

The Funky Raw

Issue 30 - Winter 2014

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Healthy eating for everyone

magazine



- Saving the Bees
- Permaculture
- Earthing
- Homeschooling

From the Editor

It seems everyone is talking about the demise of the bees at the moment, so this issue we have a special article by Ron Rock on what we can do to help (page 22). I'd like to thank Zamzam for creating the cover image especially to go with this article.



We've got some fascinating articles this issue, I learnt a lot from Ras in the permaculture article on page 18, I'll definitely be planting more purple corn this year, it grew so well last year. Gill's article on Weston Price on page 14 will be challenging for some but it is important information which needs to be known.

We've spoken about earthing in previous issues, this time we have more info on the topic on page 16, well worth checking out, I'm really missing walking barefoot over the winter.

Homeschooling is getting more popular, but a question often asked is how will the children turn out? Well, Helen Kirby Roach homeschooled all four of her children, read her thoughts on the subject on page 26.

Enjoy the magazine, and if you feel like writing, or creating a cover image, please get in touch.

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

Cover Artwork

This cover was designed by Zamzam specially to go with our article on saving the bees.

Zamzam is an illustrator and mural artist based in Bristol. Past projects have included display artwork for Shambala and Womad festival, flyer artwork for Erika James and more recently a mural at the Island. Find out more on her website: www.behance.net/zamzam



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

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: **21 March 2014**.

Advertising deadline: 31 March 2014 funkyraw.com/ads/

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

The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

Everyone who reads this magazine is 100% responsible for what they do with the information presented here!

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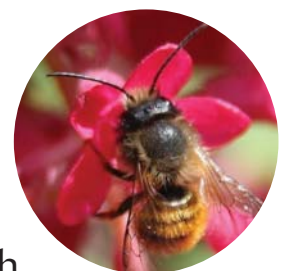
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www.ink.uk.com

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News

Got a story? Email news@funkyraw.com

UK Raw Festival

Raw Fest is back for the 3rd year, this time in Wiltshire with a raw food camping festival.



Some of what will be happening:

- ☺ Inspiring talks by raw, health & conscious speakers
- ☺ Raw food demos in juicing, fermenting, sprouting
- ☺ Massage, bodywork, energy healing, soul readings
- ☺ Yoga, qi gong, meditation, sound healing, re-birthing
- ☺ Shamanic workshops, art, natural crafts & camp fires
- ☺ Permaculture, organic growing & eco living
- ☺ Ecstatic dance, 5 rhythms, drumming & trance
- ☺ Live music, circus & fire performances

Early bird tickets for the full festival including camping are on sale now at £90 until March 31st, at which point they will go up to the full price of £130. Concessions and other tickets available, see the website.

More info and ticket purchases at www.rawfestuk.com

Workshops & Events

The Joy of Dehydrating

Date: Saturday 8 February, 10:30am - 5pm

Location: London

Description: Is your dehydrator still in it's box? Or gathering dust at the back of the cupboard? Have you been wondering whether or not to invest in this bit of raw food kit?

In this workshop you'll discover how your dehydrator can open the door into a whole new world of Raw Food Fun! Come and spend the day with me, being inspired by the wealth of delicious and long-lasting raw foods that can be made with a dehydrator. It's a joy to open your cupboard to a store of delicious dehydrated biscuits, crackers, cereals, granolas and crisps to choose from. Who needs cooked and unhealthy foods when you have such delicious and practical alternatives?

Recipe tasting and delicious raw lunch included.

Price: £169 includes a raw lunch

Contact: 07733 107 811

Website: www.rawfreedom.co.uk

Comforting Raw Food for Cold Weather

Date: Sunday 9 February, 10:30am - 5pm

Location: London

Description: Do you struggle to eat healthily when it's cold? Or wish you didn't succumb to every illness going round? Or that your circulation and energy levels were better?

This information packed workshop will get you feeling confident and inspired to make super healthy food choices that boost your energy levels, immunity and mood

Vantra & Vitao

Vita organic, which later became Vitao, is probably the longest running restaurant in London serving raw food. Now Vitao has joined forces with Vantra and they have moved to a new location at 25 - 27 Oxford Street, right by Tottenham Court Road tube station.

The food is healthy vegan with raw food options.

Ground Floor, 25 - 27 Oxford Street, London, W1D 2DW

Monday to Saturday - 12 noon to 11 pm

Sunday - 12 noon to 8 pm

Tel: 0207 439 8237

www.vantra.co.uk

Durian & Young Coconuts

Ok, so the general advice from Funky Raw is to eat local grown organic food. But sometimes just for a treat it's great to be able to get some tropical foods. For those who don't have local shops selling durian and young coconuts, there is now an online shop where you can get these and other tropical fruits including mangos, mangos-teen, lychee, rambutan and more:



www.thaifoodshop.co.uk

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

when it's cold and grey outside. Myths about 'cold' raw food will be dispersed and you will leave armed with an array of warming and comforting recipes to help you include as much raw food as you want into your diet, whatever the weather.

The workshop will cover:

Nourishing and satisfying breakfasts

Super quick and comforting soups

Main meals to warm your soul

Gorgeous cold weather desserts

Price: £139 includes a raw lunch and recipe pack.

Contact: 07733 107 811

Website: www.rawfreedom.co.uk

Fermentation Fetish

Date: Saturday 22 February, 10am. This event repeats most months, check the website for future dates.

Location: Meare near Glastonbury

Description: In this informative, exciting and comprehensive class you will learn: Raw food nutrition principles and recipe creation for long term success. Why kefir is one of the most powerful and cost effective superfoods available.

How to use exotic cruciferous veggie ferments to safeguard you and your family from xenoestrogens and harmful chemicals in plastic. How to easily and affordably create delicious fermented and living foods with no previous experience.

How to permanently eradicate Candida and other dysbiotic digestive disorders within months or even weeks!

Why the enzymes and probiotics in ferments are superior to any supplements you could buy in your local health food store.

Menu for the day where you will learn how to create: Exotic Kimchi and sauerkraut recipes. (simple and advanced methods.)

Lacto fermented mexican salsa. Zingy kefir pesto. Lacto fermented pineapple, Papaya curry chutney.

Coconut kefir ginger beer. Mood elevating super nutritional kefir breakfast pudding. Cherry kefir cheesecake.

Your facilitators: Holly Paige and Kenny Sunshine.

Price: £85

Contact: shop@foodforconsciousness.co.uk 01458 860060

Website: www.foodforconsciousness.co.uk

Raw Magic Retreat

Date: Monday 17 March to Friday 21 March

Location: Sparkford Hall, near Glastonbury

Description: Kate Magic, Aradhana Kaur & Anna Middleton look forward to welcoming you on retreat to experience 4 days of uninterrupted bliss. You will be nurtured with divine raw food, heart-opening yoga, food prep classes, wonderful company, and exquisite surroundings. Our aim with this retreat is to completely spoil you! We want you to feel totally indulged so you can relax and leave feeling renewed and rejuvenated.

Price: From £675 in a dorm, more for other accommodation

Contact: melissa@rawliving.co.uk or 01243 523335.

Website: www.rawmagicretreats.com

Raw Chocolate Workshop

Date: Saturday 22 March, 1:30-5pm

Location: Bath

Description: You are invited to a fun afternoon giving you the chance to taste a whole range of chocolate recipes whilst you sit back and relax. Learn some great recipes, find out about raw chocolate, natural sugar substitutes, superfoods and how to combine them to make delicious chocolate and get to sample a whole range of my chocolate recipes whilst meeting other chocolate aficionados! You get to eat as much as you like and also take home with you what we make, plus recipe and info sheets. Everything you will eat is naturally free from sugar, dairy and gluten and low G.i

Price: £65 Please bring lunch to share.

Contact: info@rinagolan-rothwell.com or 01225 720160

Website: www.rinagolan-rothwell.com

Ripe for Radiance

Date: Thur 27 March to Sun 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 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 £435 depending on accommodation

Website: www.radiantonraw.co.uk

Cruda - Eat More Raw!

Date: Monday 05 May to Saturday 10 May - Dates are flexible, get in touch if you want to come for different dates in May.

Location: Granada Province, Southern Spain

Description: A six day fully-catered raw food holiday in Andalucia, southern Spain in the beginning of May, focusing on integrating more healthy raw recipes into your life. We offer a variety of in-depth daily workshops, with evening coaching sessions, and lifestyle tips. Also optional afternoon outings, local walks, different therapy sessions or creative workshops of your choice.

Come experience our diverse Spanish raw food lifestyle in a fun, yet relaxing environment.

Price: From £500 to £550 depending on accommodation.

Contact: crude-food@wildmail.com

Kundalini Yoga and raw food retreat

Date: Friday 16 May to Sunday 18 May

Location: Paddington Farm, Glastonbury, Somerset

Description: A weekend of Kundalini Yoga with morning sadhana, meditations and kirtan supported by a delicious and nourishing raw food diet, relaxing time and walks at the foot of the Tor hill in Glastonbury.

Lovechef Mark will teach how to make incredible fulfilling raw meals whilst Karamroop will share her Yoga and raw life experience with you throughout the weekend.

Price: £225 all included, £200 early bird before 15th March

Contact: kaurkaramroop@gmail.com 07894 444 506

Website: karamroopkaur.wix.com/kundalinirawyoga

Radiant on Raw in the Caribbean

Date: Wednesday 18 June to Wednesday 25 June

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: From £345 depending on accommodation.

Website: www.radiantonraw.co.uk

UK Fruitfest

Date: Wednesday 25 June to Sunday 29 June

Location: Duval Priory, Devon

Description: A residential raw food festival in the UK for those who wish to experience an 801010rv style fruit based raw vegan lifestyle. Talks and classes with Dr Doug Graham, Professor Rozalind Graham, Anne Osborne, Grant Campbell and Chris Kendall.

Price: £465 including accommodation, all meals including a 24 hour fruit buffet, lectures and daily activities.

Website: www.fruitfest.co.uk



Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on www.meetup.com and also see www.funkyraw.com/events/ or start your own. 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/workshops2/

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



Rainforest Creations - Food Stalls

Review by Nicola Pledger

This is my favourite place to eat, anywhere in the UK! I love this place, not only is the food a feast for the mouth and belly but also for the eyes. A whole body experience happens when you eat here. The visual stimulation of all the colours of the food on offer, the taste explosions in your mouth leading to a deeply nourishing feeling for your whole being.

I have eaten at almost all the raw eateries in London – this is the only place that I keep returning to and constantly recommend people. This is real raw food, earth foods as nature intended, fresh vegetables, fruits, sprouted goodness, nuts and seeds. Simply combined to make very exciting Caribbean inspired dishes. This place is pure sunshine, a sanctuary of rainbow light, nourishment for the body and soul amid, at times, a grey and wet London.

When I eat here I always have the wrap (which unfortunately is the only thing that is not raw on the menu although all the fillings are raw). The wrap itself is made from wheat, lentils and corn and filled with a selection of salads, sprouted akashe balls (sprouted chickpeas, carrot, spices, coriander, leek and lovingly dehydrated) sprouted humous, hot or mild salsa. Delicious, filling, satisfying.

I always get a big salad box to take home with me this is filled with various salads, some of which include: sprouted quiona, sprouted humous, 'angel greens' – spinach/kale/chard, avocado and tomato, sprouted wild rice salad, sprouted lentil salad, Caribbean 'slaw I think this is the salad that has little bits of pineapple in which is always a yummy surprise in contrast to the savoury flavours, sweet potato flan – oh yes which has plantain in also! Until eating here I had never eaten plantain raw. Such an inspiring place.

And yes there is cake, 'nectar cakes' the two cakes they have on offer are: chocolate cake, which is so delicious and moist with little pieces of cranberries and raisins decorated with fresh raspberries. This is made with sweet potato, banana, carob, cacao. Then a banana and mango cake which again is very yummy. You get a huge piece for

the price too which I always eat in two sittings as is so incredibly filling and satisfying. As well as the cakes they also offer some other sweet offerings: little sweets made with dates, cashews, then flavoured with beetroot, hemp and baobab. I have tried the pumpkin and coconut ones which I really enjoy.

Also on offer are giant sprout balls (dehydrated at low temperatures) which are made with sprouted lentils, various vegetables and spices, these are very good. There's so much to choose from. Even non raw fooders love it here, I have been pleasantly surprised by this.

And to drink they offer a selection of medicinal drinks; their ginger one is very fiery just how I like it, ginger, sorrel and hibiscus. Sometimes they have some fresh juices too, last time me and my daughter shared a papaya and coconut smoothie/juice which was so blissful. As well they offer young green coconuts.

All the food is really well priced you can get a wrap or salad, slice of cake, and drink for under £15 which is excellent I think compared with other raw places where just a wrap itself with a bit of salad can cost this much. Their stalls are always bustling, the food is just so colourful, like a rainforest it is so easy for the eyes to be drawn in.

I will always remember the first time I discovered this place at their stall in Hammersmith market it must have been easily 6 years ago. They were packing away, I was quick to notice the bright colours of these salads which before here I had never seen such rainbow food. In fact it was my first introduction to raw food, I felt very excited like I had stumbled upon a magical door leading to another world which I was eager to travel. I didn't quite have enough for a salad box yet the lady gave me the whole box for free plus some sweet beetroot squares. Such kindness.

The only thing that lets them down is that they no longer use the lovely cardboard boxes to serve their salads in, instead now opting for plastic containers. The original cardboard boxes really added something to what they

offered. Of course it would be great for them to offer the wrap as completely raw.



You can catch Rainforest Creations at the following London locations:

Thursdays: Hammersmith, Lyric Square, Kings Street, W6 (9am-3pm)

Saturdays: Chelsea Market, Duke of York Square, Kings Road, SW3 (9am-3pm)

Sundays: Old Spittlefields Market, E1 (9am-5pm)

They also offer a catering service, all info plus more beautiful pictures can be found on their website at www.rainforestcreations.co.uk

Raw Freedom by Saskia Fraser

Recipe book review by Jessie Maguire

Saskia Fraser has just written one of my favourite recipe books of all time. I got so excited about the recipes - the amazing British-, vegetarian/vegan-, genius-ness and ingeniousness of the recipes really took me by surprise (and by that, I mean the international flavours that reflect our cultural diversity). They clearly show Saskia to be a food and flavour lover, and someone with a huge amount of experience and style. The best bit is that the recipes are so homely, so familiar yet special-feeling.

Ok, so here's a taste of what she shares within her three-hundred and four pages of goodness:

First she goes into being raw a little, and explains how it doesn't need to be hard or require a lot of equipment, how you don't need to be 100% to be healthy. Then the recipes begin, with a little, informative paragraph or two before each section. Each recipe comes with a photo following it.

Next, Saskia introduces Green Smoothies and their benefits :) And each one has obviously been honed to perfection. Below that comes Breakfast, my favourite meal of the day. And Saskia has some great original ideas! Alfalfa museli!!! Superfood porridge :) Mushrooms on toast :) They all sound brilliant for winter.

Next come the oh-so-sophisticated sal-

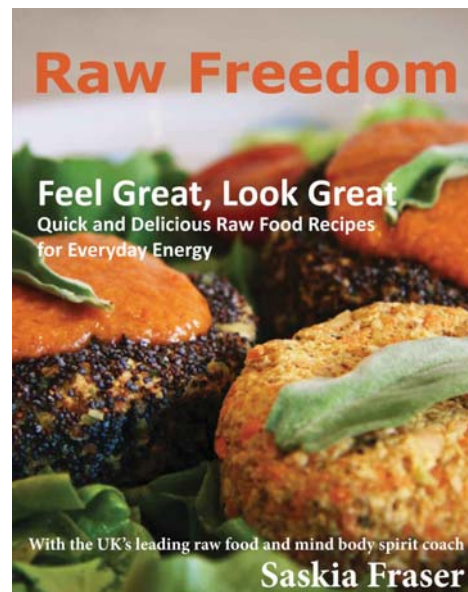
ads. Yummy. Mango Sea Salad! Vietnamese Salad! Thai Green Salad. Salad boredom is a thing of the past :)

Now come the pâtés and dips, with Spicy Walnut Pate and Sprouted Green Lentil Hummus among them. Then below, some great-looking, delicious, warming soups, including Pea and Mint, Thai Soup, Thai Red Curry Paste (the raw version u make at home, of course), and a rather beautiful Cream of Mushroom. I loved the variety in this section.

Saskia then moves on to her favourite type of dish: Pasta and Noodles. She has a Cheesy Pasta with Peas, Pasta Aglio, Olio e Peperoncino, a rather scrumptious-looking Macaroni Cheese. Japanese Noodles, and Thai Noodles. Totally spoilt.

The Main Meals section consists of a range of diverse dishes: Satay Veg, Vegetable Cheese Tarts, Raw Stir Fry, Ratatouille and Thai Red Curry (etc!). I was thinking how great these all are for seeing the British winter indoors draw to a close with your belly full :)

The Desserts, Sweet Treats and Snacks sections are of course very inspiring for most! What a taste bud tantalising read! Saskia does not let us down here, with her Fig and Strawberry Crumble, Lime and Kiwi Cheesecake (or Chisikake, as they call it here in Bolivia...), Raspberry Chisikake - um,



I mean.... ;) And her Mint Chocolate Torte. And, OH MY! Her Halva, Apricot Vanilla Chocolates, Orange Cinnamon Truffles, and Lime Spread. They look divine.

There is nothing run-of-the-mill about this book! It might make you a raw genius in the kitchen, though. And you may never want to leave. I think that's the only draw-back. Many thanks, Saskia, for sharing such a lot for us to enjoy.

Available in print or as an ebook.

RRP: £24.99. 304 pages. eBook £9.99
ISBN: 978-1910088005
www.rawfreedom.co.uk

Win a copy of Raw Freedom!

Here is your chance to win a copy of the new recipe book Raw Freedom, as reviewed above.

Saskia Fraser is a raw food and mind body spirit coach, and her book is packed full of her delicious recipes, all with beautiful full colour photos. Saskia's recipes make raw food super-accessible for everyone, with tips on incorporating raw and healthy cooked foods so it's easy to feed yourself, family and friends all in one meal.

To find out more about Saskia's and her book visit www.rawfreedom.co.uk

First prize is a hardback signed copy of her book.

The runner up receives a digital edition for your iPad or Kindle.

And, whether you win or not, simply by entering the competition you will automatically receive a 10% discount code for Saskia's book.

To enter the competition, simply email funky@rawfreedom.co.uk or send your answer to Funky Competition, 9 Albert Parade, Bristol, BS5 9EH, UK with the answer to this question:

What is Saskia's website called?

Entries must be received by March 31st.

Terms and Conditions: Entries must be received by March 31st and the winner will be notified by email no later than 2 weeks later. Please add funky@rawfreedom.co.uk to your email contacts so our winner notification email doesn't end up in your spam box. The winner will be randomly drawn from the correct entries received by the closing date and time. No further attempt will be made to contact the winner after the initial email; if the winning email is not responded to within 1 week a second random draw from the correct entries will be undertaken and the prize offered to them. No purchase necessary. Employees of Raw Freedom and their immediate families and agents may not enter. The prize must be taken as offered with no alternative. All decisions are final and correspondence will not be entered in to with regard to individual entries.

Entries not in accordance with the rules will be disqualified: by entering this competition, you agree to be bound by these terms and conditions.

Recipes

Pesto alla Trapanese

If you have ever been lucky enough to visit Sicily then you will know how incredible their fresh produce is. Pretty much everything available to buy in terms of fruits and vegetables is grown in Sicily, even the Pistachios, Pine nuts and Almonds available in the supermarket are from the Island. A dish I enjoyed often when I was WWOOFing there a few years back was 'Pesto alla Trapanese' (which translates as 'Pesto of Trapani' or 'Pesto Trapani style' if my Italian is correct). I would go to the garden daily to pick the tomatoes and basil then whiz this up back in the kitchen with the rest of the ingredients.

The main difference between this pesto and the classic green 'Pesto

Genovese' is the addition of fresh tomatoes and the omission of cheese and the replacement of pine nuts with Almonds which grow abundantly on the Island. I have also added black garlic to the recipe as I find it gives the dish an added depth. (Black Garlic starts off as regular garlic which is gently heated and aged.) The pesto works really well with raw zucchini pasta.

Enjoy and do visit Sicily if the opportunity arises for you.

Ingredients

All ingredients can be adjusted to suite taste.

6 large organic tomatoes on the vine or



300 grams of organic cherry/baby tomatoes
80 grams of organic whole almonds (preferably soaked and dehydrated although not essential)
2 cloves organic garlic
2 cloves black garlic
1 big bunch organic basil leaves
6 organic white peppercorns
½ teaspoon sun dried sea salt
2 tablespoons organic stone crushed olive oil (optional)

Method

Add everything to the blender and blend to desired consistency. Pour over raw courgette (zucchini) pasta - heat on the stove at a very low heat until warmed through.

by Patrick Queen - the-universe-inside-your-mind.blogspot.co.uk

Winter Heart Warmer – Tea Recipe

If you're like me and you struggle with cold hands and feet in the winter, I have discovered that hot baths, yoga, and a warm cup of tea are nature's ultimate soothers and an important prescription for staying grounded and less resistant to accepting (both physically & emotionally) the long, grey, cold winter months.

After having rummaged through my little stash of local wilds, I came up with this beautifully stimulating, heart expanding blend over the weekend. I am sure it has been thought of many times before, but for the sake of sharing my recent discovery, here are the ingredients and proportions that make up one pot (approx. 2-3 cups):

Hawthorn Berries – 1 tbs. (ground)
Rose Petals – 1 tbs.
Rose Hips – 1 tbs.
Cinnamon – 1/2 stick

This definitely brought some fire back into my limbs. Within 30 minutes of drinking the first cup, my legs and

feet felt as though I had just gotten out of a lovely warm bath. I could feel a noticeable free flow of energy and circulation, not only in my legs and feet, but throughout my entire body.

Hawthorn Berries have been treasured for centuries as a natural and effective remedy for blood pressure and circulatory issues, cardiac arrhythmia, and chronic heart failure.

The Rose is considered the queen of flowers connected to Aphrodite (the goddess of love) and they too have long been known to nourish the heart



and lift the spirit.

Rose Hips are very high in vitamin C, which makes them an excellent immune booster.

Cinnamon is often used to stimulate circulation and is known for its warming qualities. It contains anti-viral, anti-microbial properties and is known to reduce body fat and help regulate blood sugar.

This tea is truly nature's love in a cup. It brings warmth not only to the heart, but feels as though it enhances the overall cellular communication throughout the entire body.

If you like your tea on the sweeter side, add a little bit of honey!

by Hili Smith - a forager and yoga instructor living and practicing in North London, where she sources her plants and herbs. You can catch up with Hili by visiting her Blog at: www.wildforyou.org

Simple Biscuit by Chris Kennett

Take equal quantities of fresh coconut and dates.
Put in food processor until finely chopped and sticky.
Roll out on sheets (no more than 5mm thick) and stick in dehydrator for a few hours.

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

Savoury Walnut Pâté Bell Pepper Boats

Ingredients

2 - 3 bell peppers (I like using red and orange but it would look really nice to have all colours, yellow and green as well)
2 cups walnuts (you may soak them if you have time)
1 small shallot (or half a medium size purple onion)
6 - 8 leaves of fresh sage
juice of 1 large lemon
½ tsp (or to taste) salt
few sprigs of parsley for garnish
optional: 1 clove of garlic and some parsley added to your ingredients

Method

1. Place walnuts into the food processor and grind them until they're fine but not so much that they start becoming a nut butter.
2. Chop the shallot, the sage leaves, and the garlic and parsley (if using some in the pâté) really fine, into tiny pieces
3. Add the chopped ingredients and salt to the lemon juice, stir, and add the mixture to the walnuts.
4. Mix your ingredients well and add more lemon juice / olive oil to your pâté if it's on the dry side. Ideally, you'd like it to have a spreadable texture. Set it aside.
5. Cut up the bell peppers into quarters (try cutting along the veins, where the "dimples" are, that way you'll end up with "boats" that will hold the pâté nicely. Then cut the quarters in halves again.
6. Fill each pepper boat with a couple of spoonfuls of the pâté, arranged them alternating the colours you have on a plate or tray and garnish each with a leaf of parsley or other herb of your choice.



Serve immediately.

Note: This recipe can be made into a dip as well and served as part of a crudité. Add more lemon juice and/or oil of your choice to make it into a softer, more liquidy, consistency and serve it with a variety of chopped up veggies.

by Dita - www.rawfoodfortruth.blogspot.com

Hemp and quinoa carob milk

Quinoa is a really useful ingredient as it provides a source of complete protein, is gluten-free, and has a good nutritional profile. I like to make milk from quinoa to add a bit of variety from the usual nut and seed milks – however it can taste a bit bland on its own so I usually combine it with something like hemp to liven it up a bit.

Ingredients:

1 litre water
1 Cup hemp (unhulled)
1 Cup quinoa
3 tbs carob powder
10 drops chocolate stevia
2 tsp cinnamon

To prepare the hemp and quinoa wash them well, soak them in

water overnight, then drain and sprout for a day or so (I do this with any seeds I use, to reduce antinutrients). Quinoa sprouts really quickly; in fact it only takes a few hours before tails start to form. Blend seeds with water until smooth, then strain through nut-milk bag. Add milk back to blender then add carob cinnamon and stevia (or whatever sweetener you prefer – more can be added if necessary; adjust it to suit your taste). Store in refrigerator and use within 2 days. Can be used as it is, or as a creamy base for smoothies.

by Lisa Murphy -
[facebook.com/RawFoodScotland](https://www.facebook.com/RawFoodScotland)



Raw Food Scotland

Winter Warmer Raw Cacao Beverages

by Heather Gardner

Delicious Dreamy Creamy Comfort Drinks for when its Cold Outside or You Want to Feel Snuggly Inside! Serve at a party, before a yoga session, or with a loved one, guarantees a sacred sipping, high energy sensation revelation!

I have just returned from 10 weeks in Mexico, teaching raw food, Kundalini Yoga and helping to develop a raw menu for a restaurant there (La Cuisine de Cozumel), my time in Mexico has inspiring me to add more Mayan traditions and flavours to my food.

Mayan Delight Cacaolatte

- ~ 2 cups (gently) warmed nut or seed Mylk, or 1 cup mylk and 1 cup tonic herb or chaga brew.
- ~ ¼ cup grated raw cacao liquor or raw cacao butter with approx 4 heaped teaspoons (or tablespoons!) raw cacao powder added.
- ~ ¼ cup chia seeds (optional)
- ~ 1 tsp purple corn powder
- ~ 1 tsp lucuma powder
- ~ Grate a little bit of organic orange peel, and a touch of nutmeg, add some vanilla pod, powder or extract.
- ~ Add a pinch of chilli or cayenne powder & a pinch of ginger powder & a pinch of pink Himalayan salt.
- ~ Add ½ tsp of a mushroom powder such as reishi or chaga.
- ~ a spoon of honey (you choose the size of the spoon!)

Blend until smooth, creamy & frothy, serve in a warmed cup with a sprinkle of cinnamon and carob/cacao powder. Adjust the quantities until you have the perfect consistency you like.

Yogi Yum Hempacino

- 1 banana
- ¼ cup shelled hemp seeds
- 1 Tbsp cacao powder
- 1 tsp lecithin
- 1 tsp purple corn powder (optional, colour aids meditation)
- 1 tsp cacao butter/coconut oil
- dash of vanilla &/or natural almond extract
- 1 tsp Pukka chywanaprash (optional)
- 1 tsp reishi powder (optional, sounds like Rishi!)
- 1 cup almond milk
- 1 scoop of Sunwarrior protein powder (optional)
- 1 cup warm well brewed yogi tea (yogi tea bag)
- sweetener of choice

Blend all ingredients together as above, to make it thicker add another banana or less liquid.

A Quickie Cacao Cup Recipe

Put a tablespoon of nut butter in the bottom of your cup, hazelnut, almond or brazil are great choices.

Then put in a tablespoon of raw cacao or carob powder, and teaspoons of any superfoods. Lucuma is nice.

Cream the nut butter together with the powder, and pour on warm water, keep stirring until you have a warm creamy drink.

Add some honey or other sweetener if you want to.

One super quick super boost! Enjoy in joy, InLakesh.

I am planning to run a raw food & yoga retreat on Cozumel island, Mexico in a solar powered hotel on a deserted beach, Easter 2015. We will be practising Kundalini yoga, Vinyasa Flow, SUP Yoga (Stand Up Paddleboard), running, raw food preparation and nutritionally balanced menus to suit your needs, planned for you by the two nutritionists who will be hosting it (myself & Gabriela Camara). Flights are very reasonable from London to Cancun. If interested please contact me via the below details.

Heather Gardner is the Wild Edibles and Herbal Medicine director at Tera Warner's Body Enlightenment University, a raw chef & 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 and has traveled throughout The U.K. & Ireland training health store staff. 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!

www.consciousearthcompany.com.

Facebook: www.facebook.com/therawteacher,
[facebook.com/groups/wildedibleshealingherbs/](https://www.facebook.com/groups/wildedibleshealingherbs/)

Twitter: @TheRawTeacher

Raw Chocolate from The Source

Juliette Bryant visits a farm in India where they grow chocolate, coconut, vanilla, reishi and more.



Juliette with a Reishi Mushroom
I have spent years teaching people about raw cacao and how to make the most delicious and nutritious chocolate but despite raw chocolate being one of the loves of my life, I had never seen the cacao, vanilla, or any of the other elements that make up the chocolate actually growing until recently. On a trip to India I had the opportunity to visit a beautiful organic farm where all the ingredients needed to make raw chocolate are growing in one place.

We arrived at Tanshikar spice farm after a bumpy bike ride over the stunning countryside of South Goa. When we arrived the first thing I saw was a large reishi mushroom drying on the counter - I thought I had died and gone to heaven. I use reishi mushrooms for their many medicinal properties such as the ability to boost the immune system, regulate the heart rate and balance hormones. I'd never seen one so big! I knew this was going to be an exciting day for me.

Chinmay and Gaudi Tanshikar welcomed us with fresh lemongrass and mountain honey tea. They told us how they farm organically because their ancestral farm has been run on organic principal for generations. They explained how their methods of organic farming are sustainable, from their building, furniture, food and medicine; they do not have to rely on anyone else. Their principal needs are met from their local environment, permaculture in action.

The first spice we were shown was vanilla, this compliments raw chocolate wonderfully and it enhances its taste with a wonderful alchemy. In the wild the plant is often found growing intertwined with cacao. Vanilla helps to soothe the nervous system and is said to be an aphrodisiac. I learnt that in order to get vanilla pods the plant has to be propagated by hand, this increased my gratitude for this wonderful plant.

As we walked through the jungle, all around us were coconut trees. Seeing one magnificent specimen I was reminded of the coconut's many health giving properties and numerous other uses. Coconut oil can be used on the skin as a brilliant moisturiser; it is anti vital, anti bacterial and very soothing externally. When taken internally it helps with digestion and is said to help lower cholesterol. We will be using this as the base for our raw chocolate.

We then came across the raw cacao trees. I felt like I was in a dream - it was amazing to see cacao growing in front of me. The tree was crawling in red ants, which rather than being a pest where actually great helpers - they eat bacteria and fungus off of the flowers which enables the farm to grow without the need for spraying with chemicals. Isn't nature remarkable? The same process occurs with the vanilla flowers.

Raw cacao is

said to have over 360 active chemicals and minerals. Eating raw cacao helps with concentration, a healthy heart and a general sense of wellbeing. The process of turning the raw bean into chocolate takes time. First the pods are collected and the beans placed in woven baskets and covered with banana leaves. The beans are turned, rinsed and recovered every day for a week. In this process the beans slowly ferment creating the taste we know and love as chocolate. The beans are then slowly dried in the sun.

We then came across the spice nutmeg. I didn't know this before, but there are four parts to the nutmeg plant and all of them are used at Tanshikar. The part we know best is the inner kernel. We were told about the long tradition of incredible uses of this plant to assist sleep, improve brain function and as a natural remedy for diarrhoea, useful to know when travelling in India. The mace, which covers the kernel and is a delicate red colour, can be used to lightly flavour food such as rice, almost like saffron.

Tanshikar have several beehives to produce honey and also to bring the many benefits of the magical bees to the farm. The care they had for the bees was evident - honey is only



Picking Vanilla Beans

taken when there is enough for the bees, no protective clothing was worn and a loving attitude was present. I'm happy to have honey like this with its many health benefits and sweet taste.

Walking around Tanshikar I realised I was in an edible jungle which Chinmay's vast knowledge brought to life. In England I have seen a forest garden in its first years of development, but Tanshikar has been going for generations and there was an abundance of food and medicine, fuel and materials all around me.

Overflowing with inspiration from my visit, I'd like to share a simple recipe for some delicious raw chocolate using only the ingredients we got from the farm. You should be able to source these ingredients easily yourself. You can watch a video of my experience on the farm and the making of this recipe at www.tinyurl.com/choc-farm or visiting www.julietteskitchen.tv for more recipes and videos

1 cup coconut oil
½ cup cacao powder
1 tsp ground nutmeg

2tbs local honey
¼ vanilla pod or 1 tsp vanilla essence

If your coconut oil is solid slowly melt it and removed from heat, pour all

ingredients into a bowl and mix all together. Pour into a cake tin or chocolate moulds and place in fridge to set for 20 mins.

You can find out more about the farm here: www.tanshikarspicefarm.com

Juliette Bryant has been working as a nutritionist, healer and meditation teacher for many years. The essence of her work is to empower people with simple tools to enhance their lives.

Her focus in life is to "let delicious food be your medicine." She is the star of

Juliette's Kitchen shows, runs the Superfood Café, acts as a nutritional consultant for the Wellbeing In Schools project, caters for events and runs workshops around the country, writes for magazines on wellbeing and gives one-on-one nutritional sessions.

Juliette sees the solutions nature provides and has changed the lives of hundreds of people by showing simple ways that food can help us heal.

For more information follow her blog and videos at www.julietteskitchen.tv



RFD (Raw Food Dude)

Sally Holloway

I only wear the finest clothes from Prada, using the most natural fabrics from around the world ... and people think I'm the height of sophistication.



I only eat the finest food, the most nutritious fruits and vegetables in their natural state... and people think I'm a nutter!



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.

Why Weston A Price

May Have Something To Contribute To The Raw Food Debate

Gill Jacobs discusses the work of Weston Price and the upcoming conference in February.

A Diet For Life

Whether you are raw, or mainly raw, your choice not to be mainstream indicates that you care about what and how you eat, to preserve health and longevity. Sometimes our food choices are good for a while, and sometimes we need to be open to adding in other foods, or other ways of preparing food, if new information comes along which could take our health to another level.

Taking It To A Deeper Level

The editor of Funky Raw built in more animal and fermented foods to his diet after discovering the work of US dentist Weston A. Price and Rami Nagel, both of whom suggest that dental issues can be helped this way. He is now eating fermented dairy (kefir), fermented cod liver oil and high vitamin butter, as recommended by Dr Price. In addition he now includes raw liver in his diet, but take care to freeze it for two weeks beforehand to kill pathogens and parasites: www.westonaprice.org/food-features/liver-files (Semifrozen it then be grated into a drink of fruit juice with raw egg yolks, for example.) There is something particularly scary when dental health starts to slide. Rob is high profile, but his is not an isolated case, and he's not hiding his dietary shifts, or afraid to encourage others to try the same thing.

Sometimes it takes that level of need to push us out of our comfort zone: our dearly held convictions that we are on the right track and ahead of the game. Others may not need to shift what they are doing, but as food activists are all seekers after information that will take us further on the journey to health that food promises

to deliver. We are all united in wanting to help the planet, whether from the belief that animal protein contributes to global warming, or that it helps it by sequestering carbon into the soil! The debate is not static, though it sometimes takes a while to take on board new ways of looking at things.

From Tradition To 'Choice' In Our Modern World

When women are trying to conceive, or when they are experiencing strong cravings for 'off limits foods' during pregnancy, this could be the moment to listen to what their bodies are trying to tell them. After all, is there not something to learn from other groups' traditional ways of eating, before and after pregnancy? eg those in the Outer Hebrides who traditionally gave cods heads stuffed with cods liver to breast feeding women. Does not their traditional wisdom count, when their powers of observation, down the generations, confirmed the better outcomes for mother and baby? Their bodies needed large amounts of minerals whilst breastfeeding, and in their environment they had exactly what they needed to provide that. And there was no problem about carrying on the tradition, because there were few other choices to compete. They just did what worked.



Gaelic Women pre Second World War.

This is precisely the reason that Weston A Price learnt so much on his travels to isolated communities around the world. And thanks to his research we can benefit, whilst living in a world with new, toxic and chemicalised foods, pushed on us for no other reason than excessive profit, whilst at the same time damaging our planet (thinking soya here) and our health.

The Weston A Price Foundation

The Weston A. Price Foundation is a US charity, founded in 1999, to disseminate the research of *Weston Price*, whose studies of isolated non industrialised peoples gave enormous insights into the parameters of human health. He compared these diets to the newly introduced western diet of high sugar, low and bad fats, processed foods and a less nutrient dense diet overall. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats. In other words there are some vitamins and minerals that are only activated when eaten with animal fats. It was when Price analysed the fat soluble vitamins that he got a real surprise. The diets of healthy native groups contained at least ten times more vitamin A and vitamin D than the American diet of his day! These vitamins are found only in animal fats—butter, lard, egg yolks, fish oils and foods with fat-rich cellular membranes like liver and other organ meats, fish eggs and shell fish.

If you are raw and vegan you may want to go no further at this point. If you are raw and vegetarian you may be more open to adding in raw milk,

and animal fats. Whatever your beliefs, hold on and carry on. This is just information! What you are already doing may be just right for you. On the other hand, it may not.

Challenging Beliefs

But how do we make those changes, if we have invested everything into one particular approach, emotionally and philosophically? Is this a weakening of resolve, or a failure, if we slip from the straight and narrow? The truth is that sometimes over time our bodies do need other foods. As Rob points out on the Funky Raw website, in the vegan and raw movements there is a lot of confusion over how we absorb vitamin A, and whether we get enough vitamin D from the sun. Vitamin K is mostly from animal foods, and so is B12. You could choose to supplement B12, but is that enough and fully absorbed?

A Conference To Bring Us Together – Our Role As Food Activists In A World Of Food Deception

Well, these and other equally key issues about diet and health are going to be addressed fully at the next Weston A Price conference in February, at Sandown Racecourse in Surrey, over two jam packed days of lectures, debates and hands-on workshops. The Foundation supports nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labelling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

If you are new to Weston A. Price there are introductory lectures where

his research is explained, and his conclusions examined. Other choices are workshops on Primal Posture, and fermented foods, lectures on nutrition for mental health, Monsanto's Roundup and modern disease, diet for resolving autism, the benefits of raw milk, the benefits of fermented foods, and how to treat adrenal fatigue. **Jeffrey Smith** will examine new evidence which confirms the belief that GMOs are responsible for the promotion of a wide range of diseases that spans across the whole globe. GM corn and soybeans produce a number of toxins not present in non-GM soy and corn. Both evidence and numerous US physicians point to GMOs as the cause of many global health problems.

There is an extra whole day Fermentation Workshop on Friday 7th February, which is only bookable with a full conference ticket for the following two days. In this workshop you will make the connection between foraging and fermenting; how wild plants add a special flavour to fermentation, with a demonstration on how to make fermented nut cheese, kimchi (Korean sauerkraut), rejuvelac and essene bread.

Check out the programme here: chapters.westonaprice.org/londonuk/programme/

The two day conference is reasonably priced at £145, with concessions available, or you can go for just one day for £85. On the booking form you also buy videos from past conferences.

If you do get to one of the Fermentation Workshops, afterwards go home and run a Fermentation Evening with friends and family! Its one way to connect with them if they are resistant to 'raw' and it could change their health for good.



Weston A Price 2011 London Conference

Check out this recipe here for raw beetroot kvass with soaked flax seeds as a quick and easy start: tinyurl.com/kvassb

Your gut is the seat of your immune system, and the basis on which your health ultimately rests. Recharge your beneficial bacteria with a boost from fermented foods.

Dr Mercola, a new convert to fermented foods after they helped his dental plaque problems, had a lab test out a 6oz serving of home-made sauerkraut. It contained 1/10 of the total of all the beneficial bacteria in his gut, and they are counted in the trillions! All you need is a spoonful a day. Its not just about enzymes. Its also about how well you nurture and replace your own unique colonies of beneficial bacteria!

Here is an excellent video of Dr Mercola interviewing Sandor Katz, a fermentation revivalist www.tinyurl.com/sandor-mercola

And guess what? Dr Price found that all traditional societies had some form of fermented foods.

If you are regular reader of Funky Raw we need you at our fourth UK Wise Traditions Conference. Its not just that you may learn something new, or have something challenging to contribute. Its also that you are already a food activist, and we need to join together for the battle to protect living foods from predatory food corporations who want to steal our birthright and take over our minds.

Gill Jacobs is a health writer and blogger, and a member of the London Chapter of Weston A Price.

westonaprice.org/london

Gill's blog on habits for health as we grow older: wiseuptohealth.com

She also runs a business in Low Level Laser Therapy lightforhealth.co.uk



Raw Beetroot Kvass to start the day with

Weston A Price UK Conference.
8 & 9th February, Sandown Racecourse, Esher, Surrey KT10 9AJ (near London).
Tickets available from westonaprice.org/london
Many different ticket types available, the whole conference is £145, day tickets £85, see website for more.

Earthing: The missing link to Health and Sanity

If we lived a natural life like the other animals, we would be directly connected to the ground most of the time. **Kenny Bountiful Sun, Holly Paige and Graham Theobroma Jevon** investigate why this is important.

Earthing is about reclaiming our human heritage of vibrant health and intrinsic connection to a source of nurturing and nourishment that has been divinely gifted to us. It taps us into a source of wisdom and a greater bond with each other which in our fast paced world of achievement and multitasking we can easily miss.

Sometimes known as grounding, earthing is one of the most significant yet simplest steps we can take while living a modern life in civilisation to improve our health and enhance our well-being, mental function and everyday experience of life. Of all the healthy lifestyle practices we can engage in, earthing requires the least effort and time commitment yet it maximises results.

Research was conducted by Gary Schwartz at the University of Arizona¹ with two vases each containing a sunflower. One had a grounding rod placed in it and the other did not. Over time the pH of the water changed and varied significantly. The grounded flower clearly had more lustre and prana than the ungrounded one and from observing the pictures it is clear to anyone that the Earth's energy is an integral part of having greater strength and vitality, definitely in the case of these flowers and it would seem likely to human and animal health also.

Earthing, also known in some circles as ETT (Electron Energy Transfer), has

been shown to be one of the most significant methods of creating change in chronic and acute inflammatory disease. In one case study a 52 year old woman was monitored for a four week period while using an earthing sheet. She was observed during that time period with high resolution medical infra red thermographic imaging apparatus plus she was given various questionnaires.

She'd had a long history with cold feet and remarked that it had been an issue for her for as long as she could remember but had been most prominent during the previous twenty years. It had been necessary for her prior to this to wear thick woollen socks while in bed at night and even in summer she had to wear light socks. It was so bad for her that at times she was in severe pain. She was astonished after just two weeks of the experiment that her feet were extremely hot. At the end of the experiment she no longer needed to wear the socks at all and her feet had returned to normal! You can read more case studies here:

www.tinyurl.com/oawtax3

Of course getting out into contact with nature and walking barefoot on the Earth are very important things to do for both our physical and psychological health. Earthing devices do not replace getting out into nature and going barefoot on the Earth rather they fill in the gaps when we can't do this.

Our body metabolism, by its very nature, produces free radicals. These

need to be counteracted by antioxidants or electrons, which we get to some degree from foods such as fruit and vegetables and also the hormone melatonin. However we were designed to run in physical connection with the earth, without any insulating materials between us, such as rubber soles, carpets and floorboards. From the Earth comes a flow of electrons which naturally balance the effects of metabolism. You could think of earthing sheets and mats as devices to harvest electrons.

Oxidation occurs when radiation from the sun or any other radiation emitting system comes into contact with any living species. If we are walking around unearthed then we are more susceptible to the sun's radiation, increasing our risk of skin cancer. The same goes if we are walking around with mobile phones or are sitting on our laptops ungrounded.

It is more important now than ever to be earthed as we are more exposed to many different types of radiation from devices such as mobile phones, laptops, WIFI, the sun and the electrics in our home.

The greatest discovery in the field of earthing is that we can now be connected to the earth even when we are in high rise buildings and away from the outdoors. We now have access to earthing sheets, mouse pads and many more earthing products. I predict that in the coming years that everything we have in our homes will be earthed. Sofas, our beds and even the floors we walk on.

1 tinyurl.com/mercola-sunflower

Earthing sheets are cotton sheets with silver threads running through them. You just put one on the bed on top of your normal sheet and plug into the socket. The plug does not make a connection with the live part of the mains electricity, just the earthing connection which runs down into the ground. So the socket does not need to be on and an earthing sheet is not an electrical device in the sense that we normally understand. Through the moisture that comes out of our bodies we connect electrically to the sheet and through that to the Earth.

The change to sleeping on an earthing sheet was a profound experience for us (Holly and Kenny). For the first week we actually felt fuzzy headed and found that difficult to deal with. After those effects had waned we noticed how well we were sleeping and how refreshed we felt when we woke up. I think it has made us feel closer too. One of the effects of grounding is to increase melatonin levels and even this by itself is known to increase the levels of harmony between people. The more of the time

we are earthed the better. As Dr John Kelsey, the first person to import earthing products into Europe, explains in our recent interview with him, even if we are earthed at night, we will get more benefit if we are also earthed before we go to bed. In the day we regularly use earthing throws and mats as well as walking barefoot in nature. Users report that earthing for two hours before bed helps them sleep. It is possible that the Earth is able to communicate to us the rhythms we need to function optimally.

Earthing also tends to balance brain hemisphere function. Speaking to Tony Wright (author of 'Left in the Dark') on the subject he hypothesises that what is actually happening is the right hemisphere has the capacity to respond to the improved conditions and becomes more active thus ameliorating to some degree cerebral dominance of the left hemisphere.

Generations of humans preceding the industrial revolution were conceived, were born, grew up, worked and

played in direct physical connection with the Earth. It may be that beginning to re-establish this vital connection to our life source is fundamental to turning us into the sane and harmonious humans of the future we are destined to be.

Recently we conducted an interview with Dr John Kelsey who in wonderful depth explained about the use of earthing devices and their benefits. You can hear it on thoughtsforconsciousness.co.uk. You can read more about earthing at foodforconsciousness.blogspot.co.uk. You can obtain high quality earthing devices such as sheets, mats and rods at foodforconsciousness.co.uk.

Holly, Graham and Kenny recently decided to work together so as to accelerate the growth of awareness of cutting edge approach to wellness, living food and alternative health technologies through their free information/education portal thoughtsforconsciousness.co.uk as well as the food for consciousness video blog and Youtube channel youtube.com/juicetasticcoach ☘

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Permaculture

Reviving Ideas

From the Past For the Future

Moringa. Terra Preta. Rock Dust. Red and Blue Foods. If you don't know the significance of these, let Ras John Cresswell explain.

Supernatural Permaculture Center is a vibrant new project that has been experimenting in permaculture and sustainable living. At the same time we are doing research into how we can explore new diets which are less destructive to ourselves and the world around us. The project is set in a rich and diverse food forest with a canopy of olive, orange and almond trees and with an understory of intensive fruit and vegetable plots. The farm is only 1 acre, set in the subtropical foothills of the Sierra Nevada mountains in Granada, Spain. We have been the custodians of this land for the past 6 years, but the land itself has been farmed for thousands of years, with some of our olive trees here in the garden being over one thousand years old. We have been busy trying to increase the level of biodiversity and availability of food by planting new long term crops such as avocados, figs, kiwis, a selection of soft fruits.

I have been studying permaculture intensively for the past 12 years. And this year I will be starting to share my experience and insights with others through the courses that we run here at Supernatural. Our farm is linked in particular with 5 other projects that apply permaculture concepts, whom are all part of the courses that we run. So, not only we do help each other by exchanging produce, but we are also creating a strong local network to be able to inspire others. Also, the area we live in has a varied mix of eco-communities and farms of many kinds.

The main emphasis of the project is

research design and experimentation on a front-line level. So, what does that mean? It means that we are constantly researching and experimenting with new crops, ideas and practices, that will help us create more stability, health and co-existive independence. This doesn't always mean that we are only using modern principles, but often reviving ancient plants and techniques that are at risk of being lost and forgotten. We would like to share with you some of the things that we are becoming interested in and started to practice here on the land.

Moringa

Moringa is a tree that we are very excited about. Many years ago a Rastafarian man in London gave me a bag of a new type of superfood that he told me to look into, because he thought it would be the future. After drinking in my morning smoothies I was very impressed by the power that it contained. So I then started to research the plant and its effects in a big way. What I found was amazing. First of all, its nickname is "The miracle tree". It is one of the most nutrient rich leaves on the planet. It has such a

broad range of nutrition that one could more or less survive on it in times of need. It is very high in protein and contains more calcium than milk. The seed pods can be used as a vegetable, known as drumsticks. The seeds themselves can be used to purify undrinkable water so that it can be consumed by humans. The herb also contains many disease relieving and anti cancerous effects. Last of all it can grow in semi-arid areas where drought and famine are rife. It is also one of the fastest growing trees on the planet and can reach easily the size of a human within one year and be totally covered in flower and seeds for the next generations. We are just beginning to grow our own crop and at the same time helping other farms by providing plants and seeds.

Terra Preta

If you wonder through the Amazon with a spade you will realise that at certain locations deep in the jungle you will find soils that are incredibly rich. We are led to believe that the soils in Rainforests are probably some of the most rich and fertile in the world. But like most stereotypes



Moringa Leaves

it is completely untrue. The soils in the jungle are actually very low in quality and that's why there is constant growth and lushness to be able to utilise the nutrients that are available. These small patches of what we called black gold, terra preta, are not made by nature. These patches of amazing soils are remnants of an ancient highly advanced culture. For most archaeologists or historians this is very hard to believe because they would much rather see remnants of buildings, rock carving, records and any sign of human activities in a modern sense of the word. This ancient culture was completely based on organic compostable materials. So there is absolutely no trace of their existence apart from one thing: Terra Preta.

So, how did they make supersoils beyond the capabilities of nature herself? This is how: they were experts in the art of composting, with a deep knowledge of all of the elements that are needed within a good compost and how to find the exact balance that would then stay in balance for thousands of years. The most magic of their ingredients is powdered charcoal. Once the charcoal had been made it was powdered and added to the rich compost which they had made from the vast amounts of local vegetation and manure.

The most important part of this mix is the charcoal itself as it regulates a huge amount of things within the soil. First of all, any excess nutrients are absorbed into the charcoal making sure that there are never extreme levels of any one substance. Second, it regulates the amount of water held within the soil; because of its highly porous nature it has a huge amount of microscopic spaces that can hold water. It is particularly effective for clay soils which create a "hard pan" effect on the surface, which means when a soil become so hard and compact the water cannot soak in, just run off the top. By simply adding charcoal powder to this type of soil it would never create a hard pan and the water will soak in. Thirdly, in the same porous spaces where water can be held, this can also double as oxygen and air pockets, which is very important for the roots and other life forms within the soil. There are many soils

in the world which are too dense and lacking oxygen. This is a simple and effective solution. Finally, not only does charcoal usually stay within that soil for a minimum of 2 to 3 thousands years, but in our modern and toxic world it has a great ability of absorbing toxins and poisons into the charcoal itself where they is rendered ineffective to the surrounding environment.

We can use activated charcoal also within our own bodies for creating balance and removing impurities, for example cleaning your teeth. Also, in the production of charcoal, any excess energy can be captured and used within our homes or technologies.

Rock Dust

Whether we are practicing a raw food diet or not, there is a problem with our modern food supplies in general. Due to malpractice within agriculture there is a serious lack of the trace elements, minerals, vitamins and other lesser known nutrients that we need to be healthy.

The farmers have moved away from the ancient practice of adding compost and manure to the land, the modern idea is to simply feed their crops with nutrients that are high in what is known as the N-P-K factor, this stands for Nitrogen, Phosphorus and Potassium (often chemically sourced). The problem with this is that it has no respect for all the other things that we need for our bodies to function.

Often we need the trace elements and minerals in very small amounts, but without the right balance we are in an unhealthy state. So many plants, trees, fruits and flowers will grow simply with the commercial mix of N-P-K. And they will look good on the surface, but if you compare nutrient and trace element levels of modern food with food supplies from even just 50 to 200 years ago, then you will be able to see that we now have "barbie dolls" for food. Food that looks perfect, with not misshapen, no bug bites, but with no real nutrition. As we can see the trash food and the refined cooked food is stripping people of their enzymes, trace elements and life-force as it passes through and on the other hand builds up within their systems (they think they eat to live but

their diet is probably more likely killing them). Well I'm afraid to say its becoming similar for every raw food and naturally grown substance! Because if we don't do something about the levels of minerals in our food then their is almost no point in eating some of it due to its "barbie doll" nature. And don't think that it's any different for organic food, after living in a place with one of the highest levels of vegetable and fruit production in Europe, I can tell you very simply that organic farming can still be very un-natural, un-sustainable and produce food at still very low mineral levels.

So what can we do? Well the best thing to do is find a farmer who is still using techniques that introduce all the minerals, trace elements and vitamins into the soil so that the plants can absorb it and you can then eat it. Otherwise there is one amazing thing that can be used by yourself or your local farmers, **rock dust**. Yes, simply powdered rocks! The more diverse a range of rock dust, coming from different types of rock is best, as it will have the biggest range of minerals available. If you can only get one type of rock dust then let's hope that its volcanic rock dust, which is the best stuff known! No, before you start thinking its the latest superfood, *it's not for human consumption!* (Although grinding anything like flour or nut-butter is preferably done with a stone-mill because of the rock dust which does occur in the final product due to erosion of the rock discs when grinding which produces a more nutritious flour or nut-butter). What I mean is *add it to your soil!* It's an instantly absorbable mineral supplement for your plants. Rock dust is what is used to make some commercial fertilizers, but they will strip down the rock using dangerous processes, chemicals and gasses that can release awful pollution of many varieties into the atmosphere. There is no need to do these extractions, simply use the rock dust itself, practice composting of a wide range of materials, don't say no to properly used humanure and liquid-gold. Get all the nutrient levels back up first in the soil, then in the plants and then the people and animals. Once you've got the minerals back in the eco-system then keep them circling and don't let them go.

Red and Blue Food

In these modern times the world is full of radioactive pollution from functioning and broken nuclear power stations and waste from the international military complex. Not to mention the fact that many of our lifestyle activities also help to introduce dangerous levels of radioactivity and electromagnetic pollution from things such as mobile phones, their networks, and also high voltage electricity systems and their pylons. Due to modern fertilizers having quite high levels of radioactivity and because of



Multi-coloured Corn



Juicy Pomegranate

nuclear waste that is in our air, water and soil, our food supplies are slowly being poisoned. So once again, where we think we are looking for life, I am afraid to say it has been laced with death. Luckily, there are some things we can do about it. Apart from obviously letting go of destructive communication systems, installing much lower voltage "grass-roots" electricity systems and not supporting the nuclear power industry or the military industrial complex, there are foods and natural medicines that exist which can help our body wash

through some of these heavy metals, free radicals and other dangerous radioactive substances. In particular, one group of foods are the ones containing red and blue colours or pigments. These foods help your thyroid to stay strong and active because one of the thyroid's roles in the body is to detoxify us from dangerous substances. So here on the farm, we have been looking for certain foods and old varieties of seeds which have these red, blue or purple characteristics, such as red and blue maize, blueberries, pomegranates, beetroots and red cabbage (that contains both blue and red pigments), red

chard, peppers, tomatoes and red-currants. Other good things to know about for transforming land which has been affected by any kind of nuclear fall out are a variety of things that you can grow that will neutralise substances which could otherwise be destructive for many millions of years. These things are cannabis sativa (otherwise known as hemp), mushrooms (certain mycelium have been found to be able to digest very dangerous materials with high level of radioactivity or even pure crude oil). Certain root crops in the brassica family such as turnips, sweeds and kohlrabi are very good at absorbing toxins from the soil into the roots, even heavy metal such as lead. But once these roots have been grown they must be disposed in a safe place and not eaten. After a few years of growing these roots one can create a very clean soil.

We would love to tell you about all sorts of things that we are experimenting with here on the farm, but before this article turns into a book, we will just give you a few ideas with great potentials for you to research yourself: aquaculture, effective micro-organisms and biogas.

If you would like to get involved with our project or would like to support it in some way, then you can come as a visitor, volunteer or be a participant on one of our many courses where we also cater for raw foodists! For more information, have a look at our blog: granadapermacultura.blogspot.com or drop us an email at granadapermacultura@yahoo.com ❁

Want to write for Funky Raw?

Funky Raw magazine is open for you to write, create artwork, stories, cartoons, etc.

People write for the magazine because they want to help spread positive ideas and knowledge to make this world a better place.

At the moment, writers do not get paid for their work, but they do get a free copy of the magazine and a 10% discount from the Funky Raw shop.

Subjects: open to anything positive!

More info www.funkyraw.com/magazine/contributing.php

Email magazine@funkyraw.com to get involved.

Healing from ME / CFS

Emotional Freedom Technique & Access Consciousness

Fiona Cutts continues her exploration of healing from Chronic Fatigue Syndrome.

In the Summer issue of Funky Raw I shared an overview of my journey from debilitating fatigue to more energy, joy and vitality in my life than ever before. This time, I will be going into more detail around certain aspects of my recovery, including some tools you can use yourself right away.

Before I go into that, I'll just briefly share a quick summary of all the things I used to get me better, to remind you, or in case you missed it last time.

So, I wrote about how I needed to work on several aspects at once in order to regain vibrant good health. Briefly, these aspects include the level of beliefs (learning to believe that I could get well again, despite what conventional medicine tells you about there being no "cure" for this condition), letting go of childhood and adult relationship issues that I hadn't dealt with and released, finding ways of becoming more positive, coming into a loving relationship with my body, finding ways of managing and then releasing physical symptoms, and working on the physical level with an activity plan and a nutrition plan (which for me included an almost 100% raw food diet, detoxes, and superfoods.)

I tried many things that didn't work for me – and I have now distilled my experience of what worked for me, and what I see working for my clients into a simple 5 step system that includes all the aspects I have briefly mentioned above. I'm going to write about the first two steps here.

When people first come to me with extreme fatigue, they are almost always in a position of overwhelm from the sheer intensity of the physical and mental symptoms they are

experiencing – often relentless fatigue, no matter how much they sleep, brain fog, difficulty concentrating, inability to exercise, muscle pain, and of course the confusion that can go with all of this.

So, I start by sharing some simple, pragmatic tools that can help people to manage, and begin to release overwhelming physical and mental symptoms.

A simple and effective tool which marked the beginning of my own recovery is the Emotional Freedom Technique. This is often described as a form of acupuncture without the needles. As you tap on different energy points on the face and upper body, whilst focusing on the issue you would like to release (pain in a part of your body, or poor concentration), the symptoms often gently release. Even tapping on these points without speaking brings relaxation and relief to the body and mind – which can feel amazing to someone in so much fatigue and overwhelm.

I also now introduce powerful techniques form the transformational healing modality Access Consciousness, which is something I have learned since my recovery. I teach people simple processes which can help them to release physical symptoms, and also to interrupt negative thought patterns, which is very healing in itself. These processes are simply the quickest and easiest tools I have found - which is why I particularly like introducing people in the "thick" of fatigue to them.

The next thing I introduce people to is closely connected to managing and releasing symptoms. It's about changing our relationship to our physical body. Often, when we're ill, and I know this was very much the case

with me, we can feel as though our bodies have "betrayed" us. Although we can be very focussed on the symptoms and trying to "fix" them or make them just go away, we can in another way not be present with our body.

I introduce people to a simple practice which can help them to come into their bodies more, and be more present with what their bodies are communicating. I know that this can sound very counter intuitive. However, my experience is that as we become less "afraid" of being with our symptoms, it actually becomes a bit easier.

This practice is very gentle, and again very simple, and can be done when you set time aside quietly at home, and also when you're "out and about" and feeling overwhelmed by the situation you find yourself in. As you gradually get used to being more in your body, and are able to be more present with what is going on in your body, you come more to a place of openness and ease. It is from this space that it's more possible to allow in the change that other aspects of the programme offer.

I hope you've found this useful and inspiring, if you're suffering from fatigue, or know someone who is. I've shared the overview of the techniques I use – if you'd like to know more specifics, see below.

Fiona is a healer and mentor, who specialises in working with people who have ME / CFS. If you're interested in learning more about the simple techniques Fiona refers to in this article, go to her website fionacuttsenergyhealing.co.uk, where you can download her free audio, where she shares some practical, easy tools you can use yourself right away. The website also has a lot more information about healing this debilitating condition. ✿

Create a Buzz and Help the Bees!

Ron Rock teaches us about different types of bees and shares some ideas on how we can help them.

Most of what you've read or heard about bees recently has probably been of a negative nature. Dwindling populations due to habitat loss, pesticides and diseases have been making the headlines. But is it all doom and gloom? Certainly not, so read on to find out some simple ways to help our pollinating friends.

In the UK we currently have around 270 species of bee, the familiar honey bee, 25 species of bumblebee and around 240 different solitary bees. They pollinate 75% of our own food crops and around 80% of our native wildflowers. It is not too strong a statement to say that bees are vital to our own wellbeing and also to many other species of our native fauna and flora. Without them our countryside would undergo catastrophic change, we can't afford to lose our bees! Of our 25 species of bumblebee, 2 are critically endangered, 7 are of serious conservation concern, 1 has recently been re-introduced after being declared extinct and nearly all the rest are in decline. It is sad but true that suburban gardens and allotments are one of the last strongholds for our bees, large tracts of our countryside are now almost no go areas for them due to agricultural changes which have robbed the bees of much of their foraging range. Indeed we have lost 97% of our wildflower meadows since the end of World War 2. But luckily, helping our bees is a simple task!

A bee friendly garden

By growing the right flowers it is possi-

ble to attract around half of our bumblebee species and a good number of solitary bees into your garden. The secret is to have something in flower from late February right through to October. Personally I prefer to grow wildflowers, but a lot of cultivars are ideal for our bees too. So why wildflowers? Well, I have 5 reasons, they are drought and frost resistant, they are naturally pest resistant, they are beautiful in their own right, most of them look after themselves quite happily, and some of them are now rare in the wider countryside. So by growing these flowers we are helping both the bees and the flowers too, which can only be a good thing I feel. No matter how small your garden, we can all help our bees, we could encourage our neighbours to become bee friendly too and create rivers of flowers throughout suburbia. Try approaching your local council about planting pollinator patches on areas of amenity grassland, we've done it in Stafford and it works, plant the right flowers and the bees will come. The possibilities are endless. We can make use of all this unused land to make up at least some of the habitat loss our bees have suffered, and above all it is fun to do, with the possibility of getting children involved as well, to me this is priceless with the future in mind. Of course bees don't only pollinate wildflowers, they also pollinate raspberries, fruit blossoms, broad and runner beans, the list is almost endless, so wild bees are an essential inhabitant on allotments too and should without doubt be encouraged. Whatever you do

please for the sake of our bees don't use pesticides, they are indiscriminate in that they harm both the 'pests' and the good guys.

Flowering currant attracts a wide range of bees early in the season, with a tree bumblebee on the left and a red mason bee, a solitary species on the right.

Pollinator patches are easy to create, this one is in Stafford and it is to be enlarged this year

We all know that bees possess stings but fortunately all of our wild bees are extremely reluctant to use them. It is only the female bees that carry a sting, and indeed bumblebees actually give a very visible warning should they feel threatened. The actually lift up their middle legs like a goal scoring footballer to let you know they are feeling annoyed, then they sometimes roll over on to their back and point their abdomen at you as a further warning should you not take the first hint. Male bumblebees do this too but obviously this is just total bluff. As for solitary bees in gardens well, it's almost as if they can't be bothered to waste their precious time stinging people. It has been said that the only way you will get a solitary bee to sting you is if you catch it and roll it in your fingers, and even then the sting is no more powerful than a nettle.

If you have a nestbox in your garden you may well find it taken over by bumblebees in the Spring. These will probably be tree bumblebees who find these manmade structures much to

their liking. A lot of people seem to panic when in mid to late Summer a large swarm of bees appear buzzing around the nestbox, but these are just male bees awaiting the emergence of the new queens, males have no sting so no problem, just leave them to get on with their lives and enjoy. Tree bumblebees arrived in the Southern U.K. in 2001 and reached Scotland in 2013, they are the only bumblebee that is currently expanding its range. All bumblebee colonies are of an annual nature so once the new queens have emerged the old queen, her workers and all the males die off, leaving the new queens to go into hibernation and the cycle begins again the following year.

Solitary Bees

Some are the size of a small bumblebee whilst others are absolutely tiny creatures that often go totally unnoticed or are mistaken for flies or wasps. Solitary bees are I suppose, the poor relations in the bee kingdom and are sometimes considered to be the preserve of the scientist and entomologist. To put that one to bed let me introduce you to just 3 of the solitary bees that you can find in the average flower rich garden and one that it may be worth keeping an eye open for later in the year. Sometimes these bees nest in large aggregations quaintly known as 'bee villages' so why the name solitary? Well, each nest is the work of one individual female, there are no queens and workers in the solitary bee world.

One of the easiest ways of attracting solitary bees to your garden is to put up a bee nester (often called bee hotels) these will attract mainly red mason and leafcutter bees. Red mason bees are a fine pollinator of fruit crops early in the year. Like most solitary bees they have a flight period of about 3 months and



A bee 'hotel'

build their nests with mud and provide hours of free entertainment. The male red mason bees emerge a couple of weeks before the females, they mate and then the female sets to work building her nest in an existing cavity such as an old plant stem. However to make life a little easier for them we can put out a solitary bee nester, filled with drilled out lengths of bamboo or commercially available cardboard tubes. Red mason bees seem to prefer holes of 7-8mm in diameter and the tubes should be about 140- 180mm in length. The bees use mud to build cells, each one provisioned with pollen and a little nectar and lay an egg before sealing the cell with more mud. These cells are built in a linear pattern to the end of the tube, the end cell being left empty to deter hungry birds. The egg hatches out into a grub, feeds on the supplied provisions, moults it's skin 5 times and spins a cocoon. Within this cocoon it will change into an adult bee and stay within its cell until the following year. The leafcutter bee follows a similar life cycle but choose to use leaves rather than mud to build its nest and is active later in the year.

Have you ever seen miniature 'volcanoes' appearing in your lawn or in bare crumbly earth? If so you could be fortunate enough to have Tawny mining bees as temporary guests. These bees dig a tunnel with chambers at the bottom which like the red mason bee they provision with pollen and a little nectar and again the young bees spend the winter safe in chambers below the ground. They are wonderful pollinators of fruit trees and still relatively numerous in England and Wales. They fly from March until May and do no harm whatsoever to your lawn. Just set the blades of your lawnmower a little higher until they are gone.

Later in the year especially if you have Ivy growing in your garden, keep your eyes open for a wasp like little bee amongst the multitude of other insects



Red Mason Solitary Bee

that visit this plant when it is in flower. This is the ivy bee which is a recent colonist of the U.K. and since it first appeared in 2001 has steadily moved north. The first record of it in Staffordshire was last year and there is no reason to suggest its advance will not continue.

A homemade bee hotel, filled with drilled out bamboo, drilled logs and cardboard tubes. The drilled breeze block was not a success!

I love bees, they are endlessly fascinating and endearing as I'm sure you will agree if you choose to make friends with them. They have a way of weaving their way into your soul, they are inoffensive, hard working and exceptionally beautiful. Treated with just a modicum of respect they allow you up close and personal and I would even go as far as to say that these insects possess a great awareness, just look one in the eye and you will see what I mean. Bee watching can become addictive, but you only have to go into your own garden to do it, how eco friendly is that? So go on, share your garden with these winged wonders, you won't regret it!

For more information, try the following websites:

www.foxleas.com A wonderful website for all things bee

www.bumblebeeconservation.org Bumblebee i.d. planting lists and lots more.

www.bwars.com The Bee Wasp and Ant Recording Society, a mine of information!

www.buglife.org.uk Another great website for all insects, not just bees.

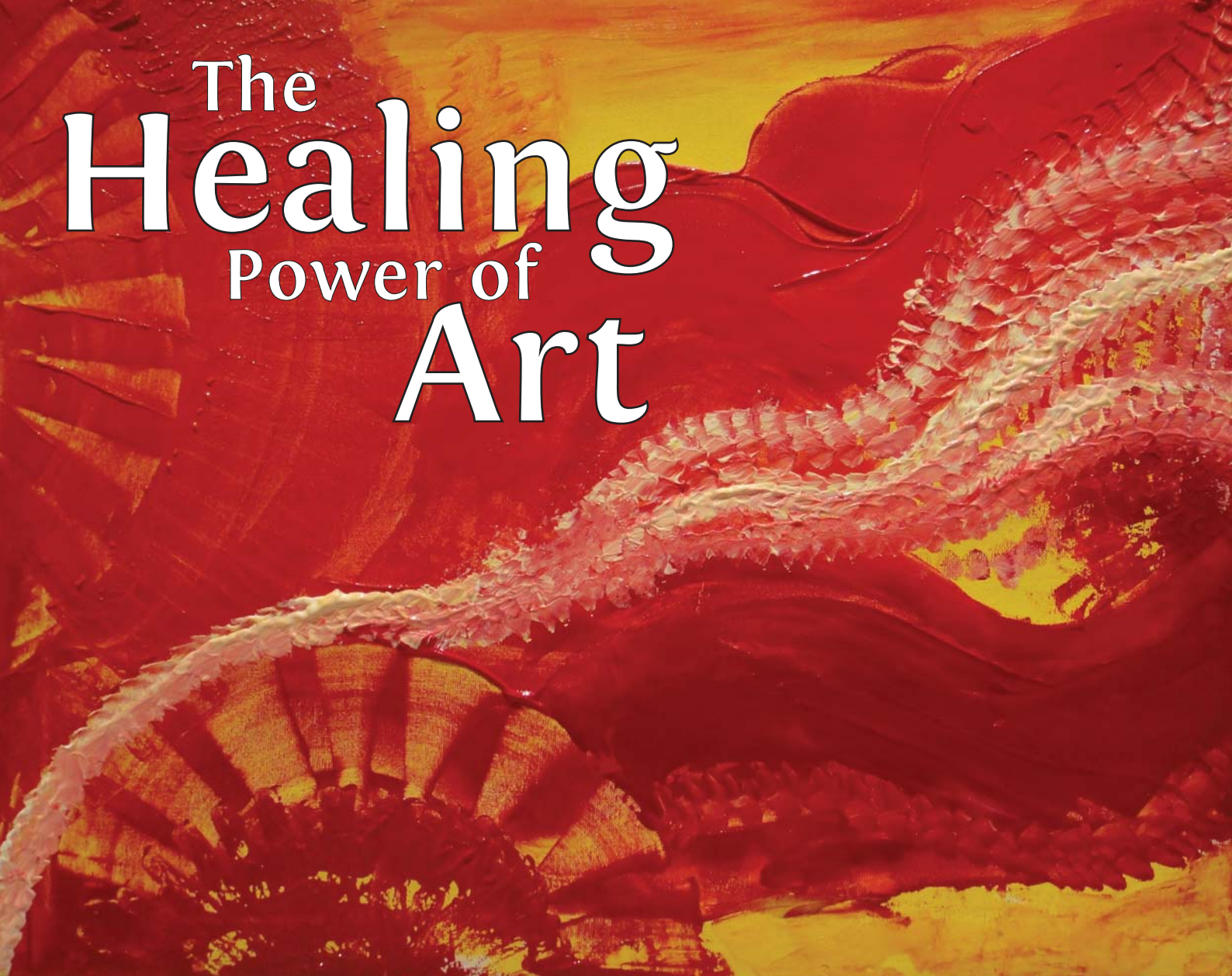
Gardening for bees

www.beehappyplants.co.uk For British wildflower seeds and plants

www.naturescape.co.uk Again for British wildflower seeds and plants 🌸



Leafcutter bee nesting in bamboo



The Healing Power of Art

Lubka Strhakova tells us all about Automatic Drawing and how it can help us with our life challenges.

There was I, back in 2006, in a relationship with a nice man, yet feeling very unhappy, unfulfilled and hiding. I didn't know how to express what was happening inside me and I had no clue what to do with myself, which direction to go towards. It felt like something was missing in my life, something burning inside me that wanted to come out. I felt like there's more to the life than what I was experiencing and that the emptiness is not what I was supposed to feel.

To make things even worse I started to have horrible eczema all around my face, on my neck and hands. Imagine being a young woman, who wants to look amazing and have lots of fun, and suddenly all she could feel was to hide, because her face looked so unattractive. Not very happy

Lubka I was at the time.

Time for a change

After months spent searching for a medicine that would help me with the eczema, I ended up in a health food shop where I found a lady's contact details who was doing 'Automatic Drawing' sessions. I had no idea what it meant or if it might help me, and yet my intuition was telling me very strongly that this is the place to go.

New Journey

So I met this woman called Monika. She told me about Automatic Drawing and how it can help me with the emptiness I was feeling, with eczema and with finding directions in life. She told me I had a gift, and that one day, I will be creating healing pic-

tures for people. Of course, none of this made any sense to me at the time, but I had a feeling... ;)

I was very impressed with our first session, and I started to study this technique. I learnt how to express what's inside me. I started to draw and express the anger and frustration I was suppressing - everything I was holding back and didn't know how to release...all the suppressed 'stuff' that needed to go.

I would draw continuously.. I would even take my pencils on holidays with me and whenever I felt angry, sad, or any other 'negative' emotions, I would draw it all out and let it go, all using very simple and very effective releasing exercise. I was drawing non-stop and after a while I felt free and light -

the heaviness disappeared, the eczema disappeared. I felt my soul opening up and searching for something that fulfils me more.

I then started to draw the happiness and gratefulness I felt, the joy and love I was experiencing. I learnt how to draw energy of the music or various energies around me. I felt happier every passing day, as I could feel energy inside me rising and all that was hidden and unexpressed coming out and enjoying being seen.

Art and its healing force

I decided to learn all I could about Automatic Drawing:

- ▶ how to use it for releasing negative emotions
- ▶ how to express happiness and joy through drawing
- ▶ how to draw simple and very healing mandalas
- ▶ how to test whether something is suitable for me or not
- ▶ how to draw healing picture for myself or for others
- ▶ how to draw chakras and aura and how to balance them
- ▶ how to draw soul essence of someone else and their body to see in what condition their organs are
- ▶ how to get an answers to my questions

- ▶ how to draw only to relax the body and the soul
- ▶ how to draw a picture for attracting what I want more of in my life
- ▶ how to draw different music and its energy
- ▶ and most importantly, how to analyse what is on the paper, whether it is my drawing or drawing of someone else

So what is Automatic Drawing?

Automatic Drawing is a technique that works on the subconscious level. Through very simple 'doodling' we release what's within. Using simple hand movements, the brain switches off and what's inside us starts to emerge, so the conscious can then see and recognise it. The only rule in Automatic Drawing is that there are no rules and you just follow what you feel. You only need to allow the hand to move freely and do the 'work'. It is a technique that allows you to tap deep inside you and release anything that does not serve you anymore. It allows us to free ourselves from everything old and suppressed, from all that needs to go.

My life has changed

My life has completely changed since I moved to a different country and started to follow the path of Automatic Drawing. I now use art on

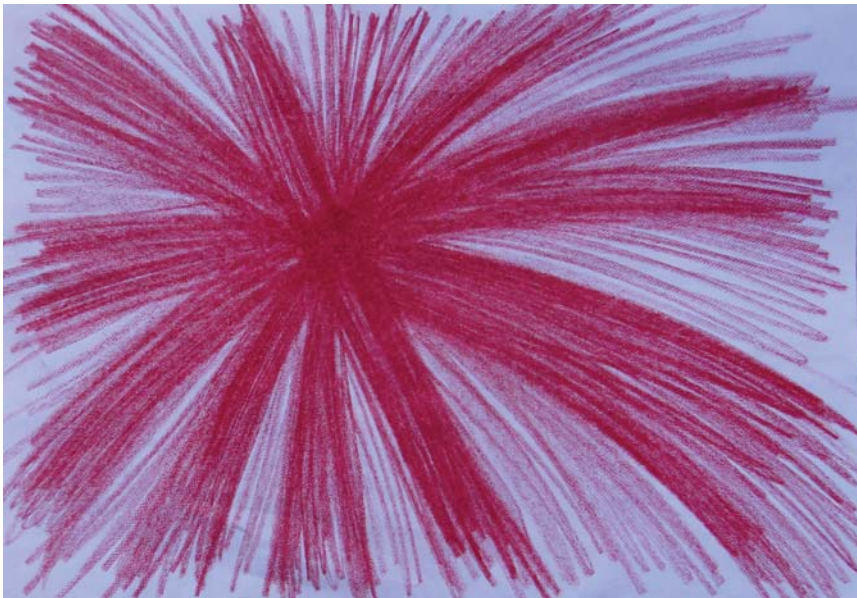
a daily basis - whether to release something, or to get some answers for me or for people around me. I use it in my coaching sessions with clients... I also organise regular workshops for people who would like to learn this amazing technique. I want everyone to benefit from using this amazing tool that was given to me. I have never felt empty or with no direction since I started using Automatic Drawing. Of course I still feel sad, angry or an entire spectrum of emotions, and yet I don't hold it inside for weeks or months anymore.

I draw healing pictures for people to help them with their struggles and challenges, which makes me feel so grateful and appreciate all of that I've been through, as I wouldn't be able to do it otherwise.

And the journey continues

It has been a long journey for me - full of growth and constant learning and it is nowhere close to the end. I love every bit of it and my wish is for everyone to be able to use this technique, because its power and magic is unlimited. It is my privilege to be able to show people more beauty and the way of healing themselves through art.

If you want to book a session with Lubka or see more of her work, please visit www.souldrops.co.uk



Some examples of automatic drawing

Opposite page: Energising picture

Above: Releasing picture

Right: Expressing emotions

Home Education: *How Will My Child Turn Out?*

When homeschooling is mentioned, many questions come up. Hopefully Helen Kirby Roach can put your mind to rest.

As an ex-home schooling Mamma I am of course vastly interested in the amount of people now aiding their children to grow and learn without schooling. Those of us connected to organic ways of living are more than likely aware of the natural approach to teaching your own child, so rather than home educating it becomes child led learning. As my own teaching at home years spanned across 5 children, my 'methods' were vastly different by the end. We progressed from the more formal set hours a day at a mini school desk approach, to the youngest two learning as and when they felt like it. And learn they did, despite this being at variance with what many of us have been brought up to believe, ie If you leave a child to play and don't control it, all manner of terrible things will happen!

There are now many sources available for information on how to proceed with home education, but still comparatively few accounts of how home educated children turn out. So I proffer my experiences in this respect. The most important thing you need to believe is that **you can do this** and your children will be more than OK (despite you).

Consider first the report below from May 2012 :

Education News states that "Since 1999, the number of children who are homeschooled has increased by 75%. Although currently the percentage of homeschooled children is only 4% of all school children nationwide [USA] the number of primary school kids whose parents choose to forgo traditional education is growing seven times faster than the number of kids enrolling in K-12

every year.

As homeschooling has become increasingly popular, common myths that have long been associated with the practice of homeschooling have been debunked.

Any concerns about the quality of education children receive by their parents can be put to rest by the consistently high placement of homeschooled students on standardized assessment exams. Data demonstrates that those who are independently educated generally score between the 65th and 89th percentile on these measures, while those in traditional academic settings average at around the 50th percentile. In addition, achievement gaps between sexes, income levels, or ethnicity—all of which have plagued public schools around the country—do not exist in homeschooling environments.

The high achievement level of homeschoolers is readily recognized by recruiters from some of the best colleges in the nation. Home-educated children matriculate in colleges and attain a four-year degree at much higher rates than their counterparts from both public and private schools. Schools such as Massachusetts Institute of Technology, Harvard, Stanford, and Duke Universities all actively recruit homeschoolers."

I have found the same to be true with UK Colleges and Universities. All welcome home educated children knowing that they will be studious and more importantly, are choosing to further their studies rather than being pushed into it. Which let's face it bodes well for their statistics although from my own experience of University, these can be manipulated by tutors anyhow! One of my daughters is a qualified midwife, she graduated with a First but also the high-

est marks in her year, yet most of the days as a child learning at home, she was playing at houses and vets with Barbies and keeping house like Laura Ingalls Wilder or racing around the garden on her bike... not quite the usual curriculum of a 'normal' school.

Please never ever look at what someone else is doing and be disheartened, because it may make you feel as if you are not doing enough. When I began home educating in the UK back in the early 1980s, I used an organisation called Education Otherwise. They were very helpful to me initially, but after some months I stopped getting their newsletters as I felt I was useless compared to the many accomplishments of the other families. I was discouraged rather than inspired, but fortunately I had faith in enough in myself to carry on (regardless)!

As I have read over again on many a mothers blog regarding raising children at home, this truism: **I have made mistakes**. Yet, although I have been with at least some of them 24/7 for over 25 years they remain people I want to spend (much more) time with. According to Dr Christiane Northrup, this is the key to how well your have brought your children up!

All five of them have gone through many of the same problems and issues that happen to all our young people today, and particularity to the ones who care and feel at a very deep level. Although they were home educated, the societal cultural influence is so deeply insidious that releasing them into it during their mid teens has meant they did not escape the effects of pressure (some of it close

family orientated that I had no control over). The other truism you will see: **I wish I knew then what I know now!** Impossible, and yet a stick we tend to beat ourselves with. I wish I raised my children on the raw diet for a start. I wish I had been aware of my spiritual being at that time rather than coming from an entrenched and claustrophobic religious background - shed along the home education way. I learned too;) I wish I had learned much earlier that children are not trying to take out adult power away.

The report continues:

"Similarly, the common myth that homeschoolers 'miss out' on so-called 'socialization opportunities,' often thought to be a vital aspect of traditional academic settings, has proven to be without merit. According to the National Home Education Research Institute survey, homeschoolers tend to be more socially engaged than their peers and demonstrate 'healthy social, psychological, and emotional development, and success into adulthood.'"

Again I found socialization was not a problem, half the children in my village used to be in my house and garden. One wealthy neighbour whose son spent many hours at our house playing board games and being sat on and tied up - at his request ;) was at a loss as to why her son wanted to be with my family, as he had tennis courts , pony, huge house etc etc and we were the opposite. Eventually she decided it was because age wise he fit the 'gap' in between my 2nd and 3rd children. I think it was because our house was FUN! Oh and my home made cookies...;)

Admittedly with 5 children in a family there is no shortage of playmates, but this does not necessarily mean they will socialise outside. My children are all different, from highly gregarious to preferring their own company and all the shades in between. One is very shy but forced herself to attend drama as she recognized she needed to push herself. Incidentally, I seem to have borne a sub set of actresses/singers, 3 out of the 4 girls are involved in this.

I did not feel that I was lighting the

way forward when I decided to not send my children to school. However I was astonished that other parents could not make the connection between the misery they endured at school (as seriously - there are very few of us who really enjoyed going and would have chosen not to do so had we been given that freedom), and then imposing the very same on their own children. So what on earth keeps us en masse from home educating? Fear mostly. Fear that we are not capable...fear of what others may think...fear of losing our lifestyle due to one less wage earner...all of these and more. At least half of my home educating years were as a single parent with very little money, but how fortunate we were to live in the country.

Let me be clear that I am not writing this to cause anyone to feel ashamed or unworthy or lacking if your child attends school. Each individual family situation is different and variables have to be factored in. Nevertheless if you are wondering whether this is a way forward for you and your children, then jump in the water is lovely.

My own home educating years were spread between the 1980's until approximately 2006. This time period saw huge changes in the availability of aid and information, with the computer becoming a part later on. This opened up so much, enabling me to gather, copy, print and use information. When I started out I drew tiny pictures for my under 5's to count and circle before they could write numbers. Continually buying work books is not an option for most, but printing off the computer is.

It is a huge responsibility we take upon ourselves. However instinctive it may feel, it still brings with it the eyes of the local neighbourhood at the very least. It would be useful at the outset to determine the world you wish to bring into your child's vista. For instance, do you actually want your alternatively educated and alternative thinking child to fit in

with normal society? I thought I did - as I could see no other way for them to be able to work and support themselves. I know now that if I was starting all over again, I would have a different attitude and approach.

I didn't give my children the choice to go to school as some parents do. I figured in this respect I knew better than them, and I had read how difficult it was to de-school them once they had been incorporated into the system. I looked at perhaps joining one or two classes a week at one school with a helpful Head, but decided against it. I felt that if the authorities were to come into the equation one way or another it would be a fight from there on in to keep doing what I was doing and I



did not want to expend useful energy on such. However, most of my children went to College from the age of 14 (for non UK readers this would normally be for children aged 16 upwards). Retrospectively I am not sure this was a good idea, their shining spirits of unusual brightness were dimmed by the ways of this wretched competitive world of adults.

Certainly, had I had connections who could have taught the subjects they were interested in, I would **not** have considered College. It had many down sides in as much as it affected their confidence as they had to deal with the nasty element of peer groups and the condescension of some - not all - teachers. Thankfully they do to this day all think that bit differently to schooled children, and all have some wonderful, loyal, supportive friends.

With respect to the sitting of exams in the teenage years, my son took his GCSE English as an outside candidate at a local school which meant he sat the exam with everyone else but I had to pay for it! My views on exams have never been that they are useful and I certainly did not aim for any of my children to take a lot of these in different subjects. Instead I concentrated on English, as I noticed this is the one most employers are interested in them having. In this computer age, math only matters if you are entering a job that calls for the complex use of numbers. I also wanted for them only to take exams in subjects that interested them.

My son did not go onto full time College straight away, but carried learning at home and volunteering at Oxfam (where all the old ladies loved him). He eventually, after various life events and a few years of working, commenced a Degree course but after living off porridge for a year, (despite holding down a part time job to be able to afford to attend), didn't consider the course worth the suffering. He now plans to work for the next 14 years and retire. For now, he is a pleasure to be with and interesting to talk to. Is this not success?

For the female section of my family all four of them attended College from the ages of 14 or 15 but getting them enrolled was tricky at times. This seemed purely dependent upon the local council funding plans. I found the tutors were always eager to take them but the admin staff another hurdle to surmount. All of them spent 2 years at College and 3 of the 4 carried on to University. (They all did charity shop work too). Incidentally I never actively encouraged the University option, although as I myself completed a Degree whilst in the midst of home education it may have influenced them. The youngest three often came with me and sat in the refectory whilst I was in lectures - where they were fondly viewed by the dinner ladies, and used as research fodder for the student teachers. Ironic! (Must add here that I had only 12 hours of lectures a week and only attended about half of these, so it was very workable with young children) My

eldest daughter was at the same University on a different course so as a family we were quite the thing!! In actual fact I have long thought that 18 is far too young to leave home to attend University. I had a rule that mine had to be 19 - that extra year makes a huge difference.

Where are they now?

Currently aged between 33 and 23.

All are in full time work. Most started with part time jobs aged 14- 15.

My son provided a large part of the household income for a year which meant his youngest sister could stay at college. As mentioned earlier he intends retiring to live a simple life somewhere in the sun in 14 years. He wanted to be a travel writer so maybe this will be realised. He is currently studying to be an Accountant. His abandoned Degree was in the personal fitness industry. Variety being the spice of life!

Daughter one is a very loving single mother and works with special needs children at her daughters school.

Yes I did say school ;) So is highly involved in the methods of instruction.

Daughter two has always been creative and artistic and consequently is Head Fashion Designer of a London boutique and travels the world in the course of her work.

Daughter three originally studied for an equine related future but switched to midwifery 2 years later and gained recently the highest award in her year on top of her 1st class Honours Degree.

The reason I stress this accomplishment, is only to highlight that being left to her own devices from the age of 9 or 10 did not have a negative academic effect.

Daughter four has worked abroad in the childcare holiday industry for 3-4 years becoming a very young Department Manager. She currently is Head Recruiter of a London nanny agency.

I do not hold these measures of secular achievement as a reflection of who they are, merely to illustrate

that all is possible. There is so much more of a story in all of this than the potted histories I have given here of course.

All have hugely humanitarian natures and want to give something to the world. They all like the pay it forward tenet.

All are fully integrated in 'society' having a wide circle of friends. They have excellent relationships with each other, the only niece being doted upon. Better still, they have successfully (but not painlessly) negotiated the tricky course between divorced parents. They are inherently better people than me and THIS I believe is success with a capital S ;)

As they wend their way through life I constantly assess where I could have been a better mother (this is not a condition of only home educators but the cloak we clothe ourselves with as soon as we give birth!) I wince and cringe at some of the ways I thought were 'right', but happily, occasionally I am reminded out of the blue that good times were had a lot, even in poverty. One of the young playmates of my younger daughters recently wrote me

"I loved growing up in BL and visiting your home, it was always full of laughter and to be honest I was always so jealous of how everyone played together I think it was because I was from a house of boys and playing 'army' just wasn't appealing enough. Performances and playing in the mud was much more my thing."

You are just as capable as me. If I can do it you can. So worry not. Relax into it. All will be well.

"It's never too late to have a happy childhood" Tom Robbins

Resources:

Quotes taken from www.educationnews.org - use this link to go straight to the correct page: www.tinyurl.com/ednews2

Book: *Mother Daughter Wisdom* by Dr Christiane Northrup

UK: www.educationotherwise.net

USA: www.tinyurl.com/usa-hs

Read more from Helen at rawfoodyhealthnut.blogspot.com ❁

The Power of a Raw Pregnancy

Jenni Boynton compares her two pregnancies - before and after a change to raw and holistic lifestyle.

I have been blessed to have experienced two completely different pregnancies, through which I have learned so much about my own body and the importance of learning for yourself what your own best choices are in life.

My first pregnancy was what someone would consider a “normal” pregnancy.

When I was pregnant with my first son, I had no idea that what I put in and on my body could negatively affect both him and I, so I ate the Standard American Diet, complete with a meal out at a restaurant nearly every day. I of course thought I was pretty healthy though, because I didn't drink soda or eat out at fast food restaurants very much. I also loved salads and always had one with my dinner.

Then nearly half way through this first pregnancy, I came across a book that forced me to look at what I was putting in my body in a new way. I learned all about the chemicals, additives, and preservatives in food as well as the unhealthy way that meat and dairy ended up on the table. And I learned how all of these things and more were possibly negatively affecting my unborn son.

That day began my passionate search for the best way to eat for a healthy body. Unfortunately, I had to wade through a lot of conflicting information before I ever reached an idea that felt right to me. So I tried implementing more fruits and vegetables and choosing healthier meat and dairy, but I was still eating out a lot and not feeling much of a difference.

This continued all the way through the entire 9 months of pregnancy, when my doctor told me that she thought it was best to induce me into labor since my son was already late and growing everyday. I went into the hospital a few days later, took the chemicals needed to get things going, and immediately the contractions began. They continued

all night and through the next morning without creating much progress.

After lots of urging from the staff and loved ones, I agreed to get an epidural. It was such a relief at first to be out of that pain, but I soon grew to question this decision when my baby's heart rate dropped because of the way I was laying and I had no way of controlling my own body to help my baby.

My son was finally born that evening, and after laying him on my stomach for a few minutes so I could look at him and love him, they whisked him away to the other corner to do all the “routine” procedures while I was mended by my doctor from the delivery.

At the time, I thought this was a pretty good delivery considering I got to hold him right away, he stayed in my room the whole time, and I easily nursed him as soon as they brought him back to me. If it wasn't for the birth of my second son, I would still consider this a great delivery.

About 4 months after having my first son, I discovered raw foods. This was the key I had been looking for through my whole learning process with nutrition. I adopted a high raw diet from there on out and had an intense transformation.

I lost all the baby weight within one week, my energy was incredible, and I finally shook off the anxiety and depression that was in and out of my life for years.

Throughout my second pregnancy, I ate a 100% raw diet and couldn't believe the difference! I only gained 16 pounds the entire pregnancy and felt amazing. I never had a hard time moving around, getting up and down, or feeling like I had no energy like I did in my first pregnancy.

But what I consider the best thing that came out of this whole raw transformation was that because I had learned the

effects of blindly following along with the norm when it comes to diet, I was very open to seeing where else I was blindly following the crowd, including when it comes to delivering babies.

I took it upon myself to learn as much as I could about the birthing process so that I knew I was making the best decisions for my growing baby, and this search led me to what I felt was the healthiest way to deliver my baby: at home.

Again, I was blown away by the difference it made! I chose to have my second son in a birthing tub with the support of a midwife and I could not imagine giving birth any other way now.

When my son was born, he was laid on my chest and got to nurse immediately. He didn't cry. No one even thought about taking him from me until I was ready, which was quite a while. My son and I just relaxed together in the warm water until Daddy cut the chord. Then the midwife did a few checks with him right beside me, bundled him up, and we both rested in the comfort of our own home right from the beginning.

My recovery was much faster this time too, so much so that my husband and mother in law had to keep urging me to lay down instead of running around the house!

Going 100% raw or having your children at home in a tub may not be the best choice for everybody, and I'm definitely not trying to say that. What I do hope is that this inspires you to take it upon yourself to learn as much as you can about your own body and what works best for you.

Jenni Boynton is a certified Health Coach and Holistic Health Practitioner who loves helping women discover their own secret keys that unlock their own Happy, Sexy, Healthy life. You can find out more about her and check out her blog at www.VitalityByJenni.com or check out more about the raw food diet at www.TheRawFoodEffect.com ❁

Claiming The Power In Your Reproductive Healing

Grace Quantock says “where healing is concerned, connecting to, nourishing, toning and healing our reproductive and sexual spaces, guiltlessly, is a powerful tool”.

Listen to your womb, cervix, uterus, ovaries, belly. Do you hear them?

They are places of deep power, often neglected, but with such profound lessons to teach. To contribute to your wholeness. To help you heal. So as long as you are willing to connect to the parts of yourself that are hurting and listen to what they have to say.

Our reproductive organs are powerful, dark, creative spaces. So often they are viewed negatively; as bloody, messy, unseen, and “unclean”. Paired with issues of pain, abuse, miscarriage, abortion hurt, sexual struggles and health challenges, disassociation from them can become almost second nature.

And yet, where healing is concerned, connecting to, nourishing, toning and healing our reproductive and sexual spaces, guiltlessly, is a powerful tool, and one often overlooked in the holistic world.

Menstruation can be a time of fear and pain. And not the sort your grandmother warned you about (remember those concerns over not being able to swim, have sex **gasp!** or outdated menstrual myths), rather true, penetrating anxiety and physical distress. Paired with chronic illness or disability related to the reproductive organs, menstruation often magnifies and further exacerbates sensitive issues.

My Moon Story

“I just want to be OK.”

It felt like my mantra. From keeling

over in pain and collapsing down a flight of stairs, hours in gynaecologist’s waiting rooms and days in the bath keeping the hot water topped up and trying to stay awake, I’d gone through my share of rigmarole when it came to menstrual problems. In the early days, my only wish was to be free of the constant pain. I didn’t want to tune into my monthly cycle and count down the days until my internal organs tore themselves apart once again. I enquired about long-term contraception. Hysterectomy. Anything to stop the bleeding and hurting.

Finally – after much soul searching, shifting my perspective and practicing conscious acceptance and self support - I learned to release perfectionism in my healing (see last issue, no 29).

Anyone can do it.

It’s as simple as letting go. *And then giving back.*

Letting go of the pushing away, of resistance. Accepting that yes, perhaps your body is home to endometriosis, infertility, polycystic ovary syndrome, fibroids, or cancer. That menstruating may make things even more, painfully complicated. Then ask: What can I do to support my body in healing? How can I create the best possible environment in which to heal? What healing-blocks can I remove? How can I give back to my precious vessel?

Build Your Healing Moon Map

What better place to begin healing then during your moon-time?

Everyone can connect to this healing: men, women, gender-neutral, asexual, children, adults, ageing and growing...cyclical, conscious mending is an organic, useful practice for all.

Get a little quite now, and tune in. What has your body told you already? What do you need to help support it?

- Get closer to the seasons. How do you feel when the moon is full? Is detoxing easier for you at the new moon in springtime? Do your headaches lessen when the moon wanes? What about your energy levels?
- What has worked in the past when your cramps and muscles are unbearably knotted? Do things ease up when you curl up with warmth and rest? Massage? If so, taking some time to set these things up from the beginning is a good thing.
- Do some foods or people irritate you around and during your period? Can you create space for yourself and from them? Check in with yourself before your moon time – do these same things normally bother you? If so, why? Your answers can be telling.
- Do you “fall off the wagon”, over eat nut butters, raw chocolate, nuts, seeds or dried fruit around your bleeding time? It’s natural for increased cravings, but these same extreme urges may be pointing to other, deeper underlying voids yearning to be filled. Be honest

with yourself and know what is a true hunger, and not an emotional one. If you are craving something heavy and sweet, you may be satiated by curling up with a book and a blanket. Or maybe you long for a more external "treat" like a warm bath with rose oil. Balance your earthy, luxurious cravings with those of the nutritious kind: some miso in your nori roll, some olives on your salad, an extra teaspoon of raw hemp oil in your green smoothie. Or give yourself some tangy, salty goodness with sauerkraut and cashew cheese on flax crackers. See how it all feels and take that into account during each new cycle.

- What foods support your healing? Do you crave the salt of the sea which echoes your wave-like cycles? Could seaweed dishes or herbs nourish and appease you?
- Is reproduction an issue? Do you have a child or want to carry one? If you are child-free or ambiguous about your feelings about child bearing are concerned, it's worth digging into any tangled feelings that may be manifesting during your menstrual cycle. Check out www.randibuckley.com/introducing-maybe-baby-self-study/ for some interesting reading.
- Do you always feel too achy or unwell to exercise? Dedicating some time to gentle Feldenkrais or restorative yoga during your moon time will help ease the stiffness and release any stuck emotions.
- Looking to eat differently but just don't know where to begin? If you're full to the brim and exhausted by conflicting messages over what you "must" do to live well, your moon time silence can help guide you.

View your kitchen as a temple and your chopping board an altar to brew or whip up some healing. Ask your body what it craves; it could be chamomile tea like when you were little, a fresh sweet orange or a salad tangy with fennel. Listen and use your moon time sacred space, your body, to prepare this offering to your healing.

- If pain is your overwhelming experience then think about getting a pain plan in place. Consider adding a TENS machine, massage techniques or osteopathy for some relief.

Make a list of what sorts of options you want to explore and set dates to research or book appointments to learn more. If money is an issue, ask about discounts or sliding scales. Keep asking and searching until you find a way. You and your body are worth it.

- Are you menopausal? A transwoman who has not yet begun? Or have your health challenges affected your periods?

You can still have your moon time and should! Creating time to connect to your inner Goddess and your healing magic is powerful and essential. Choose yours with care - a regular day every month, or a retreat when you feel the need. Build a box filled with lovely things, soft blankets, beautiful music, funny books, favourite foods, perhaps a moon time journal. Dive in and luxuriate

Stay honest and understanding with yourself. Emotions raging out of control can be terrifying, for us (and those around us!) This can be further complicated by chronic and invisible conditions. Be truthful with how you are feeling, no matter how uncomfortable that may be. "Putting up" with things until they reach critical mass can cause even deeper rifts and turmoil. Take action, now, to actively care for your feelings, struggles and relationships. They deserve your compassion. (See resources for more info).

Turn Trail Blazer

You are doing this. Creating. Living well with struggles... and shining! That's radical! You are creating change in your body and our world. I am so proud to be on this journey with you.

Thank you for healing along with me!

Healing Resources

Healing Boxes:

My husband and I run this non-profit

and make boxes of love, support and healing goodies for anyone struggling with pain, illness or life crisis. If you want us to make you a moon time box, just email and we'll get it to you!

www.healing-boxes.com

Moon Times Pads:

Using washable menstrual pads was instrumental in my healing as it allowed me to choose what felt best for my body, not what I felt were the "normal" options.

www.moontimes.co.uk

Sacred Yoni:

Beautiful, handmade cushions that honour the sacred feminine. Mine was made by the lovely Rachael Hertogs herself.

www.moontimes.co.uk/blog/yni-cushions/

Healing Uterus:

www.etsy.com/shop/primavera777

I have a uterus plush made by this company that helped me immensely during some frightening moments in my healing. It connect me with joy and humour to my body (Bonus: While waiting for it to be shipped from the USA, I got to ask, "has my uterus arrived yet?" Truly. Which gave it an added advantage of providing laughter when it was in short supply.)

Offer

Healing Boxes CIC™ is giving away one gorgeous Healing Box filled with ethical healing goodies to a reader of Funky Raw Magazine.

How to Win:

Tweet @Healing_Boxes telling us the most healing gift you've ever received. We will randomly choose the winner, who will receive a gorgeous Healing Box! For more info, or to order a Healing Box visit

www.Healing-Boxes.com

Grace Quantock is a wellness provocateur, writer and founder of Healing Boxes CIC and Sick Chick to Trail Blazer. She is thriving with multiple autoimmune illnesses and lives in south Wales. Join the Trail Blazer's Movement by signing up to the newsletter at

www.sickchicktotrailblazer.com

and follow Grace on Twitter:

@grace_quantock ☘

Raw Transformation

Lia Aquila tells her story of healing and how she went on to create Raw Fest.

“Well the MRI didn’t show primary progressive MS or a brain tumour like we thought, I don’t know what else to suggest, maybe come back if it gets worse and we could send you to a another specialist” said the neurologist shrugging his shoulders after 2 months of tests. Luckily I didn’t believe him or accepted the medication they offered to ‘ease’ some of the symptoms. I was 26, 2 stone over weight, couldn’t move my left leg, was hobbling around, I was falling over randomly, couldn’t swallow properly, had no gag reflex, spasms in both legs and IBS. I thought that it was MS since my grandmother the same symptoms and I had known other people with the condition. But even with this in mind before the clear scan I was determined to make a full recovery. I was already vegan and had heard about raw food having helped people to cure themselves of diabetes and cancer, so I knew this was the next step! A natural health practitioner confirmed that it was a combination of years of high stress and not good enough nutrition that had caused the symptoms.

So my raw journey began, wonderful youtube was my school, and then started reading books. The best things that super-charged my recovery were coconut oil, chia seeds, hemp seeds, maca and juicing. Of course eliminating gluten, sugar and eating lots of fresh fruit and vegetables made a massive difference. I felt amazing, tons of energy, I was able to exercise more and more, I could think more clearly, sleep better, IBS had almost disappeared, better skin, I started losing weight and

best of all the nerve problems had disappeared and feeling was returning in my leg. Within 2 months I was able to run and started training for races. Within 7 months of starting with raw food I competed in my first ever triathlon! The feeling was exhilarating, most of all because of how grateful I was just to be able to walk let alone take part in races. I also felt a lot of anger, what of all the people who would have listened to the doctors? Where would I be now if I didn’t take control of my own health and turn it around? In a wheelchair, slowly dying, or committed suicide not being able to bare the debilitating illness?

I have since met many people who have also transformed their lives by adding more natural, fresh, raw food, pure water and being in nature. The simplest of changes can make the most significant changes. This sparked my passion to help people with similar problems and even better to prevent them. It’s a journey of self

discovery, healing and trusting your own intuition. It can of course be challenging whilst detoxing the rubbish and the highs and lows of being natural in a growing concrete, chemical, toxic and stressy world, however if we want to really live to our potential this journey becomes a beautiful exploration of feeling, growing and being amazing everyday.

My passion for raw food took me to Goa, India to take Kate Magic’s first Raw Magic accreditation, this opened my eyed to a different level of health and well being. Then afterwards I went to Bali to complete a gourmet raw food course which sparked even more excitement. Although I eat very simply, to have the ‘treats’ and a variety of awesome raw dishes expanded my passion more. Wow this can really help people to transition to healthier food, better choices and enjoy making it! Since then I have been delivering raw food workshops and events to inspire people to love themselves with

raw food. I love to create interesting, delicious but simple raw dishes, and have seen that many people find the idea of living raw is complicated with lots of expensive equipment. To introduce people who have just heard snippets about raw food or are intrigued in just being healthier, my aim is to show the really simple, easy, affordable and fast it can be!

Helping people with their nutrition is great but it’s not just about what we eat! Whilst in Bali I heard about the Swedish raw food festival, I absolutely love festivals but found it so hard to find fresh food and and they are generally full of booze!



Very ill and over weight

100% Raw, best ever felt!

Where do us health freaks go to enjoy music, healing and camping? That's when my idea for a raw food festival in the UK was born. The UK already has a great festival culture and a desperate need for nutritional education. Why not have a festival with only amazing healthy organic, raw, vegan food, pure water, health experts, free workshops and eco camping? The first Raw Fest in 2012 was held in Cornwall where I lived at the time, we had amazing speakers, organic, locally grown and wild food, live music, great workshops in yoga, dance and meditation, we also had wonderful healers and massage therapists.

Last year the festival was in Hampshire and this year's will be held in Wiltshire. It is now an annual festival and growing each year, last year we had over 20 speakers, more workshops, incredible food, music and healers. My intention is to provide a wonderful supportive, loving, safe space for people to relax, enjoy, heal and learn how to live more naturally and that the raw journey is really a lifestyle of being conscious of what we eat, the water we drink, energy we use and how we treat our bodies, animals and our planet. If you would like more information or take part in Raw



Fest this July 17th-21st please check out www.rawfestuk.com ☸



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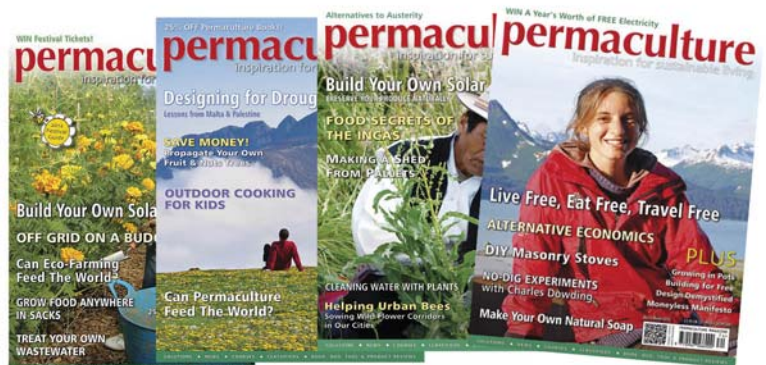
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