

The Funky Raw

Issue 29 - Autumn 2013

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Healthy eating for everyone

magazine



Raw Recipes and Reviews • Nutrition • Holistic Living

From the Editor

Another raw café opens in London (news page 5), it's becoming easier and easier to buy healthy food! While I was in London last month I went to Nama Foods a recently opened raw café. It's only small but the food was delicious. I just wish I was going to be in London next month for "The Chocolate Disco", a club night with an alcohol free bar serving kombucha, superfood smoothies and raw chocolate (page 7).



While in the UK we picked up some banana plants (from turn-it-tropical.co.uk) which will supposedly fruit in the UK (they're originally from the Himalayas), so we're hoping they will fruit here in Portugal - we'll let you know how they do! Enjoy the magazine.

love from Rob - email me at magazine@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

Submission deadline for next issue: **31 Dec 2013**.

Advertising deadline: 7 Jan 2014 funkyraw.com/ads/

The editor reserves the right to edit articles for the sake of space and / or clarity.

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Cover Artwork

Detail from the painting Nature by Lubka Strhakova .

Lubka's artwork is a combination of Art & Psychology with a healing energy to help you overcome any obstacles or challenges you might be facing in your life.. It brings more beauty into people's lives and wakes up what was suppressed and hidden..

To find out more about her artwork or the technique she is using visit www.souldrops.co.uk



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

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK.
www.ink.uk.com



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Contents

- 2 **Intro** from the editor and cover artist
- 2 **What is raw food?** - the basics and recommended diet
- 4 **News:** Eco projects and journey, new raw café, etc
- 6 **Potlucks, Events and workshops** for the next few months
- 8 Amy Levin's *A Passion For Raw Chocolate* reviewed by Rebecca Kane
- 9 Lynda Dagley reports from summer festival The Raw Fest
- 10 Review of *The Rawvolution Continues* by Carol Hunt
- 10 Jessie Maguire reviews the book *Shadow Summit*
- 11 Rob reports from a Funky Monkey **Rustic Carpentry Workshop**
- 12 **Ugg cake mixes** reviewed by Ceri Jones
- 14 **Recipes:** Carrot Cake, Chocolate Mousse Cake, Coconut Ceviche Sopa, Mango Tacos, Pumpkin Soup and more
- 17 Sally Holloway's **Raw Food Dude** cartoon
- 18 Winter Wild Food - Heather Gardner looks at **Pine Trees**, edible uses and recipes
- 20 Kenny Sunshine and Holly Paige investigate the **Longevity** supplement **TA-65** in more detail.
- 23 Katie Clare asks if you are getting enough **Vitamin A**
- 24 Charlie Lagoa looks at how a raw food diet can help **balance your hormones**
- 26 **Shamanic Nutrition:** Susan Laing looks at how Shamanic ideas affect what we eat and how we live our lives.
- 28 Susan Laing continues on the subject of **Sleeping without a Mattress**
- 30 Fiona Robertson looks at how **slowing down and taking time** out can benefit our lives
- 32 Hazel Siddall considers how our level of **relaxation when we are eating** affects our digestion
- 34 Derrick Jensen says we must **fight for what we love**, on the subject of how to deal with the destruction of our planet
- 36 Grace Quantock discusses ask if **perfectionism in healing** is blocking your journey?
- 38 What to do in the **garden in Autumn** with Helen Hurworth
- 39 A lighthearted look at **running a raw B&B** with Robin Littman



News

Got a story? Email news@funkyraw.com

Foraging, Fermenting and Cycling: A Journey by Chris Lane



I am travelling in Britain by bicycle, to share freely my knowledge of plants and wild foods, and traditional fermentation processes. I will do so without charge, believing deeply in and feeling

inspired by ideas of the Gift Economy. I have spent the last year in planning my trip, learning bushcraft skills and sourcing the kit I will need not only to survive but to live well.

I hope to meet many plants: wild, feral, forest gardened, native and exotic, useful to man or not. Their intrinsic value calls to me more and more these days. I have begun documenting those meetings on video, by photograph and in my writing. One aim is to meet as many species as possible in my field guide (Francis Rose and Clare O'Reilly - The Wildflower Key, containing around 1500 species). An early idea was to meet one from each genus, still a large task at 500 genera, before realising I'd never pass up an opportunity to meet a plant that catches my attention. This truly is about the journey rather than ticking off from lists. I-Spy Plants this is not! I seek deeper connections to the rhythms and patterns of Nature. Moreover, I hope to meet many people, to share knowledge, to aid the spread of ideas and positive solutions for ourselves and the planet we love.

Over the last 2 years I have experimented widely with fermentation techniques of all sorts, and had the opportunity to share that with around 30 people recently at a talk and

Coastal Community by Chris Kennet

We are looking for people and families interested in forming a veggie/vegan eco community near the coast in Dorset/South West England.

Based on permaculture and co-housing principles we'd like to forge a healthier way of life: grow most of our own food and fuel; generate our own energy; share skills; provide a place for courses, activities, holidays & retreats; and create an abundant biodiverse forest garden to share. We hope to find somewhere with a rural feeling, but with good transport links and wider communities nearby.

We are aiming to move quickly and so are looking to purchase somewhere either with permission to build or with existing dwellings; co-purchasing will be more affordable than doing it alone, but this will need financial and personal commitment.

For more info email chriskennett01@hotmail.com

tasting session I gave for the Leeds Permaculture Network. It inspired me to know that there is a wider hunger for this knowledge, and I am committed to sharing it as I am able. I prepared sauerkrauts and kimchis, sour tonic beverages such as kombucha and kefir and various vegan and dairy cheeses. I hope to work with people in experimenting further whilst I travel, in the knowledge that I would like to scale up from the home kitchen at some point. I have a particularly deep fascination with traditional Japanese ferments: miso, amazake, umeboshi (salted plums) and sake, to name a few.

I hope also to work with people in foraging experiments: recipe development, processing techniques for improved nutrition and flavour and further research on under-utilised food sources (plants mostly, but also mushrooms, insects and accidental meat). Acorns deserve much more air-time than they currently receive.

The thing I'm asking of people is whether they'd like to invite me to stay for a day or a few. Whilst there I'd be delighted to lead plant ID/wild food walks for groups of people. I'm seeking a flat place to lay my mattress, outdoors or in, and anything else freely given would be deeply appreciated. I have some small funds to purchase food, and hope to explore all the alternatives to doing so, whilst acknowledging that the deepest change often happens as a transition. If I am to use money then the least I can do is to say that I accept donations after the fact. But let me be frank in saying that money is not a motivator for me, merely a tool. I hope to gather a nationwide list of people interested in receiving a visitor, and then to arrange an itinerary to visit all the people in a given area.

Please feel free to get in touch via email:

chrislane57@hotmail.com or on Facebook by searching that address.

Raw Cakes at the Hornbeam

Our raw food gardener, Helen Hurworth, has started volunteering at the Hornbeam café in Walthamstow, East London and is serving some raw cakes. The Hornbeam serve vegetarian food which is local, organic and fairly traded and develop local projects focusing on helping people live more sustainably.



On Saturdays from 10am to 3pm there is a stall outside the Hornbeam selling local and ultra-local organic produce.

458 Hoe St, Walthamstow, E17 9AH. 020 8558 6880
www.hornbeam.org.uk info@hornbeam.org.uk

Camden Raw Café

Laura Coxeter has opened the Soul Cafe at Sadhaka yoga centre, serving an organic healthy selection of raw and cooked food. Raw sweets, superfood chocolate, teas, coffee, home made chai, fresh juices, all in a beautiful wholesome environment.



Some of what they serve:

Vegan Golden Milk - Almond milk with turmeric and cardamom which is anti-inflammatory, aids digestion and boosts immunity

Tunki Coffee – Fairtrade, Organic coffee from Ecuador
Green Veg Juice & Root Juice

Yogi Bhajan Chai – Caffeine free tea with nutmeg, cloves, cardamom, black pepper, cinnamon and sweetened with coconut sugar + a choice of milk

Reishi & Chaga
'Chino' – Medicinal mushroom blended beverage

Homemade Raw Granola with fresh almond milk

Kombucha – Fermented green tea; a pro-biotic tea for general well-being

Chia Pudding – Rich in calcium and protein and great for hydration

Raw Snacks

A hot soup, hot pot or dhal each day

Based in the Sadhaka Yoga Centre (where Alchemy used to be), The Stables Market, Chalk Farm Road, Camden, London, NW1 8AH

020 7267 6188 www.sadhakayogacentre.com/cafe/



New Eco Project in southern Italy by Nicky and Andy

If you're someone who loves to hear and share positive stories, gets excited about new developing projects surrounding sustainable living education, health and well-being and development of small scale farm communities, then we have an opportunity right up your street.

Play your part, however large or small you choose, in the creation of a forward thinking centre in Puglia, South Italy. Enclosed in six and half acres of fertile, arable land will stand an eco-education hub, comprising a traditional 'trulli' house as the gate house, a strawbale dojo and eco-house built using cutting edge technology married with traditional construction crafts.

Here we will draw scholars from around the world to inspire the word of natural living, healthy living, loving living. In unison we will be a centre for organic produce as we bring together a cooperative of local farmers personally sourced for their finest foods and drinks.

A complete renovation of the 'trulli' will feature within the first few months to lovingly restore the original features so people from all over the world can enjoy unique and authentic Italian holidays, using this wonderful building as a base from which to explore the rich and magical lands that are Puglia.

The centre will endeavour to feature strongly within the local community as a place for employment, training and entrepreneurship but also attracting students and groups worldwide studying for a sustainable future on one hand and individuals and classes pursuing personal growth, wellness and health on the other. The land is a hive for

intellectual and educational communication as she harbours the masters' who understand her ways and share the knowledge of the brightest future to the students, labourers, craftspeople and decision makers of the future.

Some 6 years ago the founders acquired a plot with 3 buildings and land in the region of Martina Franca, Puglia, Italy. During those years the land was allowed to rest and recover from previous intensive farming and now flourishes with over 50 Olive trees, nut and fruit trees, native flower and herbs and also Italian Broad leaf Oak which are vital to the conservation of a healthy water table.

So tell your friends, "I helped launch that" by being part of this project at the first steps. Please join in our enthusiasm in what ever way you can as we are nothing without people. We are giving the opportunity to pre-purchase everything from produce to different therapies, ranging from Organic Raw Extra Virgin (hand-picked and cold pressed) Olive Oil to short or long term breaks for groups, artists and therapists, etc. We have volunteering opportunities for building, permaculture, design, marketing or whatever way you may like to get involved. Feel free to hire the space and bring your clients to the tranquil landscape. Or simply book up for a relaxing holiday and enjoy a magical time in any of the local towns and beautiful City of Martina Franca.

Email: nicola_hull@hotmail.com

Mobile: 077 6341 5445 Landline: 0208 320 8779

Web: www.nuarccommunity.wordpress.com



Local Gatherings and Potlucks

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

Hebden Bridge & Leeds

Meetups and wild food walks. See Facebook page for future events: www.tinyurl.com/rawhebden

South Manchester

Check website for future dates
www.facebook.com/groups/southmanchesterraw/

Glasgow/Central Scotland

Join at
www.meetup.com/Glasgow-Raw-Food/

Sunderland/Newcastle

The 2nd Sunday of every month 12.30pm at the Quaker Meeting House, Sunderland, SR6 9PG. Also 4th Tuesday of every month in Newcastle, 6-8pm. For more info contact Madeleine on emvz53@gmail.com and see www.tinyurl.com/nerawmeet

Hull

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

Colchester

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

Cambridge

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

Bedfordshire/Northamptonshire

Contact Elizabeth Drake on 07795 250312
www.tinyurl.com/rawbeds

Cardiff

Monthly potluck, on Facebook
<http://tinyurl.com/rawcardif> or contact Nicola on kalistar@hotmail.co.uk

Bath area

Contact Aradhana
www.beautifulheartrawkitchen.co.uk/raw-food-potluck-bath/

Bridgwater, Somerset

Monthly potluck, check website for future dates. More details:
www.resource-me.com/noticeboard.html
Please RSVP: enquiries@resource-me.com
Tel 01278 671863

Forest Row

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

London

North London: See the website for details of next meetup:
www.tinyurl.com/londonraw

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

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

Hastings

Potluck every 2 months:
sallyholloway@cheerful.com
07960 222077

Brighton

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



Workshops & Events

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

Permaculture and Sustainability in Action

Date: Saturday 09 Nov to Friday 15 Nov, 17-00

Location: Granada, Spain

Description: We are offering a beautiful experience of learning and inspiration, in our Workshop about Permaculture and Sustainable Living. Based in the natural and gorgeous surroundings of the Sierra Nevada mountains and national park, it is a week long residential course, that we have tried to design in the most balanced way that we can. Raw food is available on request.

Making sure that the intense theoretical lessons in the classroom are balanced out by exciting 'field trips' to visit farms, communities and gardens in the local valleys and mountains.

Price: 290€ camping or 475€ with a room in a guest-house

Website: granadapermacultura.blogspot.com

Raw Food for Winter

Date: Sunday 17 November, 10.30am - 5pm

Location: Central London

Description: Lots of people struggle with the idea of eating Raw Food in winter, when it's cold and rainy outside. Do you love the idea of being healthy and full of energy and positivity through the winter months?

This exciting day of raw recipes and inspiration with raw food expert and mentor Saskia Fraser shows you how it's deliciously possible and will inspire you to be brilliantly well this winter. With the tips in this workshop you can easily banish colds, flu, achy joints, tiredness, and excess weight this winter.

Price: £149 Includes raw lunch and recipe pack.

Contact: 07733 107 811

Website: www.rawfreedomrecipes.com

The Chocolate Disco

Date: Sunday 17 November, 5pm to 11pm

Location: Total Refreshment Centre, Farleigh Place, London, N16 6SX

Description: DJ night with alcohol-free bar, brought to you by Laura Coxeter and Kate Magic. Bar with coconut water, kombucha, superfood smoothies, raw chocolates and kale chips.

Price: £8 on door (or £7 in advance)

Website: www.rawliving.eu

Radiant on Raw Festive

Date: Saturday 30 November, 10am to 4pm

Location: Shaftesbury Dorset

Description: Are you ready to have an abundance of energy, detox your body, be your ideal weight, feel younger and look radiant?

Special focus on festive dishes just in time for Christmas. This will include Christmas pudding, canapés and a nut roast for main course.

Gabriela's Radiant on Raw 1-day class is an ideal introduction to the beauty, freshness and delightful tastes of raw plant-based foods. In this class you will learn how to integrate foods into your daily life and how to make

informed dietary choices, boost your health, and start on the road to become the radiant self you can be.

During the day, Gabriela will demonstrate how you can make fast, delicious and nutritious raw meals and how to cut out those foods that do not support your health and wellness without sacrificing on taste and flavour. Plenty of tasters and a substantial lunch.

Price: £75.00

Website: www.radiantonraw.co.uk

Celebrating in the Raw (Festive Special!)

Date: Saturday 07 December, 10.30am - 5pm

Location: Central London

Description: Come and join raw food expert and mentor Saskia Fraser and celebrate raw-style this Christmas! Celebrations, festivities and feasts can be healthy and utterly delicious when they are done the raw way! In this festive raw food workshop you will learn some beautiful dishes to wow your friends and family with. Discover exciting and healthy recipes that will help you be your best this festive season.

Celebrating in the Raw is suitable for beginners and those with raw food experience. This workshop is a great opportunity to meet lovely, like-minded people too. A yummy raw food lunch and hand-outs are included.

Contact: 07733 107 811

Website: www.rawfreedomrecipes.com

Permaculture Design Certificate Course

Date: Wednesday 08 January to Monday 20 January

Location: Granada - Spain

Description: Learn new skills and realise new perspectives with a Permaculture Design Course! Set in a beautiful venue in an ancient olive forest, over the course of 13 days. This is an official Permaculture Design Course that gives you the full opportunity to start your path to Sustainability.

Taught by local farmer Ras John Cresswell with special guest teacher Patrick Whitefield, Permaculture teacher, designer and writer.

Includes six visits to local projects that are incorporating permaculture within different perspectives, from intentional communities to simple family homesteads. There will be the opportunity to get your hands dirty and be involved in Gardening, Building, seed-saving and 'seed-bombing'.

Price: 895€, raw food available on request

Website: granadapermacultura.blogspot.com.es

Raw Magic in Goa

Date: Saturday 18 January to Wednesday 22 January

Location: Bhakti Kutir, Patnem, Goa, India

Description: Come to paradise and learn all about the magic of raw foods and superfoods, bringing together fantastic groups of people to go deep into raw in the stunning setting of South Goa.

This 25 hour course gives you the opportunity to fully immerse yourself in raw cuisine and philosophy. We promise that you will finish the course armed with a practical knowledge of how to make magic in the kitchen, along with a transformed awareness of how to empower yourself and implement the magic in your world.

Price: £350.00

Website: www.rawliving.eu/events/goa.html

Ripe for Radiance

Date: Thursday 27 to Sunday 30 March, 3 days residential

Location: Dartmoor, Devon

Description: A raw food and deep nutrition retreat for women over 45.

'Deep nutrition' means nourishment of the whole person - not only body but mind, emotions and spirit. In this retreat we will address all of these and support you in finding your balance. Your body will experience the radiance that comes from three days of eating raw plant-based foods, learning to prepare and integrate this energy-giving and nutritionally-loaded diet into your life. You will have time to address life transition, wherever you are, peri- or post-menopausal, coping with family and career post 40's, 'empty nest', retirement, change in relationships, bereavement, ageing. How can you nourish yourself within all the change? How do you find balance? Who do you want to become as you 'ripen' into full radiance?

Price: From £395 inc all meals and accommodation.

Website: www.radiantonraw.co.uk

Raw Magic in the Bahamas

Date: May 4th-9th, 2014

Location: ARC, on the island of Bimini, Bahamas

Kate Magic is being hosted by Jenny Yemaya and her team at the Atlantis Rejuvenation Centre.

Spend your days practicing yoga, eating gourmet raw food, and taking daily boat trips out to swim with the wild dolphins.

Price: From £1125. This includes 5 nights accommodation, 6 days of yoga, raw classes and dolphin trips, and three raw meals a day.

Website: www.rawliving.eu

Radiant on Raw in the Caribbean

Date: Wednesday 18 June to Wednesday 25 June, 1-week residential

Location: Tobago

Description: A retreat to explore and experience deep nutrition through raw plant-based foods in one of Tobago's most beautiful, family run, eco resort, Castara Retreats. Join Gabriela Lerner for a week of raw food classes and explore the small island of Tobago, home to one of the oldest rain forests in the world.

Price: £1150 inc shared accom, all meals, transfers, etc

Website: www.radiantonraw.co.uk

A Passion For Raw Chocolate by Amy Levin

eBook Review by Rebecca Kane

I have been creating raw chocolate for several years, when I say creating, I really mean playing... Words like 'tempering' never before came into my kitchen experiments.

In fact when someone asked how I tempered my chocolate I had to google what the process was. It all seemed like a bit of a faff to me.

Then I was introduced to Amy Levin's eBook 'A Passion for Raw Chocolate' - and a whole new world of creative chocolate was opened to me.

This eBook is as beautiful as the chocolate creations within its pages, and has something for every level of chocolatier, whether you are just starting on your adventure or have been creating for years.

What Amy has done exceptionally well in this book is to guide you clearly through the world of chocolate making. It feels as if she is with you every step of the way.

She starts by explaining the basics that every aspiring chocolatier needs to know; the ingredients, the equipment and the all important techniques.

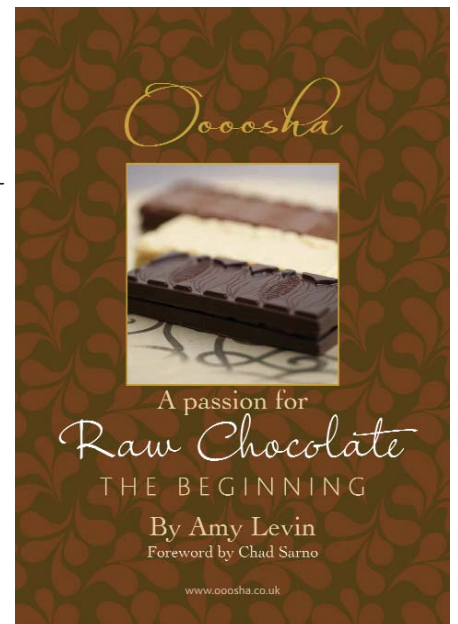
This smoothly transitions into making basic chocolates; white, milk, dark and pure chocolate. The part I found most interesting was the 'Sweetener Chart'. A really useful guide to help you decide which sweetener to use for your chocolate for the best result.

Once you have mastered the basics, it's time to get even more creative and Amy explains how to make the most beautiful chocolates with the use of colour, texture and a great variety of decorating effects such as marbling, brush and splatter.

If you still felt like you needed more guidance before you get creative yourself, Amy shares with you some of her delicious signature chocolate recipes such as the amazing Orange Vanilla Crunch in the Dark Chocolate, Cherry and Almond in Milk Chocolate and my personal favourite Cheeky Monkey.

As this was the first time I had used some of these techniques when creating chocolate I found the Troubleshooting section really helpful and pointed me in the right direction.

This is possibly one of the most comprehensive raw chocolate eBooks I have ever read and I would highly recommend it to anyone with a love of chocolate. I have found the information really valuable and will continue to experiment with the skills and techniques outlined in the eBook.



RRP £14.95, 58 page PDF ebook.

Available from www.ooosha.co.uk

Raw Fest - Summer 2013

Festival review by Lynda Dagley with Pardeep

Arriving around midday, on the last day, we were delighted to walk through a totally rubbish free but relaxed 'human communities' sized camping area, with tents well spaced in their owners' spots on green grass and/or near shady trees, none of which showed that brownish quality of my own London patch.

We couldn't resist taking a snap of what seemed to be an overlap shed home with peaked roof and window ledges expertly fitted onto a mediumish sized open truck nor the canine cuddle offered by the again spotlessly hygienic dog.

There were none of the vehicle queues known to other previously visited 'festivals of other ilk's' nor any shortages of food eg enchilada, salads, fruits, large pick-and-mix plates (£6) all raw, some with seeds and grains, some with turmeric and even optional 'mock' raw vegan 'tuna'. Someone claimed the cheesecake was the best they had ever tasted, again all raw with a choice of mocha, plain, or orange with a crunchy nutty base. Generous slices for £4, take-away packaging if required.

Everyone was approachable, friendly but unclingy and you could easily find an undisturbed space to be alone but secure if this appealed.

The hosts/organisers though unobtrusive were always easily found on site making sure all their guests and givers were without worries and even set out several times in person to pick up those (who had not booked into the pre organised car share scheme) from the nearest stations, even making the return trips with genuine 'glad you came' smiles or hugs if you were open to them.

We got to see some of the speakers, marvelled at how a Mr/Ms Universe body might

be built from just raw plant nutrition. The varied styles of humour or ideas sharing and Kenny's presenting so much knowledge about fermentation in such a relaxed manner. Also on tap were healing or growth therapies, circle dancing, jokes, stories and 'Star' the youngest 'girl band' on the raw circuit aged from sixish, plus apparently a truly wondrous bonfire on the night before we got there.

This Raw Power Raw Fest is scheduled for a repeat version in 2014. The venue is yet to be confirmed but we're convinced it will be of equal or surpassing quality.

Next years festival: 17th to 21st July 2014, near London.
For details see: www.rawpower.com



The Rawvolution Continues by Matt & Janabai Amsden

Book review by Carol Hunt

So I'm a Raw newbie and if I'm honest I'm still at the stage of dipping my toe in, so as such my review is given on that basis, whereas some of you are no doubt way ahead of me in terms of experience and have fully fledged to the world of Raw.

I guess I ought to mention at this point that 'The Rawvolution Continues' is an American book and perhaps it's because of that that some ingredients listed in it had me totally foxed. After searching online for sources (such as in Funky Raw's shop) it appears that they might not be so easily obtained in the UK and this may be worth bearing in mind. Nevertheless I guess with a little creativity, more experience than I currently have and a decent knowledge of potential alternatives you could however make appropriate substitutions for some of them.

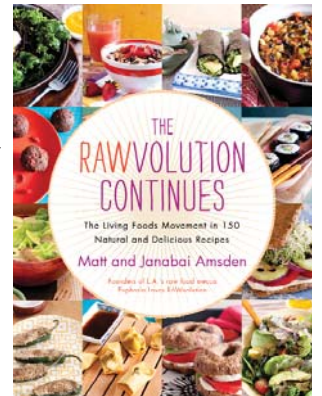
On my first viewing I had to admit that the recipes certainly looked good, and I liked the icons which gave an at a glance indication of the complexity level and the equipment needed. Some

recipes are wonderfully easy and accessible and the photographs alone inspire you to try them. The family have already developed some definite favourites (I'm thinking particularly here of stuff like the Night in Tunisia Spicy Sesame Soup and Breakfast Burritos but there are others that are equally good) and I personally loved the Chai Latte and made a simple substitution for the coconut nectar mentioned.

For a newbie, it can be good to be able to read a bit about other people's journeys, how and why they have chosen to go Raw, especially if their ethic coincides with your own but (sorry, there is a but) I do think I could honestly live without the 'Rawvolutionary Hero' boxes which liberally pepper the book. They don't really seem to serve much of a purpose except to fill page-space and I personally found them a tad evangelical without actually enlightening or informing me very much.

Worth buying? Well, it's a nice book. I love hardbacks - yes they are more

expensive and you could argue that it's a little bit of personal snobbery, but they do last so much better than a paperback and are not so prone to falling apart. To me that's essential if you've fallen in love with a recipe book and are constantly referring to it for inspiration. Hefty, well produced on a good weight of paper it strikes me that it could make a pleasing gift but more experienced Raw foodies might want to get their hands on it and have a good delve inside before purchasing. I'd rate it as a 7/10.



RRP £18.50. 288 pages, hardback.
ISBN: 978-1451687002
www.rawrevolution.com

Shadow Summit by Jon Chandonnet

Book review by Jessie Maguire

This book is about Jon, a highly motivated, corporate-type who discovers he has Multiple Sclerosis, which turns his life around.

After a tragic deterioration in his condition, he ends up at the famous Optimal Health Institute, where he becomes a volunteer and tackles his health problems head-on.

After buying into everything conventional, he finally begins to realise he needs to look inside if he is going to find his way out of the hell he has found himself in.

His emotional, physical and spiritual journey to health is fascinating. It makes you question where *you are* in your emotional development, society's pressures and norms and how they can be internalised through insecurity despite our good intentions, and how when we are motivated by that negativity the only way is down. His turn-

around emotionally really touched me.

What also touched me was how Jon's family supports him through the journey, especially his girlfriend and then wife, who deals with every challenge in an extraordinary way in order to help him return to a normal life. What a strong, generous woman.

The first half of the book didn't interest me as much as the second – but showed how a disregard for your body and health can lead to the most tragic outcomes, even when your activities make you appear to be on your way to being the fittest dude in the country.

The second half, however, was fantastic – Jon's motivation and commitment inspire reflection on one's own path, and how this process can be ultimate life-changing at every step.

I recommend this book. It was interesting to see how much someone can alter their ways and views through struggle. The OHI program is not equal to the "junkier" raw food

lifestyle, it is a low glycemic, pure diet with lots of vegetables, like the Ann Wigmore diet. It inspired me to tidy up my eating. Experiment, be more flexible, and open-minded. And do enemas!! Shadow Summit is well worth a read.



RRP: \$24.99. 282 pages.
ISBN: 978-0615836560
www.jonchandonnet.com/book/

Funky Monkey Rustic Carpentry Workshop

Review by Rob Hull

When I heard about a rustic carpentry business called Funky Monkey, I just had to investigate further! We looked at the website and fell in love with the furniture being made and when I realised that we could go and learn how to make this stuff ourselves, I made a booking.

Ian's workshop is a large barn on a farm near Barrow-upon-Soar (15 mins train journey from Leicester). Ian started the day with a little background information on green woodworking and sustainability. He introduced the tools we would be using and then we fairly quickly got into the practical work. We started by making a walking stick, as a simple way of learning the tools: a shave horse and a shave knife to strip the bark, and then a small axe to shape the ends.

Next something a bit more useful: wooden mallets. We turned two pieces of wood into two wooden mallets in a fairly short time, using two different techniques. While the intended use was of course for further woodworking tasks, Jolita immediately decided she would use hers for making sauerkraut!

Ian is a very patient teacher. Only problem was sometimes enjoying doing his work too much and forgetting that he should be letting us practice.

Wooden tent pegs came next, fairly simple but good practice using the axe, before we moved on to the main piece for the day, a small stool. We used a hand auger to drill the first two holes where the legs are inserted,

but struggled at the other side where the wood was harder so Ian finished off the holes with a power drill. We then shaped poles to fit exactly, hammering them into place using the mallet we made earlier! Ian sawed off the bottom of each leg to level it then we used a special bendy Japanese saw to trim the tops of each leg off flush with the top of the stool.

I asked Ian to tell me more about his work and sustainability, and this is what he said:

Funky Monkey Rustic Carpentry was born out of wanting to move away from the work I was doing, sub contracting as an industrial abseiler working in the high rise construction industry. This involved working away from home, long motorway commutes, impossible work pressure deadlines, stress and strains of the rush hour city centre traffic, polluted work environments, etc and after 13 years of that type of working life I wanted out!

My business now is all about local working, accessing local woodland materials, supporting other local businesses, offering apprenticeships in rural craft skills, caring for woodlands, keep rural crafts and skills alive and relevant to what customers may want with regards to a garden structure and piece of rustic furniture... it's all about treading lightly, considering my work environment... caring about the green element of my business.

Coppicing is the term for small scale woodland management... only taking what you need and what is good for the woodland. I do many days of unpaid woodland management in local woodlands in and around the Charnwood Forest area of north west

Leicestershire throughout the winter months... my payment is the materials that I take out of these woods and then I use these materials throughout the coming season, hazel stakes & binders for hedge laying, walking stick shafts, green wood stick furniture, not forgetting the wind fallen and diseased trees that will be taken and used mindfully, oak and ash branch wood for larger furniture, round wood framing structures, charcoal and fire wood, the uses are endless.

It's a by gone way of woodland work and a lifestyle that has been this way for generations... it's not amount making lots of money, the richness comes from learning, listening, watching and sharing, learning from an old carpenter who's wanting to pass on his skills and knowledge before it's lost, sharing the skills I've learnt and continue to master with others young and old...

Workshops are tailored to your requirements, please contact Ian:
ian@rusticcarpentry.co.uk
0782 877 2499
www.rusticcarpentry.co.uk



Ugg Foods

Product review by Ceri Jones

Ground almonds, coconut flour, chia seeds, pumpkin seeds, raw cacao, xylitol, raisins, desiccated coconut, ground flax, spices, xanthan gum, baking powder, etc, etc. Rather a lot of separate ingredients to get hold of and keep in the cupboard in case of desire for the bit of occasional baking or treat.

This is where Ugg Foods come in.

Taking the idea of the *Betty Crocker* ready mix cake pack Ugg foods have created a range of pre-mixed ingredients – just add eggs, oil, water (as instructed) and with a quick whisk and short spell of time in the oven you've a perfect recipe for some freshly baked paleo friendly goods. However if an exclusively raw foods diet is your thing, then the Ugg website is armed with plenty of ideas to convert your pre-mixed flours into raw refrigerated or dehydrated treats.

I was sent 4 different pre-mixes to try:

Chocolate Chia Muffin Mix
Chia Seed & Nut Bread Mix
Fruit & Seed Loaf Mix
Coconut Muffin Mix

As someone who mixes both paleo cooked and raw treats into their diet I tried a variety of 'cooking methods' for this review.

Each have a fantastically natural list of ingredients. Though in all honestly I was initially a little concerned that the sugar element in the sweet mixes – xylitol (the sugar from the silver birch tree which I do use in my recipes especially when creating a Low GI diabetic/candida friendly treat) was so high up the ingredients list. Even a low GI sugar, is going to have an overwhelming sweet taste when you're used to eating mostly sugar free.

As a self confessed chocoholic I chose the **Chocolate Chia Muffin** first to sample. Intrigued, I tasted the mix straight out of the packet and it did taste very sweet, with the xylitol maintaining a very granular texture. I opted to bake the muffins as instructed with my recipe, so I'm not sure how the xylitol would have tasted in one of the raw recipes as listed on the website. The muffins did look good! They were perfectly chocolatey and even enjoyed by friends of mine who aren't paleo let

alone gluten or refined sugar free. I used coconut oil instead of the listed olive oil since I'm used to baking with it. It worked well.

Next up was the **Chia and Nut bread**. Most of the raw recipes I scoured on the UGG website relied on owning a dehydrator (or a very low oven for a long time) and since I don't have a dehydrator (or the time to use the oven on low for long) I again tried the back of the packet instructions for the bread. The bread tasted great. My guests commented the bread was rather cakey – but then that is the case with most paleo breads (such as my popular avocado bread). It also got stuck in the tin since I didn't use a silicone mould – which I would definitely recommend. But - and I've also found this with all the other packs - I found the carby bread/cake-like taste, so addictive I ate way too much. I just couldn't stop! This

is a prime reason why I avoid eating treats like this on a frequent basis – best reserved for treats rather than daily indulgences.

Finally I made up the **Fruit and Seed loaf** – and this time followed a raw recipe making raw cookies with the addition of cocoa butter (recipe taken from the Ugg website) uggfoods.com/recipes/25/raw-fruit-and-seed-cookies The cocoa butter, which returns to solid at room temperature was the perfect mix. I had thought about adding coconut oil instead, which I'm sure would have worked but would have had to be kept in the fridge as the oil would have melted again at room temperature. These were so easy to do, you simply mix the pre-mix with the melted cacao butter and stick in mould of choice till it sets. I choose the bottom of a mini muffin pan and some heart shaped chocolate moulds. The small heart version would be perfect as a petit four or a small snack (if you could get away with eating one only!) The flavour of this mix was reminiscent of apple crumble topping and I suspect a raw recipe with fresh berries would be a good way to go. I think you could also do something

fancy with a layered cheesecake. Perhaps partnering a cashew cream or a frozen fruit such as banana on top of the cookie base.

For fear of eating too many treats to myself in one short week I passed the coconut muffins to a friend who isn't as confident at baking as me. I look forward to hearing how she gets on! The raw recipe I rather fancied trying was the granola. The flour mix can be mixed with banana then dehydrated at a low temp (or in the oven) for a crispy raw granola. Very interesting idea.

At £5.95 per packet it may on the surface appear that the pre-mixes are fairly pricey – especially when you require extra ingredients to add in too.

However when you compare how much you'd pay for separate raw or baked muffin or cookie in a café it doesn't seem so expensive.

I'd say that these were

aimed at newcomers to this lifestyle who may not want to commit to purchasing lots of separate ingredients, or those who are not interested in experimenting with creative recipes for treats (though if you do the Ugg website is a great resource).

From experience many paleo convert friends of mine are great at cooking up nourishing meals, but just don't have the confidence when it comes to baking with alternative flours.

My parting comments would be that these are still treats. My overeating completely exemplified this! (Maybe that's just me). Exercise portion control – share with others, and you've a great clean eats simple bake on your hands.

Best of luck to Ugg Foods with this niche product – great to see a new paleo & raw foods friendly company on the way up. The more that exist to improve the message that we should all eat better is no bad thing in my mind!

Ceri is author of naturalkitchenadventures.com a whole foods & clean eating recipe blog which is loosely based on the paleo concept.

£5.95 per pack. Ugg Foods are offering Funky Raw readers a 15% discount, valid until 31st March 2014. Use code **FUNKYRAW15** on the website www.uggfoods.com





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Carrot Cake

The recipe takes about 20 minutes to make and is the perfect way to use up the pulp you have after juicing your carrots.

Ingredients

Cake

1 cups of walnuts
8 pitted medjool dates
2 cups of carrot pulp (left from juicing) – If you don't have a juicer, you can grate the carrots but you will have to squeeze as much juice out as you can
½ cup of dessicated coconut
2 Tbs of carrot juice
1 tsp of vanilla extract
1 tsp of cinnamon
Pinch of salt
2 tsp of water

Icing

½ cup of cashews (soaked for at least 20 minutes)
¼ cup of water
2 Tablespoons of melted coconut oil
Juice of half a lemon
1 tsp lemon extract

Equipment

Food processor
Blender

Method

Cake

Place the walnuts, dates, salt and vanilla extract in to the food processor and process until the mixture begins to stick together

Place the mixture in a bowl and add the rest of the ingredients and stir well

Mould the mixture into the shape that you require

Icing

Blend all ingredients together until smooth and creamy

Layer the cake with the icing

by Rebecca Kane -
www.ShineOnRaw.com



Peace, Love and Berries Raw Chocolate Mousse Cake

Another dreamed up recipe, taking full advantage of the abundance of Gaia's Berry harvest ~ I dreamed of a creation that was almost like the marriage between a cheese-cake and a black forest cake, and here it is, a work in progress that I think is 'dreamy' and not too sweet.

The chocolate biscuit base really is awesome, then a jammy layer of succulent chia seeds and berries, topped with a MUCH lighter chocolate mousse cream and more berries!

Hope you enjoy.

Base

1 cup almond flour (from left over pulp when making nut milk, dehydrated and made into flour)
1 cup pecan nuts, crumbed
½ cup coconut sugar
⅓ cup cacao butter, melted
3 tablespoons cacao powder
vanilla powder
pinch of Himalayan salt

Combine the dry ingredients well - mixing by hand, add in the cacao butter and mix well to distribute the butter throughout the dry ingredients. Place in the bottom of a lined springform cake tin, pressing down firmly. Set in the fridge whilst preparing the jam.

Jam Layer

1 cup fresh blackberries
3 tablespoons chia seeds
½ lemon, juiced
2 tablespoons maple syrup or honey

Blend the blackberries well, then pour into a bowl and stir in the lemon and maple syrup. Keep stirring to hydrate the seeds. Leave to sit for 30-40 minutes as it will thicken. You want a nice thick jam that holds shape well.

Once thickened, pour onto the cake base, leaving a little room at the edge for adding more whole berries for texture.

Add in the extra berries now.

Chocolate Mousse topping

½ cup Irish moss paste (I used white Irish Moss)
2 cups nut milk
¼ cup medjool dates, well packed
⅓ cup maple syrup or honey
½ cup cacao powder
vanilla powder
pinch of Himalayan salt
2 tablespoons sunflower lecithin (or non GMO soy lecithin)
½ cup cacao butter, melted

Blend all the ingredients *except* the lecithin and cacao butter, until creamy and fully combined.

Add in the cacao butter and lecithin and blend again to a cream.

Taste and adjust if needed.

Pour the mix over the cake base and jam layer, then set in the fridge for 4 hours, until firm.

Top with more berries if desired.

by Peace Ravenwood - schooloflivingrawfoods.com

Stacey Jackson has recently started NV-DA (pronounced: nun-dah, meaning: "the sun and the moon" in Cherokee), a 100% organic, raw & vegan meal and juice delivery service, caterer & more in Los Angeles, USA. NV-DA is dedicated to supplying delicious raw-vegan products & services using only top quality locally harvested seasonal fresh produce in an ethical, eco-friendly & sustainable way. Here are a couple of Stacey's recipes. Find out more at www.nv-da.com

Coconut Ceviche Sopa

Broth Ingredients

Juice of 3 young thai coconuts
2 celery stalks
Juice of 3 key limes
1/8 jalapeno
1 garlic clove (I like to chop up the garlic and jalapeno finely prior to putting in blender just to ensure no chunks)



Method

Blend all of the above together until smooth.
Marinate for 1 hour (do not strain right away, let all of the flavours become infused together)
Strain through nut bag or sieve
Discard pulp (or save to make spicy flax crackers!)

Ceviche Ingredients

Everything below Chopped into 1/4" to 1/2" cubes and then doused in juice of 10 key limes:

Meat of 2 Young Thai Coconuts
1/2 cup Red Cherry Tomatoes (quartered)
1/2 cup Yellow Cherry Tomatoes (quartered)
1 cup Cucumber (quartered)
1 cup Radish
1 Carrot
1 Shallot (I prefer diced)

Plus

3 tbl spoons diced fresh coriander (cilantro) leaves
2 tbl spoons diced Jalapeño (about 1/2 a large jalapeno)
Salt & pepper to taste (best to leave a little under salted as it tends to get saltier overnight, and you can always add more later)

Method

Pour sopa broth over ceviche and stir
Marinate while you are creating tacos, but also tastes great right away!

Mango Tacos

Ingredients

Purple cabbage
Baby mixed greens
1 mango
1 red bell pepper
1 avocado
2-3 key limes (or 1 large regular Lime)
Spring (green) onions
Fresh coriander (cilantro)
1/16 tsp salt
1/8 tsp onion powder
1/8 tsp garlic powder
Chili powder

Method

Quarter the cabbage head and separate leaves to make the taco shells
Cut mango & red bell pepper into long slivers about 1/4" thick
Cut avocado into chunks place in a bowl doused in juice of 2-3 key limes and sprinkled with a pinch of salt, onion powder and garlic powder and mash up with a fork to make the guacamole.

Finely chop green onions

Dice coriander leaves

Assembly

Place 2-3 taco shells on plate depending on size and appetite
Fill with baby mixed greens
Place mango strips and red bell pepper strips on top of greens
Top with a healthy dollop of guacamole
Sprinkle with spring onions & cilantro
Sprinkle with a pinch of chili powder



Blueberry Banana Pudding

I love blueberries, and I love puddings, so this one was naturally on my list of dishes to create:-)

This is very good as a dessert on its own, or you can use it as a pie filling for raw pies, or you can chop some whole fruits into it and sprinkle it with raw granola to eat for breakfast. Don't let the simplicity fool you though: this is very filling and satisfying.

The blueberries will thicken the pudding quite nicely. It's so delicious, and so easy! And, as with all of my recipes, it only takes...5 minutes!

You will need: A blender or hand blender

Ingredients

1 large ripe banana
2 cups fresh blueberries (or frozen and thawed)

Power Breakfast

Ingredients (serves one)

½ banana
the juice of ½ fresh lemon
2 tablespoons hemp seed oil for omega 3 and 6
2 tablespoons of crushed seeds (50% mixture of sesame and lin/flax seeds)
1 tablespoon crushed nuts and seeds (sunflower, courgette, brazil, almonds, walnuts & hazel).
½ apple in small pieces, and three other fruits of season according to your taste and availability.

Method

Blend (or mash with a fork) the banana, oil and lemon juice

Place the banana & lemon mixture in a bowl, add the seeds and nuts on top and then the fruit.

by Fiona Robertson -
www.retreatbiarritz.com



Dash of raw honey, maple syrup, or two pitted dates if desired

Method

Put everything in the blender and push the button!

Barbara's tips

For extra sweetness you can use a really ripe banana – the browner the better. A great money-saver is to buy the overripe bananas at the market that are often very cheap and freeze them individually to use when needed. Just make sure to peel them first!

You could also add some water to make a delicious fruit smoothie...that's one of the things that I love about raw food – it's so versatile!

by Barbara - www.RawFiesta.com



Pumpkin/Squash Soup

Peel and chop your pumpkin or squash into small cubes to make easier work for your blender. Reserve some seeds if this vegetable is organic, you can dry them and use them to make a seed mylk or keep to sow in your own garden next Spring.

Place in Vitamix (or other high speed blender) along with

3 cups of freshly squeezed orange juice
3 large persimmons (Sharron fruit)
Pinch of salt
Pinch of: nutmeg, cinnamon, smoked paprika, and the magic ingredient 'mace'

Blend until silky smooth, adding some water if too thick.

The blender will warm the soup with prolonged use, or, place into scolding hot soup dishes to warm through; alternatively warm gently in a pot-tager. Finish with a swirl of coconut or nut cream on top, and garnish with chopped coriander or parsley.

by Helen Hurworth

Pumpkin Pie Filling

It's pumpkin season so I've been experimenting with making pumpkin pie, although just the filling as that's the bit I like, but I'm sure a base made with buckwheaties and dried fruit (figs or prunes for me) processed together would work well.

Ingredients (serves about 2)

250g pumpkin, chop and remove skin
5 dried figs (these were small, 45g in total)
80ml water to soak the figs in
1 tablespoon coconut oil (melted first will probably work best)
2 tablespoons lucuma
1 tsp lemon juice
¼ tsp cinnamon
pinch of ground ginger, nutmeg and cloves

Soak the figs, I only soaked for about 10 minutes, but you might need to leave them longer if you don't have a high speed blender.

Blend everything except the lucuma, adding the fig soak water as need to allow it to blend well.

Add the lucuma and blend in to thicken. Enjoy!

by Rob Hull - www.rawrob.com

Chocolates crispies

Ingredients

3 tablespoons of raw chocolate powder
5 cups of Sprouted and dehydrated Buckwheat
1 tablespoon of honey (local to your area, raw if possible)
200ml coconut oil, melted
Grated coconut
Raisins
Toasted sesame seeds

Method

Pour the melted coconut oil into the chocolate, sprouted buckwheat, honey, grated coconut and raisins. Stir.

Use a teaspoon and fill some small silicone cups for the chocolate shapes.

Extra additions: Maca powder, Superfoods

by Fiona Robertson -
www.retreatbiarritz.com

Cinnamon-y Rolls

Ingredients

1 cup almond flour
1 cup ground golden (yellow) flax seeds
a dozen dates
2 handfuls of (crimson) raisins
bit of coconut oil (just have some ready)
pinches of salt
cinnamon
handful of pecans or walnuts

Method

Make a "sauce" by blending all of the dates (pits removed, of course), a handful of raisins, dashes of cinnamon, and a pinch of salt with a little bit of water. Make sure you end up with a thick and smooth date paste by starting with very little water and adding more as needed. You will probably have to give it a whirl several times and scrape down what ends up on the walls of your blender.

In a mixing bowl, combine the almond flour, the flax seeds, salt, and a dash of cinnamon. Add some of the date paste and a tad bit of (start with a half a teaspoon) coconut oil and work your mix into a somewhat sticky dough.

Roll the dough into a ball and then spread it out, using a bottle or a rolling pin with oil on it, on a teflex sheet. Roll it into about a half-inch (1.3cm) thick sheet, as close to a square shape as you can manage.

Here comes the first test: try rolling it up to see if it breaks. You need a pliable dough that will not break and/or stick to the surface it is on. If you have trouble with it you might need to add a bit more oil and work the



dough a little longer before you roll it out again. This takes practice so be patient.

Once you're confident your dough will work, spread the rest of your date paste on top of it, sprinkle it with nuts that you have chopped up into tiny pieces, and sprinkle it with more cinnamon, to taste.

And now, the really tricky part: roll up your dough carefully and as tightly as you can.

7. Cut the rolled up "pastry" into about 1 inch (2.5 cm) thick slices and lay the slices flat on a teflex sheet.

8. Dehydrate them for a few hours, depending on how much time you have or how crisp you prefer them.

9. Serve them warm by themselves or with ice cream (that's what I did this time!)

by Dita - www.rawfoodfortruth.blogspot.com

RFD (Raw Food Dude)

Sally Holloway

RFD's giving a talk at a festival on the benefits of growing wheatgrass when some yobs start to heckle...



Quick as a flash RFD responds.

Yes you're right! Wheat-grass enemas are excellent for healing!

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

The Powerful Properties of Pine Trees

(and other Extraordinary Evergreens)

What wild food can you gather in the winter? Heather Gardner investigates evergreen trees which are an amazing source of winter vitamin C, plus lots more.

If you go down to the woods today you're in for a big surprise; for every where a pine tree's there, a needle nibbler gathers her fare... feasting and foraging in the forest!

A revolution is taking place in response to our ever burgeoning economic crisis. This revolution will not be televised, sanitised or franchised, it's a downsized Wild Revolution! People are swapping the supermarkets for the forest, and realising that the contents of their teapot or blender need not come from a plastic package of dubious origin and unknown length of storage, but from nature's cornucopia. Most of us are by now familiar with the possibility if not the practice, of picking greens from our backyard or park to add to our diet. But did you realise that trees also come bearing gifts of nutritious bounty? Many trees have edible parts such as leaves, bark, blossom and fruit; but even in the depths of winter, it's still possible to gather nutritious nibbles in the forest from the Evergreen family.

Edible Evergreens

Most Evergreen trees are edible, but for safety and simplicity, stick to the Pine, Fir and Spruce family. It was discovered back in the days of scurvy that these trees are extremely high in

Vitamin C, as well as beta carotene, quercetin, flavonoids, anthocyanins and volatile oils that are beneficial for respiratory conditions, coughs, colds and flu as well as being anti-inflammatory.

Pine Power

The pine has been revered and used all over the world, it was used as a traditional remedy by the Native American Indians and there is a Taoist practice of surviving only on pine needles to gain supernatural powers which has its roots in the pine tree's symbolism of integrity and honour. The Scandinavians used pine branches in saunas, and many cultures stuffed mattresses with pine needles to repel lice, fleas, and other insects. In fact, pine-needle mattresses are still used today in the Swiss Alps, as a remedy for rheumatism. According to Ben Charles Harris's book 'Eat the Weeds' a cup of pine needle tea may supply five times as much vitamin C as in a lemon. Studies in both China and Russia have also found it to be

- ✓ Anti fungal, anti bacterial & anti viral
- ✓ Anti oxidant & anti ageing
- ✓ Helpful for weight, cholesterol & high blood pressure
- ✓ Relieves sore, aching muscles

- ✓ Stimulating to the liver
- ✓ Astringent for the bladder
- ✓ Mind relaxing/stress relieving
- ✓ Helpful in restoring overall balance to the body

Identification

Pine trees usually have quite long needles, sometimes up to 8 inches, spruce and fir have much shorter needles, with the fir being more sparse. A tree identification book and some rambles in your area will reveal what varieties you have for your tasty Pine Potion adventures.

Caution

Make sure you identify the tree correctly, some coniferous trees are poisonous, most notably yew, Norfolk Island Pine and Ponderosa Pine.

Start out slowly to avoid any ill effects; these trees contain concentrated chemical compounds.

Do NOT consume evergreen tree parts if pregnant or breastfeeding.

Pine Needle Tea

½ cup of pine needles (or other needles from fir or spruce trees)

Crush the needles slightly & add to a pot of boiling water (3-4 cups). Simmer for 15-20 mins, or simply

steep the needles in not yet boiling water.

You can add a spoon of honey as well as herbs such as rosemary or green tea to this wonderfully aromatic brew.

Left over tea can be added to a bath, over the stones in a sauna or as a rinse for the hair to combat dandruff.

While it is commonly known that cooking can reduce vitamin C by up to 60%, according to Wikipedia some of this may actually leach into the water, if this is the case then we will not be losing all the vitamin C by drinking this infusion.

Douglas Fir Green Smoothie Recipe

10 Tips of Douglas Fir (gather the fresh young tips in spring)
2 cups of Spinach or your favourite green
2 bananas
2 cups of water

Blend and Enjoy!

Swap recipe around with different young green tips of either Spruce or Pine. Use some foraged Wild Edibles instead of Spinach, and add in some berries to boost the vitamin C content for Winter Wellness, freshly foraged rose hips for example! The fresh green spring tips are also great to add to salads. You can also run a few needles through your juicer to add extra oomph to your juices. Alternatively take 10-15 fresh pine needles. Chew them thoroughly. Swallow the juice; spit what is left of the needles.

Pine Needle Vinegar or Oil

500ml Glass Jar
500ml of either Cyder Vinegar or Organic Cold Pressed Oil
Several handfuls of Pine Needles

Make sure the jar is very clean and dry. Slightly crush the pine needles with a rolling pin and pack them into the jar. Pour on as much vinegar or oil to fill and cover the jar. Allow to infuse for up to 6 weeks. Strain and use or if you want a stronger infusion, pack in more fresh crushed needles. For a more balsamic tasting vinegar add a tablespoon of coconut sugar.

Both are wonderful additions to salad dressings. The vinegar is also great to take in a cup of warm lemon and honey to ward off colds and flu. The oil is great to massage tired aching

limbs. Pine is also reputed to relieve skin conditions, such as psoriasis, use the oil or make an ointment to rub on irritated skin or fungal infections.

Pine Needle Sugar or Honey

Place crushed pine needles into either a jar of honey or coconut sugar and leave for several weeks or months. Use in teas, desserts or other creative concoctions. For variety, add pieces of lemon or orange peel to flavour.

Spruce Butter

Melt a cup of coconut oil gently over a bain marie, then add ¼ cup of young fresh spruce tips. Allow to infuse for a couple of hours or overnight. Melt the oil again and strain out the needles. Use as a flavoursome butter or to add an interesting twist to your recipes. Good as a tonic for the hair and skin as well.

Pine Bouquet garni

Make a little bunch out of sprigs of pine, rosemary, thyme, bay leaves and tie together with a little hemp or organic cotton string. Drop it into the pot if your making a stew, soup or grain based cooked dish and allow the flavours to permeate the dish before removing.

Pine Needle Toothbrush

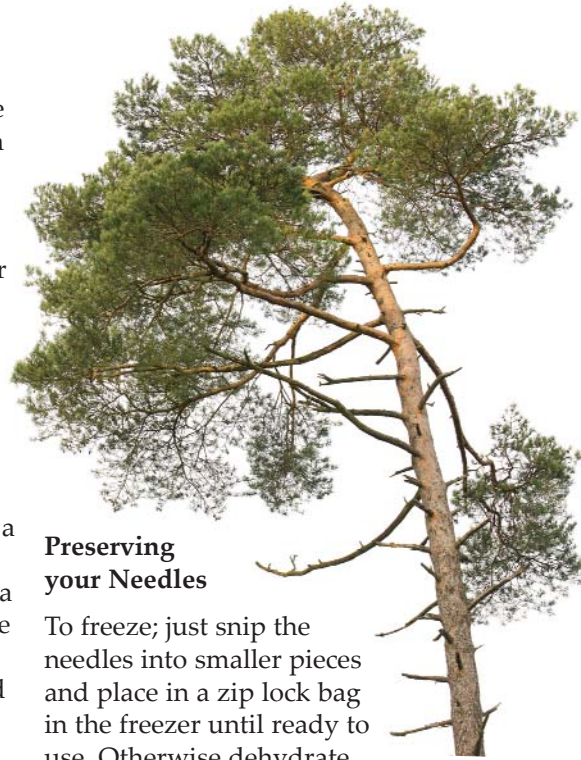
Pine resin is great for removing sugars from the teeth. Simply chew up some pine needles until it makes a ball and scrub your teeth with it.

Pine Cones & Needles Pot-pourri

Bring the outdoors in with the refreshing fragrance of pine.

6 cups dried pine needles (not brown)
2 cups small pine cones
2 cup dried orange peel
1 cup dried rose hips
1 cup dried rose & marigold petals
1 cup broken cinnamon sticks
4 tablespoons of orris root (optional)
15 to 20 drops of oil of pine (more or less as desired)

In a bowl, place the oil on the orris root if using. Orris root is traditionally used to fix scent. Otherwise sprinkle the oil on the pine cones. Gently mix all the ingredients together. To use, place into open containers throughout the house. Add more essential oil as needed. Keep out of reach from children and animals.



Preserving your Needles

To freeze; just snip the needles into smaller pieces and place in a zip lock bag in the freezer until ready to use. Otherwise dehydrate them or dry out over a stove or in an airing cupboard. When dry you can store in a jar, or more interestingly you can process them to a powder in your blender and use to add an aromatic flavour to various recipes.

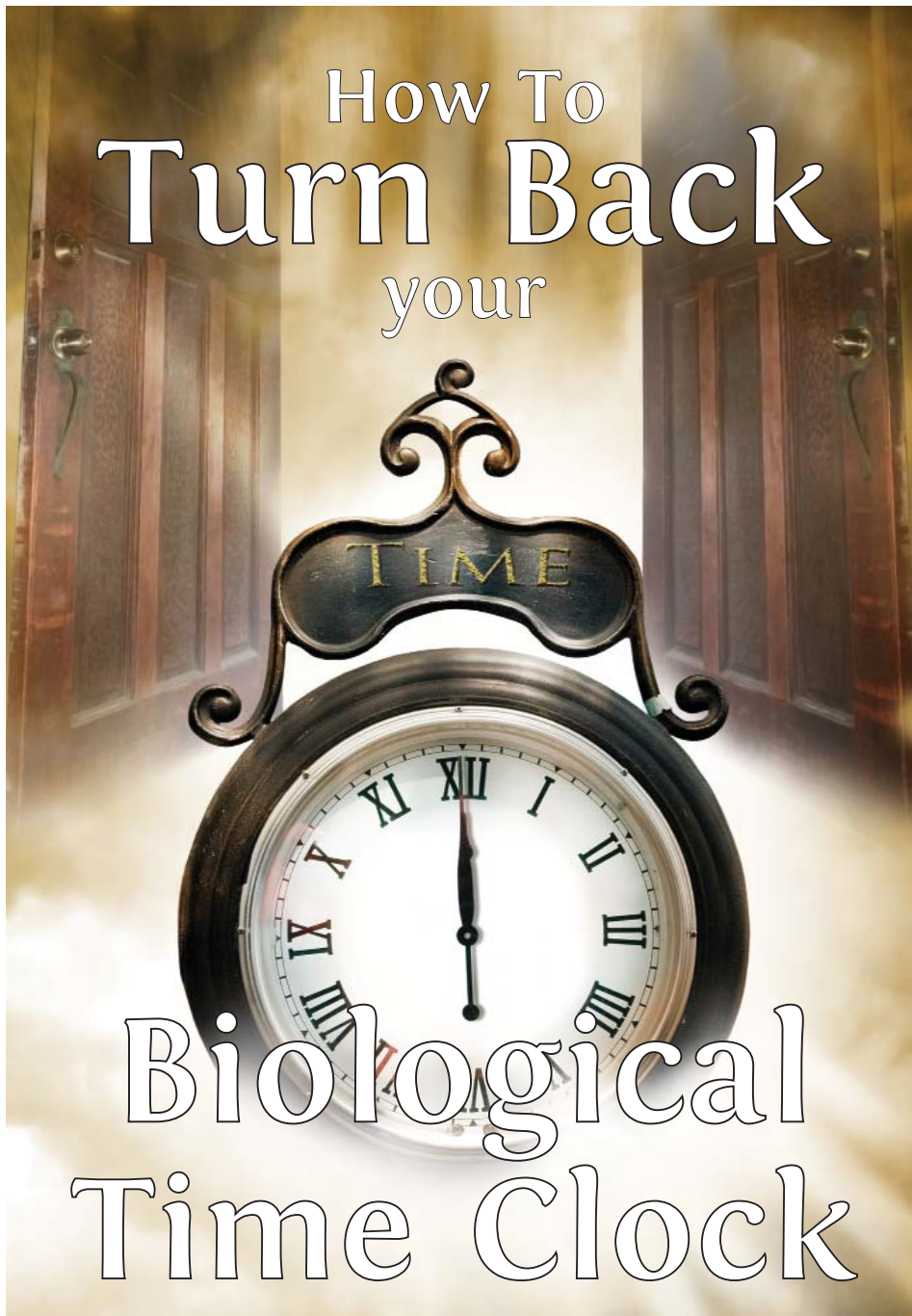
Wild Pine Pollen

Is reputed to be very high in natural testosterone, it can be gathered in the spring when the buds are blooming. Cover the tip of a branch with a plastic bag and shake the branch vigorously to collect the pollen in the bag. (See the previous *Funky Raw*, 28, for an article all about pine pollen on page 22.)

Heather is the Wild Edibles and Herbal Medicine director at Tera Warner's Body Enlightenment University, a raw chef and teacher, yoga teacher, naturopathic nutritionist, hedgerow herbalist and health & beauty educator. A lifelong 3rd generation vegetarian, Heather began learning about herbs and wild foods at a young age from her herbalist mother while growing up homesteading on an Irish mountainside. She has over 10 years experience as a Natural Remedies, Health & Beauty manager. She has learned extensively from some of the worlds leading health pioneers and has several decades working in plant food kitchens under her organic apron!

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Back in the Autumn 2012 issue of Funky Raw **Kenny Sunshine** and **Holly Paige** briefly touched upon a supplement called TA-65 and gave a thumb nail sketch of rudimentary telomere biology. Here they elaborate on the science and also share with you the research they have conducted on themselves by actually taking TA-65 and noting what has happened to them personally.

Telomere biology is a hot topic right now in and amongst certain scientific circles and now in certain alternative health and raw food circles too.

What is telomere biology? And what are telomeres?

The word telomere comes from the Greek telos 'end' and meros 'part'. Their function is a necessary part of chromosome replication. They are the tiny segments located on the end of each chromosome and they prevent damage to our genetic material by letting their extremities shorten during the process of cell replication and division. If this did not occur or if we did not have telomeres the chromosomes of our cells could possibly become undifferentiated and fuse together causing abnormalities and mutations that could potentially lead to cancer. Telomeres have been likened to the plastic bits on the end of a shoelace that are called aglets. Once they degrade to a point where they break apart the shoelace easily can unravel and usually does. This scenario can be likened to when our telomeres become too short, only with telomeres the result is not the unraveling of a shoe lace but rather a whole cascade of degenerative diseases that are associated with ageing.

Basically the cells with the shortest telomeres are going into old age (senescence) and getting ready to basically commit suicide (apoptosis) which unfortunately can often lead to a lot of collateral damage to other cells.

Telomeres are very small sections of non genetic material that essentially are our biological time clock or stopwatch. In 1961 it was concluded by Dr Leonard Hayflick that there is a finite limit to the amount of times a cell can replicate. This is known as the Hayflick limit. Previously it was believed that normal body cells were potentially immortal based upon the work of Alexis Carrel a French surgeon and biologist who in 1912 was the focus of a lot of scientific attention due to the fact that he was able to maintain the healthy functioning of cultured chicken heart cells for longer than the lifespan of a chicken by keeping the fluid around the cells sterile and supplying it with adequate nutrients.

Hayflick concluded subsequently that humans if they optimised their epigenetic potential i.e. if we have perfect diet, living environment, exercise, low stress, etc we can live for around 120 years! There is a finite amount of length on our telomeres before we start to witness the diseases associated with old age. When we are conceived we have about 15,000 base pairs (not many considering the chromosome can have approx 240 million base pairs) and by the time we are born we have burned through about a third of them so now we are down to ten thousand. Our lifetime generally burns through about another five thousand until we get down to the last five thousand. This is the point at which old age and most of the pathological conditions associated with old age set in.

Although Carol Grieder and Elizabeth Blackburn with Jack Szostak were given the Nobel Prize in Medicine in 2009 for their discoveries regarding telomeres and telomerase, it was originally a Russian biologist named Alexey Olovnikov who in 1973 was the first to recognise the issue of telomere shortening and subsequently predicted the existence of telomerase and came up with the original telomere hypothesis of ageing and how telomere health directly relates to cancer.

What is telomerase?

Telomerase is an enzyme that was discovered in 1984 by Elizabeth Blackburn and Carol Grieder at the university of California, Berkeley. It is a ribonucleoprotein that adds length to telomeres! Undifferentiated sperm cells for example divide millions of times and their telomeres never get shorter, this is the reason why a 90 year old man can still father children and those children will (usually) be born young and have long telomeres. Telomerase is also present in embryonic stem cells. It appears that in differentiated cells for example a cell that has gone from being a stem cell to being a heart cell or a lung cell telomerase is for whatever reason dormant, thus once the cell reaches its Hayflick limit usually it's time to get our affairs in order! For those of us who would love to extend our lifespan while at the same time maintaining our body tissues, there is now a solution.

What is TA-65?

Apparently made from the compound Astragaloside IV, TA-65 was originally discovered by "mistake" due to research that was being conducted for AIDS and HIV sufferers. It is the world's first proven telomerase activator. It was originally discovered and patented by a biotech company in California called Geron. Then the company T.A. Sciences developed a proprietary process to refine and purify it. TA-65 is a naturally occurring single molecule found in a certain subset and species of astragalus roots. They grow in a very small area of north western Mongolia where there is the ideal 'terroir' for their cultivation. Just one molecule of TA-65 is found in about ten thousand astragalus roots in this area. TA Sciences extract the TA-65 and purify it giving a final product which is 90% TA-65.

TA-65 capsules are taken daily and turn on the hTERT gene which activates the enzyme telomerase and so in this way you can lengthen your telomeres. You can be tested to measure your telomeres before, during and after taking TA-65 to show actual changes in telomere length. However, long before any increase in telomere length can be measured, significant other changes are likely to be noticed. Examples of benefits reported by people taking TA65 are:

- increased energy and vitality
- glowing skin, improvements to hair and nails
- increased sexual energy
- increased ability to focus mentally, improved memory
- improved vision

In tests there have been statistically significant changes including:

- improved immune system
- increased bone density
- improvements in blood pressure and cholesterol levels
- better insulin levels

Hundreds of people have used TA65 since 2005 with no adverse effects reported. Basically when people get onto this stuff, they simply don't want to get off it. And we feel the same!

We get the feeling and impression that telomerase is actually doing something more than just lengthening

telomeres, amazing and important as this is in itself, we get the feeling that this enzyme, like most biochemical substances in the body has multiple purposes. The experience of being on TA65 is quite distinct. We felt enormous emotional upheaval for the first two days after which we felt our consciousness expanding. Now we feel it is changing our life trajectory. Ever since we were born and even in our so called youth we were aging. Now it feels different. This is about turning on an enzyme that we have not experienced since we were embryonic. While eating raw is rejuvenating, having our telomerase activated is actually youthening. We have cleared a lot of emotional debris in the four weeks or so that we have been on it, as if we were breaking out of a shell and were feeling an ever increasing passion for life. It is like every day is a good hair day! We are beginning to look and feel younger. The surge of energy at times feels like a kundalini experience and we feel mentally clearer as if our brains are working better. At one point very soon after beginning taking it Kenny felt like he was a culture that was being grown in a petri-dish!

One of the most significant effects we have noticed is that we actually feel more emotional intensity. This has to be a good thing – feelings are our guidance system in life, the more we can feel then potentially the better we can feel, it is the life force at play and this is what we are talking about increasing. When we get onto this kind of thing we are beginning to defy cultural death programming. It's an interesting process a kind of initiation and part of a big step that humans or some humans are taking.

Other suspected Telomerase activators

Well this is an interesting point because at the moment TA 65 is the only proven telomerase activator but there are some other products on the market that we suspect could be effective.

For example there are various products out there that are Astragaloside IV based renditions, and they are considerably lower in price than the Geron product. Another substance that is said to have 10X the activation potential is called Cycloastagenol

another astragalus derivative. In the literature this is what is suspected to be a part of the TA 65 proprietary technology but is only really speculation. We are interested in doing some experimentation with some of these other substances but for the moment we wanted to go with the tried and proven option of TA 65 especially when we did the math and figured out that it only cost £28 a week to be on it! Now some of you may be saying "twenty eight quid a week? That's far too steep" and we would say "well how much is your life worth to you? It's a lot less expensive than paying £500 a week to be in a nursing home with dementia!

30,000 compounds have been tested for this molecule and it was found in 29 of them, unfortunately though they are all too toxic for human consumption. There are probably many foods that activate telomerase; as of yet none of them are proven, suspected foods are things like purslane, certain medicinal mushrooms, haritaki (part of the Ayurvedic Triphala/three fruits formulation), pharmaceutical grade fish oil and the amino acid supplement carnosine. Carnosine has definitely been shown to be a great thing

to take if you want to slow down telomere degradation as are things like co-enzyme Q10 (otherwise known as Ubiquinol) and N-acetyl cysteine. We speculate that telomerase activating substances exist in a huge number of wild foods, many of which we may have eaten by us as a species in the past and that eventually it is likely that we will be able to access telomerase activators from a variety of sources. Meanwhile, as this journey unfolds, we are keen to maintain our youthful capacities with what we know. For anyone who wants to maximise their health and life span it is recommended to preserve telomeres AND add length.

We encourage you to do your own research on this subject but one thing we would like to point out is: Beware of what you are buying as with anything like this that is so controversial and ground breaking it has the potential for peoples greed to be invoked and all kinds of exploitation to occur. Only buy from reputable sources that you trust. Also check out the book: **The Immortality Edge** by Dave Woynarowski it has some great info in it regarding this topic. The information on nutrition is not necessarily

what we subscribe to, but it has great tips on telomeres, supplements and exercise.

Kenny has been living a raw foods lifestyle for 15 years. He spent ten of those years based in southern California where he worked and learned from some of the top people in the field of nutrition, yoga, personal development and metaphysics. He has been back in the UK now for 3 years and shares what he learned there with his kin folk here in the UK and Europe face to face at various events and talks and also online through the blog rawrecipesforsuccess.blogspot.co.uk and at

youtube.com/user/Juicetasticcoach

Holly has been passionately engaged a in shamanic raw food lifestyle in the British Isles for over a decade and has brought up her children this way, giving her a unique insight into the practicalities of making raw nutrition work here. Holly's blog is at foodforconsciousness.blogspot.co.uk

For more information about our workshops, products and to purchase TA65 in the UK please visit www.foodforconsciousness.co.uk

In the USA, TA65 can be purchased from www.longevitywarehouse.com ❀

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Are you **Converting** enough **Beta Carotene** into **Vitamin A**?

Do you know how much beta carotene your body converts into true vitamin A? **Katie Clare** from **inSpiral** investigates.

Vitamin A

Vitamin A (retinol) is an essential nutrient that we need to get from our diets. It is needed for growth, healthy skin and hair, mucus membranes, digestive juices, our immune system, and also for good eye health and vision. Its name, retinol, comes from the fact that a lot of it can be found in the retina of the eye. For a long time nutritional science has stated that the human body can convert beta carotene, the brightly coloured pigment found in fruits and vegetables, into retinol and it has been considered a Vitamin A precursor. So why is this conversion suddenly a hot topic in nutrition?

Beta carotene

For quite some time beta carotene has been presented as the recommended way to meet most, if not all, of our vitamin A requirements due to concerns dating from the 1980s about possible toxicity from excess retinol. This is known as 'hyper-*vitaminosis A*' which happens when storage space in the liver fills up and the vitamin starts to spill out, into the rest of the body, causing problems like swelling. Beta carotene has been thought to have the advantage of only being converted into retinol when it is needed in the body, and so has been presented as the safer option. In particular this recommendation has been fed to women of reproductive age due to concerns about excess retinol harming the foetus, causing malformations such as tiny ear canals, facial disfiguration or a cleft lip and palate. Until only very recently you would never find much, if any, retinol in a multi-vitamin tablet aimed at pregnancy or for fertility. On top of this issue many vegans or vegetarians choose beta

carotene as their source of Vitamin A over retinol as it comes from plant-based foods and retinol is thought to only be found in animal products such as liver, eggs, fish and dairy.

The genetics of conversion

However the science of nutrition is moving at a fast pace and it has recently been brought to light that the conversion of beta carotene varies considerably among people. Ten years ago in California researchers discovered that only 45% of people could achieve adequate vitamin A status from beta carotene alone (Lin et al, 2000). This triggered further research on this topic to commence all around the globe, people wanted to know more about what was happening here. Researchers from Newcastle University (Lietz et al, 2009) found out that the reason behind this variability is the genetic variation of the BCMO1 gene, involved in the conversion. At the moment there isn't a test allowing us to see if we have this variation or not and so there is no way to know if we are in fact getting enough retinol from our beta carotene – which could be concerning! The studies have so far have focused on women.

Asking questions

At inSpiral we of course are asking questions. Why are our genes behaving in this way? Have epigenetics (environmental and nutritional influences) played a role here? Are there things that we can change in our diets and lifestyle to support this genetic trait? There are studies currently looking at whether BMI (body mass index), obesity, diabetes or poor thyroid function play a role in the effectiveness of this conversion. We think it is really interesting that other studies

are now examining the past claims of Vitamin A's toxicity and investigating to see if it is actually the natural retinol that is problematic or if it is instead the cheap, synthetic forms of manufactured retinol found in vitamins that have caused the problems mentioned above.

True food supplements

At inSpiral we are now on the lookout for a pure, natural, vegan source of retinol and will bring one to our webshop as soon as we can. We believe in true food, pure supplements that are as close to nature as possible. We investigate everything that we sell on our webshop in great detail to bring you the best products that live up to our vision.

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. Their range includes a vegan vitamin D3 supplement and a vegan EPSA supplement.

inSpiral run a café bar in Camden, London where they serve a delicious range of raw food: inSpiral Lounge, 250 Camden High Street, London, NW1 8QS. www.inspiralled.net

References

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- Lin et al (2000) Variability of the conversion of beta-carotene to vitamin A in women measured by using a double-tracer study design. *Am J Clin Nutr*. 2000 Jun;71(6):1545-54. Available at www.tinyurl.com/betavita ☼

Natural Hormone Balance with Raw Foods

Charlie Lagoa looks at what causes hormone imbalances and what you can do to improve things.

We live in a sea of too much oestrogen, which is at unprecedented levels in our modern day world. Too much unopposed oestrogen creates havoc with our hormones and we never feel great. It manifests as miserable symptoms such as PMS, PCOS, difficulty in conceiving, low libido and increases our risk of breast and other female cancers later in life.

In this article, I help you to identify where you may be swimming in a sea of oestrogen and I also show you some simple ways you can start to reduce your oestrogen overload today by including more raw food in your diet.

Three Areas of Oestrogen Overload

1. In our environment

Tap water contains residues of the contraceptive pill which is not filtered out in the filtering process. Tap water is also run through copper pipes and copper is highly oestrogenic.

Plastics, such as water bottles and Tupperware leach in to our food and these contain xeno-oestrogens. Xeno-oestrogens mimic the oestrogen in our bodies and create overload.

Microwaved Food. When we heat food in the microwave in Tupperware or with cling film, the plastic becomes hot and this leaches in to our food. Plastics contain oestrogen mimics.

Pesticides used on our food are oestrogen mimics and these are absorbed in to our bloodstream.

Make-Up and Beauty Products. Make-up and beauty products contain parabens and SLS (sodium lauryl sulphate) which mimic oestrogen and are powerfully absorbed in to the skin.

2. In our food

Soy products such as soy milk and tofu contain oestrogen mimics, and for women who are sensitive to the effects of oestrogen, it can push them in to overload.

Non-organic meat and dairy contain hormones which are quickly absorbed in to our bloodstream.

3. In our bodies

Foreign oestrogens are introduced to the body through the contraceptive pill and other birth control methods which contain synthetic oestrogens and progestins (synthetic progesterone.)

Our clever bodies need to break down the overload of oestrogen and detox them out of our bodies. If our bodies stop detoxing the unwanted hormones, then build up occurs.

So now we understand the problem, what can we do about it? The raw food diet is thankfully one of the most fantastic tools for helping us to achieve natural hormone balance. Here are my five top tips for creating happy hormones with raw food.

Five Top Tips for Creating Happy Hormones with Raw Food

1. Detox

Our skin is our bodies' largest organ of detoxification. Regular skin brushing and taking an Epsom Salts bath are two fantastic ways that we can ensure that we are actively reducing our oestrogen overload.

2. Nourish your body with fresh, natural, whole, organic raw foods

Include an array of raw vegetables, sprouts, sea vegetables, fruits and sprouted chickpeas and lentils in your

diet as the fibre and minerals help to balance your blood sugar and re-mineralise your body.

Include great proteins such as hemp seeds, leafy green vegetables and sprouted brown rice protein at every meal.

Eat fabulous fats such as avocados, cold-pressed oils such as hemp oil and coconut butter at every meal. These fats are especially fantastic at creating healthy, happy hormones.

Drink lots of spring water and coconut water to stay hydrated.

3. Include happy hormone superfoods at every meal such as bee pollen, raw chocolate, chia and maca

Maca deserves a special mention as it is a Peruvian shrub filled with phytonutrients which eases PMS. It contains unique alkaloids, which help stimulate the master glands that in turn may help optimise and balance the entire endocrine system. I receive emails from countless women to who say that maca is one of their key tools to have happy hormones every day of the month!

4. Balance your blood sugar by eating smaller meals and eating every 2-3 hours.

Reducing your caffeine intake helps to create happy hormones, and the easiest way of doing this is by having a mug of raw hot chocolate instead of a cup of coffee. The raw chocolate gives you a caffeine-like boost without destabilising your blood sugar.

5. Replace unhealthy snacks with raw chocolate and other deliciously healthy raw treats.

We are blessed to have so many dif-

ferent raw chocolate brands available that there is a chocolate to suit every person and there really is no need to turn to sugary confectionery. Raw treats made out of nuts and dried fruits are also fantastic to be taken out and about, so that we don't succumb to the lure of unhealthy food.

Given the hormonal onslaught that we are caught up in every day, it is not surprising that many of us go through life suffering the effects of miserable hormones. But by becoming aware of the ways in which we are impacted, we can then take steps to create our very own raw food filled,

'Happy Hormone Survival Kit,' which allows us to have happy and harmonious hormones throughout our life.

Charlie is passionate about helping women who suffer needlessly from PMS to feel like the best version of themselves every day of the month. After being frustrated by conventional medicine's approach to treating PMS, Charlie set off on a quest to ease her own symptoms naturally. She started immediately by simply cutting refined sugar out of her diet and increasing the amount of good fats that she was eating. Within one month Charlie found that her energy had increased and her PMS had eased and this spurred her

on to make further changes to her diet and lifestyle. Charlie is determined to share the information that worked for her and has made it her life's work to see that no other woman suffers as she did. Charlie has created her, 'Feel Fabulous Every Day,' signature system which incorporates her principles for happy hormones.

If you would like to be part of this blossoming tribe of women who are on a journey together to look and feel fabulous every day of the month, you can join us by subscribing to the complimentary newsletter, 'Tips for Happy Hormones.' To find out more and to subscribe, go to www.CharlieLagoa.com ☘

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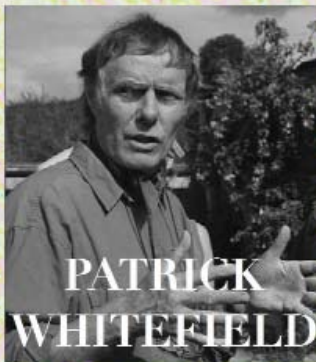
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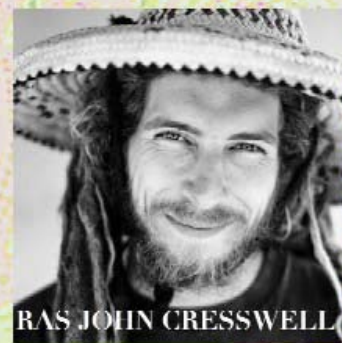
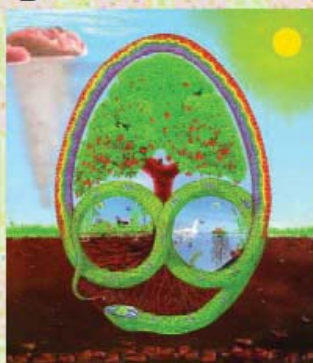


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SHAMANIC NUTRITION

Susan Laing looks at how Shamanic ideas affect what we eat and how we live our lives.

I became inspired with Shamanism a few years ago on my path of self-discovery and healing only to realise this is what I had been looking for most of my life. I remember at the age of 8 when I lived in the African jungle I used to say “*Be at one with nature*”. It took me several years after my spiritual crisis to reconnect with nature once again.¹

I have had the pleasure and luck to attend quite a few Shamanic ceremonies. Recently I came across Don Toño who used his hands with psychic surgery to rebalance my colon. I was in awe of his presence and I was able to feel this immense love via his hands. After the healing he showed me what he had extracted in his hands. It resembled dark green jelly type material and was in the shape of a small ball. He repeated the extraction twice and it felt quite uncomfortable. This part of my bowel/colon felt like it was red-raw! It was a kinda majick! Yes really. I came out of the tipi and felt and understood at that very moment why I had to go through everything I had experienced up till now. I had experienced a wonderful connection to the Peyote Cactus during the ceremony, which is another story. Everything I had experienced during the ceremony and every little bit of healing I had applied to my mind body and spirit had led me to this very moment. This Shaman worked with the Divine light from above.²

In the age where media inhabits numerous conduits for the production

1. For more information on this spiritual crisis see tinyurl.com/susanhealth

2. More about Don Toño in this video: tinyurl.com/dontono

of culture we experience our cultural life through media in various forms. And the word *Shamanism* and awareness of Shamanic practices have infiltrated many lives in the Western world via these media routes. Plus due to our expansive form of travel Shamans have also been able to reach us from all over the world to share these life enhancing and healing ancient practices to anyone who feels the calling.

More than ever before we cannot deny there seems to be an increasing need for the connection to the Divine nature within and all around us more than before, to help save our planet and every living creature from the humble bumble bee to mankind.

Where there is darkness there will be light. Such is the balance and intricate harmony of the Cosmos.

The darkness which we encounter is our so called reality or perception mostly created by lack of awareness and our perception in our society. The opposite is the natural light that is so abundant in nature. It is this very light we all seek. The Western society has become so disconnected from what matters most, the very ground that we walk on and the air we breath.

Most of the time we look for answers and happiness outside ourselves, only to become blinded by what matters most, our health. When the energy between mind, body and spirit is truly integrated then this is what appears to equate to health.

The well-known saying health is wealth is even more pertinent when a person may have experienced poor health. If we are lucky enough, eventually when there are no choices but to turn things around and look inward,

we are able to experience our true energetic path of skills and bliss which has been waiting within to be tapped into all along.

Seeking just a quick fix like a plaster on a wound is no longer the *orthodox* answer. This is the dark side. The light is finding the truth which is often right there in front of us in the form of simplicity, nature. *Nature heals.*

We come to realise it is the *lightness* in our being is what we are really after. Where we may experience gratitude. This path where we learn what it is that makes us truly joyful is where the doors of paradise open one by one leading us to freedom. Leaving *the land of the matrix* behind. When we learn to go with the flow, and where there is no resistance and we experience more of living in the moment, the want and need for catching a healthy habit manifests just so. Synchronicity awaits our very light vibration. Just as the sun, planets and stars live in harmony so can we.

Planets emit sounds and have their own *biorhythms*.

Even the sacred **Mantra Om** or Aum is considered the sound of the Universe or sun or cosmos. Everything living thing has a sound or energy or biophotons. Ancient wisdom showed us that the sun was to be respected. The Aztecs had Sun Gods. And even the Egyptians understood the immense health benefits and the effects on nature of the sun and were known to sun gaze or *eat the sun*. It is now well established how important Vit D is on our entire health. It is a hormone and works on the entire hormonal system.

So why do we not live in harmony with nature? The supermarkets that fill

their shelves with cardboard food and plastic hormonal thieves further remove us from our sanity and most of all harmony. Shamanic practices allow us to see into the insanity we create for ourselves.

Harmony within and around is the secret to all on earth is it not?

As we know the 'dead' processed diet is causing such dis-ease and many imbalances in the human mind, spirit and body more so than ever before causing the most 'deadliest' of imbalances in our human race, obesity and loss of connection to the Earth.

Lightness and simplicity in our food creates a space within our organs and most of all our spirit.³

Organic was a word that appeared in our food vocabulary recently because of the *darker side of life*, pesticides and plastics and other man made poisonous chemicals. We have become a plastic throwaway society. Devoid of gratitude. We can jump in the car zoom to a supermarket and within a nano-second stuff into our mouths with something other than real nourishment. Everything is being made to become faster and faster.

Where is the space in between to breath and to just be?

Most farmed animals these days are not even allowed to manifest in their original *being-ness*. They are fed the most unnatural diet and lead a most unnatural way of life often attached to machinery for most of their lives. Chickens and cows are often not even living 1/3 of their natural life span! So we are not even eating the true energetic signature of animal produce. They have lost their true spirit energy. Thus creating further dysfunction in our intuition and energy.

Growing our own vegetables and fruit is one of the best ways to take control of our own health and so own our birthright to our unique health and earthbound freedom.

Only does the earth and nature reflect and show us this form of darkness we have created. From sinking holes to formless empty *silver lined* clouds and our addictive fast food and sick children.

Turning to nature only to watch and

3. See my blog post on connection to the earth: tinyurl.com/barefoot-earth

observe and communicate can we truly understand ourselves, because **we are nature**. Communication with nature is a natural form of the senses. Tap into this and you can *know and see*.

Nutrition comes in many forms, it is always shape shifting and transmutes into many forms of energy. One of the most energising forms is to become the light and feel nourished by *words and sounds* around us and feel the **heart** connection to *brothers and sisters* and compassion for ourselves. This is the highest form of nutrition. A powerful form of **nourishment**. A lot of the survivors from prison of war camps are a testimony to this fact because of their strong compassionate tribal unity this allowed them to survive with barely any form of food.

The small intestine is like the hub of our Universe, our body cosmos. Where we feel, know and nourish ourselves. Transmutation of love light fills the very dantien or belly in which lies our truest power of *cre-ate-ion*.

Have you ever noticed if you are surrounded by someone you feel the love emanating from or you are creating something you feel the love for you feel nourished or full. The Qigong Masters refer to it as the **Dantien**, the Shamans refer to it as the **Waynu**. In Andean tradition, the waynu is the band from which rivers emanate. It is the same as the **Yogic Hara**; the place from which luminous fibres emanate in the Yaqui Shamanic tradition; and the place where I find balance when walking. The Maori Healers refer to it as our 3rd heart- our **emotional heart**. If this is congested or gunked up with unresolved emotions or toxic foods or liquids then we are unable to absorb life on many levels from nutrients in our food to life in general. This is the home of where life begins from our umbilical cord connection with our mother and past mothers and fathers. It is where our blood cells are born and LifeColloid of life begins – our immunity. Dr David Jubb (a Shaman) and his breakthrough research on the formation of red blood cells in the small intestine and LifeColloids life cycle explains about this natural form of energy and light in his book *Cell Rejuvenation Colloidal Biology: A Symbiosis*.⁴

Dr David Jubb also talks of Electromagnetics in food

"Life begets life and death begets death" Alive food has trapped bio-photons and has an electric field or energy field which is the essence of our being.

From ancient civilisations where wise men knew and understood this esoteric law of the Cosmos where there existed a pure form of bound-less heart energy which emitted prana or chi. Now it has been proven that our heart is capable of radiating a Divine love energy for miles around us. It is encoded within our DNA. But only when we **cre-ate** nature. Anything that has been tampered by man will impede our magnetic electrical flow of harmonic bio-photonic light and create the walls of calcified hardness which cut us off at the level of feeling.

Plants are one of the highest communicators of wisdom but yet are often just regarded as a mere bit of root or weed. Wild weeds are one of the answers to reclaiming our own wildness. Plants, like all objects from the sun to the stars and earth have consciousness and when we realise this, then we can understand harmony within and around.

Simplicity always wins. Keep your life simple and then you can breathe. From just watching a beautiful sunset or a sparrow take a birdbath in the twilight is what really makes us gasp with gratitude. And feel our heart swell with joy. It only takes a moment to slow down and connect with nature.

Nutrition has reached the physics and chemistry of mind- boggling complications for the Western left brained society. So what if we were to take time to observe nature and listen to our body and just be? We could then hear the wisdom of what it speaks. The soul is speaking through our body. **The soul always knows**. The more we **see with our hearts** the more we cre-ate an abundance of harmony around us.

Plants teach us this, to live in the moment, connect, slow down and see what really matters. *Heart -to -heart -connections* with our inner smiles. Plants help us to alter our consciousness and this is the ultimate nourishment. **Shamanic nutrition**.

More from Susan at www.iridologyforhealth.co.uk ☘

4. See this Video - LifeColloid Free Energy tinyurl.com/lifecolloid

Sleeping ^{with-}_{out} a Mattress

Everyone wants a nice comfy bed, don't they? Not Susan Laing, who proposes sleeping on the floor...

Recently I have been moving and selling my house and most of my entire belongings. This led me to experience my first night in my old bedroom completely empty of belongings including mattress!

Yes, I have slept many a time before on the floor or ground and depending where, I have usually enjoyed the experience. This time I noticed how I slept much better without a mattress and I also noticed how I like the room to be empty of belongings too. I felt more peaceful and less cluttered in my head. There was space! Yes that's exactly how it made me feel.

Free and weirdly wonderful.

Why not try it for yourself as an experiment...

So then it's true isn't it all that stuff about **Feng Shui**. This ancient Chinese system is all about allowing the **Qi** to flow in the best possible way – *the meeting of heaven and earth*. And my body really did notice the meeting of the earth. My body was able to experience the magnetic pull of the earth below my body which had/has a stilling and grounding effect. We all know this when we lie outdoors in nature on the grass or on a sandy beach. So indoors you will notice that some houses will have a more powerful affect on your body depending on the type of building it is.

We all know the famous yoga pose Corpse or **Shavasana**. Where lying down on our back flat with no pillow allows for the blood to flow to the head which relaxes the whole psycho-physiological system and develops body awareness and may help with anxiety, insomnia and blood pressure. So already for 1000s of years the great yogis knew how beneficial it was to rest and relax into this posture on the ground and without a pillow.

As always till you experience these ancient postures you will not realise the wonderful health benefits. So many of us suffer from back ache and neck problems today caused by many a thing from eating the wrong foods, sit-

ting all day in the wrong posture and basically not sleeping with the awareness using mattresses and pillows – what we call a civilised sleeping arrangement – a bed.

And what about the contents of a duvet or quilt and pillow etc these days? Plus what do we use to wash these sheets and blankets? Oh dear the list goes on.

I thought I would mention here that I have been sleeping without a pillow for a number of years. I tend to use a *squidgy* type of pillow and bundle it under my abdomen as I tend to lie on my front mostly in **Matsya Kridasana** (flapping fish pose). Lying on my front with my sort of pillow under my *tum* helps to straighten out my lower back and improve my posture. I noticed the benefits of all this and have never reverted to using a pillow under my head.

I think I was born a Yogini, but aren't we all?

You may notice to begin with a few strange discomforts as the body has been used to sleeping on a mattress but persevere and you may notice a few positive changes taking place within your joints and your general health. It is really worth it!

So here are some of the benefits of sleeping on the floor either on a bamboo or straw mat or thick rug:-

- ♦ it's cheaper for starters so if you are a **green-minimalist** like my self it's just the best
- ♦ more space in your bedroom
- ♦ easy to clean and no making beds up any more, now this is a very positive one is it not?
- ♦ if you are into travelling or staying at someone's house then you are a most welcome easy to please guest
- ♦ you will eventually feel **less groggy** and **less stiff** in the mornings as all that chi or Qi is flowing better
- ♦ creating space between each joint and space around you will allow for the heaven and earth Qi to flow better and so **increase light** within your body

♦ if you do it gradually just like anything in this life it will make the transition better

♦ if you suffer from **allergies** you will be free from mites and feathers if you use a bamboo mat

♦ you can expect to feel much healthier in the mornings as you are being super charged with the earth's electrical magnetic pull which helps to reduce inflammation and all sorts of things within the body – for more information see my blog at tinyurl.com/bare-foot-earth

♦ you become much more aware of your body posture and create more relaxation and because of this you can dream more - I like my dreams very much as I like to use them as an indicator to many things in my life and much more but this is another story in itself!

♦ your breathing will improve because of your posture and also less contacts with all the chemicals in the sheets and duvets etc

♦ less washing too of course

♦ if you have children they will find this all great fun!

♦ if you are very flexible like me then you will benefit greatly from sleeping on the floor too as mattresses will dissipate your body Qi

♦ if you are feeling unwell with an upset stomach or anything similar try sleeping on the floor it will help you feel better

♦ if you are not really adventurous then try a futon instead

♦ and last of all – less is best ;)

Really the benefits are amazing and outweigh the few transitional discomforts if you experience any that is. I dream better, I sleep better and I feel rejuvenated in the morning as I know my Qi is flowing better to my head.

This is where I ordered my mats from: tinyurl.com/beachmat

Susan practices Multidimensional Naturopathic Iridology with Nutritional Healing in Leeds. She also runs a regular Shamanic Drumming Circle.

www.iridologyforhealth.co.uk ❁

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The Sweetness of doing Nothing



Fiona Robertson looks at how slowing down and taking time out can benefit our lives.

In Italy they have a saying, “*il dolce far niente*”. It means “the sweetness of doing nothing”. Italians live this phrase. It is ingrained in their very nature. To them, time is not something that can be spent, wasted or passed. It simply *is*. It is a mindset. It is the opportunity to live freely and enjoy the simple things life has to offer, whether it is a beautiful sunset, a child’s laugh or a long nap outside on a warm summer afternoon. Every moment holds the possibility of goodness. Sweetness. Pleasure. Not because of how much we squeeze into it, but because of the beauty that fills life itself. Goodness, blessings and pleasure are in every moment, we just need to pause long enough to notice

If you are anything like me, waking up and wondering what you can achieve today or rushing to start to work, feed the kids, animals and read my e-mails then you have forgotten the sweetness of life. But I hear you say who will do it if I don’t do it. WHO? I have to get this and that done to earn the money to live.

I used to agree with you. I am a super multi tasker, set me a goal and will do it, I will more than do it, achievements are everything, they make me feel secure, important and appreciated. But as I rush around getting irritated with the obstacles in my way, wasting my time, I got stressed and angry. Now, I can’t let it out because I am offering the persona of Calm and Balanced and in control. Ha Ha.

Oh what a mess! Then I was asked to take a morning off every week for the next four weeks just to do nothing. I replied “You don’t know me I laughed, how would I possibly make up that time? “

But I was set a challenge so I did it, so off I go disbelieving anything would come of wasting a morning with no phone, no note book to make notes, just me, my self and I. Sitting by a river doing nothing except enjoying life as the water drifted by and the birds flew about me. What a rush! A calm rush. I downloaded and emptied my head and as I walked back to the car I saw something that made every-

thing worth while, a Kingfisher. A totem animal that sent me the message *Kingfisher’s medicine guides in seeing into the depths of emotions and into the un/subconscious. His lesson goes much deeper than what is on the surface.*

This is another opportunity to balance masculine and feminine energies. He aids communication and reaching higher spiritual energies along with the ability to express ideas with coherence. He will instruct how to remain grounded in the earth and be comfortable in doing so. Take time for yourself in quite solitude connecting to Mother Earth. Kingfisher presents a time of prosperity, love, warmth, and a new found peace of mind.

I was so happy and was far less irritated at anything that was put in my way or wasted my time.

You can make a choice as I have, to open yourself up to the gift of self time or get sick with exhaustion, depression, ruin your loving relationships and sooner or later not be able to function at all let alone at your normal speed and efficiency.

In my quiet time I have had some brilliant ideas and I have taken action on all of them and they have all been great. So it seems the less I do the more focused I can become.

So that was *the sweetness of doing nothing*? I am now ready for more and I have planned for myself a 5 day Vision Quest in nature with just water and a tent to really get in touch with nature, quiet time and my inner self.

I consider myself a pretty social person, but I'll admit now that I recognise when I need my "Time out" or "Private time" - call it what you will but you need it more than you think.

Those precious periodic HOURS away from everyone and everything. After a long period of running retreats, some busy weekends with family and friends as well as my on line coaching clients, a deadline to reach for an article and newsletters etc then a short holiday away visiting people. All the voices in my head were too much, the chaos, the noise. I hit a feeling I was familiar with but until now would have ploughed through. I was on the threshold of irritable, and a version of myself I don't like. If you're lucky you will notice this side of yourself and gently remind yourself to retreat for a time until you feel fit for society again. So after a brief period of seclusion, usually a walk or hike in nature or a sit by the river watching the river run by, I'm as good as new. **In short, a bit of regular solitude keeps me civilised.** I try and weave this into every week now and I long for it like an affair when I just want my private time and private thoughts.

Recent studies show that there is a very definite need to go it alone once in a while. Solo time is apparently good for the brain as well as the spirit. New research suggests that **we remember information better when we go it alone.** You know yourself that when you are pushed and it seems impossible to come up with a new idea, or answer a problem just drop it, walk away and come back to it with a fresh look and it all falls into place. Well that is what we are talking about here.

The researchers explain that we're inherently "distracted" and "multitasking" in the presence of others - attuned to their responses as well as

the task at hand. This energy causes stress on the body and especially the Kidneys as multitasking is using adrenaline and over working is a prime way to exhaust ourselves.

In tribal cultures with traditions like vision quests, many tribal societies support the power and necessity of solitude. Time away from the tribe is seen as a test of self-sufficiency as well as a time of growth. The individual returns to the group stronger, wiser - with more to offer the group as a result of the seclusion.

Our modern culture couldn't be more different. These days we're also impelled by the technological imperative to stay connected. People take laptops on vacation, their smart phones to bed with them. With the constant access to virtual if not actual socialisation, experts wonder if we've forgotten how to be completely alone, wholly cut off for a time. Can we truly submerge ourselves in solitude when we're fighting the urge to check email or Facebook "one more time"? I see this all the time at our retreat as people come to retreat and yet say they have work to do and cannot live a day without being connected. The feeling of being indispensable is killing us. The ones who do take the time to disconnect get the value of self time far better and respect the time for not having to wear a face or smile for the world, they experience far deeper emotional breakthroughs and clarity of mind. I encourage silence for a day or morning, as it is a great way to drop into the nothingness that we so need.

In my coaching practice when I guide people through a detox week at home, or with me at the retreat, I have some easy ways to get them into a quiet space. This needs to be taught more often than not. I have several coaching exercises that keep attention on a simple task that opens you up to nothingness in the safety and comfort of your own environment. Often at home we have tasks or hobbies that we do that end up being purposeful. I am one of the worst to think that every task must have a purpose - I wake up and say what can I achieve today. Doing the garden is a hobby of mine, it is like a meditation until I set a goal or agenda to it. Then, somehow, what I like to do becomes something I have

to do, which becomes work, which became a drag.

I still really like gardening. But I have this way of needing to find "purpose" in what I do with my days that sucks the enjoyment out of everything. Why do I do that? Oh, I want so badly to just do what I love without an agenda. Without thinking of how I could be better utilising my time or how I could make money at it or how I could use it to help or heal people. I wish, in all of this Work Ethic or motherly and womanly guilt, I could consistently find a way to see the sweetness of doing nothing.

Time to slow down. We know the necessity of slowing down on the surface of it all, but how can I do it. The detox (to use the word) is a time to stop all exterior activity and assimilation of stuff. Stop all distractions and just be with yourself. To honour yourself. Shut out all distractions such as TV, chatter from books, people, computers, advertising, being marketed and sold to every second of the day, feeling judged, fashion choices, food choices, choices everywhere.

Yes the detox is a time to fast and not eat and the necessary time and space clean the physical body but it is more, so much more if you will allow it to be.

If you want to know more, Fiona can show you how to stop the chatter and get clarity and find your way through it all. She can show you how to design your own divine detox at home, help you set your intentions for the detox, help you to prepare, and help you to come out of the detox and re enter society, make better choices in what and how you eat and consume from your environment that align better with your spirit.

The home detox box is a detox that you can do at home for all the physical benefits that it brings but if you dare to go deeper you can get a huge benefit as well from the down time it provides. The program is easy and simple to follow and with some simple guidance you can turn the detox into a time of personal growth and connect with yourself rather than your normal buzzing, chattering environment.

For more information on home detoxing with Fiona see www.homedetoxbox.com and for residential retreats see www.retreat-biarritz.com ☘

Oxytocin

The stress-less 'Bliss Hormone' for Optimum Nutrition

We can consume an angelic amount of nutrients, but what's equally important is *how* relaxed we feel when we eat and how receptive and able our bodies are to receive them. Hazel Siddall gently delves into our bodies' Nervous Systems to explore stress & relaxation.

Yummy! It's wonderful to eat tasty, healthy Funky Raw foods...

However, it's similarly important our bodies are in a state which is readily able to receive, digest and utilise the fresh nutrients we supply it with.

And what has come to light, of recent, is the importance of my now favourite hormone **oxytocin**, in enabling us to be efficiently nourished, in balance and rejuvenated.

Oxytocin is often known as the 'bliss hormone'. And rightly so, for it is ever-present within our bodies when life feels good.

First discovered in 1906 by an English researcher, Sir Henry Dale, oxytocin was found to speed up the birthing process. Later studies then related this hormone to the relaxation experienced during breast-feeding. Through further significant and ever-expanding scientific research, oxytocin has now been found to play a massive part in a much larger physiological role than initially recognised. Especially regarding the harmony we feel within our Being during well-known life experiences such as: when we've eaten a good meal, when we've laughed our socks off, when we're social, when massaged, when we're in love, when we've *made* love... and generally; it is present whenever we're feeling relaxed, connected and at ease.

So, where can we find this angel of hormones, oxytocin?

Unfortunately it's not readily available in health-shops, but we can certainly find it within our bodies, and more

empoweringly, we can coax it into being more readily available through our lifestyle choices etc.

First, let's take a wee peek into the crevices of our body's Nervous System. Come along, and be in awe of its unparalleled wisdom...

Within our Nervous System we can find a portion of the System called the *autonomic nervous system*. This system regulates involuntary body functions. Within this autonomic (automatic) nervous system we have two sub-systems in play, kinda like the two ends of a see-saw.

One sub-system is the **sympathetic**, and the other is the **parasympathetic**.

To not get too heavy with the science stuff, let's briefly sum up these two systems and their roles within the body.

The sympathetic System is the part of our autonomic nervous system which is activated when activity is required. It's a necessary and healthy part of our system which enables us to feel physically motivated and responds by protecting us in dangerous situations (by quickly enabling us to run away from fearful, perilous circumstances). This is called the "Fight or Flight" mechanism, and it's essential for our survival. This system produces the hormone cortisol, amongst many. Cortisol gets stuff moving! It is a system used at times of stress (positive and negative stress).

The parasympathetic System is on the other side of the see-saw. It's the system that is performing when we're

safe and relaxed and without threat. It feels blissful because our friend, the 'bliss hormone', oxytocin is released during this mechanism's response. We experience calm and connection. Trust and curiosity replaces fear. Friendliness replaces anger.

It is a time of ease and rest, where we feel safe.

Stress

So what happens when we're at the extreme end of the **sympathetic** side of the seesaw; when we're stressed? A lot! As all of us will have experienced at one time or another.

It's a complex subject that entire books and research are dedicated to. We understand our bodies produce cortisol, the 'stress hormone', the pesky nemesis of oxytocin. And as soon as cortisol is in our bloodstream, we are vigilant, ready for action, fearful, defensive, and our bodies' mechanisms change pace.

We feel charged and tight. Our pulse and blood pressure rises dramatically, our breathing shallows, our mouths become dry, secretion of stomach-juices are inhibited and **our digestion is stalled**.

It's a marvel, really. Our bodies quickly prioritise at times of stress; allocating our blood to supply necessary muscles with energy, so our blessed stomachs are neglected for a time.

We're ready. Muscles are provided for, lungs are gasping in oxygen and all bodily functions are targeted toward action. And this state is perfect for the

fisty-cuffs, or the aviation we're about to undertake... it's saved our entire species and our individual lives over and over again. It's a hero of states to be in.

Yet often we don't assume either of the actions (fight/flight) we make ourselves psyched for. We may just be feeling fearful of a job situation, or our finances, or relationship issues, or even, and as often the case, an imagined threat. Thus, we do not have the opportunity, or inclination, for a punch up or a race to safety. And so we're excited with stress preparations, yet nothing comes about. Often this is when cortisol gets a little stuck within our system. This is unresolved energy which is felt as ongoing negative stress, as opposed to the positive stress of healthy motivation and action.

Many folk, without even realising it, are living in a perhaps constant state of alertness. Frequently feeling stressed, and their **sympathetic** systems are often persistently activated.

And this is not so hot for our digestion. Especially if an ongoing state of collywobbles is being experienced.

"If we eat while we are under stress, food is not properly digested. As the improperly digested food moves through the colon imbalanced nutrients are absorbed into the bloodstream. As a result our intestines and bowels can become irritated and, in the long term, stress can lead to persistent stomach ache, peptic ulcers, colitis or irritable bowel syndrome." Christine Westwood, from her book 'Stress Management'.

Our bodies stop taking in nutrients and stop healing when it is in a state of stress/action. Our digestion, including the process of storing nutrition, comes to a near halt.

We can see why eating close to exercising isn't recommended!

Relaxation

Ahhhh, the part of the see-saw we rather like to be sitting on; relaxation.

Obviously this is only appropriate when there isn't danger lurking about. Laying in a hammock when the sky's raining swords isn't what our Nervous System's about!

But, we DO require 'hammock time', as I now wish to call it. That time of being off-guard, of letting go, of breathing deep, effortless breaths. Of soft-hearts and gentle pulse. Of connecting with friends. Of laughter and light-heartedness.

Relaxation; it's essential and frequently overlooked. Sometimes it is even seen as laziness or a waste of time.

Oxytocin, the 'bliss hormone' is yearned for by our over-alert bodies/minds.

And it is this sacred hormone which helps us *really* take in the healthy properties of the food we take in; our Raw Smoothies and our tasty Raw Brownies and such.

Without oxytocin, without our **parasympathetic** system being in play, we'd be deeply malnourished, plagued by stomach ulcers, riddled with tension and as uptight and rigid as an over-cooked parsnip.

It is only when we are safe and rested, that our bodies really monopolise on the nutrients we intake, and our immune systems can be restored. In the stillness of rest, a great amount of restorative activity is taking place; changing our nourishment to energy, and storing this energy for later use. In this state we become calm, connected and have greater access to internal

resources of creativity, learning and problem-solving.

The Conclusion

We can all relate to both sides of this see-saw as both systems are as precious as each other.

However, they require balance and are to be used in accordance with the circumstances.

Unfortunately our society and our modern times emphasise the expenditure of much energy on goal-directed activity. As a result we experience an excessively prolonged use of our over-exerted **sympathetic** Systems, meaning we are experiencing a hasty increase in stress at the expense of our calmness.

As stress becomes a common culprit for causes of dis-ease, cortisol is prevalently bucking oxytocin off that playground balance. The see-saw has become rather imbalanced, and 'play' has been partially lost to stress' serious side. This has brought a detrimental strain to our digestion.

Despite our wonderful efforts to eat balanced, nutritious food, many are still requiring the oxytocin, the 'hammock time', to actually process and absorb these life-giving nutrients. We need more moments of feeling safe and off-guard, so our stomachs can continue their wonderful work and restore our health.

So, alongside our Funky Raw food-stuffs, let's take some time out to assist our bodies in creating some oxytocin. Switch off yer cortisol habits for a time, and turn on yer bliss.

Do the things you love, sleep gently, take time to be amongst Nature, breathe deeply, exercise moderately, love abundantly, kiss passionately, keep good company, enjoy eating without rushing, live patiently, fearlessly, slow the pace, and treat yourself to some nurturing.

It's imperative we have more **oxytocin** at play in our systems. More peace and calm. For this is the optimum state to grow, heal and digest. And, it's the perfect playmate for our cortisol friend. What's the fun in a see-saw with only one participant? It takes two to bring out the fun.

Hazel is an Artist/Writer/Therapist.

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Fight For What You Love

This article was originally published at www.terrain.org. They asked a number of writers what the “apocalypse” means to them, how the idea of impending global disaster factors into their work and what weight the impending end-of-life-as-we-know-it adds to their daily lives. This is the response from **Derrick Jensen**.

The dominant culture is murdering the planet, and there really isn't a prayer of stopping this murder so long as so many people continue to value this culture over life on this planet, the life it is murdering. This valuing is almost universal in this culture. Even most mainstream environmentalists say explicitly that they're attempting to save civilization, not the real world. For example, even someone as dedicated as Bill McKibben regularly states he wants to stop global warming to save civilization, and even someone equally dedicated like Peter Montague, who put out the invaluable Rachel newsletter on toxics, said that pumping carbon underground for storage is a bad idea because if it leaked out all at once it could, to use his words, “disrupt civilization as we know it.” No, Peter, it could end life on earth. Here's another example of this valuing: what do most mainstream “solutions” to global warming have in common? They all take industrial civilization as a given, and the natural world as that which (never who) must conform to industrial civilization. That is literally insane, in terms of being out of touch with

physical reality. And it will never work.

This valuing of this culture over life is inherent in the way the request for an essay was phrased: “By apocalypse, of course, I mean simply the end of life as we know it—be it the result of nuclear war, the long-term result of climate change, a post-oil world, etc.”

This definition of apocalypse makes me incredibly sad. Especially the words “of course.” When I talk about the apocalypse I don't mean “simply the end of life as we know it,” by which was clearly meant the end of this culture (because the causes included a “post-oil world” (by which was meant a post-oil culture)). What I mean when I talk about the apocalypse is the death of the planet. I mean the death of the salmon. I mean the death of the oceans. I mean the extirpation of 200 species per day. I mean 99 percent of native forests already having been murdered, and 99 percent of native grasslands, and so on. I mean one-quarter of all rivers no longer reaching the ocean. I mean oysters experiencing reproductive failure—which is science-speak for their

babies all dying—in the ocean off the Pacific Northwest. I mean dead zones all through the oceans. I mean the collapse of migratory songbird populations. I mean the collapse of insect populations. I mean the collapse of bat populations. I mean the death of the real world.

Even when “life as we know it” is what's killing the planet, far too many people, including far too many mainstream environmentalists, perceive the end of this culture as the real apocalypse. The real world doesn't even primarily enter the picture. So it's no wonder the real world continues to be killed: it's not nearly so important to most of the beneficiaries of this way of life as those benefits they gain from planetary murder.

How do we avoid seeing what is right in front of our eyes? Well, that's dead easy: we simply spend more of our energy attempting to avoid facing the severity of the problems this culture is causing, than actually solving these problems.

One of the ways we avoid looking at the problems is by pretending those we are killing don't really exist. For

example, when I say this culture is killing the planet, I don't mean it is causing, as too many people put it, the "irreparable breakdown of the Earth's systems." This is because I don't believe the earth has systems. That is machine language. I believe the earth has communities. The world consists of subjects whose lives are as beautiful and precious to them as your own life is to you and mine is to me. And these subjects live in communities as complex and vibrant as are those communities with which you and I are surrounded. This understanding is crucial, because the language we use not only reflects but influences how we perceive and experience the world; and how we perceive and experience the world influences how we behave in the world. And our current behavior is abysmal, and is killing the planet.

Another way we avoid looking at the severity of the problems is by pretending that the murder of the planet isn't really the murder of the planet, but just "the death of the planet as we know it." That language only serves to abstract us from the horrors. Ninety percent of the large fish in the oceans are gone. There is more plastic in the oceans than phytoplankton. Reflect on this: the oceans are being killed. The oceans.

Look at it this way: if a person you really love is dying from being poisoned (like rivers and oceans and soil), or from being skinned alive (prairies), or if someone you love is being tortured to death—and picture your parent, your child, your lover, your sibling, your best friend—would you say this person is dying "as we know it"? Of course not. Yet when it comes to the real world—the world that is the source of all life—this is precisely the attitude taken by even too many environmentalists.

Picture this: You're sitting somewhere with a friend and suddenly you hear screaming and realize your lover is being tortured in the next room. You leap up, say to your friend, "My lover is being tortured and killed. We need to stop this!" Your friend sits on his chair, puffing contemplatively on his pipe, and responds, "Does this mean the death of your lover, or just the death of your lover as we know your lover?" So you sit right back down

and say, "Damn good point, Charlie. I can always count on you to help me stay rational." A philosophical conversation ensues, one that is so interesting that after a while you no longer hear the screams.

Sometimes at talks people say to me, "Oh, the world isn't being killed. It's just being transformed." That's merely another bullshit lie people tell themselves to maintain their distance, merely another way people can justify their lack of sufficient action in the face of planetary murder. Whenever people say this I always ask if they have a knife I can borrow. Someone in the audience gives me a knife. I walk up to the questioner and ask him (it's almost always a male) to extend his hand. He doesn't want to. I insist. I take his hand in mine. I hold the knife over the base of his finger. I don't cut him, or even make the remotest gesture to, but I say, "Let's pretend I'm going to start cutting you. I'm not going to kill you. I'm just going to transform you. I'm going to cut off this finger, and then this finger, and then this thumb, and then I'll start on your toes, and then I'll move to your hands, feet, arms, and your legs. But don't worry, I won't kill you. At some point your heart will stop beating, but that's not a big deal: it's not like I'm going to torture you to death or anything: it will merely be the end of your life as we know it, a transformation."

Most people get the point.

If things are so bad, people sometimes ask, what drives your work? That's really simple. What keeps me working is love. I love the salmon, and the lampreys, and the forest where I live, and I love the oceans, and I love the bears and slender salamanders and banana slugs. If you're in love, you act to defend your beloved. If your beloved is threatened and you don't do whatever it takes to defend your beloved, what you're feeling isn't love.

Or sometimes I'm asked what gives me hope. The answer is that I don't believe in hope. Hope is a longing for a future condition over which we have no agency. That's how we use the word in everyday life: I don't hope I eat something in a few moments: I'm just going to do it. On the other hand, the next time I get on a plane I hope it

doesn't crash: once it's in the air I have no agency. So when people say they hope coho salmon survive, they're saying they have no agency. I'm not interested in hope: I'm interested in doing what needs to be done. What salmon need to survive is five things: they need for dams to be removed, for industrial logging to stop, for industrial fishing to stop, for global warming to stop (which means for the oil economy to stop), and for the oceans to not be murdered. These are daunting but doable tasks. If those things happen salmon will survive. If they don't, they won't.

Someone once asked me, "Do you mean I can't hope that my brother, who has cancer, survives?" I said, "Of course you can hope your brother survives: some of that is out of your control. But if he needs to go to the hospital, you can't stand there with car keys in your hand and say, 'I hope you make it to the hospital.'" You just do it.

The world is being murdered. Industrial civilization is causing this murder. This is not cognitively challenging. We need to stop this culture from killing the planet. The planet is more important than this culture. It's more important than any culture. This is by definition, because without a planet you don't have any culture at all. We need to fight for what we love, fight harder than we have ever thought we could fight.

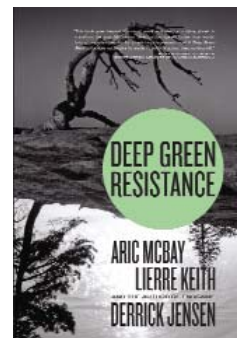
Hailed as the philosopher poet of the environmental movement, Derrick Jensen is author of twenty-one books, including A Language Older Than Words, The Culture of Make Believe, and Endgame. He writes for Orion, Audubon, and The Sun Magazine, among many others. To find out more about Derrick and his work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

Along with Lierre Keith and Aric McBay, Derrick has contributed to the book

Deep Green Resistance which gives shows how a serious resistance movement that can bring down the industrial economy can come about.

Find out more and join the movement at

www.deepgreenresistance.org



Releasing Perfection in Healing

It was winter when my doctors told me the pain, exhaustion, cognitive dysfunction and muscle weakness I was experiencing were permanent. They said, “no cure” and left me to my own devices, along with a shiny black wheelchair and a packet of painkillers. I was 19 years old. **Grace Quantock** tells her story.

There was a time I didn't push to be well. I didn't want to focus on, “getting better”, because what was better, really? When does one know when they have arrived? After being told, definitively that there was no cure, chasing after “getting better”, seemed foolhardy. Too hard. Pointless.

It's so easy to put things off; we say we will buy a house, will loose the weight, will live our dreams, will travel to Italy, will learn a language. We *will*. Someday. Later. We defer. We say, “I'll do that when I'm feeling better”. The inherent risk for me was: what if I put my energy into “getting better”.....and then “better” never comes? Will my efforts have been wasted? Will I look back at the end of it all and realise that, though I never achieved that elusive, unquantifiable “better”, I'd still spent – and wasted - precious time fiercely seeking it out?

There came a pivotal point when I took a stand. I decided it wasn't foolhardy, or absurd or inconsequential for me to enthusiastically go after my healing.

I refused to postpone my life in deference to my health.

But just as there is a maelstrom in the world of diagnosis, so too is there a different sort of chaos that can come

in the healing realm. Healing can take over our lives. It's something we desperately want; others achieve it, often so seemingly easily, but just as often, without qualifiable explanations that can be replicated. So on we fly, with the green juice and the enemas and the increasingly out-there therapies, pursuing our own miracle.

In the last issue (No. 28, Summer 2013) I wrote about healing the incurable. It's heady stuff. But, how do we, in turn, grant our healing process the power to fuel our lives, and not bend our existence solely to accommodate the demands of our healing?

What fuels busy, frantic healing? How does something so beautiful - living well, nourishing our bodies - tip over into perfectionism and something akin to self-punishment?

It is part and parcel of the nature of illness and our attitudes towards it: Action feels empowering. Doing. Fighting the illness, drinking fresh juice, exercising, taking pills. In some way, effectively or otherwise we are actively dealing with the problem, and that feels powerful.

Action also keeps us distracted. When we are doing, we are engaged. It's in the quiet moments that the reality of our illness presses in upon us.

Keeping busy and healing are often socially sanctioned; there's a perception that “doing” is, in essence, akin to consciously avoiding the inactivity of being ill. We aren't lazy, we are busy trying. We're not defeated, look, see? We are working on things.



Disability and illness can seem scary, messy, different. People with illnesses are supported in wanting to heal - but it's subjective: Who can say four limbs are best? That walking upright is the goal? So often, support is offered with the underlying assumptions that “help” or “healing” are universally defined. That the end game is always, “cured” or “normal” or a return to life pre-diagnosis. It's crucial to acknowledge and examine our own fear and prejudices about what truly constitutes “health” and “illness” before trying to help, thus avoiding the trap of trying to “clean up” all of the messiness, oddness or “brokenness” of people. Sometimes, just moving forward is enough. Being “differ-

ent" may always be a part of the equation. And different...well, different is not synonymous with "bad" or incomplete.

Illness, disability and health challenges can take over our lives with appointments, therapists, tests. Wanting to heal and filling your non-clinical time with alternative modalities can be gratifying. Seeking out healing can also productively fill the spaces left by things commonly lost through illness: friends who drift or hobbies one is no longer able to engage in as before.

Guilt can be a large factor, especially in the alternative healing and wellness worlds. The blogs, the books, the quizzical looks; "Why aren't you better?", "What are you doing wrong?", "Was it something you did in a past life?", "What haven't you released?", "Are you secretly eating donuts and sabotaging your own healing?" Of course, there are always things we can adjust; a diet that needs to change, a lifestyle shift that will boost our health – maybe even some issues to work out and let go. But blame is never the answer. And being on the receiving end – while trying to affect life change – can be deeply hurtful and fill us with doubt.

Throw out the doubt.

And let's accept it now: we will never be perfect. There. It's been said. It's out there. We. Will. Never. Be. Perfect. And who wants to be? Perfect is rigid, boring, paper-thin and colourless.

People break themselves struggling for perfection. There is the unwritten expectation that when one is "perfectly healthy", they will live happily, fully. An unacknowledged fear of mortality can drive us to strive for unattainable (and ridiculous!) perfection.

Being 100% raw will not let you live forever. Being a good person, giving charitably, good oral hygiene and lending a hand in your community... no matter what you do, how "good" a life you lead, terrifyingly, bad things still happen.

So what can we do? How do we manage the guilt, fear and social expectations pulling us in different directions? We flip the script. We change

the focus: We work on developing, nurturing and exploring what's inside, rather than perfecting the physical. What truly holds you up in both the brilliant and awful times: your trust. Faith. Intuition. Practices. Understanding. Real, deep relationships.

We practice releasing perfectionism.

When I was diagnosed, I was desperate for a cure. I searched and searched. The 4am Google searches were epic, clicking page after page (after page after page!)... what if the next one held the secret? What if? What if? I tried every healing modality there was. And when none of them worked, I dove into a sea of denial like there was treasure at the bottom.

But that didn't do the trick either. My husband and I began actively looking to the people around us to see how they coped with debilitating illness. Many of them simply re-shaped themselves around their sickness. They quickly gave up what they couldn't do and carried on - perhaps feeling emptier inside for having lost, what they felt, were integral aspects of what defined them – but accepting that, and moving on nonetheless. I tried that for a while. But it never fully meshed with me, or my personality. I couldn't sacrifice who I was, just to move forward.

I decided I could keep being me, imperfectly perfect me, with all of the quirks and love and life, and move forward at the same time. I would take an active role and find a way.

Guess what? I did it. And it wasn't nearly so impossible as you might think.

I started small. Case in point: I wouldn't wear a blanket over my legs in the wheelchair (far too unstylish!) Solution? I crusaded for attractive accessibility equipment (which came to be) and soon, with the fire lit, I began truly forging my healing path.

I quit seeing myself as 'just a sick chick' and made the conscious decision to turn Trail Blazer. That moment was one of profound acceptance. Allowing the realisation to sink deep into my (healing!) bones:

I am enough. Right now. Today, exact-

ly as I am.

I unpacked my own prejudices and avoidance and began to build my practice of living. Not as an ill statistic, but as a Trail Blazer: a healing, powerful woman with a whole lot to offer the world.

How do we allow healing to fuel our lives? It starts with you.

Begin with what you like. It may be difficult to uncover it from under your pain and the demands of others. It may have changed since you were diagnosed, or last took stock. You are not the same person you were. And that's ok. You've been through the phoenix fire of diagnosis, life crisis, grief or ageing. You have come through it, and that is a great place to start.

When we experience a trauma or life-shift it can feel like our lives are burning up around us, like everything we knew and relied on is turning to ash. In the Trail Blazers' movement, we learn to become the phoenixes, even more burnished and beautiful than we were before our struggles.

To become that phoenix, to rise up anew, you must begin. Start by noticing what you enjoy. Steaming baths? Radio comedy? A new pencil case? Singing with abandon? Drinking green juice? We pay attention to what makes us feel strong. And paying attention, planning from this acute place of awareness, makes a significant, positive impact in our ability to course correct and plot out our (healthy!) future.

You don't have to live inside an unquestioned cage of perfection. Make that cognisant shift to unlock the door. And then, do it. With enthusiasm. With hope.

Start there and know, your Trail Blazing journey has begun.

Grace Quantock is an award winning international wellness expert, writer and founder of Healing Boxes CIC and The Sick Chick to Trail Blazers Project. She teaches people to let the health challenges be the footnotes, and make their lives the adventure stories. Get your free Wellness Super Start Secret Training by signing up at

www.SickChickToTrailBlazer.com ❁

The Autumn Kitchen Garden

Helen Hurworth looks at what to plant in the Autumn including green manure crops plus other jobs to be done.

Did you know that the Horticultural year begins in October?

We often think of this time of year as being one of decline in the garden and fields around us; but it is the historic time for sowing of next years' wheat and barley crops. It is the time of year we invest in our future. There is a lovely saying that 'to plant a garden is to believe in tomorrow'.

True, there is not so much to harvest this time of year, once our pumpkins and squashes are eaten, but there are still the wonderful kales and chards, and frost hardy leeks and broccoli.

Autumn Planting

You can get ahead for next year, by planting many things now.

Overwintering garlic and onions

Sets are available now for planting up until November.

Plant your bulbs 10-15cm apart in rows 20-25cm apart. Garlic particularly yields better with going through the cold months of winter than planting in spring. These will be ready to harvest in early June, depending on where you live in the country.

Suggested varieties.

Onions: 'Jet Set', 'Electric Red', 'Radar', 'Senshyu Yellow'

Garlic: 'Vallelado'

Rocket will grow well into Winter, from a September sowing. Try the variety 'Rucola'. Land Cress, sometimes known as American cress, and which is a good substitute for water-cress is particularly hardy over winter.

Winter Lettuce sowings

Try varieties, 'Winter Crop',

'Valdor', 'Winter Density', 'Wendell' and the gloriously named 'Rouge d'Hiver', ready for harvesting in late November and December if sown now.

Corn Salad, sometimes known as Lambs Lettuce is a hardy salad with a mild flavour and soft texture, it also has the benefit that the spring flowers can also be eaten.

Claytonia also known as, Winter Purslane, or Miner's lettuce is another hardy winter salad, which also self-seeds. Sow directly now.

Green Manures

Inevitably there will be gaps in the vegetable beds this time of year and into Winter, and it can be a good practice to sow green manures. Green manures are plants that are sown over winter to prevent loss of nutrients from the soil, boost fertility and protect the structure of the soil. Winter rains can wash out soil plant foods and can deplete soil levels.

Now is the time of year to think about your crop rotation and make a plan for next year's planting. Green manures are termed in two categories, a 'lifter' which stores soil nutrients over winter, and a 'fixer' which takes up nitrogen from the air. Choose a suitable green manure that can be sown now from the list below.

<u>Fixer</u>	<u>Sowing time</u>	<u>Place in rotation</u>
Field Beans	Sept-Nov	peas & beans

<u>Lifter</u>	<u>Sowing time</u>	<u>Place in rotation</u>
Fodder Radish	Aug-Sept	Cabbage
Grazing Rye	Aug-Oct	anywhere except where small seeds are being sown next year.

You can either chop and dig in vigorously the following early spring, or lift and make into liquid compost. Do not leave to set seed.

Jobs in the garden.

*Cut down Asparagus foliage if turning brown.

* Remove any debris from around brassicas to avoid rotting.

*Lift remaining tomato plants and hang them upside down in a dry conservatory or kitchen. They will continue to ripen.

* Earth up celeriac bulbs, leeks and celery.

* Create more water butts, to collect the precious winter rains, cover with netting to avoid leaf decay and contamination.

*Clear and weed harvested beds, if not filling with a green manure, cover with a thick layer of horse manure, washed seaweed or similar fertiliser of your choice, and cover with sheets of flattened cardboard and place bricks on top to secure against Autumn winds. Leave quite alone to rot down over winter.

*Order your seed and plant catalogues for 2014. These are my personal favourites: Garden Organic, Dobies, Kings, Simply Vegetables, Nickys Seeds, Sarah Raven.

Helen Hurworth, is trained in Horticulture and is a member of the RHS, Garden Organic and also a member of the Heritage Seed Library. In between maintaining her allotment, she works as a volunteer at The Hornbeam Café Walthamstow, and as a freelance horticultural advisor. ❁

Full English Smoothie

Robin Littman tells us about the joy of having bed and breakfast guests in his house...

Who'd want to get into the Bed and Breakfast business? Not us. Not, that is, until three years ago we stumbled blindly into something called the Raw Food Lifestyle.

I blame my wife Jenny. She went on a silent meditation retreat and found herself overwhelmed by what she described afterwards as 'some of the most heavenly food I've ever had'. Really?

She then frogmarched me onto a raw food workshop on the island of Ibiza (it helped) and I too was overwhelmed by the taste of the food – but even more impressed by the scientific facts behind why a high raw diet can transform one's life. It transformed ours.

My name's Robin and I'm a cheezoholic. Or was. That craving has gone – and so has the extra weight I was carrying. My immune system is now so strong I don't get the colds, coughs and flu that plagued me all my life. I also have more energy. I'm sure those reading this have had similar experiences. Then what more could we do? Well, we felt impelled to spread the word – whether people wanted to hear it or not. We started running workshops in Somerset and London and occasional Pot Luck evenings – such fun! Now we have launched a retreat experience on the Maltese

island of Gozo with a nutritional expert who can ensure that your diet is exactly what your body needs to get back into balance.

Then what? Why not try to offer a raw food bed and breakfast service? Of course! We have some spare bedrooms and live in the country in a peaceful old house. We started to promote it and were curious to see what sort of people turned up.

First of all, it's very interesting having complete strangers in your house. Are they like us?

Not always – but why should they be?

Our first guest brought her dog and luckily ours didn't have sex with it so that was all right. She was from London and she really enjoyed the fresh air, lovely walks and rest. Above all it was the food that did it and we were able to satisfy her questions about its PH balance. She appreciated the green juices.

Another of our other guests found us online and came from Switzerland with her friend. They wanted people of like mind and we had loads to talk about before they drove off to savour



the Glastonbury experience. A couple from Devon whose health had been transformed by raw food stayed and we found ourselves exchanging views, books and recipes. They loved the smoothies and have come back several times.

So, on the whole, despite my initial misgivings, it's been a deeply rewarding experience. It's been amazing how raw food brings together kindred spirits in such a joyful and empowering way.

We love it.

Robin and Jenny Littman run many different raw food events. For more information visit www.reSource-me.com ☼



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