardenorganic.org.uk

#### Late Varieties

'Autumn King'  
www.gardenorganic.org.uk

'Bercilum'  
www.gardenorganic.org.uk

Much more information on the humble carrot can be found at the carrot museum [www.carrotmuseum.com](http://www.carrotmuseum.com)

My favourite Gardening books, including the companion planting and lunar method:

Bob Flowerdew '*Companion Planting*'  
Kale Cathie Limited

Bob Flowerdew '*Organic Bible*' Kale  
Cathie Limited

Nick Kollerstrom '*Gardening and Planting by the Moon 2013*' Quantum  
Books

*Helen Hurworth is trained in Horticulture and is a member of the RHS, Kew Gardens and Garden Organic and also a member of the Heritage Seed Library. In between maintaining her allotment, she volunteers to manage a heritage fruit and vegetable garden for Essex Wildlife Trust.*

Send your gardening questions to Helen at [gardening@funkyraw.com](mailto:gardening@funkyraw.com) 🌱

# Raw Chef Training

Peace Ravenwood tells us about her experience at Elaina Love's Pure Joy Academy in Bali. (Peace Ravenwood is the new name of Dawn Houghton.)

I can hardly believe it is almost a year since I travelled around the world to Ubud, Bali, for a 4 week immersion into Raw Chef and Health Educator training with Elaina Love, Chris Whitcoe and their team of helpers. The experience was life changing on many levels and I am loving to share this with you.

Since finding myself on the path to a more open hearted way of living, eating and being I have been looking at the many training courses available to us, and came up with a dilemma of which to choose for a professional certification that encompasses the whole approach to raw and living foods. My shortlist came down to: Tree of Life, Hippocrates Health Institute and Pure Joy Academy. I want to do ALL of the training courses these awesome centres offer as each one is very unique in their approach and content, so, I looked at all of them in depth and from the point of where I was at and where I was devoting my attention at the time ~ so, after months of deliberating, meditating and reading, I chose to study with Elaina first, to bring my chef experience up several notches from where I was as a kind of intermediate, to professional chef standards.

We raided the savings and booked on to the course months in advance and then the excitement built up each passing week.

The course material is extensive to say the least, with so much content to read through even before setting off for the airport! With the support and immense knowledge held inside the being that is Chris Whitcoe, this course really does pack a massive vibration for everyone who wishes to learn more about just what it is to live a raw life.

Chris studied Spiritual Nutrition Mastery with Dr Gabriel Cousens at his pioneering Tree of Life Centre in Arizona, and brings with him the vast Conscious Eating sessions which we attended each morning after breaking fast. These interactive lectures really

exploded our minds with the depth of learning that to this day I am so very grateful to have been part of, and every single time I re-read chapters of the book, I learn something new and gain a deeper understanding, after being in the energy of these actual sessions with Chris.

Sessions with Chris also brought us Conscious Speaking skills, where we learned to support each other as we upgraded our language, how to speak in public on a variety of subjects around living foods. These sessions were to assist us in methods to use far more positive ways of communication ~ each session for the whole of every day was fun and playful as well as nurturing.

Now, the venue were were blessed to be living in for our training really exceeded all my dreams and really played a central part in the whole experience. Villa Gaia really is an oasis of pure calm and natural beauty. This large but intimate space is nestled in the rice fields in the hills above Ubud, far from the bustle of the town but close enough that we walked into town each weekend for our days off from training. Open living spaces and cosy bedrooms overlooking the lovely swimming pool and jungle environment really does create a magical environment. The Villa staff are just amazing, looking after us and ensuring we feel loved and comfortable at all times. Early morning swims, yoga, lymphatic vibration exercise station, fresh Balinese coconuts, the amazing wildlife of huge ants (they don't bite) and little gecko's which run all around the place, even the really tiny baby ones! And the most awesome sunrise's and sunsets I have ever seen...breath-taking.

All of this really laid the most beautiful setting for the actual chef training. Elaina Love has such a beautiful energy, a very gentle yet passionate persona which comes over in each of her food demo sessions which began right after our morning lectures. Her knowl-

edge and experiences as a raw food Master Chef is boundless, yet she herself is ever learning and open to new ideas and suggestions during our sessions, which are then taken on board and implemented in new recipes for- mats so that every student really is a part of the whole approach to teaching each other. Elaina herself trained with Cherie Soria of the Living Light Culinary Institute and has developed a most accessible teaching style and vast repertoire of culinary delights.

Every aspect of both gourmet and living foods were covered during our 3 weeks Chef Training, from kitchen equipment, knife skills, planning your kitchen, shopping without stress, shelf life of foods, culturing kefir and sauerkraut, sprouting and soaking seeds, right the way through to gourmet raw feasts from around the Globe; Italian, Mexican, Indian, Thai, you name it we learnt it.

Each week we covered a new area of expertise and this was supported with our manuals, books full of recipes and supporting information so that we have a lifetime of knowledge all together at our fingertips ~ more than 200 recipe all together.

Week Three was all about desserts! Well, mostly :) We got stuck in to making the more complex recipes that delight diners, like German chocolate cake, raw chocolate, meringue topping, ice creams, as well as really intricate methods of producing classic Thai dishes like coconut wraps, pad Thai and fresh spring rolls.

Our course had around 18 students, mostly from either Hong Kong, Thailand, Canada and the US ~ only 2 of us from the UK, all of us on journeys to healing, studying to work in the raw community or just feed our families healthy foods, and all eager to learn more!

We were given tables to group around for daily practical sessions. So, sharing 4-5 to each table we were to play our way through the day's culinary creations to bring a veritable feast to each

meal time. We really were hands on every day, intensely learning our craft as Chef's under the loving guidance of Elaina and her team of Angels: Chef Priscilla from Rawthentic Foods (Hong Kong) and Rayna, Elainas, beautiful kitchen organiser and Chef Moy (studied with Matthew Kenny and Gabriel Cousens). We were encouraged to add our own energy to each dish, not just following the recipe, and to present each dish with unique love and relish to delight the diners (ourselves!)

After the morning and afternoon sessions we all ate together what we had created and also to re-cap what we had done if any changes to the recipes were made and noted, so that the other groups could make notes in their own manuals for future references.

There was SO MUCH food created...I cannot express what feasts there were each day. There was also no waste here as we shared the food with the villa staff too, for they really worked hard to support us, washing up the mounds of dishes, clearing away work station so we could all eat together, setting up for the following day.

It did not take many days for us to closely bond with each other which really is a magical part of this intense journey. Our group was really easy to gel with, nobody brought any 'baggage' to the training, there were no ego's at play and everyone was genuine and loving in every way. Chris and Elaina were always accessible, even out of the class room and their fun and exuberance really shines through.

Graduation week was again an amazing and intense time of much fun as we all gave our own live demonstrations to a happy audience of eager tasters, who helped us learn how we can improve our ways of teaching ~ this was both scary and immensely entertaining ~ we learnt both how to teach a class and how to be assistant to other students; helping each other prep and deliver a faultless session.

At the end of our last weeks training came the Graduation Ceremony and PARTY!!! In true Balinese grace, the villa was decorated with blossoms, adornments and ritual and we gathered around a central circle mandala to receive our Certification and honour each others rite of passage. This magical ceremony moved me to tears



of joy for each and every one of us who had grown so close over the weeks we shared, we grew in confidence and many of us came out of our shells to really shine. Much dancing, silliness and feasting followed ~ all raw of course and no alcohol! Even a midnight swim under the moon!

Our fourth week training was a 6 day Cleanse and Detox module, which was most welcome after all the feasting we had for the first three weeks! This weeks training is kind of an extra module that is offered on only a couple of Pure Joy courses, and as a juice fast with liver/gall bladder flush, it really did bring a lightness and refreshing end to my time in Bali. Everyone took part in the fasting and we had four new people join us just to cleanse, which was beautiful! Our juices were prepared for us each day and we had fresh coconut water, facials, massages and therapies, including infra-red saunas ~ luxury! We also had our daily lectures, this time going in depth as to the cleanse process and techniques to support our bodies, mind and spirits during such times; meditation, gentle exercises, skin brushing, castor oil packing, oil pulling, enzymes and oxygen therapy, both internal and external...so much detail! On day six we had a beautiful ceremony as we took our first dose of Epsom salts, and set light to any parts of ourselves that were no longer serving us (not literally!)

Our final night was again more wonderful ceremony, literally the Academy Awards :-). We were now not only certified raw chefs, but also health educa-

tors and detox coaches ~ each of us were thanked for our attendance and for our own unique gifts and talents we all shared during our time together. We were presented with our Detox certification and our Pure Joy Chef Aprons...awesome stuff.

This experience will stay with me for the rest of my life and I am loving to continue sharing the Pure Joy of this experience, through my foods and in life outside 'being raw'. I could speak of this time endlessly, as so much more was experienced than I have shared here. As a graduate of the Academy my journey continues to expand and I now play from my souls desire each and every day to share the love and support of the Pure Joy family.

This training really does offer the most in depth experience and, to anyone seeking, as I did, the best way to deepen their knowledge of our craft I am so proud to be part of bringing Pure Joy Academy HERE to the UK and Europe this year and beyond. Elaina is coming to Cornwall this July to hold the three week Chef Certification training ~ Will you be joining us?

*Peace Ravenwood is an itinerant personal chef, who loves to create magical feasts for all who have the desire to be well, a wild food forager and permaculture enthusiast. She lives in South West Wales and Glastonbury, Somerset, holds workshops and retreats and assists Elaina Love with Academy training classes.*

Find out more at  
[www.schooloflivingrawfoods.com](http://www.schooloflivingrawfoods.com)  
 Telephone: 07846 824364 Pure Joy  
 Academy: [www.purejoyacademy.com](http://www.purejoyacademy.com) ✿



### Spring in on its way...

The sun has been shining very warm all week - Gaia has truly awoken and the earth is becoming abundant with tiny little green shoots poking their heads through the earth - succulent strawberries are beginning to show in pots and along the sidewalks, the beginnings of beetroot, courgettes, lettuce, chard, kale, sweetcorn - sweet little blue forget-me-nots are saying "look at us, never forget our beauty" accompanied by buttercups and delicious daisies to decorate cakes, herb robert and cow parsley to look pretty in a vase on the table.

Everywhere you look there is green and you are reminded of nature - waist high nettles and overgrown grasses all around, birds singing more loudly than ever this year it seems, singing songs of praise to the creator. A vast ocean of concrete with tough dandelions cracking through. Nothing can stand in their path! Happily awaiting the arrival of nasturtiums and marigolds to make salads colourful, evenings spent with eccentrically amazing friends and family...

Dipping in the lake after a walk in the hot sunshine, wearing your best frock. I remember (and predict) long dusky romantic walks along the canal and in fields. Bright blue pretty damselflies hovering, bees buzzing in amongst the lavender, seeds flying past in the breeze. The sun sparkling on the ocean, and sandy seawater in your knickers.

All alone on the allotment at 9pm the birds are still singing, the moon is waxing and bright - little flowers close their petals to go to sleep, all alone in my flowery summer dress I dig my feet into the earth and water my toes, as well as the plants. These are the times to give thanks... The night to myself, I am walking home, breathing in the sweet smell of pansies and then I spot them - the potential for many cordials from my favourite abundant tree... that really confirms summer is here - ELDERFLOWERS!! Nature is the best classroom...



Text by Natanya Joy. Artwork by Hana Davies.

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