

# The Funky Raw

Issue 28 - Summer 2013

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Healthy eating for everyone

magazine

Raw Recipes and Reviews • Healing • Natural Skincare

## From the Editor

Summer is here and the garden is growing. We harvested the first fruit from a tree we planted, around 20 loquats. Quite amazing given we only planted it in December, although the tree is at a guess 5 years old. Also harvested my first beetroot, with lots more to come. Also got a few strawberries, hopefully more next year - if you want to grow strawberries, see Helen Hurworth's article on



page 38. I think growing our own food is one of the most important things we can do, I think it was the Native Americans who said "you can't eat money" and it is so true, and given the way of the world right now, I think it's going to become even more important.

The only thing better than growing your own is wild food, and we've got a couple of articles this issue, Paul Rimmer talking about pine pollen on page 22 and Dawn Waterhouse with sloes (blackthorns) on page 36.

Ok, I've got to go, I need to go and make the trifle from page 16! It sounds delicious, I'm not sure if I've ever had a raw trifle...

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

## Cover Artwork

By Jolita. I sometimes repaint on top of previous paintings. I love to just paint and see what happens as if I would listen to what a painting has to say. I called this "The Birth of the Butterfly" because in the process of painting I realised that the details of a butterfly were showing up, all I had to do was just not interfere with the process.



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

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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.

## 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)

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 Sept 2013.**

Advertising deadline: 30 Sept 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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# Workshops & Events

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

## **Fermentation Fetish With Holly and Kenny**

**Date:** Saturday 20 July, 9.30am - all day

**Location:** Glastonbury, Somerset

**Description:** Incredible culinary/health secrets you and your family need to know.

Comprehensive class, learn to create 100% raw:

Kefir pesto

Lacto Fermented Mexican Salsa.

Exotic Kimchi and Sauerkraut Recipes.

Fermented, Pineapple, Papaya curry chutney.

Coconut Kefir Ginger Beer.

Mood Elevating Superfood Kefir Pudding.

Cherry Kefir Cheesecake.

**Price:** £85

**Contact:** 01458 860060 or 0792 328 4632

**Email:** [holly@foodforconsciousness.co.uk](mailto:holly@foodforconsciousness.co.uk)

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

## **Raw living foods for a conscious & holistic lives**

**Date:** Sunday 21 July, 10.00am

**Location:** Dragon hall, 17 Stukeley St, Covent Garden

**Description:** Come and learn how to incorporate raw living foods into your daily life to boost your immunity, restore vitality, increase energy levels and experience optimal health with raw master chef Sarmado Sibley. Learn how to set up a raw kitchen, how to alkalise the body, mindful eating, the power of water and cleansing.

**Price:** £197 inc lunch

**Contact:** 07757 766917 [mrsarmado@gmail.com](mailto:mrsarmado@gmail.com)

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

## **Yoga- Surf- Healthy Eating retreat**

**Date:** Saturday 27 July to Saturday 3 August

**Location:** Biarritz, South West France

**Description:** Certified Raw food and Yoga vegetarian chef, Emilie Mc Bride, welcomes you in Biarritz for a week full of fun, surf, cultural outing and relaxing time... The retreat will include

A morning Yoga session,

3 catered meal a day (mixed of Raw/Vegetarian/Vegan)

with plenty of juices, smoothies, fresh salads, delicious and nutritious meals. Lunch can be organised to be taken

Visit to Saint Jean de Luz possible or Biarritz market.

Visit to the traditional street Festival In Bayonne

**Price:** From 405€ to 1280€, excluding surfing lessons

**Contact:** [mcbrideemilie@gmail.com](mailto:mcbrideemilie@gmail.com)

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

## **Raw Food Prep**

**Date:** Saturday 27 July, 10am -4pm

**Location:** Conkwel Grange, Near Bath

**Description:** Raw food literally saved my life, and I would love to share with YOU the healing power of organic living food, and how it can rejuvenate you physically, mentally and spiritually.

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, highly nutritious food.

**Price:** £80, includes lunch

**Contact:** / 07896659902 / 01225 720160

**Email:** [info@rinagolan-rothwell.com](mailto:info@rinagolan-rothwell.com)

**Website:** [www.rinagolan-rothwell.com](http://www.rinagolan-rothwell.com)

## **Raw Food Vacation & Raw Vegan Chef Training**

**Date:** Sunday 28 July to Saturday 10 August

**Location:** Mallorca

**Description:** A raw food vacation and intensive culinary training course with chefs Beverley Pugh & Sarmado Sibley. Based on the teachings of the Hippocrates Health Institute, Florida and the Living Light Culinary Arts Institute, California. Week 1 includes nutritious Hippocrates style gourmet food with daily yoga & meditation. Informative talks on re-birthing and body oxygenation. Reflexology, Reiki and Thai massage are all available. Week 2 is an intensive raw culinary training learning the preparation of Hippocrates style nutritious and healing food. Juicing, dehydrating, nut & seed milks and raw chocolate will all be included in the schedule.

**Price:** varies with options, each week can be booked independently, with or without accommodation. See website.

**Email:** [beverley@rawfooddietforlife.com](mailto:beverley@rawfooddietforlife.com) or [rawlovelife@gmail.com](mailto:rawlovelife@gmail.com)

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

## **Get more from Raw**

**Date:** Saturday 10 August, 10.30am - 5pm

**Location:** The Wellspring Healthy Living Centre, Bristol

**Description:** This workshop will expand upon your raw food skills and provide you with additional nutritious recipes focusing on fermentation & making more use of your dehydrator.

We will cover:

Fermentation of grains, vegetables, nuts & seeds

Crisps, crackers & breads

Nut cheeses, spreads, chutneys & salsa

Raw pizza & roasted veggies

Mocha cheesecake & berry coulis

**Price:** £75

**Email:** [info@annamiddleton.com](mailto:info@annamiddleton.com)

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

## **Busy Person's Guide to Raw Food Lifestyle**

**Date:** Sunday 11 August, 10am - 5pm

**Location:** Broomfield, nr Bridgwater Somerset

**Description:** Too busy to try a raw food lifestyle? Think it takes ages to prepare? Think its dull? Think again!

This workshop is aimed at those who need some advice and encouragement to incorporate 'more raw' into a busy life. Its worth it for the changes to your health, energy, positivity, weight and beauty. Our experiential workshop is lots of fun and includes plenty of delicious raw food!

**Price:** £75, or £69 if booked before 20 July.

**Contact:** [enquiries@resource-me.com](mailto:enquiries@resource-me.com) / 01278 671679

**Website:** [www.resource-me.com](http://www.resource-me.com)

### ReSource Detox ReTreat

**Date:** Thursday 22 August to Monday 26 August

**Location:** Enmore, Somerset

**Description:** Give yourself a treat and come on an exclusive weekend detox and de-stress at our 17thC peaceful rural house in the Quantocks. Feel nurtured and refreshed. Either raw food detox or juice fasting offered, along with: a colour light detox treatment, emotional support, chillout Tachyon cocoon, nutritional info, 5 Tibetans exercise, talks and walks. Massages and other therapies available. Outdoor heated pool in summer available.

**Price:** £395 including full board and treatment.

**Contact:** enquiries@resource-me.com / 01278 671679

**Website:** www.resource-me.com

### Raw Fruit Festival 2013

**Date:** Sunday 1 September to Saturday 7 September

**Location:** Algatocin, Malaga, Andalusia, Spain

**Description:** Come enjoy the best season in the South of Spain. Come for a week in an Andalusian valley known for its well-preserved nature, and its rivers with swimming holes. Plenty of sun, delicious and abundant tropical and local Mediterranean fruits including figs, melons, mangos, cherimoyas and guavas, and with great like-minded people! What else can one ask for?!

As farmers ourselves, we are able to find the best quality fruit, and fruits that are picked truly ripe.

**Price:** Adult 520€, Under 16 200€, Under 12 100€

**Website:** www.raw-fruit-festival.net

### Busy Person's Guide to Raw Food Lifestyle

**Date:** Saturday 07 September, 10am - 5 pm

**Location:** Covent Garden Community Centre, London WC2H 9LA

**Description:** Too busy to try a raw food lifestyle? Think it takes ages to prepare? Think its dull? Think again!

This workshop is aimed at those who need some advice and encouragement to incorporate 'more raw' into a busy life. Its worth it for the changes to your health, energy, positivity, weight and beauty. Our experiential workshop is lots of fun and includes plenty of delicious raw food!

£75, or £69 if booked before 20 July.

**Website:** www.resource-me.com

### Festival of Life

**Date:** Saturday 14 September, 10.30am to 11.30pm

**Location:** Conway Hall, 25 Red Lion Square, 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.

Conscious dance party in the evening. Find out more on the website

**Price:** £15 /£10 (concs), or from 4pm £10 /£8 (concs)

**Website:** www.festivaloflife.net

# Turn Your Shine On by Rebecca Kane

## Book review by Melanie Bouffard

Turn your shine on: your raw food journey to health and happiness, by Rebecca Kane is a stand out, no nonsense raw food with a difference.

Don't expect a scientific manual full of health facts; quite the contrary, the book, which adopts an almost spiritual perspective, is based on the author's personal experience, which is told in an almost detached tone but with a lot of light humour.

The program presented in the book is a cleanse lasting 33 days. It is divided in 6 different steps, all of which can be combined to make individual programs to suit personal requirements. Sadly, no clear guidelines is given as to how to choose the best program according to one's physiology and past eating experiences ; it may all sound a little nebulous to the newcomer in the world of raw foods. No mention is made of the particular after effects (such as headaches or nausea) that may be experienced through the detox, which could leave the reader feeling very lonely and like something is wrong with them if they are ever unlucky enough to suffer from any of these. However, each step is described very fully and comprehensively with guidelines, a meal plan, a shopping list, a daily checklist and space for a reflection on the experience for each of them. The recipes are simple and having tried a few of them, I can testify to the fact that they are delicious.

I have not gone through the whole program, but it seems to be an inspired, rejuvenating way of life that would leave one with a clearer, more focussed mind and a happy body.

The main strength of the book, however, is its personal development aspect, which rarely features in any diet book and adds a most definite plus to the content. The reader is encouraged to reflect and write on the reasons why they want to engage in the program, as well as on their own personal values and on any possible discrepancies between said values and the goals they have identified.

Whilst this may at first seem like a very time consuming and pretty pointless thing to be doing, it is actually an extremely rewarding exercise, the benefits of which extend beyond this particular program. Taking the time to reflect on why you are doing something so often greatly enhances the chances for success in any given setting.



£12.99. 262 Pages  
ISBN: 978-1467507707  
www.shineonraw.com

# Hungry for Change

by James Colquhoun and  
Laurentine Ten Bosch

## Book review by Helen Kirby Roach

Companion to the documentary of the same name, it is the the film in book format but with recipes. James and Laurentine previously produced *Food Matters* in 2008 which was born from wanting to cure James's father of chronic fatigue syndrome. "James and Laurentine understood that it would take powerful measures to shock Roy into kicking his dangerous pharmaceutical drug habit. After realizing that he wasn't reading the books that they sent him, the duo set off around the world interviewing experienced doctors, researchers, naturopaths and journalists. Their reasoning was that if Roy wouldn't read the books then maybe he would listen to these experts on DVD." The *Hungry For Change* DVD followed up *Food Matters* and the book likewise. Roy's return to health is happily documented in each. James explains "What we learned throughout this journey was so astounding that we wanted to share it with others."

*Hungry For Change* includes comprehensive contributions from Mike Adams, David Wolfe, Kris Carr, Daniel Vitalis, Dr Joseph Mercola, Jason Vale and Dr Christiane Northrup. It also relates real life experiences in overcoming ill health and obesity, two of these being those of John Gabriel who lost 200lbs and the lovely Australian Joe Cross who famously remarks, "I looked like I'd swallowed a sheep."

The book is a starter for those who may want to change their diet but are wary of a long term commitment to raw. It educates in a simple manner therefore it is easily absorbed by those with

no previous health or diet knowledge. It does this whilst simultaneously deploring the methods used by the food industry "the second - largest employer in the United States".

It is not suggesting a high raw diet but this ideal would be the next conscious step. For now it offers a choice of vegetarian or animal based 7 day meal plans. Alongside which, it offers the explanation of how advertising deceives, and debunks the many myths of slimming. It encourages juicing, visualization and positive imaging. I thought the format of the book a tad insipid and unartistic. However bearing in mind this unsolicited comment from my 22 year old non - raw vegetarian daughter, "I really liked it but it also educated and inspired 3 of my friends", I can only consider this a job well done!



RRP £18.99. 286 pages, hard back  
ISBN: 978-0062220844  
[www.hungryforchange.tv](http://www.hungryforchange.tv)

# Raw Chocolate Goji Berries & Mulberries

## Review by Melanie Bouffard

### Goodness In A Pack

These snack packs from The Raw Chocolate Company tick all the boxes: vegan, fairtrade, organic and, maybe best of all, absolutely delicious!

The chocolate, which is never processed at a temperature higher than 42 degrees Celsius in order to preserve both nutrients and taste, is smooth and delicately sweet with a touch of tanginess and an almost buttery feel.

It combines well with the flavours of the berries - the subtle sweetness of the goji berries and the more bitter and tart aftertaste of the mulberries.

And one doesn't need to feel bad eating them - goji berries (rich in beta-carotene, vitamin E and antioxidant compounds) and mulberries (rich in protein and minerals such as magnesium, potassium and iron) have been used for generations in Asia in an effort to try and treat some common health problems such as diabetes, high blood pressure, fever and age related eye problems.

Both berries are now touted by celebrities such as Gwyneth Paltrow and studied for the potential health benefits on the immune system, liver, fertility...

The other ingredients used by the Raw Chocolate Company are healthy too: coconut palm sugar with its butterscotch, caramel like flavour, has half the glycemic index of cane sugar as well as many vitamins and minerals and amino acids.

And of course nothing like chocolate (especially raw) to elevate your mood.

My only quibble about these products is that they are so moreish it is hard to stop eating them (the "snack pack" size could do with being halved and said packs hidden in the cupboard!



RRP £14.99, 32g bags.  
Available in health foods shops and direct from  
[www.therawchocolatecompany.com](http://www.therawchocolatecompany.com)

# Quantum Eating by Tonya Zavasta

## Review by Jessie Maguire

Tonya's new edition of Quantum Eating is a detailed book. It's a quirky, intelligent, funny, sassy, entertaining and informative read, that will make you think and inspire you a great deal. There's nothing more lovely than curling up with this book and learning about how quantum physics is linked to your everyday life and how you think.

Quantum Eating is not for raw beginners. It is for those wishing to deepen and brighten their raw journey. It's about how to beautify and improve your daily life and yourself even more, with fasting and other advanced techniques.

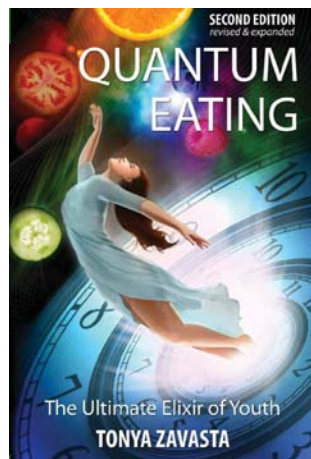
Tonya Zavasta is an expert. She's tough and has a great sense of humour. You can lay back, and just let her inspire you and make you laugh with her humorous accounts!

I read the first edition of this book about five or so years ago maybe, and this edition did feel more comprehensive, up-to-date and as always, impeccably researched. Tonya doesn't mess about: she's done all the reading, and she's laid out what's applicable to us raw folk in spunky, tell-it-like-it-is Tonya fashion.

So what is this book not? It is not a recipe book. It is not a quick read. It is not full of pictures, either. It's a book for reading, if you like! And learning, and contemplating, and experimenting with new methods and perspectives.

However, Quantum Eating does have some rather lovely, simple recipes in the back, which were scrummy.

Other cool stuff that you can read about in this 2<sup>nd</sup> Edition, not in order: Pythagorus, Water, Anti-aging, Calorie Restriction, Natural Body Rhythms, Yoga and Raw Foods Together, Supplements, Your Destiny, Skincare, Sunbathing, the relationship between beauty and spirituality..... And of course, loooooads more.



RRP \$26, 450 pages

ISBN: 978-0974243412

Tonya Zavasta's website: [www.beautifulonraw.com](http://www.beautifulonraw.com)

# Pure on Raw - Raw Food Café, Sheffield

## Review by Emma Schade-Stylli

What a great excuse to go and visit family and friends in Sheffield. Pure on Raw is a gem of a find in Shalesmoor, not far to walk from the centre of the City of Steel. Accompanied by my brother, sister and boyfriend, none of whom are vegetarian, vegan or raw but always open to new food experiences.

The variety of drinks and platters ordered were interesting, vibrant and colourful, bubbling with the chef's creative enthusiasm, much like the atmosphere. Laughter and happiness wafting the ethers and collecting in the corners. The simple, upbeat décor, complimented by natural light felt fresh and zesty, appealing to all ages. The service was friendly and efficient, the space well kept.

As I am studying naturopathy and herbal medicine, I was particularly interested to see Inga stocking a plethora of special and unusual organic loose leaf herb teas from her hometown in Lithuania, including mint, melissa and linden. Also available are eco friendly, earthy packaged blends like 'Special Occasion Tea' (raspberry, apple, rose leaf, star anise, cinnamon and oregano), 'Forest Blend' (pine needle, hops, rose hip fruits, thyme, juniper berries, pine buds) and suitable for children 'Delicious Lithuanian' and 'Vitamin Tea'.

We were all more than satisfied with our meals, a feast for the senses, beautiful to look at and delicate to taste. We enjoyed each and every morsel! I also love that the menu changes regularly, no room for boredom here although I'm sure people ask for more of the same please!



I can highly recommend dining at Pure on Raw and can't wait to sample their \*\*\*new\*\*\* array of ice creams. Not long now, just a few weeks away and I shall be back with family and friends for another full belly of mouth watering raw food delight.

More from Emma at [www.earthkitchen.co.uk](http://www.earthkitchen.co.uk)

**Pure On Raw**, 244-246 Shalesmoor, Sheffield, S3 8UH  
(near Shalesmoor roundabout). Tel: 0114 327 323 5  
[www.pureonraw.co.uk](http://www.pureonraw.co.uk) [info@pureonraw.co.uk](mailto:info@pureonraw.co.uk)

# Raw Food Experience on a Plate, Literally

## Review of *My Food's* Hardcore Raw Diet Plan, by Astrid Lowe

*My Food* ([www.myfood.co.uk](http://www.myfood.co.uk)) provided all meals and drinks for ten days. All I had to provide was water. How much easier could it be?

Hardcore Raw is *My Food's* ten-day raw food diet designed by a BANT (British Association for Applied Nutrition and Nutritional Therapy) registered nutritionist, with health in mind, to optimise nutrition, to cleanse, and for weight loss. It's usually offered in summer, so would help with the beach body. The process is easy: place the order, choose your start date, receive your hamper and pin your menu to the wall. Follow the schedule and get on with your day without worrying about what meals to prepare.

When I stumbled across *My Food's* Hardcore Raw plan, it sounded like the perfect opportunity to explore raw food further, without the commitment. I'm not a complete raw convert, I eat some cooked, some raw. I've always liked raw food. The Eastern Europe of my childhood was poor, but I was lucky to grow up in a house with a large back garden, where my family grew vegetables and fruit. As a child I took it for granted that we picked our food minutes before we ate it. I used to play market with the neighbours' grandkids through a large hole in the fence. They introduced me to raw peas. Delicious – it even eased me into eating cooked peas, and I'd hated them before. We'd just experiment and taste whatever grew in the garden at the time. The green apricots and plums weren't such a great idea, but... Later, as a teenager, I bought a second-hand recipe book called 'Rohkost' ('Raw Food' in German), which to me was just a 'salad book'. Until last year, when I came across Funky Raw. The more I read, the more curious I became. I bought the most tempting looking raw recipe book I could find. But it still sounded

complicated to venture beyond snacks and salads. And I wasn't yet ready to invest in special equipment like dehydrators. That's when I was offered Hardcore Raw.

What an opportunity! Yet, I hesitated. I love food, but I'm a fussy eater and always buy the best I can. Who were these people telling me what to eat and when? Would I like everything? Would it be fresh enough? I wasn't sure this plan would be for me. My days are intense, with work and study. I've done juice, salad and soup diets for detox, but never anything for weight loss. I liked the added bonus of feeling more comfortable in my skinny jeans... but would I have to go hungry? And how would my body react if I suddenly had nothing but raw food?

Lucy, *My Food's* PR Manager, explained how it all worked and asked if there was anything I didn't like, so they would exclude it. She encouraged me to ask questions. I learned that it was all vegetarian, there was no added sugar or salt and the milk supplied was almond milk (and not soya). They'd provide everything, including herbal tea bags. Lucy even sent me a list of the meals containing garlic or onions. As a therapist I had an added concern: the smell of garlic or onion wouldn't make me popular during client sessions. But I could swap some lunches and dinners around. With all my questions answered, I decided to let my fridge run empty while the first delivery day approached. Ready to take the leap into Hardcore Raw.

As I unpacked the first hamper, I couldn't wait to start. Smoothie, granola, muesli, soups, curries, salads, crackers, seeds, energy balls, almond milk and a nice assortment of Dr Stuart's herbal teabags. And, of course, a one-



pager on storage and what to eat when and how. It also said, 'don't eat all energy balls at once', because they were meant to cover all ten days. They were very tasty, so this bit was tough. The ten days worth of raw crackers were almost as tempting.

Would I do it again? Yes. 'Hardcore Raw' inspired me and opened the door to a whole new way of combining food into delicious meals without having to cook the ingredients. A fantastic world of pure flavours. It was like travelling the world in raw: India, Italy, Morocco, Thailand and more. Meals like: Coconut Curry with Lime Infused Vegetables, Mango & Tomato Gazpacho, Thai Coconut Soup, Moroccan Carrot Salad with Avocado Salsa, Vegetable Chilli etc. I'm not a fan of lasagna, yet the raw lasagna was my absolute favourite.

My experience of Hardcore Raw was insightful. A few days into the diet, my taste buds suddenly sharpened and I enjoyed every meal more. And what an eye-opener on how randomly I'd been snacking before, often eating more than I needed, perhaps because my body wasn't receiving the nutrients it was craving. The only food I missed during this time was yoghurt.

I think I benefited from this diet for a general cleanse, my skin looked clear and healthy. It reminded me I can eat less as long as it's the 'right' food, and even though weight loss wasn't my main reason to embark on this journey, more than one person said that I'd lost weight. I loved my insight into the raw food world. Next step: to have a go at making raw energy balls and raw crackers. And then, who knows.

What I loved about Hardcore Raw:

- Delivery is convenient. The hampers arrive within the one-hour slot indicated by text message. All is neatly and safely packed, with ice, so even if you're out the hamper can be left in a safe place. The ten-day plan comes split in three different hampers, to optimise freshness. The individual meals together won't take up much more than one shelf in the fridge.

- Each hamper has all the meals you need for the next few days (including the teabags – a nice selection of Dr Stuart's). For the time of this diet, you won't need to shop, decide what to

cook, prepare food or wash lots of dishes. It's a time saver. I also loved the little surprise effect of finding out what I'd have for my next meal.

- It's perfect on the go. Just take the pre-packed meal with you.

- It's not all cold! Heating to finger temperature (37 to 40 Celsius) is acceptable, and the herbal teas provide extra warmth.

- It's delicious. The choice of meals is well thought through. Although on some days meals were quite liquid, I'd have liked more to chew.

- Plenty of variation over the ten days: each meal is different (apart from breakfast cereals rotating) with various mains, soups and salads.

- If you're not a vegetarian and worried about not getting enough protein, don't be: the meals contain quinoa, avocado, peas, chickpeas, coconut, beetroot, oats, tomatoes, fruit, kale, nuts & seeds and bean sprouts.

- The meals are filling, I didn't need to add more (not that I'd kept much in the fridge). I felt hungry in the afternoons of the few days when it was cold and grey outside, but I simply ate my dinner earlier (without getting hungry before bed time). Meal preparation at home has the advantage of being able to adapt to circumstances, weather and temperatures.

For those who have been eating raw for years and are used to preparing their meals on a regular basis, especially if they want to have the freshest ingredients, I imagine Hardcore Raw might not be the first choice. Perhaps it would work if they were suddenly very busy, with no time to prepare food but wanting to eat a varied and balanced diet.

Hardcore Raw would suit those who'd like a journey into raw food and/or those who are looking to 'detox' – why take all sorts of powders and potions if we can cleanse just by eating? We eat anyway. At first I thought the price of the plan (£350) was high, but would I be able to prepare the same for less? I don't have some of the equipment, and there's such variety in the meals, you'd have a huge shopping list and much of it left unused. If you have a busy life and want to try something different to

cleanse or lose weight, this is the raw food experience offered to you on a plate, literally.

More details and photos of this diet on Astrid's blog:  
[tinyurl.com/myfoodreport](http://tinyurl.com/myfoodreport)

MyFood are currently offering a 5 day plan for £195. For more details and to book, see [www.myfood.co.uk/Rawdiet](http://www.myfood.co.uk/Rawdiet)



# Hubble Bubble Organics

## 100% Natural and Organic Skin Care

It's all very well eating a healthy diet, but did you know that your body absorbs at least 60% of what you put on your skin. Hazel Siddall investigates a natural skin care company.

Wish to expand your raw healthy lifestyle to consider what you put *on* your body as well as *in* it?

What we put *on* our skin is often overlooked when looking at improving our health via diet and lifestyle habits. But our skin absorbs *at least* 60% of the ingredients we apply to it, so we can view our skin as a membrane which 'digests' similarly to our stomachs. With this in mind, we may wish to consider *what* we feed it.

It only seems essential to complement our inner nutrition with an outer feed to our skin. Makes sense; inside out, and outside in!

See, it's rare to come across *truly* natural skincare products these days. Even with society's ever-growing awareness of healthier and 'organic' produce, it is still not always easy to find honest, untreated skincare goods. Even the items we do find that (supposedly) contain natural ingredients, often still contain plant-matter taken from treated crops using harmful chemicals. And even those companies that use 'naturally sourced', organic ingredients, often they've processed these so exhaustively, using multiple processes, chemicals and heat that what once was a simple, wholesome ingredient has become an entirely refined, synthetic substitute for what it once was; messing with nature so much 'til it's stripped of its healthy properties and natural, whole state.

Our skin, therefore, can suffer a rather highly refined 'junk food' diet! Yuk! We've had enough of crappy food-



stuffs *internally*, and have become aware of the benefits of an organic and raw diet. So why not drop the manufactured, overly-processed gimmicks of natural skincare products, and find some soaps that Mother Earth would be proud to have created? Why not nurture the skin as kindly as we nurture our tummies?

It is possible we could ditch using any skincare products altogether. That sounds the ideal answer. It certainly would give our skin, and bodies, breathing space from all those synthetic creams and powders. However, let's be honest, we all whiff at times, and get dirty knees and whatnot; so why not enjoy the scents and beneficial cleansing properties of our natural world?

Many of us are not wishing to give up the 'soaps' yet, and we suitably enjoy the bubbly pampering qualities of

healing and washing our soul-vehicles with nourishing lotions and potions. This is an innate enjoyment we cherish and seek to keep... if only skincare products would be more suitable!

So, this Spring/Summer, arming myself with a scent of intention, I set out to find some skincare products that really resonate well with our bodies..

My mission, on behalf of all of us, was to find skincare merchandise that form the ideal partnership to a Raw-encompassing diet and lifestyle.

I aimed to find a source of skincare products which genuinely considers being as natural as can be, with the

health of our mind/body/spirit (and Earth!) always in mind.

Guided by grace, I soon discovered the treasure I'd yearned for!

Stumbling across the modest and airy boutique "Hubble Bubble Organics" in the heart of The Lake District, Cumbria, was a sheer and fragrant delight.

*Hubble Bubble Organics!* Just the name pulled me in like a spell had been cast!

This trove of utter magic is a unique, independent small business, modestly nestled high up on the main road running through the picturesque town of Bowness-on-Windermere, The Lake District, UK. (Serendipitously set in the heart of a county notoriously renowned for its abundance of natural outstanding beauty.)

Founded solely by the generous

vision of local practicing therapist, Helen Bebbington.

With a passion for all that's natural, and qualified as a Clinical Aromatherapist, Homeopath and Aromatologist, Helen only recently set up this vintage-tinged boutique, with intent on expanding her flourishing web-shop business to directly include and reach people 'in the flesh' (as well as online) too.

Creating each product by hand, deep in the depths of her underground workshop, she puts great care, thought and honesty into her skincare range.

All *Hubble Bubble Organics'* potions and bubbly creations are a tonic to the senses, as well as a blessing to one's healthy conscience.

See, alongside being completely organic, each product is free from:

- parabens (very cheap synthetic preservatives) and other preservatives
- SLS (Sodium lauryl sulfate)
- sulphates

And basically come as close to how nature intended, only gently coaxed into usable and beneficial products with the minimum of processes and with maximum of care.

Upon meeting Helen at her ambient establishment, she told me:

"All our ingredients are certified organic, containing the highest concentration of Natural lipids, Vitamins, Minerals, Trace elements and Antioxidants to feed and protect your skin."

Sounds like the perfect diet!

And, not only are her products abundant with goodness, they are also mindful toward the sustainability of the world's resources:

"We avoid using any ingredient that is grown or harvested which may have detrimental effects locally or globally on any species of plant, animal or inhabitants", she says.

This encourages Helen to steer clear of using unsustainable and environmentally destructive ingredients in her beautifully honest products. (e.g. no palm oil...)

Additionally, cheeky Helen marks each of her product labels with the encouraging statement:

**"Not tested on animals... only on the relatives!"**

Beyond being healthily plant-based and conscientious (though perhaps endangering Helen's relatives somewhat!), *Hubble Bubble Organics'* skincare products also entice the senses and smell absolutely gorgeous.

She blends organic essential oils, herbs and natural butters, ensuring each product enriches our skin's health whilst appealing to our enjoyment.

Packed full with scenty flowers and delicate oils, I found myself deep in the juju of the product 'testers'. Soon covered in rose, geranium, cedarwood, calendula, to name a few, I was adorned with a rainbow of luxurious earthy scents by the time I left that sweet little shop. Smooth as petals too.

Each aspect of her gentle range blooms with different categories for all life's ailments; something to calm, something to uplift, some rosemary to invigorate, palmarosa to support...

Her range, so far, includes:

- Artisan soaps
- Massage and bath oils
- Bath Salts and scrubs
- Body butters
- Moisturisers
- Cleansers
- Floral spritz' and toners

...and it's always expanding, as she brings new creations to her product-line and faithful customers.

Helen uses her professional therapy-trained wisdom to also ensure our wellbeing is safely nourished too; applying her aromatherapy/aromatology knowledge to each concoction she creates. She is open to have formal or informal consultations with customers, to accurately guide one to the ideal remedy for what ails. And she'll create an individual prescription especially for you if needs be.

Besides focussing on natural skincare products, Helen also sees the big-picture of health clearly, therefore highly recommends each of us look at our lives holistically, understanding we all benefit from engaging in a healthy natural diet and lifestyle.

What's truly unique with regard to *Hubble Bubble Organics* skincare range, is the focus Helen has on targeting

specific ailments.

Pinpointing many conditions, such as: acne, eczema, stretch-marks, skin rashes, post-surgery scarring, psoriasis, rosacea, sensitive skin... and much more, her blends are a refreshing holistic approach to these common skin problems.

Rather than mask the problem, *Hubble Bubble* products seek to maintain our equilibrium, by products which:

- soften and hydrate
- protect the acid mantle
- brighten dull complexions
- aid cell regeneration
- prevent fine lines and wrinkles
- balance oily and congested skin
- calm irritation

Recently, *Hubble Bubble's* most recent range has been a hit for all pre/post natal mothers who require a natural pampering and support. The new *'Mummy and Me'* range.

This range is prepared precisely to be the perfect 'toolkit' for mums and babies, addressing all kinds of common issues: cracked nipple oils, stretch-mark prevention butters, potions for preparing the perineum and relaxing labour, tummy and tooth rubs to soothe the nerves and digestion of cranky 'bundles of joy'... such an array of organic, natural and nurturing products.

It's so refreshing and encouraging, and hopeful, to discover this fresh new business gently resting in the The Lakes.

Affordable, gentle, fun, fragrant, informed, therapeutic and highly considerate... Finding *Hubble Bubble* surpassed my high-hopes to find us an abundance of conscientious and organically wholesome skincare products to feed our skin and compliment our healthy, raw-inspired diets.

*Hazel Siddall takes on the roles of holistic-writer, illustrator, poet, artist, musician, holistic therapist, yogi, organic gardener and general nature-bimber. Commissions available hazels\_fables@yahoo.co.uk*

Find Hubble Bubble Organics at:

22 Lake Road, Bowness-on-Windermere, LA23 3AP

01539 444 250

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

Delivery and gift vouchers available.

# Recipes

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

## Mango Ice Dream

94 degrees (34 °C) calls for a frozen treat and that's where the thermometer sat the other day so... this is how it went down in the kitchen...

I had to make up something like ice cream but without the less-than-good stuff in there, of course... What do we know ice cream for? Its sweetness, creaminess, and icy, cooling effects. So I grabbed ingredients that meet and surpass those qualities..

- ♦ mango - for flavour, and the creaminess it provides
- ♦ banana - for choline, because chances are you don't get enough if you're a raw vegan, eating only whole foods (I'm not into supplements / pills)
- ♦ coconut butter (or oil) - for more creaminess and healthy fat
- ♦ hemp protein - for Omega 3 and healthy protein
- ♦ selection of herbs, etc. - for the "super" aspects of it
- ♦ ginkgo biloba - for brain power, why not
- ♦ maca - excellent hormone-balancer, adds creaminess
- ♦ cayenne - to spice it up and deliver nutrition
- ♦ turmeric - not for the colour but for its amazing anti-inflammatory power

Here's the trick to ensure you're able to make such instant treats any time you feel like it:

1. keep glass(es) in the freezer for serving cold treats
2. have frozen fruit readily available at all times. I always



try to keep a variety of berries / mangoes cut in chunks / sliced bananas, etc. in the freezer and here are the exact quantities if you wish to follow along:

### Ingredients (Serves 1-2 lucky people)

- 1 banana (sliced and frozen beforehand)
- 1 large mango (cut into chunks and frozen beforehand)
- 1 heaping tbsp coconut butter
- sweetener of your choice: I used raisins
- handful of ice cubes - I have small hand :)
- 1/2 cup water (maybe a little more if your blender is struggling)

### Optional:

- 1 tbsp hemp protein powder
- 1/4 tsp maca powder
- 1/4 tsp turmeric
- pinch or two of ginkgo biloba
- cayenne
- 1/4 tsp bee pollen (you can use more if you're used to it)

### Method

Add as little water as you can start with and blend all ingredients in a high-powered blender, using the tamper. Keep pushing down the contents and add a bit of water if it's a struggle (don't kill your blender) but keep it on the low end with the water so that you do get ice cream instead of shake. Serve in chilled ice cream cups, devour, enjoying every bit of it, and give thanks :)

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

## Watermelon & Lychee Sorbet

Majorly refreshing with the real texture of sorbet.

### Ingredients

- 1/2 cup of lychee flesh (peeled & stoned)
- 2 cups frozen water melon
- 1 lime, juiced
- tiny 'thumbnail' piece of fresh ginger

### Directions

Put the lychee flesh into the blender. Chop the frozen watermelon into small pieces or shavings. (I find that freezing the watermelon in chunks and chopping smaller to blend works well.) Peel and finely grate the ginger, add it with the lime juice to your blender or food processor.

Process on low power, making sure to keep working the mixture with the plunger. Serve when its fully incorporate.

Garnish with fresh mint leaves and edible flowers.

Tip ~ Watermelon and strawberry sorbet with mint is also amazing!

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



## Quick Oriental Veggies

These are so easy! You can use any mixture of vegetables and it will be delicious, though oriental veggies are more 'authentic'. You'll have made these before you can say 'oriental veggies':-)

This goes great with any kind of 'rice'. You can make a very simple one by putting chunks of cauliflower or parsnip in a food processor with some carrot, olive oil and lemon juice. Instant rice!

### Ingredients

2 cups chopped oriental vegetables. I used a mixture of bok choy, carrots, mushrooms, spring onions and peppers  
2 tablespoons tamari or Nama Shoyu  
½ tablespoon raw honey, maple syrup or other preferred sweetener  
¼ teaspoon onion powder  
Sesame seeds for sprinkling on top



### Method

Put the vegetables in a large glass bowl. Mix the remaining ingredients in a separate small bowl – this is your marinade. Pour the marinade over the vegetables and mix well.

Serve sprinkled with sesame seeds and some chopped spring onion. That's it!

### Barbara's tips

I like to use a mixture of different colours in my recipes whenever possible, so for this one I used orange carrots, yellow pepper, green bok choy etc. Apart from adding to the beauty of the dish, different coloured vegetables contain different phytonutrients which are all good for different things, so I like to keep my bases covered!

This recipe also makes a good base for some Oriental soup – simply put half of the vegetables into a blender with some warm water, a bit of extra tamari, perhaps some onion and/or garlic powder, a tablespoon of hemp or flax oil, and blend. Mix with the rest of your vegetables and heat gently for a delicious Oriental soup!

by Barbara, The Raw Food Diva - [www.RawFiesta.com](http://www.RawFiesta.com)

## Oh My Super Mama Elixir

This recipe is shared in response to a recipe that was shared in the last issue of Funky Raw by Peace Ravenwood of [schooloflivingrawfoods.com](http://schooloflivingrawfoods.com) Thank you for sharing this super blessing elixir of yum!

Peaces' recipe contains cacao & cayenne pepper which I have left out here as I wanted my Daughter to be able to share this with me if she so desired.

I have also slightly adapted the recipe to make it easier & quicker for me to prepare, one handed Mama!

Warming, Nourishing & quietly stimulating on the Soul.

Great as a Morning hot cup quietly watching the Sun Awake or taken at night curled up with a blanket snuggled with your little one.

This recipe is totally friendly to little ones who have been consuming foods other than just Mamas milk for some time.

This recipe serves 2 - though depending on your cup size easily is enough for one with a little one sharing - that's how we roll.

### Ingredients

¼ cup raw carob powder - I really recommend Detoxyourworld - better than chocolate!  
1 tablespoon algarroba (mesquite)  
2 tablespoons almond butter - becomes even sparkler when using home made almond butter.  
4 cardamom pods  
Thumb nail sized piece ginger root  
⅓ vanilla Pod  
1 tsp cinnamon  
2 tsp raw virgin coconut cream  
3 cups warm water  
¼ tsp freshly grated nutmeg

### Method

Blend all in high speed blender until nice & frothy - we like frothy!

Sieve through fine sieve.

Pour into jars, cups what ever your favourite drinking container looks like.

Enjoy :) with your Bebe watching the Sun rise, feeding, breathing, contemplating, listening to the birds tweet.  
BLISS



by Nicola Pledger - [blessedgratitude.wordpress.com](http://blessedgratitude.wordpress.com)

# Raw Carob Chocolatey Goodness

This chocolate is chocolate with out the Chocolate, clever Chocolate!

It is FULL of loving fats, nourishing spices & super foods.

A great pick me up for tired Mamas well also being very Bebe loving too.

As carob is unstimulating it can be enjoyed at any time of the day or night, which I love. It also feels like it is loving and hugging you from the inside.

It is pure goodness for your body & soul.

I LOVE that Bebe can enjoy this too.

My Daughter loves these, she helps me taste test, happy blissful Mama and Bebe.

People often think of carob as being dull, its had a hard time of it over the years, this chocolate will change all that, believe me, or even better go make this so you can experience it for yourself.

Some Carob facts:

Carob is the Northern Hemispheres cacao, it grows abundantly in Europe in dry, barren lands. It has a sweet chocolatey flavour. Carob is a true Superfood being high in calcium, phosphorus, potassium and magnesium as well as iron, manganese, barium, copper and nickel. As well as all of those minerals it contains beta-carotene, vitamins B2, B3 and D. Carob doesn't seem so dull now, does it!

As Carob is naturally sweet it does not need to be highly sweetened with sugars which is great when we are all trying to cut our sweet intake.

Using Carob rather than Cacao keeps us more in balance with our environment and in tune with ourselves.

This is super easy to make, whether you have your little one in the sling, in arms as I often do when making carob delights, exploring the cupboards or is toddling about on the kitchen floor this can be whizzed up in a few minutes. It sets in no time so great for a last minute sweet treat to share with others or just to sit quietly contemplating to yourself if you get that time alone oh blissful.

Please make sure you use raw carob for this recipe any other carob will just not give the same flavour. I recommend the carob powder from [www.detoxyourworld.com](http://www.detoxyourworld.com)

(which is also stocked at [www.funkyraw.com](http://www.funkyraw.com)).

This recipe can easily be multiplied to make a bigger batch. Keep in an airtight container in the fridge for upto 2 weeks (if it lasts that long!) Can also be frozen for up to 4 months if frozen within 1 week of making.

## Ingredients

100g raw coconut butter (I use Artisana coconut butter, but it is commonly known as coconut cream in the UK)  
50g raw virgin coconut oil  
25g raw carob powder  
2 tablespoons raw almond butter  
½ tsp vanilla powder or 1 whole vanilla pod, scrape out the sweet pulp from the inside.

Good Pinch each of: ground cinnamon & freshly grated nutmeg

## Method

Melt butters. Once melted add powders, mix until lump free and all mixed in well.

Pour into mould of choice, if you do not have any moulds pour into a tupperware/plastic tub. Pop in freezer for 20 mins. Remove from freezer, either pop out of moulds or chop into bite sized pieces, eat, enjoy, mmmm.

Though this article is written from the viewpoint of a Mama however you do not need to be a Mama to make & enjoy this yummy treat ;)

by Nicola Pledger - [blessedgratitude.wordpress.com](http://blessedgratitude.wordpress.com)



# Chocolate Caramel Super Cheesecake

## Ingredients

### Base

1½ cups of desiccated coconut  
½ cup of melted coconut oil  
½ cup of ground cashews  
2 Tbsp of sweetener/syrup  
1-2 Tbsp of SuperGreens powder (optional)  
1 Tbsp acai powder (optional)  
1 Tbsp cacao powder  
Pinch of salt

### Topping

1½ cups of cashews soaked for 2 hours  
½ cup of water  
½ cup of coconut oil  
¼ cup of sweetener/syrup (or for desired sweetness)  
1 Tbsp maca powder  
1 tsp of vanilla extract  
Pinch of salt

### Chocolate Swirls

Some of the topping (about ½ cup)  
1 Tbsp of cacao powder

### Equipment

Food processor  
8 inch spring form cake tin  
Blender

### Directions

#### Base

Place all ingredients in the food processor and process until the mixture is well combined.  
Press into the base of a 8 inch spring form cake tin.  
Place in the fridge to chill until the topping is ready.

#### Topping

Place all of the ingredients, apart from the oil, into the



blender and blend until smooth and creamy.  
Add in the oil and blend until well combined.

### Chocolate Swirls

Combine the left over topping with the Cacao powder.  
Pour into a squeeze bottle.

### Assembly

Pour the topping onto the base (leaving about ¼ cup in the blender to make the chocolate swirl mixture).  
Decorate with your chocolate sauce  
Place in the fridge for 6 hours or the freezer for 2 hours to set.  
Remove from the freezer 15 minutes before enjoying.

by Rebecca Kane - [www.shineonraw.com](http://www.shineonraw.com)

# So Simple Garlic and Ginger Mushrooms with green beans

## Ingredients for Garlic and ginger dressing

1 tablespoon cubed garlic  
1 tablespoon cubed ginger  
1 tablespoon lemon juice  
1 tablespoon honey  
5 table spoons soy sauce ( tamari )  
5 table spoons olive oil

Plus veg of your choice, eg mushrooms, green beans and broccoli.

### Method

Blend all the dressing ingredients together.  
Chop up raw mushrooms and marinate in the sauce.  
Serve with green beans or broccoli also marinated in the garlic and ginger sauce and serve with a salad.

by Fiona Robertson - [www.retreatbiarritz.com](http://www.retreatbiarritz.com)



## Terrific Trifle!

Serves 2-4 (Double ingredients for larger party trifles!)

### Ingredients

1 punnet strawberries (300g)  
¼ cup (40g) chia Seeds  
1 to 1½ cups (250 to 375ml)  
coconut water  
2 medjool dates  
3 to 4 bananas  
1 mango  
¾ to 1 cup (190 to 250ml) home-  
made nut/seed mylk  
1 teaspoon lemon juice  
Sweetener of preference (yacon,  
coconut nectar, agave, maple  
syrup, etc)  
Dried coconut shavings/carob  
powder for decoration (optional)

### Method

Soak the chia seeds in the coconut water until they form a gel of medium consistency (keep adding more coconut water if you need to).

In the meantime, prepare the strawberries by washing and cutting in halves, then placing on the bottom of a nice trifle bowl.

Take the chia gel and blend up with 2 medjool dates to form a smooth jelly (you can add more dates if you'd like it sweeter but the fruit makes this dish quite sweet anyway so you probably won't need to!)

Pour the gel over the strawberries then place in the fridge to begin setting.

Now make the custard topping by blending 1 large mango with your home-made nut/seed milk of choice and lemon juice. The thicker the better so start off blending with ½ to ¾ cups of mylk, only adding extra if you need to. (It will turn a lovely golden yellow colour and take on



the consistency of custard!) Once blended, add your sweetener of choice until you reach the desired effect to please your tastebuds!

Remove the trifle from the fridge then chop up your bananas and layer over the strawberries and jelly.

Pour your custard on top, then decorate with

your superfoods of choice. (I like desiccated coconut and carob powder)

Place back in the fridge to set (usually around 30 minutes to an hour) then remove and enjoy!

Can be served with home-made nut/seed cream if you want to go all out and for *very* special occasions why not try making a plain raw cake to use as the sponge for the very bottom layer?

by Becky Skerratt

## Corinnes Morning Smoothie

Best drunk on an empty stomach as the first "meal" of the day!

### Ingredients

2 handfuls of baby spinach  
1 peeled banana  
4 dates de-stoned  
2 tsp goji berries  
2 tsp sunflower seeds  
2 tsp pumpkin seeds  
2 tsp sesame seeds  
2 tsp hempseed oil

### Method

Put all into the Vita Mix, add filtered water to the measure that reads 1 litre on the goblet.

Whizzzzzzzzzzzzzzzzzzzzzz!

Now you have a creamy pleasant light drink which provides complete protein (from the combination of seeds), easy to drink and assimilate greens with all their healthful nutrients and essential fatty acids from the hempseed oil - which makes it a creamy drink with no dairy - result!

by Corinne Hills, a Natural Health Therapist practicing in Bournemouth, and Nice, South of France! Do get in touch if you live in or are visiting these areas:  
[entertheenchantment@gmail.com](mailto:entertheenchantment@gmail.com)

## Chia Hibiscus Water

### Ingredients

2 tbsp of organic hibiscus flower  
750ml of spring water  
2 tbsp of Organic black chia seed  
¾ dropper full of SweetLeaf Chocolate and Raspberry Liquid Stevia

### Method

Make tea by bringing the spring water to just below boiling point and pouring over the hibiscus flowers. Leave to steep over night. In morning strain the tea to remove the flowers and then add the chia and the stevia. Screw lid onto the jar and give it a good shake. Leave chia to soak for half an hour until it becomes gelatinous and then it is ready to drink. Alternatively it can be refrigerated for an hour or two and drank cold as an iced tea.

by Patrick Queen -  
[the-universe-inside-your-mind.blogspot.co.uk](http://the-universe-inside-your-mind.blogspot.co.uk)

# Poetry

by Sarah Ince

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

## Love's light to the world

Yin blends to Yang  
Supreme synergy  
Love unfolding  
Waves of bliss  
Living in unity

Our flow is the root of life  
Man and woman eternally connected  
Earth melts away  
We touch the universe  
Ecstatic hearts as one

Our souls are in the dance of the cosmos  
Twin flames physically united  
A marriage of spirit  
The spark of our flame united  
Shining throughout the world

## The Spice of Love

Oh peppers, how I love you in a thousand ways  
From your fiery flame to your mellow sweetness  
Your tantalising taste gracing my every dish  
Your colour adorns my cuisine with beauty  
The fire of amour awakens my taste buds  
You are indeed, a love of my life

You are the spice in my life  
From chilli con carne to chilli chocolate  
You light up my days and nights  
In my gourmet delights  
The myriad of chillies surpass them all  
Bursting flavours dance on my taste buds  
Weaving their culinary charm

In every dish you are there  
Welcoming me with your inexhaustible versatility  
From Bell to Sweet Bite  
Ramiro to Chilli  
Nature offers them all...  
Large Sicilian to small sweet bite  
Your every wish is fulfilled

Oh Chilli, my eternal flame  
Warming me on a cold night

## Seraphim

My truth like light once hidden beneath  
Blazes brilliantly as thousand suns  
Love and glory endlessly unfolding  
Burning through illusion  
Therefore no permanent form can I contain

Seraphim, I AM  
Enrobed in flesh  
Eyes like fire  
Soul eternal  
Unstoppable, inconceivable, indescribable

Protector of eternal source  
Creation unfolding relentlessly

# Digestive Challenge

Is your digestive system working to its full ability? **Kenny Sunshine** and **Holly Paige** provide tips and advice to help you get the best from your body.

If your goal is to be uber healthy as we move deeper into this very exciting but at the same time potentially scary 21<sup>st</sup> century, here are some thoughts to consider. In this article we hope to assist you with a very common problem, the elusiveness of proper digestion and bowel function.

We are of the opinion that a lot of our world problems could be solved or at least drastically mitigated very quickly if people on a mass scale decided to implement some of the following strategies. This stuff is easy to implement and very accessible.

Raw food has many obvious advantages in terms of movement through the digestive process. Raw fruit and vegetables are fibrous and act as a broom in the gut. Also foods chosen along the lines of the natural biological diet of our species will be more easily recognised by the body and therefore digested and assimilated cleanly. In particular the avoidance of cooked and processed oils and protein foods reduces the amount of toxic sludge.

In earlier days when only a handful of people were experimenting with the raw foods lifestyle there was a tendency to eat too many nuts and other heavy foods such as dehydrated crackers and snacks. There was also a tendency to overeat as we were still finding out how to cover our nutritional needs from a new source. Many people on strict raw vegan diets found they were lacking in stomach acid, also there were insulin issues which made it difficult to metabolise fruit sugars after a while. Lessons have been learned. Nowadays there is no need for these mistakes as the basic principles of how to cover our needs on a raw diet have been unveiled. Modern raw food diets are more likely to include some animal products such as fish oil and/or raw dairy, also probiotic foods such as cultured vegetables and probiotic drinks. These new upgraded raw food diets which individuals can adapt to their

own requirements are much more sustainable long term. We feel that probiotic foods are a crucial part of the puzzle of what to eat. Donna Gates, author of *The Body Ecology Diet* recommends eating probiotic foods with every meal to assist proper digestion, and we agree. She also recommends cayenne pepper with protein food to stimulate the secretion of stomach acid. We have developed the habit of eating cultured vegetables (we make a variety) with our main salad of the day and also eating a late breakfast consisting of milk kefir sweetened with superfoods such as lucuma. To this we have been adding seasonal fruits for flavour and vitamin C. This feels like a very balanced and satisfying way of eating.

Due to the situation we find ourselves in today regarding the food chain that has been adversely affected by our industrial western society and the fact that most of us did not grow up with parents who were naturopaths, most of us have been at one point, or even still, digestively compromised. If for instance you are in your late twenties or thirties and most of your life you have been primarily eating a standard western diet, if you have never done any kind of major detox program e.g. a thorough liver cleanse like David and Annie Jubbs 14 day nutritional fast, a herbal intestinal cleanse like Ejuva or blessed herbs, a series of ten to twelve colonics, or many consistent years on a fully or high raw food diet it is highly likely that there is a certain amount of accumulation of debris from years of eating other than the best quality foods.

We highly recommend that you employ any or all of the above methods to clear out the stuff that could be still hanging around from decades ago! This stuff is a serious drain on your life force and as you remove it you will begin to feel better and better.

Colon hydro therapy and cleansing enthusiasts have reported in the past to us and others, objects being removed

from the bowels during sessions such as: coins, crayons, tapeworms the size of small snakes, intestinal polyps, gall stones, sludge etc.

Anyway we are much more interested in solutions to this situation. Some of the most powerful ones we have found are:

(a) **Raw cultured vegetables** - these are very easy and affordable to make yourself at home. These enzyme and nutrient rich fermented veggie dishes like for instance our latest fetish 'lacto fermented mexican salsa' contain trillions of beneficial bacteria per mouthful far more than any probiotic supplements that can be purchased in a health food store.

(b) **Fresh green vegetables and sprouts**, for excellent regularity - these can provide a fantastic range of phytonutrients and alkalinity, but also they provide dietary fibre so crucial for proper elimination of waste.

(c) **Kefir** - we highly recommend this as it again provides trillions of friendly bacteria per serving. It also augments digestive power and curbs dysbiosis by ph modifying the intestinal terrain and making it inhospitable to malevolent microscopic lifeforms (harmful bacteria and parasites).

(d) **Removing major accumulation of toxic debris** from within the hollow cavities of the body. This can take on multiple forms but for the most part we mean Liver/gallbladder and intestines. This is where a lot of the 'gunk' seems to end up, especially after decades of neglect. Obviously the logical next step is to get this stuff out by employing some kind of system for detoxification. Colonics, Ejuva, Blessed Herbs, Arise and Shine... There are a lot of programs out there but there are some that work better than others - do your research before choosing.

Also be very aware of the possibility of becoming de-mineralised with these kinds of activities. This can occur when

we are overly focused on displacing undesirable components at the expense of proper nutrition. We recommend that people be aware of both as it is so easy to fall prey to our ini-meeny-miney-mo cultural programming that says things have got to be either-or, either one way or another.

We like the strategy employed with the Jubb's 14 day nutritional cleanse where by ones intake of food is 100% liquid 'lifefood' as a means of facilitating a de-bulking process, but as that is taking place we are also filling in all the spaces that have been created with high quality nutrition.

### **Magical kefir: The missing link in optimal digestive function?**

Kefir has superlative qualities in terms of its ability to actively re-populate the gut with beneficial microorganisms. It is slightly mucus forming in a way that is helpful. It adds a coating to the lining of the digestive tract where beneficial bacteria can settle and colonise. This enables other probiotics we take in, for example in cultured vegetables, to be more effective.

Another benefit of kefir is that it gives us the opportunity to access the nutrients in animal milk because it breaks down some of the substances in other mammal's milk that are potentially problematic for humans. For example the kefir culture breaks down casein, the difficult to digest protein found in cows milk and also the milk sugar, lactose, that is difficult for some adults to digest is broken down into beneficial lactic acid. If you don't get on with pasteurised dairy then think again when it comes to raw milk and yet again when it is fermented! It is a great way to obtain fat soluble vitamins D, A and K2 in the animal food format we need them in. Grazing animals, cows, goats and sheep are doing the job of breaking down the grasses and wild greens naked in the sunlight and also consuming insect material, producing milk which has much of the nutrition of a green juice plus the fat soluble vitamins D and K2 which are actually needed by humans to assimilate the minerals in the greens. In years gone by, raw milk was often advocated as a "cure all ailments tonic" much in the way green juice is nowadays. That was of course in the days when it was taken for granted that milk was raw and organic. Recently we have become increasingly fortunate in that there are many suppliers of raw milk, both cows and

goats, and it is shipped anywhere in Britain. For a comprehensive list of suppliers visit the Raw Dairy Suppliers page on our website. Some people get on better with goats milk than cows even if it is raw and fermented so it is worth experimenting to find out what works for you.

When the intelligence of the kefir organism is applied to raw milk a kind of magic occurs. The ratios of the amino acids in the milk are changed to be more suitable for humans, in particular, then amount of tryptophan increases which in turn increases serotonin production in the gut. Also B vitamins are produced. Quite a little supplement factory! We have been combining our kefir with raw noni powder recently (The noni contains xeronine which facilitates the absorption of tryptophan in the intestines) and have been experiencing a noticeable mood and energy lift with this. Interestingly the kefir organism is potentially immortal – as long as it is treated right it will carry on living. A wonderful presence to have in your home. Kefir is very easy to make. You just put the culture into raw milk in an airtight glass jar (a kilner jar is ideal). and leave at room temperature for about 24 hours, strain with a plastic sieve (metal is detrimental to the sensitive kefir grains) and use the liquid that drains out for eating, drinking or recipes. You can obtain a culture from various places including our website. Our favourite kefir recipe at the moment is:

### **Kefir pudding:** (serves 2)

½ pint (285ml) milk kefir  
2 Tbsps lucuma  
1 Tbsp maca  
1 Tbsp algaroba (mesquite)  
½ tsp vanilla powder

Strawberry sauce:

1 large punnet strawberries  
1 handful dried mango  
1 medjool date  
1 Tbspn raw noni powder

Mix the superfoods into the kefir and divide into two bowls

Blend sauce ingredients and pour over the kefir.

### **Lacto fermented Mexican salsa**

This is our favourite cultured veg recipe right now.

1 ¼ pints (710ml) of blended tomatoes  
3 medium sized onion chopped

1 small bowl of minced chilli peppers  
3 tablespoons of dried oregano  
1 small bunch of chopped coriander  
3 cloves of chopped garlic  
juice of 2 lemons  
2 cabbage leaves  
1 small glass of kimchi or sauerkraut juice and/or coconut kefir/milk kefir whey as an inoculant  
2 cups of brine made with spring water and 2 teaspoons of celtic sea salt.

Pack all ingredients (except cabbage leaves) into a kilner or mason jar, first with your hands then with a wooden juice plunger or a similar utensil. This creates space in the jar but also it expels any air pockets that may be there. Leave about an inch or two at the top of the jar and then stuff the cabbage leaves in the top so as to wedge the veggies down and immerse them in the juice. Cover the mixture in brine so that all is completely covered and then close the lid.

it should take around two to three days at room temperature to be done at which point it is a good time to put them in the refrigerator ready for serving.

There are yet more implications to the probiotic story – the impact on mental health which we can touch on here . There is a clearly a link between psychological disorders, immune system disorders and digestive problems. Donna Gates' Body Ecology diet and Natasha Campbell McBride's GAPS (Gut and Psychology Syndrome) diet work on this principle. Cleansing and nutritifying diets including cultured foods are being used to help with a variety of conditions such as autism, depression, bipolar syndrome, attention deficit disorder, hyperactivity and schizophrenia. For more information visit [www.gaps.me](http://www.gaps.me) and [www.bodyecology.com](http://www.bodyecology.com).

An illuminating point to mention is that bottle fed babies develop completely different gut flora to breast fed babies. Courses of antibiotics and oral contraceptives further distort the ecosystem of the digestive system. A couple of generations have been affected by these trends which are thankfully now reversing. Probiotic foods, especially kefir can help heal and turn around this situation giving a new start.

*More info and products at their websites:*  
[www.foodforconsciousness.co.uk](http://www.foodforconsciousness.co.uk)  
[rawrecipesforsuccess.blogspot.co.uk](http://rawrecipesforsuccess.blogspot.co.uk) ❁



# Summer Green Smoothies

Learn about the nutrition of summer fruits and greens and how to make them into delicious smoothies with Kristine Miles.

Summer is a sensational time for green smoothies, with an abundance of sweet, gorgeous fruit such as stone fruit, melons, berries, grapes, and cucumbers which are all water rich and hydrating, perfect for warmer weather. Summer is also a great time for greens such as borage, celery, dandelion, lamb's-quarters, lettuce varieties, mint, parsley, purslane, and Swiss chard. The possibilities are endless for combinations for green smoothies in summer!

**Stone fruits** - Otherwise known as 'drupes', they all contain beta-carotene, vitamin C and B vitamins, as well as the minerals potassium, iron, manganese and zinc. Also rich in lutein and zeaxanthin, these antioxidants are particularly beneficial for the health of our eyes. Drupes include iron rich apricots and peaches, cherries rich in melatonin (important for sleep and our nervous system), Vitamin E rich nectarines, fibre rich plums, and don't forget mangoes - the 'king of fruit' which have the highest beta-carotene content of any fruit.

**Berries** are little powerhouses of nutrition, with high antioxidant power from their vitamin C content, phenolic flavonoids, and anthocyanin and carotenoid pigments. The phenolic antioxidant 'ellagic acid' is found commonly in berries and is known to have anti-cancer properties and promotes wound healing. Berries also contain beta-carotene, B and E vitamins, and trace minerals such as potassium, and in particular manganese, which assists with absorption of vitamin C. There are many berries

but the most common are magnesium rich and anti-inflammatory blackberries, anti-bacterial and very high antioxidant blueberries, anti-aging and iron rich raspberries, and the summer staple, strawberries which have more Vitamin C than most oranges, and contain vitamin B5 which is great for clear skin.

**Melons** are members of the cucurbit family of plants, and are characterised by sweet, juicy flesh with high water content and a firm outer rind.

Cantaloupes are also known as rock-melons, have light orange flesh and have beta-carotene content 30 times more than in oranges. Honeydew melon has light green flesh and is an excellent source of potassium, which is important for cellular health and preventing/reducing high blood pressure. Watermelon is rich in vitamin C and its deep pink flesh is due to the pigment lycopene, similar to that seen in tomatoes, which is important for bone and cardiovascular health. With all melons, be sure to wash the outer rind thoroughly before cutting.

**Summer Greens** are also varied and abundant. Common greens include lettuce varieties often used in salads such as butter lettuce, cos lettuce/romaine, crisp leaf lettuces, and oak leaf lettuces. Spinach, though not a seasonal summer green is often found in the shops. Darker greens like Swiss chard, beet leaves and the leaves from radishes tend to be available most of the year due their versatility in the garden over different seasons.

**Less common summer greens include:**

The leaves and purple star shaped flowers from the **borage** plant, which is super easy to grow. It is also extremely nutritious beta-carotene, B and C vitamins, iron, calcium, magnesium and zinc, and gamma linolenic acid (GLA) which has anti-inflammatory properties that are good for skin, allergies, joints, the brain, and is great for kids due to its role with growth, development and behaviour

Liver cleansing **dandelions** are loaded with rich antioxidant phytochemicals such as the bitter sesquiterpenes, anti-inflammatory apigenin and luteolin, and anti-bacterial gallic acid. Dandelions contain vitamins C, E, and K, B vitamins including choline, plus potassium, iron, calcium, magnesium, phosphorus, copper, cobalt, zinc, boron and molybdenum. They are also the richest plant source of beta-carotene. Their use in green smoothies is often balanced by very sweet fruit and another milder green due to their bitterness. Dandelions are commonly seen growing wild in your lawn, garden beds and in pot plants, so if you pull them out don't forget to eat them!

**Lambsquarters** (also known as fat hen) are a highly nutritious green related to spinach, containing beta-carotene, vitamins C and K, B vitamins especially B2, calcium, manganese, iron, magnesium, phosphorus and potassium. And like quinoa, lambsquarters are a complete protein, a quality not unique to many plants. Lambsquarters are considered a weed



Lambsquarters or Fat Hen - *Chenopodium album*

due to its often prolific growth just about anywhere, so you may be pleasantly surprised to find them growing in your garden already!

Also a nutritious edible weed that grows wild very easily in some places, **purslane** is characterised by succulent red/green stems and green leaves, and both the stems and leaves can be eaten and used in green smoothies. Purslane has the richest source of omega 3 ALA in a leafy green, and its red and yellow betalain pigments are also anti-cancer antioxidants. In addition, purslane contains beta-carotene, vitamins B, C and E, magnesium, iron, calcium, potassium and manganese.

Tender, fragrant **herbs** are also fabulous additions to green smoothies. They add flavour and deliver an abundance of nutrition and medicinal benefits. The most commonly available and useful herbs in summer are mint and parsley. These herbs contain volatile essential oils and antioxidant vitamins, flavonoids, and pigments, which have the ability to calm a stressed or anxious nervous system, yet energise a system that requires stimulation. They are digestive aids, are antibacterial and anti-inflammatory, and possess anti-cancer properties. They contain to varying degrees beta-carotene, vitamins C, and K as well as

folate, iron, manganese, and calcium.

Varieties of **mint** include spearmint, apple mint, pineapple mint, peppermint, and even chocolate mint. Mint also contains omega-3 oils, vitamin E, vitamin B2, potassium, and magnesium. In green smoothies, mint goes particularly well with citrus, pineapple, bananas and cacao.

**Parsley** contains all of the B vitamins and is excellent for detoxification due to its abundant antioxidant content. High amounts of vitamin C and iron make parsley an excellent source of iron for vegetarians, because non-heme iron from plants is harder for the body to absorb than heme iron found in animal foods, and vitamin C increases the uptake of iron in the body. In green smoothies, parsley goes particularly well with citrus, cucumber, melons and pomegranate.

Here are some examples of beautiful summer green smoothies from my soon to be released book "Green Smoothies for Every Season". If you don't have the green suggested, simply use whatever you have available. Blend till very smooth – 2 mins is recommended. All recipes make 1 litre/4 cups/2 serves.

#### Sweet Summertime

1½ cups apricot and peach flesh

1 small frozen banana, sliced  
1 teaspoon vanilla extract  
½ teaspoon ground cinnamon  
A pinch of ground cardamom  
1½ cups almond milk  
Handful of lambsquarters

#### Moving and Grooving

3½ cups watermelon  
1 to 2 slices fresh ginger  
1 to 2 tablespoons chia seeds (optional, for a thicker smoothie)  
Handful of mint

#### Strawberry Sensation

1 cup unhulled strawberries  
1 cup frozen strawberries  
½ cup of cashews  
1 cup of coconut water  
6-8 green oak lettuce leaves  
A few basil leaves

#### Groovy Grapes

1½ cups of red or green seedless grapes  
2 cups melon (any variety)  
A handful of parsley

#### Berry Blast

2 frozen bananas, sliced  
1 cup raspberries or blueberries  
1½ cups water or almond milk  
Romaine/cos lettuce

*Kristine works full time as a physiotherapist in Australia and is also a part time cooking demonstrator, and blogger on [kristinemiles.com](http://kristinemiles.com) and [greensmoothiecommunity.com](http://greensmoothiecommunity.com)*

*Would you like to win four smoothie books including the Green Smoothie Bible? Kristine is in the process of writing a mother and baby smoothie book, and is doing research in the form of a survey to enhance to quality of information presented in the book.*

*To qualify to complete the survey, you need to be a smoothie drinker (even if its occasional), have children under 5, or if over 5, you can still remember your pregnancies and times with your kids when under 5 very clearly. The survey should take approx. 5 mins to complete: [tinyurl.com/surveysmoothie](http://tinyurl.com/surveysmoothie)*

*As a thank you for completing the survey, you will go in the draw to win a copy of her books - 'Green Smoothie Bible', 'Green Smoothies For Every Season' (coming soon) and the yet to be titled Mother and Baby Smoothie book. Plus a copy of Lana Purcell's 'Green Smoothie Kids'. ❀*



# Pine Pollen A Powerful Herbal Ally

If you live near pine trees, pine pollen is a free local superfood! Learn more with **Paul Rimmer**.

Over the last few years I have developed a very intimate and powerful herbal alliance with pine trees - in particular the pollen that they produce for just a few weeks every Springtime. Pine pollen has supported my own healing journey immensely and is now a staple source of food and medicine in our household. Just about every part of the pine tree has medicinal value - the needles, bark, seeds and sap, although the richest concentration of nutrients and medicinal compounds is found within the pollen. Pine pollen has been used in China and the east for millennia but has only recently come into focus in the west as a potent adaptogen and superfood.

There are many different species of pine, and all of them offer a similar degree of nutrition and medicine, but the sheer potency of the pollen is really the result of the pine's evolutionary longevity and ability to adapt to any change they have encountered. Pines have been crafting and perfecting their ecological role for more than 150 million years and have now comfortably established themselves in a variety of different climates all throughout the northern hemisphere and even some areas further south. Their ability to reproduce and proliferate is unrivalled in the plant kingdom, which is where the outright abundance of annually produced pollen comes into play. The flowers of the pine tree - the catkins - produce all of the pollen which is in fact the 'male semen' of the tree which inseminates the 'female' cones through wind pollination so that the cones can mature and produce what we know as "pine nuts" - the tiny seeds that will ultimately grow into towering new trees.

As pines are wind pollinated they have evolved to produce an enormity of pollen each season so that the cones have every chance of becoming fertilised. An adult pine tree produces 2 to 3 kilos of tiny, microscopic pollen grains throughout the brief pollen season, which if multiplied by an entire forest often results in countless tons of pollen spread throughout the entire ecosystem! Pines have evolved to produce way more pollen than they actually need, firstly to ensure propagation of their seeds but also because they are a keystone species of diverse forest ecosystems - a species that many other plants and animals have come to depend upon. People everywhere tend to find the coating of their neighbourhoods with fine yellow pollen dust actually very annoying, with little regard for the fact that it is actually one of the most deeply nourishing and profoundly health promoting substances on Earth!

From a health perspective, pine pollen is one of the most complete sources of nutrition found anywhere. It is a complete source of protein with all 8 'essential' amino acids plus others. It contains omega 3 fats (ALA) as well as vitamins B1, B2, B3, B6 and B9. It also contains beta carotene and vitamins E and D - pine pollen contains both vitamin D2 and the bioactive D3 which is exceptionally rare for a plant. It also possesses an impressive array of important trace minerals, immune-enhancing polysaccharides, methylsulfonylmethane (MSM), DNA building nucleic acids, live enzymes and a mass of antioxidants. It actually stimulates the production of our body's own endogenous antioxidants glutathione and superoxide dismutase (SOD).

The thing that pine pollen has become most renowned for in the west in recent years is its role as a powerful phytoandrogen - a plant that contains steroid-like compounds that are identical to testosterone and other androgenic hormones like DHEA and progesterone amongst others. This makes pine pollen a powerful medicine for the endocrine system, especially for those advancing beyond middle age whose levels of serum androgen hormones are rapidly decreasing. That said, low androgens and oestrogen dominance are now increasingly more common in men and women of all ages - and even some children - from our cultural obsession with oestrogen-mimicking soft plastics (xeno oestrogen's), non-organic agricultural foods grown with petrochemical additives and plant foods like unfermented soya products (phyto oestrogen's). These oestrogen-like substances bind to hormone receptors in the body and can cause all kinds of problems, from increasing femininity in boys/men and increasing the risk of certain cancers in both men and women. Pine pollen has proven to be an invaluable strategy in helping us navigate the consequences of these things, but it has so much more to offer us than its androgen boosting properties alone...

It is a powerful adaptogen - a herb that supports our ability to adapt to stress and therefore reduce the unwanted toll that stress takes on us over time - which is clearly the result of the tree's ceaseless endurance and ability to adapt to an ever-changing environment - a quality that it offers to us as a gift through its reproductive pollen. It also has the ability to increase levels of neurotransmitters such as dopamine - a chemical that acts as part of the brains reward mechanism and helps us to manage stress as well as concentrate, learn new things and experience equanimity. It also enhances immune function from the polysaccharides and mass of antioxidants, stimulates the regeneration of the liver and even possesses a number of anti-tumour compounds. Studies have also shown pine pollen to offer a lot of anti-inflammatory support and pain relief, not least for chronic arthritis. Pine pollen could also be a

viable line of defence against much of the atmospheric radiation that is now travelling the globe from incidents like the Fukushima disaster. It is so rich in trace minerals that it can inhibit radioactive isotopes from binding to enzyme receptors, and it's so saturated in powerful antioxidants that it can stop and reverse the cellular degradation that accompanies radiation exposure, and even EMF exposure from mobile phones and internet devices that are so unavoidable nowadays.

This is truly incredible medicine that is available to pretty much everyone in the northern hemisphere. If only people knew that this irritating yellow dust that carpeted everything for a few weeks each Spring could provide them with such immense benefit! When we buy pine pollen products we will either be buying it as a powder or an alcohol extract/tincture. The powder is extremely versatile and can be used as a superfood powder for smoothies and recipes, and it makes a great soup thickener or flour and is amazing in home-made desserts! It is perfectly safe for everyone to consume - men, women and children of all ages. The powder is deeply nourishing but doesn't pack the same hormonal punch as the tincture since all of the hormonal sterols in pine pollen are alcohol soluble. This is why the tincture is not really suitable for children as they generally don't need the increase in androgen hormones. The tincture still provides many of the other benefits but is much more medicinal when compared to the powder, which can be treated more like a food.

Pine pollen is coming to us at this time with an arsenal of much needed health benefits. It really is a powerful herbal ally - an alliance that more and more people are embracing as they deepen their relationship to pine pollen and experience its diverse majesty.

*Paul Rimmer is the founder of Nyishar.com - an artisan health tonic company, and runs a popular Youtube channel (Nyishar) that offers many hours of free informative videos on health and personal development... ❀*



# Why We Get

# FAT

What a question! There are many theories, but the staff at **inSpiral** think Gary Taubes' answer makes the most sense.

“Consuming excess calories does not cause us to grow fatter, any more than it causes a child to grow taller.” — Gary Taubes — Founder of the non-profit organisation, Nutrition Science Initiative; Dedicated to improving the quality of science in obesity research.

It might sound very strange to go against everything that we have been taught and say that counting calories is not really relevant for weight loss, but that is exactly what many experts are now saying...

Would you ever say that a child is growing taller because he has eaten too much? No, of course you wouldn't! This child may well go through periods of life where he is really hungry and also where he is growing rapidly. His hormones will be influencing his eating behaviour. He feels he needs to eat more and there is a very good reason for this – he needs the nutrients to be able to do all of the things that his growing body wants to be able to do.

Now consider what would happen if a fully grown person had hormonal issues that meant a lot of their food was not being broken down correctly by the body, in the way that it should be, and as a result couldn't be used as nourishment. Consider that instead this nutrition was being shunted off into fat tissue, leaving the person both undernourished and depleted (hungry) but at the same time also putting on weight. This is what Gary Taubes believes is happening and what he writes about in his latest book.

This article explains his theory, that it is hormonal issues triggered by our dietary choices, instead of excess calories, that lead to weight gain; just like it is (healthy) hormonal action that lead to a child's growth. He explains the ways that he feels we should change our diets to support our hormones, loose weight and maintain health.

Originally a physicist from Harvard, Gary Taubes now works with the science of nutrition. He has won many health journalism awards and written books for medical doctors such as 'Good Calories, Bad Calories' and 'The Diet Delusion.' His most recent work is for the everyday audience and is titled 'Why we get fat and what to do about it'. He states that the main health problem facing our society is that people do not understand how obesity happens. He says that the major hurdle in tackling obesity in our society is 'that the conventional wisdom on why we get fat is almost incomprehensibly naïve' What we learn at school, from the health institutions and even from many nutritionists is wrong. There is an underlying assumption that we get obese because we eat too many calories, and this belief is causing a lot of problems.

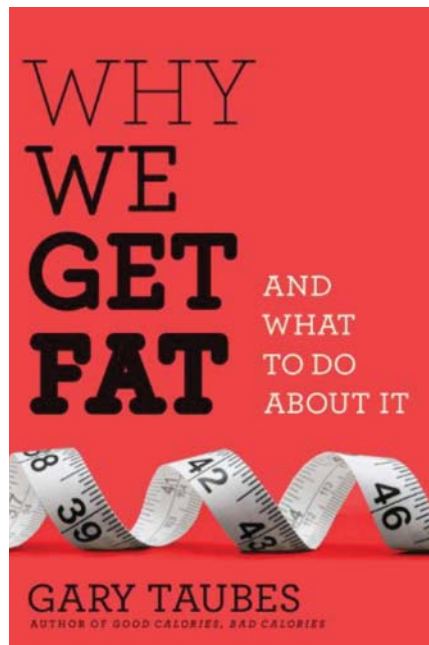
The ultimate goal of his non-profit organisation is to put an end to the 'nonsensical notion that we get fat because of overeating and sedentary behaviour.'

In his book Gary carefully breaks down the maths involved in the long held theory of calorie counting, one step at a time, to show us that we would actually only need to overeat by 20 calories a day to end up forty pounds (he's American) overweight by our 50th birthdays. 20 calories is literally only a mouthful or two of excess food or a few sips of a fizzy drink each day; this is such a trivial amount of food! It means that we would need to be able to match how many calories we take in to how many calories we burn with an accuracy of more than 1 percent in order to achieve what is known as 'energy balance'. How many people can truly do that even once, let alone maintain that awareness for every single day of their lives? This theory quite simply just doesn't add up. Forty years of weight management strategies using this theory have failed; as a society we have got fatter.

The physics behind calorie counting states that if we take in more energy (food) than we use, then the space where all this energy is contained (the fat tissue in our stomachs) has to get bigger. This may be true but what this theory/model doesn't even begin to explain though is the question 'why?' Why does somebody take in more calories or food than they need? This is the question that science has been unable to answer. Until now the finger has been pointing at the mind. We have been told that we are greedy or that we have no willpower, possibly even that it is just a lifestyle factor of the modern Westernised age, where food is so freely available everywhere. These may play a part but Gary says, and even the British Medical Journal and the greatest of alternative medicine sceptics like David Colquhoun, are listening to him, that the reason obese people are over eating is because they are not getting the nourishment from the food they are eating. It is being lost as fat tissue. Like a small boy who is growing, people are hungry for more food to meet their nutrition needs.

How could this be? You may well ask this question. His response is that parts of our digestive system start to malfunction (we will come to how in a bit) and store too much food as fat. This is a disease process! Eating more food to try and solve the problem of not having enough nutrients doesn't work and instead creates a vicious cycle, resulting in even more food being turned into fat tissue rather than being available for the body. This is why an overweight person may appear to eat too much and appear to be kind of lazy. It's no wonder somebody doesn't feel like exercising much if they are not getting all the nutrients they need and then on top of this they also have to now carry around more weight at the same time. Fat tissue is heavy!

Does cutting calories help here? It is unlikely to, in fact it may make the person feel even worse - what we need to do is look at the reasons why our hormones and digestive processes are dysfunctional in the first place and focus



our attention there to try and support our bodies. Diet does play a huge role in weight gain, but it is not about the calories. Gary strongly believes that dietary fat, whether saturated or not, is not a cause of obesity. Instead he feels that it is the hormone insulin that we need to focus our attention on, rather than purely the amount of fat or calories in our foods. When insulin levels are elevated in the blood – either chronically (all the time) or after a meal – then food moves into our fat tissue. When insulin levels fall, we release fat from our fat tissue and can use it for fuel (burn it off).

The problem, causing our insulin levels to become raised, is the amount and type of carbohydrates in the diet. Carbohydrates include breads, pastas, grains, and even legumes, vegetables

and fruits. When carbohydrates are refined they are released into the blood stream very quickly and so a lot of insulin must be released as well to cope with it. Some of the most refined carbohydrate products are foods like pastries, white bread and sugary breakfast cereals. It is best to completely avoid eating these, not even as treats. There are better choices for treats, as inSpiral knows well; such as good quality dark chocolate with a high percentage of cocoa solids and sweetened, minimally, with a healthier sweetener such as xylitol.

By stimulating insulin secretion, refined carbohydrates make us fat and ultimately cause obesity. The fewer refined carbohydrates we consume, the leaner we will be. By this Gary means that we should take care with our carbohydrate choices, choosing low GI options and include protein or healthy fats with them. Cinnamon is a good addition to the diet as it is thought to help with the role of insulin.

At inSpiral we believe that instead of counting calories it could be a good idea to start looking at the sugar content per 100g on a label, as well as how much healthy protein and beneficial fats you are consuming in your snacks.

In particular for weight loss or to maintain a healthy weight we recommend our wasabi wheatgrass or cheesy purple corn kale chips. These do not use any sweetener and are loaded with good fats and protein for satiety (keeping you feeling full for longer), instead of being full of easily digestible refined carbohydrates like so many other snack options on the shelves today. Our cheesy purple corn kale chips have 27.5g of protein per 100g and only 4.5g of sugars, making these a good low-sugar snack.

*inSpiral produce a range of packaged raw foods, available online and through health foods shops, using natural and ethically sourced ingredients and sustainable packaging where possible. They also have a café bar in Camden, London where they serve a delicious range of raw food including amazing cakes and ice-cream.*

*inSpiral Lounge, 250 Camden High Street, London, NW1 8QS.  
www.inspiralled.net ☼*

# Baby-steps

# Back to Nature

## Dr Wilco looks at why we should be eating a natural diet.

I do not know about you, but I have a profound love for nature. Its like an intense love affair but expressed in a subtle manner. There is undoubtedly a connection that every single one of us shares with nature, but unfortunately this link has faded for many or is even in some cases completely severed. Nature is where we come from. Nature contains the elements that we are physically made off. We are in essence a breathable living environment that is intricately connected through our senses, and spirit, with our outer environment. But one very big realisation is that our outer environment is just fine without us, but we cannot exist without her. And presently she would be even better off without us.

She is called 'Mother Earth' or 'Nature'. She is a she because we are born from her. She is 'Gaia'. She is literally our mother and she cares and provides for us. It is essential to recognise this and become aware in true being that we are her and an extension of her delicate beauty. It is important that we see and feel that we are part of a very complex and beautiful system that only has one purpose: To preserve all sacred life and maintain life's equilibrium is of utmost importance for health. When our planet is healthy then we are healthy. But when we deliberately destroy our physical health by choosing to produce dead foods and an unnatural life-style, and manifest the pollution that comes with it, we drag the planet with us and she will suffer. But when 'Push comes to shove' as they say, the planet could, as the late George Carlin used to say; "shake us off like a bad case of flees".

So what is health? Health is a gift of nature, it came with the package deal. It is our birthright and so written in our DNA. To be ill is an unnatural state of being, and so an imbalance of things that are. The complex cycles of life have been pondered upon in different ways throughout the ages, and goes on till this day. They have been expressed in primitive time as the acts of Gods and in our modern technology era as some code that is asking to be cracked, so they think. Modern man has the desire to put nature and all its wisdom in a bottle for profit and power. But this time we are not here to talk about this futile attempt, but to explore how we can re-connect.

We have lost touch with our nature and so our health. Our health is truly the most precious gift that has been given to us. One cannot even start to really understand life itself, it is indeed veiled in mystery, but in truth, we are not supposed to understand or unravel all those perplexities. From what I have learned and observed is that the deeper and deeper mankind goes with all its technologies and arrogance into life and its mysticism, the more questions and mysteries they will find. The natural forces

of nature that are also contained within us are our true guides to better health and happiness. I love the fact that: "There is no element in the Universe that cannot be found within our bodies, and vice versa". Nature with its infinite wisdom has its rules and laws in place that are instinctively given to us, and I sincerely believe this truth because all the animals live by it. I am truly awed by this complex intelligence that is found in a raindrop or a leaf on a tree. I am humbled when I observe the drive that propels an ant to do its thing, or from a baby bird that was born and raised in the middle of the ocean but when released it knows exactly where to fly to. I could go on and on about all the amazing examples of our wondrous nature, but it suffices for now that we remember that we are part of her and that we need to be connected.

### Baby-steps

We need to go back. We need to start stepping in the right direction. And if it is baby-steps we need to take, so be it, as long as we keep moving there is hope for a better world and radiant health. So what does it actually mean 'Going back to nature'. It is of course impossible and impractical to move back to nature in a literal sense. Over many life-times we have shifted from living under the stars in simplistic shelters to sophisticated housing with modern conveniences and cable TV, and once you are accustomed to this comfortable life-style it is difficult to go back to simplicity. But that is OK, there is no need to make drastic life-changing decisions in that sense, but there are many other life-changing decisions one can make to enhance their connection with 'Mother Earth' and all its wisdom's and live more instinctively to what we should eat and how to behave.

We all enjoy walks in the park and play, or leisure, on beautiful green grass that cushions our every movement. I thoroughly enjoy walking on nature's carpet barefooted as much as I can. A real connection is made when the earth energies are allowed to 'Zap' you while playing in the sunshine this way instead of blocking these energies with footwear on. Luckily we enjoy various outdoor sports and activities, so we can say that many people have plenty of valuable and necessary connections with nature that enhances their well-being. One can feel so satisfied and pleasantly exhausted after some time in the outdoors, it is addictive for sure. Every person knows that our physical bodies are designed to move, to be active on a daily basis, our muscles depend on it. Our whole physical being, including the psychological, benefits from movement and this is best achieved while being outdoors where pure oxygen can be pumped into our blood stream for fast detoxification, where an instant vitamin D download hap-

pens for vitality, and serotonin is created for happy minds.

The baby-steps that are essential for us to take are the steps forward to go back to our natural diet. We need to regain the connection with our life-giving foods. We have fortunately one of the requirements down: our outdoor activities. So all we need now is to re-establish our connection with the foods that come from our 'Mother' and that are designed for you to be able to 'Thrive' instead of just survive. These foods that come directly from the earth are full of life-force. They are whole and unadulterated which is essential for true health. They contain pure water, fibre, are loaded with all the nutrition you need and please the senses. Let's not forget that one becomes what one eats. The foods that are assimilated by the body will become you on the end of the line, and when these foods are adulterated you will not be able to fully assimilate these elements and so they themselves become corrupted and toxic to the body. And so before we know it we will find ourselves caught in a perpetual cycle of needing to eat more bad foods to fill in the gap of the poor nutritional foods that the body does not recognise, and toxify ourselves in the process.

### **Chewing one bite at a time**

Raw foods are alive. We are a living system and so require alive foods to be taken in for proper nutrition. It all seems so perfectly simple if you think about it, and in a sense it is. But one of the main reasons why we have fallen off our horse, of why our taste buds have become corrupted is that we are being deliberately misguided. Because we are living in a world of money and politics it becomes clear that there is no real money to be made by selling fruits and vegetables which left an opening for what we call 'Frankenstein Foods' to enter our lives. Foods that please the pallet but not nourish us in any way and are (again) so poor in nutrition that we need to buy and eat more foods to feel satisfied, "ching ching"!! It becomes clear when one observes nature what our true direction for health really is. All the animals in the world, whether very small or very large, instinctively consume their foods raw, in their natural state. So the question then comes to the surface "Why are we not"?

This going back, for the uninitiated, appears extremely challenging and impossible, and so for most people baby-steps are required and suggested. Something amazing happens when one starts to consume needed nutrition through the natural channels. Less food is needed as it is highly nutritious, body weight drops, and youthful health is re-gained. Your eyes and skin become clear and memory improves. So now already it becomes attractive to switch direction and eat naturally, one bite at a time. Time and patience is a luxury that many of us do not possess anymore in this fast paced world, but this changing of your diet and lifestyle will require some adjusting time for better results. There is no fast way through a pill or cream. There are many ways to do this but the most successful one is where one takes one day at a time. Many need to fast first, cleanse, detoxify and then gradually build the new them on a more solid and natural foundation.

### **Simplicity**

I suggest that the behaviour and life-style should change too, and that can also be a challenge. Many behaviours are not natural but taught and so can be easily 'Untaught'. The topic of human behaviour is broad and impossible to sum-up here, but like with our natural foods it can be laid down on the table with easy guidelines. Our lives are filled with trivial things. Petty parts of our lives that create stress that is one of the major toxin creating ingredients that ruin many peoples health. The key word here is 'simplicity'. There are many ways to simplify our lives, in diet and behaviour, and the best way is to sit down and analyse where you feel that your life is stressful and toxic. Like your shopping list you can tick off many items that can be replaced with an alternative. People speak in public about 'moderation' as in "It does not matter what vices you have in your life as long as you moderate them". Of course this in-itself is not so smart and is based on finding an excuse to continue your bad habits.

Balance and simplicity are the ingredients of the universe. When the ingredients for your life are coming from a natural source you will have a more healthy life-style. I thought with much hope a few years ago that people were flocking more and more to the suburbs and countryside, but with disappointment I actually learned that they are still piling themselves up in our cities. Of course for economic reasons, you've gotta go where the work is. So ideally we need a different economic structure so to support and encourage people to live more in nature and in smaller communities, but that is also a broad topic. A fun insight here is that we have enough space, that is not it, because when we, all 7 billion of us, stand shoulder to shoulder, we apparently take up the space of the city of LA. For now I hope that my suggestion to set a few steps back to be able to go on a healthy forward path rings some truth in your ears. Nature is not our enemy of course, as perceived by many. It is not a source where to steal and fill our pockets from either. Deforestation has been for many decades a source of much debate, and sadly the politicians still opt for the side of the money machine when it comes to making decisions for our planet. But fortunately there are many of us that are setting a better example. Many organisations are daily fighting the polluters and corruption and we are grateful to them. The well-known saying that "Change starts with yourself" is still an accurate one, and we can make that change "One person at a time" because let's not forget that we are doing it for our Mother Earth, our home, and allow me to remind you that "It is still the only home we have".

*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. Natural Hygiene is the philosophy that shows people the natural health path for all. Only when the laws of the body and its environment are respected, true health can be found through the consumption of raw living foods. His website is [www.veggievibes.com](http://www.veggievibes.com)*

*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. [www.edenretreats.com](http://www.edenretreats.com) ☘*

# Are you on the Emotional Eating Raw Food Roller Coaster?



Do you eat for reasons other than hunger? Do you snack on unhealthy food? Barbara Fernandez offers her help.

Someone asked me the other day about emotional eating. Why do we reach for food that doesn't serve us? Even when we thought our days of self-sabotage were long gone? Why do we make promises to ourselves to eat one way and suddenly find ourselves craving that slice of pizza or piece of cake?

I do know the answer to this one - for me, anyway. Maybe it's the answer for you too!

The way I see it and have experienced it, cooked food deadens our senses and 'holds down' emotions. It acts like a buffer or 'emotional brakes' to keep us from feeling what we don't want to feel because then we'd have to admit to ourselves that life isn't quite turning out the way we'd planned. So sub-consciously (or consciously if you've read this), we pick up a piece of cheese or a cookie when we're not

even hungry, rather than admit to ourselves that our job/partner/lifestyle/fill-in-the-blank is not what we really want, another casualty in the battle of emotional eating.

### The biggest emotional eating culprits

The biggest culprits here are what I would call 'bad carbohydrates': bread, potato products like fries or potato chips, crackers etc, as well as sweet things like 'traditional' brownies, cakes and cookies. Another culprit is dairy products, especially cheese. I had a long conversation about this with a huge piece of cheddar, as you can see here. Who do you think won? Me of course! (The cheese put up a good fight though)

Here's a fun experiment you can do with yourself:

The next time you want to reach for

that piece of cake, slice of toast or other goodie when you're not actually hungry, just stop for a second and ask yourself a few questions.

Do I really want this?

Why do I want this?

Has something just happened which has upset me?

And for the brave amongst us...*What might I do instead?* Such as...going out with friends, reading a book, listening to music, dancing about your living room?

Once you have your answer, you may decide to eat whatever it is anyway, but at least you're deciding consciously rather than succumbing to the 'unseen forces' that can play havoc with our emotions and generally mess things up, like our latest healthy eating plan for example!

## Raw food and emotional eating

Now where does raw food fit in? Well, like it or not - or believe it or not - raw food helps us be more in alignment with ourselves, our true purpose, who we really are. Those of you who think I've just gone off the deep end, bear with me here. This is coming from more than 9 years' worth of experience, much of it intensely personal, a lot of it experiential and *all* of it super helpful...to me and my friends, at any rate!

The more raw food you eat, the more you'll find that anything that isn't in tune with your deepest most beautiful, powerful and healthy self will come up to the surface like old bits of food stuck to the bottom of your blocked kitchen sink. You get out the Brillo pads and oh dear, those horrible burnt bits of food come to the surface! The more stress we've got or the more 'out of sync' we are with our true needs and nature, the more tempting it can be to push all that new awareness away...using food. I have done this myself, so I know!

The downside of course to this discovery is that once you know, you can't say you didn't know! It's actually a bit freaky when you catch yourself doing it and know why you're doing it. Hence constant clean-outs and clear-ups are the order of the day, for me

anyway! And the more I do it, the bigger the rewards - that's the *REALLY* weird thing.

## What are the rewards of all this raw food anyway?

What rewards, you ask? Well, heightened intuition: so a sense of where I need to be and what I need to do, for example. I will see an announcement for an event and just 'know' that I need to be there - this has happened countless times, and each time it has turned out to be an amazing event that has moved me forward in some way. Or I will meet someone and 'know' that he or she is going to have a continued impact upon my life even though we just met. This helps me make informed decisions even about major life changes that I would otherwise agonise over for months, thereby saving me loads of time and stress.

I also feel more 'centred', more 'in the flow' as some people would say. So I will have a very real sense of when my work needs to move in a different direction and just go there. I also don't back down when someone doesn't agree with me...or I change my point of view if that feels right when I've heard what they have to say. I am less prone to getting angry or annoyed because I feel happier in myself and so less of a need to take out any inner frustration on other people. Not to say

I'm perfect though - far from it! Just more 'zen', I guess. At least that's the best way I can describe it.

Then there are the overall health benefits: sleeping less, more youthful skin, more energy, a trimmer waistline...just a few of raw food's great dividends!

If *YOU* have started then stopped eating raw food, then started again...over and over...what is your sense of *why* you do this? This is *such* a common problem. And it's easier to tackle it if you're not alone. Which is why my parting recommendation to you would be...to connect! Connect with the beautiful people at Funky Raw, connect with other like-minded people via your social media outlet of choice...you get the idea. And connect with me of course, I'd love to hear your thoughts!

*Barbara Fernandez, known as The Raw Food Diva, is the owner and creator of RawFiesta. As a raw food chef and coach she specialises in super fast, fun and delicious recipes for time-challenged people making multi-purpose meals for non-raw skeptics disguised as partners, friends or small children. For more information including free recipes and tips, visit [www.RawFiesta.com](http://www.RawFiesta.com)*

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# Healing the Incurable

Despite what some may say, raw food doesn't cure everything! Grace Quantock on how this applies to her life.

I once went to a raw food event and I scared every single person there.

I was 22, and newly married. I wore a pink dress and sat quietly on the wide cream sofa, chatting about green juice, seaweed and ways to make bean sprouts more tasty. And still I caused uproar with every breath.

It was what I symbolised you see - because I carried the label 'incurable'.

Now please don't misunderstand me, there's nothing we all love more than a challenge and a good miracle cure story. But I'm not that, and I may never be.

It began while everyone was standing around talking about how raw food had healed them - I was carried into the room by my husband as I couldn't walk.

One by one the guests sat down next to me and asked,

"So, *can* you walk at all?"

Nope, not even a little.

"What is *wrong* with you exactly?"

Well, that's a little personal as we've only just met, but I suppose my faults include being rather prim by refusing to swear, an overenthusiastic love of vintage hats and a propensity to spend our monthly budget on books. Why, what's wrong with you?

What my questioners meant of course, was what health challenges was I living with? A different question - but it can be hard to talk to people with illness, and we aren't encouraged to have open conversations around impairments.

And on that note, next came the big question -

"So, have you tried green juice/seaweed/super foods/sprouting/100% raw etc?"

Yes, daily 2 litres/yes I dislike it intensely but I eat it/yes daily/yes for years/ yes and we went back to 80% raw, respectively.

Are you shaking yet? That is the part that terrified.

I was living, breathing, well-spoken, brunette proof that raw food does not cure all. It's not just ill-informed people who get sick, and no matter how much green juice we drink we cannot live forever.

## Defining healing

"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are."

Healing is a process - we can all heal, even moments from death I believe we can heal.

Incurable to me just means that there isn't any way to put your body back to how it was before. That you may be living with the pain, the challenge, the struggle. Sometimes incurable limits life, sometimes not.

In my experience there are people who have acted like raw food cures all and that if I'm not cured then I'm not 'properly raw', that I must be doing something 'wrong' somewhere.

I took the worry on myself - was I doing something wrong? Was it more green juice I needed? Or less maca? Or maybe more maca?

It took me a while to get past the self-doubt and self-blame. It's easy to

blame ourselves when the outside influences (doctors, hospitals, holistic practitioners) have not been able to 'solve' the issue. Blaming ourselves gives us control, shifting our behaviour gives us power.

But if the blame doesn't lie with us to begin with, then the power is only perceived, we aren't creating empowerment, just further blame and self recrimination.

Instead of berating myself for not being able to cure my conditions I decided to look at how I could create the best possible environment in which to heal and how I could live my life with love.

Ultimately the illness isn't important - or not nearly as important as me anyway.

## Releasing Perfection in Healing - a primer.

Living can be scary, living with illness even more so.

But if raw food isn't the holy grail then what is? What can we hold on to?

My answer: ourselves. We are the answer, the holy, the healing.

We begin to heal the incurable with ourselves.

If you don't have an illness right now, and you are on a prevention lifestyle and moving towards wellness, how does this acceptance apply to you?

We are all moving closer to wellness and joy and I am sure we all have body issues, struggles and pains that we manage to some extent or another.

If we are diagnosed incurable or if we have stubborn struggles that juice isn't

shifting where do we go? How do we begin?

I begin exactly where I am in this moment, with the body I have. I embrace all that I am because I know, truly and deeply that,

I'm not broken.

I don't agree that we need to be in perfect health to live well.

Raw food might not cure medical conditions but a wellness based lifestyle can help manage pain, symptoms and maximise energy. Raw food has given

me more energy than eating non-optimum foods would.

Just shift the focus from curing to living. If raw food won't cure you, it may still do you good.

I am living proof that you can eat raw, live well, do it all right and still be ill. More than that, I am living, yoga posing, meditating, organic gardening, bamboo wearing, book writing, company founding proof that's it's ok.

I'm living well, I'm happy, I'm healing. Being ill is a hard thing, but it's not necessarily a bad thing.

There's so much more to it, but for now take away that what you are healing from isn't a failure and that the power is in the joy you create with the wellness you have.

Grace Quantock is a wellness provocateur, writer and founder of Healing Boxes CIC and The Sick Chick to Trail Blazer Project. She is thriving with multiple autoimmune illnesses and lives in south Wales. Join the Trail Blazers' Movement by signing up to the newsletter at [and follow Grace on twitter.](#) ❁

## RFD (Raw Food Dude)

Sally Holloway

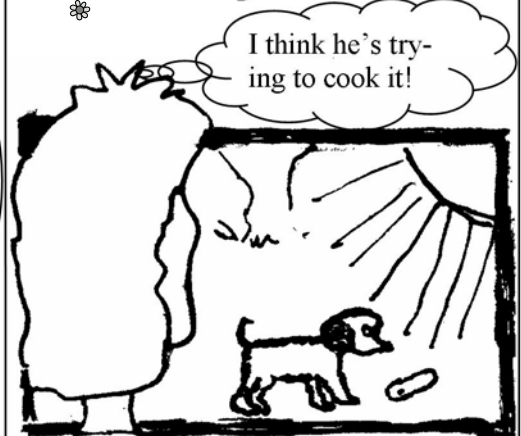
RFD decides it's time to feed his dog raw food too. He starts with raw meat..



The dog takes the meat into the garden...



As the dog lays the meat in a shaft of sunshine RFD has a horrible thought...



Sally Holloway's 44 page book *Sprouting In The UK, How to grow, Greens, Beans and Superfoods* is available from [sallyholloway.com](http://sallyholloway.com) for £2.99 or Amazon Kindle for £1.53.

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# Healing from ME / CFS – a Multi-Faceted Approach

ME / CFS is often talked about as incurable, but Fiona Cutts found a way and shares her ideas in this article.

I became ill with ME / CFS (Chronic Fatigue Syndrome) about ten years ago – seemingly from one day to the next. I had a cold, not even a bad one, and just didn't get better. My energy levels were rock bottom, I had brain fog and difficulty concentrating, and, as it continued for weeks and then months, I felt scared and very alone. Would my whole life be like this?

Now, ten years later, I am more energetic and well than ever before – and have more joy and happiness in my life than I ever dreamed was possible, even before I was ill!

I tried many, many different ways to become more well and more energetic – some of which seemed to help, and I would then plateau and even relapse. It was when I found Integrated Energy Healing that my recovery journey really became much more stable – and, just as importantly, I began to really trust that I would get better.

I also used nutrition in the form of short detoxes, cleansing diets, and then an almost exclusively raw diet for a couple of years. For me, these dietary interventions would not have been enough on their own to get me better. They were, however, extremely supportive of the energy work I was doing.

As I became more and more well, I also introduced dancing and shaking into my routines – things that I had never really done much before, and are now very much part of my life.

My own experience and now working with other people with this condition leads me to think that it's important to adopt a "multi-faceted" approach with this illness. It can be such a complicated, confusing illness that it is really good to work in different ways – on the emotional and mental levels,

including letting go of past traumas, on the level of beliefs, coming into the body more (initially through awareness and mindfulness techniques and then through simple exercise, and finally shaking and dancing), learning to balance and harmonise energy through simple energy exercises, learning to attract in more positivity and light, and by looking at nutrition.

These different ways of working support each other, meaning that the total health benefits are more than just the benefits of each individual component. I will give an example of this.

When we become ill with an illness like CFS / ME, it is very easy to pick up beliefs and mindsets that are not helpful to our recovery. There is so much written in the mainstream press about how recovery is almost impossible, or just for the very lucky – and the best we can hope for is managing our energy in order to live a life that is "not too bad." So, even when we know about alternatives, we can end up with doubts and fears – all of which is completely understandable.

Integrated Energy Healing helps us to release beliefs that are holding us back and choose more empowering beliefs. When we work on diet in the form of eating more lightly, this can support the release of less positive beliefs; similarly, at a more advanced stage of recovery, physical exercise strengthens the body's systems and organs, which also then affects our overall well being and somehow

"anchors" the energetic approaches and makes it easier to maintain positive beliefs.

In my experience, using these approaches in a sustained way leads to more energy, less tiredness and more vitality and joy in life.

*Fiona is an Integrated Energy Healer, who specialises in working with people who have ME / CFS. To read more about her work, go to her website [www.treatmentforME.net](http://www.treatmentforME.net), where you can read more articles about healing this condition. You can also download her free audio, where she shares the most important thing you can do for yourself when you have this illness – and simple, practical tips that you can put into practice yourself. ❀*



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# Natural Skincare

Natalie Heath teaches us how to make our own skincare products with natural ingredients.

Commercially available skincare products and make up contain a cocktail of chemicals, many of which have been found to be harmful to our health. There are some that affect fertility; some that are carcinogenic, some that cause skin problems, and the list goes on. Personally I don't feel right using any chemicals on my skin. Did you know they have found parabens from deodorants in breast cancer tumours! The important thing to remember here is that the skin is actually an organ; the largest organ of the body, and it absorbs whatever you put on it, good or bad. You wouldn't grab a handful of methylparaben (used as a preservative and considered highly toxic) or propylene glycol (a petroleum by-product also used as aeroplane anti-freeze) and eat it or rub it on your liver would you? My philosophy here is that if you can't eat it, you shouldn't put it on your skin, as putting it on your skin is very similar to eating it, in fact, it is considered to be worse, as Richard Bence, a biochemist who has spent three years researching chemicals in skincare said in an article in the Telegraph: "If lipstick gets into your mouth it is broken down by the enzymes in saliva and in the stomach. But chemicals [on your skin] get straight into your bloodstream, there is no protection." The

article points out that you actually absorb 5lbs of chemicals every year from skincare and make up products. Yuck!

Apart from the negative effects on health, most commercially available skincare products are not good value for money. Have a look at the ingredients list on your favourite face cream or body lotion, I'll bet that aqua is the first ingredient, or if not first, then very near the top. Have a guess at what that is? Yep that's right...water! You are paying for a pot mostly full of water and chemicals. The active ingredients in these products are usually in such little amounts that they hardly make any difference to your skin at all. Also, a lot of these products contain alcohol, which is put there as a preservative. Unfortunately alcohol has a very drying effect on your skin, so that expensive moisturiser you bought to combat your dry skin is actually part of the problem! They skincare companies don't mind this though, because they know that if your skin is dry, you'll buy another pot of moisturiser! Sound like your being ripped off? Well don't worry because it's really easy and fun to make your own lotions and potions, and you can also buy some good products as well. There are some real-

ly great companies out there who sell truly chemical free skincare, but you have to be aware that not all of them stating that their products are 'natural' are totally chemical free as this is an ambiguous term and anyone can use it if their product contains even a tiny amount of natural ingredients.

There are many benefits of making your own skincare:

- ♥ You know exactly what's gone into it
- ♥ You can personalise the product to your skin type or what mood you're in
- ♥ You can source fairtrade, raw and organic ingredients if you wish
- ♥ You can make as much or as little as you like
- ♥ Making smaller amounts means you don't need to use any preservatives
- ♥ You can guarantee that it hasn't been tested on animals
- ♥ Because you are not using water or chemicals your product will be much more potent as it will contain much larger amounts of the active botanical ingredients
- ♥ It's often cheaper as lot of the ingredients you will already have in the kitchen cupboard! Think skin food!

♥ You can re-use the glass jars and bottles you have already, saving money and being more eco friendly...reduce, re-use, recycle!

You can design yourself a whole matching product range. For example, taking a favourite essential oil combination such as frankincense and rose, and making a cleansing balm, moisturiser, face scrub, body scrub and bath salts using those oils.

### Natural Bath and Skincare Recipes

#### Chocolate body scrub

75g coconut butter, melted  
65ml almond oil  
30g raw cacao powder  
150g organic brown sugar  
4 drops essential oil that goes with chocolate, eg rose, orange, lime, peppermint (optional)

Put the cacao powder and sugar in a bowl and stir together. Mix in the oils, adding a bit more almond oil if it's too thick to stir. Then at the end, add the essential oil if using. Decant your body scrub into a screw top jar and leave to set. To use, scoop out a handful and massage over dampened skin, making sure you rinse thoroughly. You will smell good enough to eat!

Makes 320g. Use within 6 months.

#### Romantic bath salts

175g coarse sea salt, or half sea salt and half Epsom salts  
50g grated cacao butter  
10g dried rose petals  
15 drops rose essential oil  
15 drops geranium essential oil

Mix everything thoroughly in a bowl. Store in a wide neck jar, a kilner jar would be perfect. Add a couple of large handfuls to a warm bath and swish to dissolve. Soak for at least 20 minutes. The cacao butter will leave a moisturising film on your skin.

Makes 235g. Use within 6 months.

#### Lavender bath melts

50g cacao butter  
50g coconut butter  
30g shea butter  
Handful of dried lavender buds  
Lavender essential oil

You will need some moulds for this recipe. Silicone moulds are best as you can just pop the bath melt out when it has set. You can use mini cupcake cases, chocolate moulds, ice cube trays, or even a silicone loaf tin to make a big melt that you can chop up into squares! Whichever mould you choose, fill about a third full with dried lavender flowers. Put the butters in a glass bowl and set over a pan of hot water. Don't keep the pan on the heat, you don't want to heat the



butters too much, just gently melt them. It should take a while for them to melt. The same principle applies here as does to making raw chocolate; we want to keep the nutrients and active properties of the ingredients intact – this is skin food! Once the butters have melted, stir to combine and gently pour on top of the dried flowers in the moulds. Don't overfill. Then add 2 drops of lavender oil per melt and mix with a cocktail stick. Place in the fridge to harden. Once set they can be stored in a large jar or lidded container. Use one melt per bath. The butters will create a fragrant moisturizing layer on your skin. Be careful as the bath may be slippery afterwards.

Makes 130g total. Use within 6 months.

#### Creamy exfoliating cleanser

Base:  
55ml sweet almond or jojoba oil  
35g cacao butter  
10ml vegetable glycerine

Botanicals:  
25g finely ground oatmeal  
15g finely ground almonds

Essential oils:  
20 drops of your favourite oils that are

good for the skin, or 10 drops each of two different oils. Good ones are lavender, rose, neroli, geranium, frankincense, tea tree, chamomile.

Melt the base ingredients together in a bowl over a pan of hot water that has been taken off the heat. When melted, place the bowl on the work surface and stir the mixture until cooled but still liquid. Mix the botanicals into the base mixture, stirring until well combined, and then add the essential oils, stirring well. Decant into a glass jar and leave to set. Scoop out a bit of the mixture and massage over the face. Remove with a muslin cloth soaked in hot water. Pat the skin dry and follow with the rich facial moisturiser.

Makes 140g. Use within 3 months.

#### Rich facial moisturiser

Base:

50g unrefined organic Shea butter  
50ml organic rosehip oil (you can also use jojoba or sweet almond oil)

Essential oils:

20 drops of your favourite oils that are good for the skin, or 10 drops each of two different oils. Good ones are lavender, rose, neroli, geranium, frankincense, tea tree.

Place Shea butter and oil in a food processor and whip on slow setting until fluffy and smooth. Drop the essential oil in slowly with the motor running to combine. Transfer to a sterilised jar with a pallet knife. Use as you would your normal moisturiser. Feel free to change the essential oils in this recipe; nice ones for the face are the floral ones - frankincense, lavender, neroli, chamomile, etc.

Makes 100g. Use within 6 months.

#### Sources:

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*Natalie is a fully qualified beauty & holistic therapist, natural skincare formulator, raw food coach and yoga teacher. She provide one to one coaching, group classes & workshops and retreats helping clients to achieve optimal health and wellbeing and live a natural, holistic lifestyle through raw food, yoga, detoxification, meditation and other self help tools and spiritual practices. If you'd like to know more about her work please go to*

[www.rawlifestylecoach.co.uk](http://www.rawlifestylecoach.co.uk) ✿



# Take Life Sloe

The fruits of the blackthorn tree are well known for making sloe gin, but **Dawn Waterhouse** has a lot more to tell us about this tree.

“In the autumn, the leaves begin to fall, and berries that have been hidden now appear for all. Some may be sweet, some may be sour, but all will have come from a little flower. “

This is a little rhyme I made to tell my youngest when we pick berries, especially the sloes, which magically seem to appear at Samhain on the spikiest of bushes.

Being a member of the rose family, the common name of the Sloe is blackthorn, whilst its Latin name is much prettier *prunus spinosa*. It is also known as the wishing tree and the faery tree (those names bring back memories of Enid Blyton’s cheery fairy tales? ) and mother of the woods. This native British deciduous tree has some simple uses. The slightly wrinkled oval green leaves are rich in vitamin C and can be boiled to make a mouth wash or gargle for sore throats or laryngitis.

The pretty whitish clustered blossoms can easily be mistaken for those of the hawthorn (which we explored in the last issue). The five petal blossoms appear February to March. The key to spring identification is that the hawthorn has leaves before the flowers, whereas the blackthorn has flowers before leaves.

The blossoms can be steeped to make a diuretic and purifying preparation (it can also act as a laxative). The blossom being out is an indicator for agricultural farmers to set their barley swiftly, before the blackthorn winter sets in. So when the blackthorn blossom starts to appear, be ready to put your winter warmers back on - you will certainly need them!

Generally growing around 4m tall, the small purple fruited tree has little tart plums that are the ancestor of our modern sweet juicy plum. Whilst the plum has similar properties to the sloe, the sloe is more concentrated, containing calcium, magnesium, potassium and sodium as well as vitamin C. The sloe is also an excellent dye (so beware – it will stain). It does not need a fixative (bad news if you spill the sloe gin on your favourite clothes) and will colour a purplish hue that gradually fades to blue.

The wood is strong, and is great for walking sticks, and it burns slow, so makes a good lasting fire. It is even said that the long thorns were once used as a bradawl to pierce holes in leather. A further use of her thorns was to use to stick them into wax images for cursing. This use could be related to the toxic effect of her spines, or just that the thorns are sharp and easy to spear models.

Personally it is not something I would do, given the law of three (what you put out returns back to you three fold). I would prefer to receive back three times my love than three times spite!

The flower essence made from the pretty blossom has a key note of protection. It helps ward off dark energies by strengthening the Aura. It also helps with the teeth.

To me, sloes represent the coming of winter, the making of gifts and the skill of picking berries without being attacked by the long spiny spikes the tree uses to protect her treasures. These spikes are ones to beware of, for if you puncture yourself with them, the injury has a tendency to infect, so after removing the thorn, I suggest cleaning the wound carefully with a natural antiseptic such as a natural mineral salt or tea tree oil solution. I personally use the homeopathic remedy silica to help remove any bits of thorn if they are left in, and the homeopathic remedy ledum to help the puncture wound heal cleanly.

The blackthorn is one of the bushes that grew up around the castle of sleeping beauty, giving protection in her 100 year slumber, and giving way when the spell was broken by her true love cutting

through to reach his prize. It is the bush that Rapunzel's true love fell into, blinding him in the original fairy tale (don't worry – he got his sight back with Rapunzel's magical tears). It is also said that the blackthorn was part of the crown of thorns that Jesus wore.

Lunantishes, according to Irish fairy lore, are a tribe of little folk guard the tree, and don't let you cut the tree on 11 November, or 11 May. So if you want a walking stick, best avoid those dates for your wood harvesting?

You can find the blackthorn in many hedgerows, as she withstands harsh weather and grows in most soils (with exception to very acidic or chalky soils). When I was searching for the stories of the sloe, I was somewhat disappointed at first. So many stories of how the wood was used for a shillelagh (a cudgel for beatings), how it represented strife, resentment, death, pain. There were stories of witches and doom....yet to me, a tree that provides so much vitamin c and fruit during the harshest of weather, and offers thick shelter to so many creatures cannot be bad. (It is the home to many moths, and birds including the song thrush and nightingale.)

I have made dens under her branches with my children and always felt safe and protected with this tree (albeit with respect, for when harvesting sloes her thorns will not share mercy).... So I sat with the thoughts.... And read more. The simple fact of life is that we face challenges; a life without challenges on some level is not fulfilling, and does not allow our soul to grow. So challenges are necessary for us. The problems with life's challenges is that there can be times when we cannot cope with them, the situations we face may be harsh, we may be vulnerable and need protection. This is how I see the blackthorn. It is a tree of challenges. To reap the benefits of her blossoms or fruits we have to face the challenges of her thorns. If we are successful we reap the rewards of vitamin C rich nourishment when there is little else available. Her thicket is protective and warm in the winter to so many and her wood is strong enough to make a defensive weapon or a support to walk with.

In my opinion, life reflects back to us what we are, if we are happy, life reflects back our joyous side and strengths, if we are negative then we see a darker side of events, not appreciating the gifts of the darker hours.

### Recipes

Sloes are quite a tart fruit when picked early in the season. They need a frost to

help them mature and sweeten. If you need to pick sloes early, this can be replicated by putting them in the freezer for a while (although I feel it is always more appropriate to let nature work her magic).

Whilst not strictly raw, sloe gin is a wonderful warming way to benefit from the therapeutic value of the sloe. Effectively it is a tincture of sloes, with an added sweet ingredient. I am not a fan of alcohol myself, but I love to give natural gifts, and when I give this as a present, it is always appreciated ?

### Sloe Gin

#### Ingredients

1 lb (450g) sloes (washed and picked over)  
½ lb (225g) of sugar or honey (or sweetener of your choice)  
2 pints (1.13 L) gin (we have used vodka and whiskey to good effect)  
Optional – almonds

#### What to do

Prick the sloes with a blackthorn, or if you do not have one use a cocktail stick (this helps them let the juice out)

Put all ingredients in a wide mouthed sealable jar and shake well (the jar should be no more than half full of berries).

Shake daily until all the sweetener has been dissolved into the alcohol. The gin should be a lovely rich colour.

Store in a dark cool place for at least three months – longer is better (so if you can store it to the following Christmas you will be in for a tasty surprise – but few can wait that long). When you are ready, strain your sloe gin through a very fine mesh sieve or sterile muslin cloth and store in bottles with pretty labels (I like to hand paint mine). Keep the sloes to one side for sloe chocolates; they can be frozen until needed.

Sensibly enjoy a small shot – it is rich and warming.

### Sloe and easy chocolates

For this fun and simple recipe you can use up the lovely sloes left over after straining your sloe gin. Take some ginned sloes (from the recipe above) and remove the stones. Puree the left over fruit, and stir into your favourite raw chocolate recipe or raw chocolate dip. You do not need too much, leave to set in the freezer or fridge until set – and enjoy with friends who do not need their car keys ?

### Sloe vinegar

If you are not keen on using alcohol to



gain the benefits of the lovely sloe, then here is a medium you may prefer (as do I).

Take some sloes (picked post frost), prick over with a cocktail stick, put them in a jar / bottle with a non-metallic lid and cover in vinegar (I use cider vinegar). Store for a few months, shaking periodically. When you are ready to use the vinegar, you can either strain and decant the rich coloured liquid, or just use it as it is (watching out for stray sloes as you pour). This will make lovely sharp flavoured vinegar. For a sweeter version, use part sloes part damsons (yes I know – they come out at different times of the year – a challenge that the freezer will help you with? ).

You could try adding spices for extra depth, such as cloves for example.

Use your vinegar for marinades and dressings. Experiment and enjoy.

### References / Links

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This is a lovely site that puts lore and custom into a practical perspective.  
[tinyurl.com/goddesstree](http://tinyurl.com/goddesstree)

*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](http://tinyurl.com/dwnaturalhealth) ☘*



# Strawberry Fields Forever!

Everything you need to know to grow everyone's favourite fruit by **Helen Hurworth**.

*Fragaria x ananassa*, commonly known as strawberries, apart from being absolutely delicious, are an easy crop to grow. They will do well in a tiered pot on a small balcony, a hanging basket, or in any odd space that can be found in the garden.

## Planting a new strawberry patch

The first thing to note is that it is really important to purchase registered virus free plants from a reputable nursery. Once you have your own stock, you can then propagate them very easily. This is an important step to learn, as strawberry beds need replacing every 3 or 4 years, and this can be quite an expense if you are replacing all your plants. Another bonus is that registered virus free stock will provide 50% higher yield than other stock. If those plants 'for sale' at craft fairs or markets really do tempt you, it's a safe precaution not to add them to an existing strawberry patch. Strawberries are susceptible to a lot of viruses, and as such, good garden hygiene is really important. Plants bought this way are best put into a bed somewhat separate to the main kitchen garden.

Strawberries prefer a sandy loam, but will produce adequately on heavier soils. I have a clay soil and as you can see from the picture, mine are literally

bursting out of the bed. In an ideal world a sloping site surface is best (this is how they are grown commercially) to ensure good surface water drainage.

Dig well-rotted manure or garden compost into your bed. Plant a new bed in July, this will give the plants a long period in which to establish a good root formation that will help them build up good crowns for the next season. Make sure you pick off any flowers that appear, this will help strengthen the plant, and although it is tempting to let them develop into fruit and eat them, it will provide a far richer dividend the following year if you allow the plants to build their strength.

Plant your strawberries at intervals of 38cm (15") in each direction. I planted mine far too near, and as you can see from the picture, the bed is very crowded. The only plus point for me, is that it has forced the plants to grow upright and makes picking easier and keeps the fruit off the soil surface where they are susceptible to disease and pests.

You will notice that your new strawberry plants begin to get going the following March. When your flowers do appear the following year watch out for late frosts, cover with a fleece if

necessary. This is important particularly for the early varieties. All my varieties are late harvesters, so they lasted well throughout the harsh winter and spring we have had. When fruits begin to swell put straw underneath to keep the fruit off the soil surface where it is liable to go mouldy. This method is where strawberries get their name.

Strawberries love a feed of seaweed extract fertiliser, which I generally give before the flowers start to come. I have also used fresh seaweed gathered from the shoreline (never pull seaweed that is 'live' off of jetties or walls along the beach, always collect that which has been left by the tide). Fresh seaweed will need a good hose down when you get it back to your garden or allotment, or you will have every fly in England come to visit you. Simply then strew your seaweed around your plants. It is an excellent repellent for slugs so serves two purposes.

Plants have disease resistance if grown with onions, equally good companion plants are beans, particularly French beans. Spinach and lettuce also, and borage is beneficial. Strawberries love mulches of pine needles. Other suitable mulches include newspapers or coarse sawdust. An old tip is to grow a bed of

soya beans first then dig them in green. This is said to prevent root rots in new plants.

Harvest berries when fully ripe. White areas indicate immaturity, allowing berries to fully ripen increases their sugar content. Always remove with the green cap, berries taken without their cap will quickly go off. The first harvest can occur about 30 days after the first bloom.

### **Pest and Diseases**

To avoid diseases, do not plant where tomatoes, potatoes, peppers or aubergines have been grown, or back into a site where strawberries have been grown in the last two years. Sheep's wool pellets are now available as an environmentally safe deterrent for slugs. You may also want to try collected seaweed if this is a particular problem for your growing area.

Strawberry Beetle and Strawberry mite, and Strawberry tortrix moths can damage crops, as can Strawberry mildew, Strawberry Mould (Botrytis). The best defence against disease is to check your plants regularly and keep them in tip top health, establishing their root system by taking the flower buds after planting and leaving the harvest till the following summer particularly. Destroy any material that looks diseased, particularly if you see a red discolouration to the leaves and stems. This is a nasty virus that has no remedy and plants need to be burnt. I have to say, that even though strawberries do suffer from a lot of pests and diseases, I have never had any problem with mine, they are a delight as a plant to grow, so don't be put off!

### **Propagating**

You will soon observe, and as you can see from the photo of my strawberry bed, where runners have grown over the side and taken root and baby plants have formed, that creating new plants is not too hard. Strawberry plants send out runners from the main plant, this is the plants way of ensuring its survival. When this happens use a 7.5cm pot and carefully place the end of the runner underneath the soil surface, filled with peat-free compost. Gently pin the runner down into the pot with a bent bit of wire, a pebble or a hair pin. Look at the pots every day to see if they need watering. When roots do appear, (you can see this by gently scraping the surface of the pot) then cut the runner

by the rim of the pot, and voila! You have another plant. Stand your pot in the shade for a few days. Plant when established in prepared bed.

### **Varieties**

Strawberries come in Summer, Perpetual, or Alpine (wild) varieties. The choice is yours. I chose to have a late Summer varieties to avoid loses in late Spring frosts . My personal recommendations are:-

### **Summer**

Cambridge Favourite, Cambridge Vigour, Elsanta, Hapil, Honeoeye, Royal Sovereign, and Trellisa (good for strawberry barrels)

### **Perpetual/Autumn Fruiting**

Aromel, Gento, Flamenco, Malling Opal, and Rapella.

### **Alpine**

Varieties Alexandria and Baron Solemacher. A lovely white variety called Anablanca, dating back to 1758. It is sometimes called pineapple berry due to their unusual taste. I have grown these for years as an edging for our pond; they are never disturbed by the birds due to their white/pale pink colour.

## **Strawberry and Walnut Salad with Poppy Seed Dressing**

Give this unusual salad a try with your wonderful strawberries:

### *Ingredients*

4 cups of spinach  
2 cups of watercress leaves  
1 cup of spring onions  
1 cup of walnuts (pre-soaked and dehydrated) roughly chopped  
2 cups of strawberries sliced.

Place everything in a large salad bowl.

### *Dressing*

½ cup of orange juice  
¼ cup of flax oil  
¼ cup of olive oil  
1½ tsp spring onion or chives finely chopped  
1 tsp ground mustard  
⅓ cup rapadura or honey  
½ tsp salt  
3 tspns poppy seeds  
½ tsp lemon juice

Whisk the dressing together by hand and pour over salad. 'Bon Appetit'.

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





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