

The Funky Raw

Issue 34 - Spring 2015

Healthy eating for everyone

magazine



CHAMBERLAIN
2015

From the Editor

I'd like to thank Sally Holloway for her hard work creating the cartoon for Funky Raw since 2006! This issue is her last cartoon - check it out on page 13. This means we have an opening for a new cartoonist - either for a regular series or one-offs - get in touch if you are interested...



I hope you find Steve Charter's article on page 34 interesting - a brief history of the UK raw food movement (from Steve's perspective) - it was of course Steve who introduced Tish and myself which resulted in the birth of this magazine.

I'd like to thank everyone who contributed to this issue, writers, artists, illustrators and poets, and the magazine is always open to new contributors in any of those ways, please get in touch if you want to be part of the next issue.

Enjoy the magazine, and if you have any feedback, please contact me on magazine@funkyraw.com

love Rob

Cover Artwork

by Chris Hingel AKA: CHINGEL

Chris is an artist, designer, yogi and life enthusiast.

He enjoys tea, juice, vegan food, and travelling.

His artwork draws on influences from cartoons, urban art and spirituality.

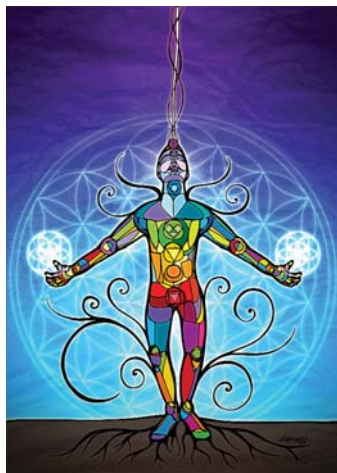
You can view more of his work online at the following links:

Web: www.chingel.com

Instagram : [chingelart](https://www.instagram.com/chingelart)

Facebook : [chingel](https://www.facebook.com/chingel)

You can contact him at mail@chingel.com



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

ink

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

Raw Food: What? How? Why?

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

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

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

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

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

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

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

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

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

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

Find out more on our website:

www.funkyraw.com

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: **6 Feb 2015**.

Advertising deadline: 27 Feb 2015 funkyraw.com/ads/

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

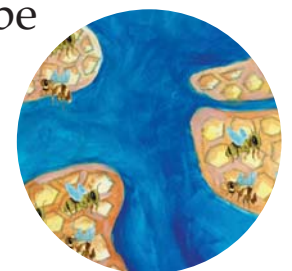
The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

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

Published by Funky Raw Ltd, Unit 2, The Pound, Coate, Devizes, SN10 3LG (Office address only, no personal callers.)

Contents

- 2 **Intro** from the editor and the cover artist
- 2 **What is raw food?** - the basics and recommended diet
- 4 **News, Events and workshops** for the next few months
- 6 Nicola reviews a new **juice bar in Cardiff**
- 7 Jessie reviews the book "**Simply The Best**"
- 8 Funky Gourmet **Pop Up Restaurant** reviewed by Lia
- 9 Sarah reviews **MaXimus Rebounders**
- 10 Rob reviews **Forking Fit** ebook with sample recipe
- 12 **Recipes:** Chocolate Hazelnut Butter, Mushroom Stroganoff, Spring Juice, Wild Garlic Pesto
- 13 Final **Raw Food Dude** cartoon from Sally
- 14 Susan Laing on the **Health Benefits of Lemons**
- 16 **Ayurveda** and the Vata dosha with Lucy
- 18 Holly Paige with more ideas for **connecting to improved states of consciousness**
- 20 **Bees, Vegans and Food Production** with John McCabe
- 26 Dirk looks at the question of what is natural and how human domination is changing natural places.
- 29 **Poetry:** Broken Stars of our Dreams by Sarah
- 30 Kristine Miles with some useful foods if you are not producing enough **breast milk**
- 32 **Emotional Detoxing** with Fiona Robertson
- 33 **Poetry:** Morning Dawn by Susan Laing
- 34 Steve Charter shares his experiences of 20 years 'on the raw path'.



News

Got a story? Email news@funkyraw.com

New Raw Chocolate Temple & Cafe opens in Milton Keynes

Founded by chef Peace Ravenwood with the intent to offer a tranquil place to meet, relax and leave the busy-ness of life behind for an hour or three, EliXir was born from Peace's much loved Mayan Xocolatl Elixir, a mix of superfoods and cacao, served as a hot chocolate drink to nourish the soul.

The café features cakes, super raw cacao treats which are always changing, fresh cold pressed juices and tonics, seasonally inspired smoothies and savoury specials which are different every week and reflect what is looking great in season, including wild edibles, eg nettle crackers or wild pesto.

EliXir is open on Fridays and Saturdays 12pm - 6pm and Sundays 12pm - 4pm

During the week Peace and Niki create raw chocolate bars and cakes for order and EliXir is also available for private bookings and catering events!

If you would like to know more:

Facebook: www.facebook.com/EliXirRAW

Email: peacerravenwood@gmail.com

Phone: 07846 824364.



Raw Fest Festival

The UK's annual raw festival returns this year from 14th to 16th of August at Pylewell Park in the New Forest.

Organic raw food, yoga, meditation, tai chi, lectures and workshops on health, nutrition and consciousness.

Music and live arts, massage and healing, arts and crafts, beach walks, and more.

Tickets inc talks, workshops, entertainment and camping:

Early bird before July 4th: £95, full price £150.

Concessions £75.

18 and under: Free.

Camper van/Caravan: £25

More info and booking www.rawnatureglobal.com



84 Year Old Raw Fooder Speaking in London

John Fielder is a veteran health pioneer on his annual world tour at 84 years old! He has been practicing, teaching and living the living-food nature cure lifestyle for over 50 years. He runs his own retreat centre and organic fruit and veg farm near Cairns, Australia where he has helped hundreds of people overcome illness and regain and maintain high levels of health through his simple and natural approach.

He follows the natural hygiene / nature cure method of healthful living, combining a living food approach with fasting and pure experiences of being in nature – fresh air, pure water, sunbathing and exercise.

He advocates people listen to their body to figure out what it needs, rather than following any dogmatic philosophy. He has a wealth of experience to share and inspire us to reach the next level of health, wherever we are starting from.

He will be speaking at Vantra Restaurant, 25 Oxford Street, London, W1D 2DW on Wednesday 29th April from 6pm to 10pm. Tickets available soon for £40 and include probiotic drink or herbal tea infusion, green juice, starter and raw main course.



He will also be leading a one day intensive workshop: Cleanse & Cure with natural law on Saturday 2nd May from 10am to 5pm at a different Vantra location in Queensbury, London.



In this workshop you will learn how to detox and thrive with nature cure covering diet, rest, lifestyle and fasting. Tickets £80, suitable for beginners to advanced.

More details about both of these events can be found at www.vantra.co.uk and you will find links to purchase tickets there once they are available.

Business For Sale: Colon Hydro Therapy

Based in the southwest of the UK. Utilising the Libbe open system which has been referred to as the Rolls Royce of colonics.

Includes:

Business name and brand

Equipment: Cost's around £10k when purchased new
Supplies

Advice on the best and most affordable training

Website that has regular traffic and phone calls coming in
Help with getting medical prescription so as to access supplies more affordably

Price: £20K

Call for more details: 01458 860 060 or 0792 328 4632

See website for more www.colonicsouthwest.co.uk

Workshops & Events

7 day retreat on island of Gozo, Malta

Date: Friday 24 April to Friday 1 May

Location: Gozo, Malta

Description: The retreat will offer personalised detox support with raw food and a 5 day juice programme. We will also offer guidance on a healthy lifestyle, talks and films on nutrition, emotional and spiritual wellbeing. There will also be plenty of time for de-stressing and relaxation, as well as inspiration and advice to take home with you to embed your programme into your daily life.

Price: £1,250 for a shared twin or double
£1,450 for single occupancy

Website: www.resource-me.com/detox-retreats-malta/

Balance Your Life Retreat (Women Only)

Date: Sun 26 April to Fri 1 May, 5pm Sun – 11am Fri

Location: Thirsk, North Yorkshire

Description: A 5 night transformative retreat to learn to manage your stress and maintain energy levels by exercise, food and holistic techniques, and achieve harmony & balance day after day. All with the help of 100% delicious raw food cuisine.

Price: Shared room £875, single room £995

Website: www.splitfarthinghall.co.uk

Super Healthy Sundays (raw vegan popup dinner)

Date: Every Sunday, 7 to 9 pm

Location: Free Press Pub, Cambridge

Description: Raw vegan food every Sunday night in Cambridge! Menu changes weekly, but you can come in and order what you like from a selection of dips, curries, soups, crackers, puddings, crumbles and more. Starter assortments and mains taster platters are available for those who want to try everything.

Website: www.facebook.com/superhealthysundays

Nourish Your Body Retreat (Women Only)

Date: Mon 27 April to Fri 1 May, 5pm Mon – 11am Fri

Location: West Sussex

Description: A 4 night transformative retreat exploring the topics of body image, vitality, mindful eating and eating for pleasure, to create your rules over what to eat, how to love all of you, to set personal boundaries and new beliefs that enable you to have the body and energy you desire.

Price: From £800 in shared room

Website: www.splitfarthinghall.co.uk

Yoga & Healthy Raw food Weekend

Date: Fri 1 May to Sun 3 May, 5pm Fri to 3pm Sun

Location: Thirsk, North Yorkshire

Description: A 2 night luxury Women Only retreat - relax and unwind with yoga and meditation, refresh and cleanse with delicious energising raw food... (yoga suitable for all experience & fitness levels).

Also enjoy soaking in the hot tub and detoxing in the sauna during your stay...

Price: Shared room £345, single room £450

Website: www.splitfarthinghall.co.uk

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

10 day's of Yoga & Life Food mastery

Date: Saturday 09 May to Monday 18 May, 17:00

Location: Andalucia, Spain

Description: This 10 days Yoga Raw-food Retreat is an inspirational mix of a relaxing getaway, a tranquil refuge of simple living in tune with Mother Nature and a celebration of the Healthy Raw Lifestyle. Enjoy the healing powers of Yoga, Living Food, Chants, Meditation, Holistic Therapies, Dance and Walks; all ingredients we use to nourish, transform and rejuvenate your Body, Mind & Spirit.

Price: From €980

Website: www.sunfoodyoga.com

Detox Retreat in Wiltshire

Date: Sunday 10 May to Friday 15 May

Location: Wiltshire

Description: Join Raw Energies on an adventure of self-discovery as we reenergize our bodies, refocus our minds, and expand our conscious awareness during a 6 days retreat. Raise your energy levels as you become more attuned to the natural rhythms of your body through juicing and raw food. Experience the ancient megalithic sites of Wiltshire.

Enjoy a daily yoga/meditation class and a daily massage.

Price: From £750 per person.

Website: www.rawenergies.net

Dehydrator Master Class

Date: Saturday 16 May, 10:30am to 4:30pm

Location: near Shaftesbury, Dorset

Description: Learn how to make the most of your dehydrator. We will be making savoury crackers and sweet snacks. We will create marinated mushrooms, caramelised onions, aubergine and coconut 'bacon'. You will also see 3 different dehydrator models in action so you can make a good decision on which dehydrator to buy.

Price: £95 or book two people for £180

Website: www.radiantonraw.co.uk

Raw Food Detox Weekend

Date: Friday 5 June to Sunday 7 June

Location: Cotswolds, UK

Description: Learn how to integrate raw food into your busy life in just minutes each day, using basic equipment, accessible ingredients and simple, 5-minute recipes from Barbara Fernandez, the Rocking Raw Chef.

Prices start from £399 and include all meals, drinks and snacks, gentle detoxing, spa treatments and luxury accommodation.

Website: thecotswolddetox.com/rawfoodimmersion

Phone: Helena on +44 1242 374084

What in the World Am I Supposed to Eat?

Date: Saturday 6 June, 10:30 - 15:30

Location: 255 Commercial Road, London

Description: Join Kyle Vialli for an exclusive, insight-rich masterclass focused on demystifying good nutrition.

Website: www.eventbee.com/event?eid=199828842



Juice in the Raw at Beanfreaks, Cardiff

Review by Nicola Pledger

There is a new juice bar in Cardiff city centre which for me is a very welcome upgrade. It is based within Beanfreaks a long standing independent health food and supplement shop.

This place opened about 6 months ago now and is enjoying a very welcome crowd of differing people from all walks of life.

Juicing appears to be the new thing to be doing. Yep, we have all known that for a looong time and many of us incorporate a daily juice or two as standard into our diet. Some have even done mini to extended juice fasts. It seems to be catching on in the mainstream.

I am so grateful to this place as I can now satisfy myself with a fresh juice or delicious smoothie – as well as knowing that my daughter can get something vital while we are out. As much as can be is sourced as organic from a Welsh distributor – some ingredients are even organically grown in Wales.

Suzy the woman behind this bar has also started making and selling little raw superfoodie bites full of dried fruit, nuts, superfood powders and cacao.

The Juice bar offers smoothies as well as juice however not everything on the menu is raw, the exceptions being the nut milks which are pre packed cartons (organic) and the nut butters are organic yet roasted. Everything is made fresh here in front of you while you wait. The Juice Bar is very clean (which is a HUGE thumbs up from me). You can also tweak your juice or smoothie so that you can get it made unique just like you. They offer a selection of add ons from Sunwarrior protein powder, zeolite, probiotics, to chia seeds, cacao nibs and flax as well as some supplements.

My current favourite in these winter months has been a juiced apple, ginger and lemon concoction warmed with some elderberry and echinacea tea with a kick of cayenne and honey – very warming and super tasty. A huge cwttch (a beautifully wonderful Welsh word for hug) in a cup.



Prices are just under the £5 mark for most of their drinks.

My favourites so far are the Nectar of the Gods Juice which contains Pineapple, Carrot, Cucumber, Lettuce, Ginger and Lime; and the Liquid Sunshine Smoothie with Pineapple, Mango, Bananas, Coconut and Greens. All manner of tastes are catered for from chocolate lovers to wheatgrass shot devotees. Oh yes and the wheatgrass is grown in Cardiff!

They have recently started offering detox packages where you can get all your juices made fresh each day for collection at your desired time. So you get the benefits with out having to lift a finger, well except to pick up your juice!

I love that this juice bar comes from a place of passion for a raw food diet/healthier lifestyle. Suzy the woman who co created this place is very enthusiastic individual with a great spirit. She shared with me a little background on how it came about:

'It's been something I've wanted to do ever since I got here, but the company wasn't ready to get into it when I started working there 1½ years ago. Going back a little further, basically, the owner had heard about raw food, that it was the wave of the future, etc, etc, from a friend of his who owns a well known health food company. So he put out an advertisement

looking for a vegetarian or vegan who knew about raw food to help in the shop. When I saw the ad, I immediately knew it was there for me :)

So I started making raw food recipes, and introducing people to all the green goods, vegan foods, etc. Just giving out info and turning people on to it all. After that, people could decide for themselves if they wanted to buy something. At the beginning of this year, the owner began feeling that he wanted to do something new. So in April, he announced that he wanted to go ahead with the juice bar idea. Of course he decided to do it because he knew he had me to do it for him, hahaha.... ;)

He supplied the money and the builders and I did the rest. But it was a labour of love for me as well, and I wanted a juice bar so much myself, that I thought it worth working 40-50 hours a week in addition to my normal working schedule to make it happen. :)

I've also been wanting to do detox packages as well, and have just been able to start delving into all of that, though I hope to be able to put together some packages within the next few months. Like everything else, I have a million ideas and things I WANT to do... but only so much time in which to get them all done!



Open Mon – Sat, 10am – 5pm
3 St Marys Street Cardiff CF10 1AT
Telephone 02920251671
facebook.com/juiceintherawbeanfreaks

Simply The Best by Anna Victoria Rodgers

Review by Jessie Maguire

This is a comprehensive, fresh, professional e-book with beautiful design work, which brings together all the expert chefs in the world to guide you on your journey to eating more raw food.

The fruit of these experts' years of work is laid out so clearly: you get to peek in on only their best recipes, and it makes you feel so very VIP. It's true: they are some of the most creative individuals you could ever want to inspire you to get healthy!

Simply The Best includes all the basic and wildly extravagant recipes you need – from the basic chocolate pudding to the tangy benefits of the fermented salsa, you won't regret getting your hands on this book. You'll be running to the kitchen to get started within the half hour, I can guarantee it!

RRP £9.95. Find out more and purchase at bestrawchefs.com

Anna's website is www.missecoglam.com



Funky Gourmet Pop Up Restaurant

Review by Lia Aquila

I spent a beautiful evening hosted by gourmet chef Fatih in the enchanting Maida Hill restaurant in London. It had a great atmosphere, very friendly, relaxed and everyone was eager and excited about the menu.

The starter was a Cucumber Consommé, which was a cucumber broth, seaweed and cucumber pickles, a spoon of gazpacho sorbet, and wakame crostini (a wakame bread) on the side. Very tasty, it looked very healthy. The ice combination consisted of ice and cucumber. On a cold, winter night, it did spoil the enjoyment slightly, however the fusion of flavours, seaweed and pickles were amazing, it definitely fired up my taste buds!

The next course was Cultured Macadamia Cheese, with a side balsamic and fig compote and a grissini which is like a flavour filled breadstick. The cheese was very cheeselike! Really delicious and so rich, it could have easily been a quarter of the size.

The main course was Sweet Potato Rosti & Shitake Croquette, with sesame mushrooms, truffle cream and BBQ sauce, this was a truly incredible dish. It looked amazing and the mix of flavours and textures were incredible. To anyone not in the know, it could have easily passed for 'conventional' cooked and non-vegan dish. I eat very simply, so by now my taste buds and stomach were in shock, in a good way! So many flavours on many different levels.

Feeling very full and happy, we were given a short break and Fatih attentively came to mingle and ask how we were enjoying the evening. Everyone seemed content and surprised at how good the food was. We were then given a Sorbet made from Yuzu, which is a sour mandarin. The first time I have tried it with pears, the sorbet was also bathed in prosecco. The sorbet was delicious, a very interesting flavour, it tasted almost savoury

and it was very morish. The prosecco was an interesting kick as I don't drink! I only ate the sorbet, that had some of the alcohol absorbed into it, it would have been nice to have the prosecco as an added option rather than in the dish. Again it tasted great, but the cold sorbet again in one meal made me feel quite cold.

Finally, came the dessert, which was a wine poached pear tart on a lucuma and almond crust, with amaretto cream and candied pistachios. It looked like a piece of art, in fact all of the dishes were presented with so much care and perfection. The tart tasted out of this world, quite a strong alcohol flavour, but it balanced with the cream and the lucuma. It really was a very delightful experience! Being a chef myself, I know how much thought, creativity and energy goes into making such amazing food, Fatih did an outstanding job, his intention is to bridge the gap between convention and help show people the vegan and raw food doesn't have to be about salad and smoothies. I felt that I could bring a non believer in and they wouldn't even notice that it was all vegan and raw! Fatih was very attentive and spent time with each table making sure everyone was happy and we were also given extra treats on the way out, consisting of raw chocolates (which were divine!) and coconut kefir. It was a great experience, I would definitely recommend Fatih as a gourmet chef, for a special treat or for an important event.



Pinar and Fatih



Cucumber Consommé



Cultured Macadamia Cheese



Wine Poached Pear Torte

Chef Fatih Guven provides the following services: Private Catering for weddings, birthdays and events, Personal Chef services, Cooking Classes and Consultancy.

www.funkygourmet.co.uk fatih@funkygourmet.co.uk

MaXimus Rebounders

Review by Sarah Rehmatullah

Rebounding assists homeostatic balance, anti-inflammatory, anti-ageing, increased cell energy, improved bone mass and mitochondrial function.

Tailoring your fitness program often takes much thought. What suits your lifestyle, fitness level, goals, time and money. Over the years the type of exercise you practise may change. Often when a change is due, you may not feel like practising your previous program, which may be a sign that your body is requesting that new needs are met. Such was the case with myself, previously an avid yoga lover, yet finding I was reaching for the yoga mat less. The first change was a desire to walk more, resulting in selling my car. Different muscle groups were developing, as was my outlook. I felt different from the increased oxygen pumping faster around my body. My skin glowed more. I simply looked incredibly well. More walking was great, and I would look forward to my next walk. My next change was to begin rebounding. Rebounding first piqued my interest some time ago when Angela Stokes-Monarch spoke of the benefits. Then in later videos with Matt Monarch, you could often see Angela rebounding. She commenced with a mini rebounder, similar to the MaXimus rebounder that I am using. Then many more people began discussing the benefits of rebounding for detoxing the body. I thought I should check out the MaXimus rebounder, to see the effect on my body.

Rebounders are similar to a child's trampoline, except they are specially designed to support the joints, and to increase effects on the lymphatic system. When you push down on the mat (pushing yourself up and off the mat) this action, otherwise known as acceleration, and then come back down (deceleration) you are opening the lymphatic system like a pump, beautifully pushing out toxins that might otherwise stagnate and take longer to clear out. You benefit from the three forces of G-Force (gravitational force), acceleration and deceleration. This is similar to how the valves

in the lymphatic system naturally function. The lymphatic circulation is only triggered by movement, as there is no pump. The lymph vessels carry clear fluid carrying your white blood cells - B cell and T cell lymphocytes.

Even in the first few days, I could feel a difference. My body felt lighter and bubbly. I felt increased joy on and off the rebounder. Anti-gravity was youthifying! I desired to return to the rebounder again and again, excited by the changes, and thoroughly enjoying my exercise session. This must be the only exercise that I feel such a vast change, which I put down to the anti-gravity lymph cleansing.

I opted for the folding MaXimus version for convenience, which comes with a stability bar, resistance bands and a DVD. The springs are shaped like muscles, for a superior bounce. I enjoy starting my day with a short rebounding session to reboot my body after sleeping. I then return to the rebounder later for longer sessions. The rebounding dissipates tension and lethargy.

When exercising, the muscles produce metabolites which include lactic acid and Adenosine Triphosphate otherwise known as ATP. Metabolites are sensed by metaboreceptors, which transmit to the brain through fatigue pathways. This explains post exercise experiences. Rebounding clears away lactic acid from the body. This may be why people generally find rebounding to have energising effects on their body. Although initially you may feel the stored lactic acid leaving and flushing out of the body, heightened feelings of well being follow. The immune system is strengthened, as the white blood count increases by three times the usual level during rebounding. If you rebounded hourly, you would continue to benefit from immune enhancement throughout the day.

I have noticed a greater sense of bal-

ance. When you are rebounding, all areas where you hold your body incorrectly begin to loosen up and self-correct. Perhaps you feel similar effects with yoga, Pilates and other exercises, yet in those instances it requires effort. With the rebounder the return to alignment and balance feels effortless. It is a sheer joy to regain perfected posture! I believe the anti-gravitational forces reset the entire body.

"The most effective form of exercise known!" NASA

More from Sarah at
www.sarahrehmatullah.com

Find out more at
www.maximuslife.co.uk
or call 01252 833871.



Forking Fit - The Pantry by Elizabeth Tighe

Ebook Review by Rob Hull



VEG ROLLS WITH SWEET DATE DIPPING SAUCE

I use a spiralizer as it looks great, but a julienne peeler would work too.

The sauce is superb! Really versatile. I'm so pleased with it. No artificial chemicals.

I use rice wraps in this recipe which are available in most supermarkets. If you don't like them then you can replace with Wholemeal wraps.

INGREDIENTS

- 10 Rice Paper Rolls

Filling

- 1 Carrot
- 1 Courgette
- ½ a cup of Sprouted Beans
- Handful of Spinach Leaves

Dipping Sauce

- 15 Dates (stones removed) soaked for at least 20 mins.
- ½ a small Jalapeno Chili (remove seeds if you don't like it too spicy)
- Salt & Pepper to season
- 4 - 6 tbsps of water (depends on how runny you want it)

So these are super cute flashy little forkers.

deal for a tapas style evening.

peeler or thin slices cut by hand will be equally perfect!

ed that I have mastered a sweet chilli sauce without the

at most supermarkets these days. If you can't find them or
meal Pittas or Collard Greens.

DIRECTIONS

Start by making the dip. Put the dates into a high speed blender or food processor (ideally use a blender as it makes the dip smoother). Next add the chilli and season with salt and pepper. Add around 4 tbsps of water, a little more if you want the dip runnier. Blend until smooth.

Grate all the filling ingredients either by hand or using a spiralizer / julienne peeler, omitting the spinach leaves and bean sprouts. Now if you are using rice wraps you will need to boil about ½ a cup of water. Get a large plate ideally that curves up at the edges to reduce water spillage, you will also need a chopping board or large serving platter to prepare the wraps on.

Pour the boiled water onto the plate, enough just to cover the plate. Next get your rice wraps one at a time, they are quite fragile so steady! Place the wrap into the water for a few seconds until it gets floppy. Now on your chopping board place the wrap and fill with the veg mixture, about 3 tbsps worth. Place the mixture in the middle of the wrap in a rough sausage shape. Now get ready to roll. Fold the bottom of the wrap over the filling, then wrap one side completely over and roll. Caution: Don't overfill. Serve and get dipping!

19

For £2.99 you can't really go wrong with this well designed little ebook. Great for beginners, it's a transitional recipe book with some cooked and some raw (or mostly raw) recipes.

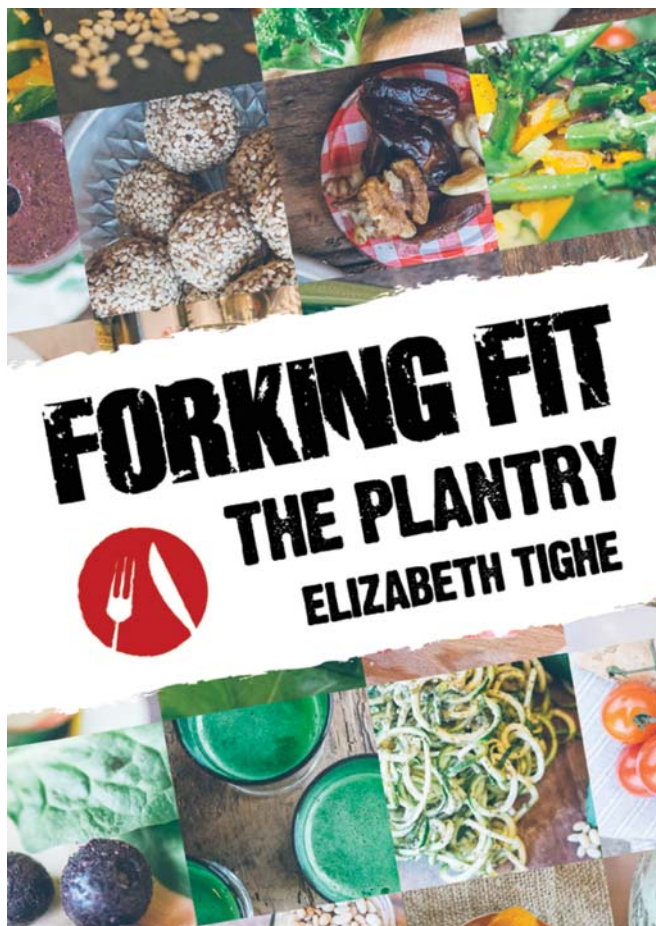
There are 15 recipes in total, from juices and smoothies to soups and salads and of course deserts including raw "snickers" bars. Many of the recipes have ideas for variations.

The recipes look great, but some of the comments on nutrition are a bit simplistic and lacking depth.

There is a very brief section at the end on superfoods and equipment. The double page spread on the left should give you an idea of how good the photos are!

You can find more from Lizzy including recipes at:
www.forkingfitwholesomefoodie.com

Direct link to purchase ebook at £2.99:
tinyurl.com/ebook34



Recipes

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

Chocolate Hazelnut Butter

More and more companies are coming out with different flavoured, even sprouted nut butters and the selection at health food stores is ever growing. However, if you'd rather make your own little jar of heaven instead of making extra trips to the store, then here's how you can. No, you don't need a stone grinder. Yes, it would be nice, but let's be somewhat realistic, most of us don't have one of those machines sitting on the counter top. A food processor though... well, chances are you have one of those, and if you do, you're all set! You're just minutes away from indulging in your own creation of yumminess.

Ingredients (Makes about 7oz/200g)

- 1½ cup hazelnuts
- ½ cup cashews
- ¼ cup (or more, to taste) coconut sugar
- ¼ cup cacao powder

ground vanilla
optional: coconut oil*

Method

1. Place all of the nuts in the food processor and process them until you see butter forming. You will get a crumbly mixture first, which will slowly transition into a creamier paste, and eventually oily butter.

*Depending on how oily or dry the nuts you're using are, you might need to help out with a bit of coconut oil, so add some if you think it's necessary. I didn't need any this time at all.

While processing the nuts, make sure you pause your machine every now and then and scrape the sides and the bottom to help the formation of butter and even mixing.

2. Add the coconut sugar, cacao powder and vanilla and process it more to get a homogeneous mixture.

3. Enjoy it immediately or store the butter in a glass jar. Refrigerate it to keep it for a longer period and lessen the chance of the oils separating out.

Hazelnut Nutrition

Hazelnuts are exceptionally high in manganese and are a great source of minerals in general...a great food for your bones and for supplementing mineral-deficient diets. They're also a very good source of B vitamins, especially B1 (thiamine) and, like most nuts, they're high in vitamin E... overall, a wonderful snack for healthy skin, your nerves, and to support fertility. As if you needed to justify eating some.

by Dita - rawfoodfortruth.blogspot.com



Mushroom Stroganoff

Health benefits of portabello mushrooms:

- ▶ full of many B vitamins
- ▶ contains selenium which help produce antioxidants and thyroxine, and helps reduce inflammation
- ▶ Contains vitamin D
- ▶ contains linoleic acid, a fatty acid which helps bind to bad oestrogens in the body and therefore reduce unwanted oestrogenic mimickers

Ingredients

5-6 portabello mushrooms
Handful of chopped coriander leaves
3 limes juiced
1 small red onion
Freshly ground whole pepper corns
150g macadamias

½ lemon juiced
¼ tsp of sun dried sea salt
1 clove of garlic

Method

Squeeze lime juice over chopped mushrooms, massage juice into mushrooms with hands and leave to marinate for 4-5 hours or more with chopped coriander and ground pepper.

For sauce - soak and sprout macadamias overnight then rinse, blend with 1 cup of fresh spring water with garlic, lemon juice and salt. Pour over marinated mushrooms. Enjoy!

You can see a video of this recipe at www.youtube.com/suziesmoothie

By Susan Laing taken from the book Love Your Liver Feel ALIVER
www.nectaroflife.co

Amazing Spring Wild Garlic Pesto

Celebrating the wilds of Spring, this pesto/dip/sauce is full of flavour.

Can be used as a sauce on some courgette noodles/sea spaghetti, a satisfying dip for veggies/crackers/breads, devoured straight of the spoon, would also be scrummy smothered in nori rolls.

Ingredients

2 Ripe Organic Avocados
1 Ripe Organic Lemon – juiced
About 4 Organic Sundried Tomatoes pre soaked
Bunch Freshly collected Wild Garlic roughly about 30-40 young leaves

1 Tablespoon Organic white onion, chopped
Celtic Sea Salt to taste

Method

Blitz all in a food processor except salt & tomatoes.

Taste - add salt to your liking, add sundried tomatoes so that they become just chopped.

Put into bowl, serve, enjoy.

by Nicola Pledger - blessedgratitude.wordpress.com



Spring Juice

Another recipe to celebrate Spring. This makes just under a litre of juice when made in a high speed blender.

Ingredients

3-4 ripe British Organic Pears
1 ripe Organic lemon juiced, added after straining
4-5 good handfuls of young nettles
Bunch Organic curly or flat leafed parsley,
A teeny bit of living water.

Method

Blend all, strain through a nut mylk bag (if making in blender) – add lemon juice, pour into glass/cup of choice.

Enjoy & feel a spring in your step along with a calm & alerted mind.

by Nicola Pledger - blessedgratitude.wordpress.com

RFD (Raw Food Dude)

Sally Holloway

<p>This is the last ever RFD cartoon in Funky Raw...</p> <p>Goodbye everyone</p> 	<p>But don't worry he is going to star in RFD THE MUSICAL! It has some fabulous songs...</p> <p>He aint heavy, he's a fruitarian...</p> <p>Oh, Oh, Oh what a lovely salad</p> <p>I've got the dehydrators taking ages to work blues...</p> 	<p>Catch him soon at a theatre near you!!! (The one that serves raw ice-cream and dehydrated kale chips in the Interval.)</p>
---	---	---

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.



Health Benefits of Lemons

Susan Laing shares her research on the ways we can use lemons to improve our health.

Most of us love lemons! We can juice them, squeeze them, suck on them and add them to so many recipes as they taste wonderful and are full of zing! Adding freshly squeezed lemon juice to warmed distilled water every morning on an empty stomach can be extremely beneficial to our health and especially beneficial for congested or fatty livers. Drinking freshly squeezed lemon juice every day for 90 days with a healthy eating plan can help regenerate the liver cells along with liver/gallbladder cleanses.

The lemon is one of nature's wonder medicines and is the solution to many health imbalances in the body. The colour is a lovely bright yellow, suggesting a connection with the solar plexus chakra and has the colour and energy of the sun. The solar plexus is connected to the endocrine glands, adrenals and pancreas. It is also linked physically to our digestive organs such as the pancreas, stomach, spleen, upper intestines, gallbladder and liver. Our liver loves lemons!

Yellow strengthens our spleen energy allowing us to enter a deeply sensual relationship between the body itself and another live being and the Earth.

The solar plexus chakra is also called

Manipura (lustrous gem) in Sanskrit. This chakra is about your power, self worth and creativity. When this chakra is in balance it allows us to move forward with harmony and confidence.

Using the sound "Ah" helps to tonify our solar plexus and organs and glands associated with it. So next time you have lemon juice try saying "Ah" before and after you have drunk it and you can enhance the strength of your digestive system even more.

We can also use a mantra related to self worth such as "I love and accept myself." Or "I feel my own power."

Lemon health facts:

- ✦ Drinking lemon juice with warm water helps to detox the cells and liver
- ✦ Helps the liver produce enzymes (colloids of life) due to the pH of the lemon juice
- ✦ The pH also helps to stimulate gastric fire called agni which is about increasing the digestive juices such as stomach hydrochloric acid levels and bile flow and so helps digestion in particular, helping to thin down sticky thick bile and helping with digestion of fats

- ✦ Contains limonene which helps to dissolve mucous and stimulate lymph flow
- ✦ And so helps to increase energy
- ✦ Contains a weak organic acid called citric acid, which helps to dissolve calcification, crystallisation and all stones for example kidney stones, bile stones and gallstones. Weak organic acids are blood borne inhibitors helping to create a healthy colloid of life cycle and healthy blood
- ✦ This helps to dissolve uric acid deposits and helps conditions such as gout and arthritis
- ✦ Lemon is full of hydrogen ions so helping with hydration and helps to transport spare electrons
- ✦ It is full of antioxidants so helps to create spare electrons and reduce ageing and inflammation
- ✦ High in the antioxidant vitamin C thus helping to stimulate the body's own master antioxidant glutathione. It also helps to eliminate free radicals.
- ✦ This helps to reduce inflammation and increase immunity
- ✦ Vitamin C also helps to dissolve fat cells which hold onto the toxins including the bad oestrogens

- ✦ Contains flavonoids. Hesperidin is a flavonoid (antioxidant) found in citrus fruit and helps to reduce inflammation and improve insulin resistance. It also helps to break down lipids.
- ✦ With the pith also helps to flush out the bad oestrogens
- ✦ Laboratory tests reveal the extracts from lemons destroy malignant cells in various cancers, including the colon, breast, prostate, lung and pancreas
- ✦ Acts as an adaptogen so helping the adrenals to fight infection
- ✦ Lemon has the capacity to create powerful vortex cell energy within the cell and liver. This helps the liver to produce bile
- ✦ Full of electrolytes such as potassium so helps with cell and nerve function and hydration. Electrolytes keep blood, body and digestive fluids in a balanced ever-evolving electrical vortex motion helping to pull water and air towards cells
- ✦ Potassium helps conduct electricity. When we have enough potassium it helps our cells relax
- ✦ And so helps bowel movement and elimination
- ✦ Helps to boost the immune system due to the antibacterial and anti-fungal properties, which go on to create a healthy colloid of life cycle
- ✦ Destroys intestinal worms
- ✦ If you add a pinch of sun dried sea salt to lemon juice, the electrolytes from the lemon and sea salt create more of a cellular vortex energy helping to purge toxins from the body.

Growing and cultivating lemons from organic lemon seeds in a ceramic pot inside the house is another wonderful way to have access to lemons all year round in a colder climate. They need an area where there is plenty of sunlight to grow and even though they take a while to grow it is worth waiting for as the natural zesty lemon fragrance is beautiful.

One of my favourite drinks mentioned in my new book, *Love Your Liver Feel ALIVER*, is made with freshly squeezed ginger root, lemon and apple. This can be slightly warmed in colder months. You can vary this recipe by just having the gin-

ger root and making a tea. Let the sliced ginger root stew a little, for around 15 minutes, in a pan of boiled water. Pour off the liquid with, or without ginger root, and add the sliced lemon, and either good quality stevia drops (1 drop) or ¼ tsp of unheated raw honey. Ginger root has many benefits from helping to reduce inflammation to warming up your

body, including the stomach and so helping digestion.

Susan is trained in Podiatry and Iridology. She also studied nutrition and follows the work of Dr David Jubb.

Susan believes in sticking close to nature and working with mind, body and spirit and following the Shamanic path. She also runs the Leeds Shamanic Drumming group. www.nectaroflife.co ✨

SPRING CLEANSE WITH LIVER GALLBLADDER DETOX

AND LIFEFOOD RETREAT AT EARTH SPIRITCENTRE
19TH - 24TH APRIL



What we eat finds its way to every cell and organ in the body. Made from earth's chemicals, our blood bathes every organ. A healthy bloodstream builds a healthy body, while a poor bloodstream builds disease

- The life of the flesh is in the blood - Lev. 17:11

Kenny 01458 860060

Susan 07980064092

www.nectaroflife.co

www.foodforconsciousness.co.uk



£650PP

EASTER SPECIAL OFFER 50 OFF

Bring a friend
£50 OFF
and free colonic



100% NATURAL ORGANIC



Feel ALIVER Oil. This is powerful house combo with castor oil, ginger essential oil and turmeric essential oil. All 100% natural and organic for use during the liver/gallbladder cleanse as a pack over the liver. Castor Oil when used as a pack can help to break down tars, resins, wax and adhesions created by fibrin and globulin and other debris that has built up over many years in the inflamed cells and tissues of the body.



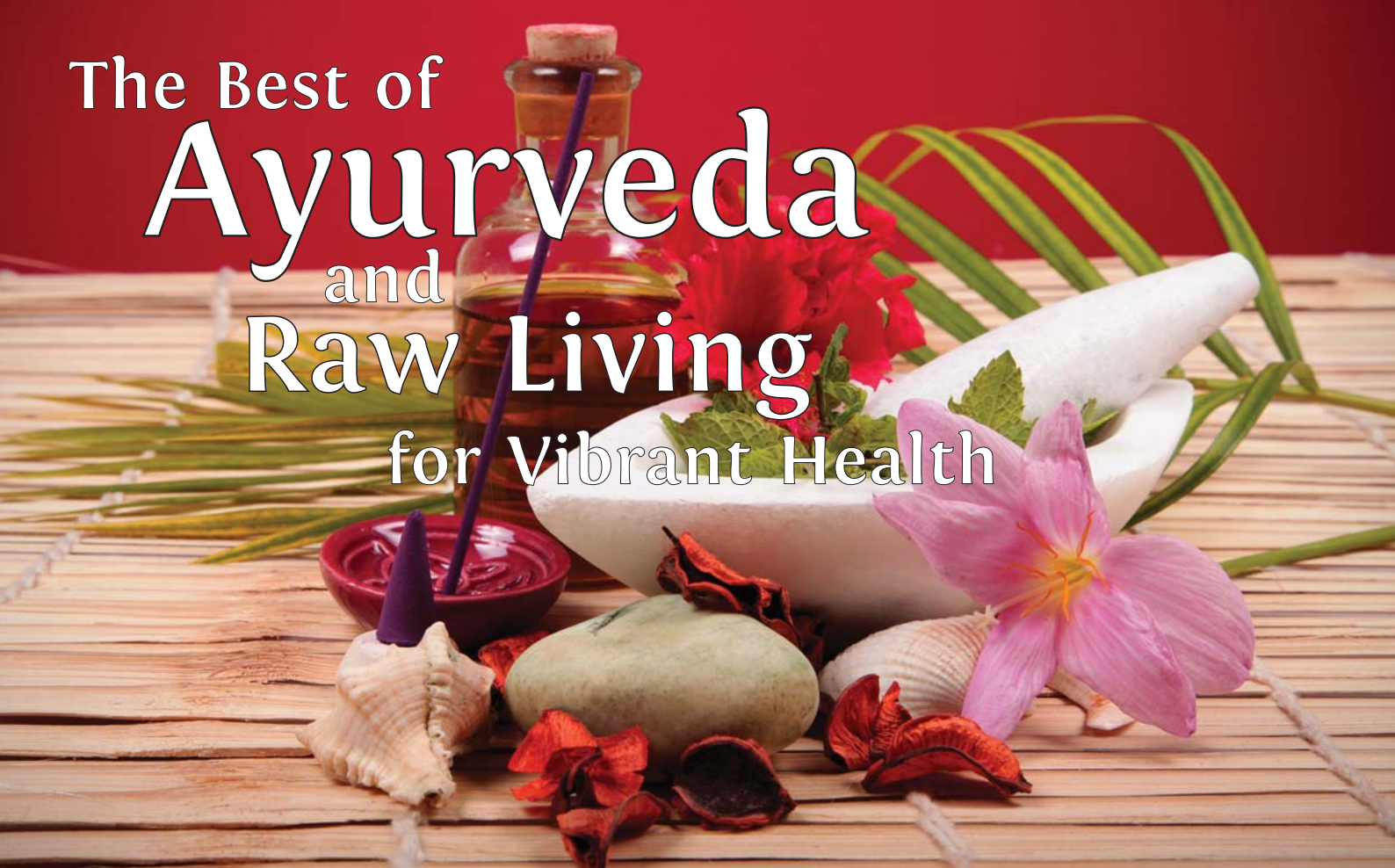
It may also be used for areas on the body where there is congestion and inflammation such as:

- The colon
- Painful lumpy breasts
- Detox pack for liver/gallbladder or colon
- Hair for conditioning
- Hair growth
- Scalp for skin conditions
- Healing scar tissue
- Massage oil
- Arthritic joints
- Painful tissues or muscles

07980064092

See more at www.nectaroflife.co

Or www.iridologyforhealth.co.uk



The Best of Ayurveda and Raw Living for Vibrant Health

Lucy Fleetwood Davis introduces the concepts of Ayurveda and the doshas with a detailed look at the Vata dosha.

Ayurveda is a holistic approach to health that originated in India over 5000 years ago. This natural healing system developed out of the spiritual teachings of the Vedas. This system of healing has influenced Traditional Chinese Medicine and was the basis for Tibetan Medicine. It is a system of naturopathic medicine that covers all the domains you find taught in naturopathic schools from herbs to surgery.

For over 15 years I had been trying to heal a leaky gut that had compromised my body's ability to take up nutrients and stay hydrated. Every day I was eating fresh live food, juicing the best organic fruits and vegetables, but nothing seemed to give me the vitality I hoped for. I couldn't understand it, the raw nutrients I put into my body should have been making me bounce with joy, but instead I had pain, diarrhoea and bloating.

Eventually I found a cure, after spending four months on an ayurvedic healing diet my gut was healed! It felt like a miracle, no more stomach problems, able to eat anything without allergic

reactions, at last a peaceful belly. I also felt serene, happy, balanced, grounded, light in body and mind, and full of vitality.

I am now able, through understanding how to combine the best of raw food with my ayurvedic constitutional nutritional needs, to stay away from digestive challenges.

I have a constitution that from an ayurvedic perspective finds it easier to digest cooked foods. However I love the vitality of raw food and so I have been learning how to incorporate the best of raw foods, with some cooked foods to sooth my constitution and keep my digestion in good health.

Ayurveda, translated as *science of life*, is a system of health that leads to harmony and well-being for body, mind and spirit. A core focus of this ancient health system involves the food we eat. By knowing our individual Ayurvedic constitution we can know which foods and lifestyle choices enable us to stay in balance, and from this live a life of well-being on all lev-

els of our being.

There are three main Ayurvedic constitutions called doshas. We have all doshas in our system yet one or two are usually predominant. Some people will have a constitution that thrives on a raw diet, others, from an Ayurvedic perspective, will need to include some cooked foods. This was the approach I needed to take to heal a debilitating digestive condition.

Over the course of this year I would like to share with you what I know about the Ayurvedic approach to health. I'll talk about the Ayurvedic constitutions, called *doshas*, and explain which Ayurvedic constitutions can benefit from raw food, and suggest how to include raw food into a constitutional diet that would normally focus on cooked food. I'll also be looking at the energy of foods, and how this plays a large part in understanding the Ayurvedic approach to food medicine.

This issue I'm looking at *vata dosha*.

The Vata dosha is connected to the

season of autumn, the hours 2am-6am and 2pm-6pm, and the older years of our life. It is as the seasons change to autumn and winter that the constitution of a strongly vata person can go out of balance.

When vata dosha is predominant, movement and change are strong in a person's life and way of being. They will be on the go a lot, and have an energetic and creative mind, getting bored when doing the same thing for too long, and may have many projects on the go that they don't complete!

The vata physique is likely to be on the thin side, with a light frame. Vatas have good agility when this dosha is in balance.

When Vata dosha is in balance, the person will be and feel lively, flexible, energetic, creative, optimistic and enthusiastic, excited, new experiences will bring them joy and they will have good emotional intelligence.

Other indications of vata in balance are sound sleep, a strong immune system, emotional balance, the orderly functioning of the bodily systems including good elimination of waste matters from the body.

When the Vata dosha becomes imbalanced, it can manifest in the body as constipation or diarrhoea, leaky gut, hypertension, arthritis, weakness, restlessness, weight loss, exhaustion, lower back pain, joint pain, headaches and digestive challenges. There will be a tendency to worry, with feelings of fear, anxiousness, emotional vulnerability, and insomnia, or light sleeping. The person can feel light headed and be prone to nail-biting, sensitive to the wind and cold and have difficulty making decisions.

All the above symptoms can come and go, making healing a challenge, because the person may start a healing regime, and the symptoms may seem to get better, only to return, with the thing they were doing to heal it no longer working, and doctors saying that it's all in the mind, the symptoms are psychosomatic.

Re-balancing Vata

When any of the above symptoms start to appear, the first thing the vata person can do to help themselves, is slow down, it is important they start to build opportunity for slowing

down into their days. It's also important for them not to skip meals and to go to bed earlier, before 10pm is best!

To keep the vata dosha in balance it is recommended to keep a regular rhythm to the day, traditionally rising around six in the morning to a gentle balancing routine of meditation and a warm nourishing breakfast. A gentle exercise that focuses on flexibility is good for people with a vata constitution - traditional yoga, qi gong, tai chi, walking, short hikes, light cycling, light tennis, golf and dancing that doesn't exhaust you.

Touch is important for vata people, having lots of hugs and massages helps their energy to stay in balance. Carrying out self-massage each morning with sesame oil, before a warm bath or shower does wonders for calming vata energy

If you relate to a high percentage of the above you may well have a vata constitution. If so when you make choices about anything in your life, think, warmth, stability, consistency. You need to avoid becoming cold..

It is still possible to eat raw foods when you have a predominantly vata constitution, especially if this dosha is in balance. For instance you can make lovely raw soups and heat them slightly. You can sip a hot herbal tea before your meal, eat foods at room temperature or warm foods slightly to below 43 C (110 F).

Drinking a ginger tea made with fresh ginger is a great way to stay warm on the inside while eating raw foods. You can also use warming spices like, cinnamon, paprika, mustard, black pepper, cayenne pepper and turmeric. Or finish your meal with a warm mug of golden milk.

Golden Milk Recipe

1 mug almond or coconut milk
Juice of an orange
1 tsp coconut butter
½ to 1tsp turmeric powder
½ tsp raw honey
cinnamon

Blend all the ingredients and warm to below 43 C (110 F) then sprinkle with cinnamon.

In the next issue of Funky Raw I'll be talking a bit more about the energetics of food and focusing on the Pitta dosha.

Lucy Fleetwood is currently completing her studies with the American Institute of Vedic Studies and produces a newsletter that combines Ayurveda with raw and wild food living. She currently works within the gift economy, gifting her work to her clients and trusting they will gift her what they feel the work has been worth, and are able to. If you would like to contact her or receive her newsletter, email: yourpeacefulbelly@gmail.com ✿

Kapha

Earth and Water



Pitta

Fire and Moisture



Vata

Air and Space



The three
Doshas in
Ayurveda

A Trip to Edenic States

Holly Paige with more ideas for connecting to improved states of consciousness.



In the last issue of Funky Raw magazine I wrote about the concept of Edenic States, the understanding that we could be living in a very different state of perception and experience to the state that has passed for normal for all of recorded history. This state of awareness may have been experienced by people in ancient times; in any case it is potentially available to us now and in the future; a state of awareness that is deeply guided by a sense of beauty, in which we have a deeply pleasurable response to nature and its inherent wisdom and in which we feel a ecstatic sense of connection to each other and to life. The whole idea is actually based on thorough scientific investigation of the last few decades as well as personal experience and the stories of human life recorded in ancient mythology. In this state we can have the experience of living in paradise in this beautiful planet Earth.

Since writing that article I have been taking steps to set up retreats and events in places of beauty based on the theme of awakening in the dream of paradise on earth. In this dream we function at our optimal potential and feel the way we intuitively know we are designed to. This dream takes us out of the mundane world of fear and obligation and into a wondrous world where we can function the way we are designed to and live to our full potential, connect more naturally to each other and generally feel the way we instinctively know we are meant to. The movement towards this state is subtle yet consists of definable steps with tangible results. It is not a conceptual leap although conceptualising the steps is art of the process; nor is it a physical journey. Of course in a natural state of perception we gravitate towards beautiful natural surroundings, we can feel the value of being in such places and sense the emptiness when disconnected from the source of our lives. It is a perceptual, energetic and biochemical one. In order to feel this special state of connection we need to enhance our ability to feel and this involves biological changes.

So where is this wonderful world where we will feel right at last? Of course traditional religious teachings promise us a paradise beyond this life time, if we behave in the right way.

The longing for this state is so great and intense that individuals are willing to die under the promise of attaining it, for example we have seen recently in the case of certain political fighters. Ascension theories also have popular appeal, implying that the answer is a more desirable state of consciousness possibly out of this physical body and off the planet. The state of awareness where we feel separate and isolated can indeed be so painful that individuals long to escape it by whatever means they can. The good news is that we now know enough to take definite practical steps towards experiencing the state of connection that we crave whilst we are still alive and present here. This world we are longing to be in is shimmering beneath the surface of the world we are told about in everyday conversation, the news etc. It is as if there is one world superimposed on another; it is just our sense of perception that moves.

Humans now find themselves in an anomalous situation, disconnected from our natural biological habitat, foodstuffs and lifestyle and indeed from the abundance of nature and we struggle to get our needs met and to feel good. The way we are formed, both in terms of our bodily structure and our neural systems depends not only on our DNA but the way the DNA is read or transcribed. You can find out more about this subject in the game changing book 'Return to the Brain of Eden' by Tony Wright. This DNA transcription is affected by the biochemical environment in our bodies and especially by the biochemical environment in our mother's body whilst we are growing in the womb. Therefore the change in the environment we live in and the foods we eat has affected the build of our neural systems and the way we perceive and process information at a very profound level; indeed it has affected our very sense of self. Comprehending this is a massive key to getting back on track of our peak potential. We can move into a paradisiacal sense of consciousness on this Earth and there are definite steps we can take that move us in this direction. This is what Edenic States is about. We are talking about states of mind of course but after contemplating the concept for a

while I saw that it is also an answer to various political states who wish to impose their authority on the people in certain geographical areas. I would like to think that, as ever increasing numbers of people discover that our natural state is a powerful yet benign one of deep pleasure and harmonious connection, the belief in authoritarian states will seamlessly give way to harmonious communities of humans brought together in ecstatic connection with the land and each other. Meanwhile there is lots we can do to improve our own individual lives.

As a child I had a wish that I would see something as obvious as Newton did when he saw an apple fall from a tree to earth and described it as gravity. Seeing how eating predominantly natural raw food (such as an apple!) can help us feel so much more connected to the Earth and her wisdom, I feel this wish has come true. We can call this connection between food and the Earth entheogenic nutrition.


One of the key imbalances that plagues humanity is cerebral (left hemisphere) dominance. The split world we live in between our dreams and hopes versus the mundane day to day activities in which so many are embroiled is reflected in the cerebral hemispheres. We can begin to heal it in a number of ways. The sensory and supersensory world of right hemisphere can begin to permeate the left hemisphere world of concepts and we can take real steps towards the lives of our dreams.

Edenic States will include talks, adventures, retreats, holidays and other events as well as a growing educational resource. The website www.edenicstates.com is still in development so meanwhile events are shown on

www.foodforconsciousness.co.uk and you can sign up for the mailing list at foodforconsciousness.blogspot.co.uk

Our next retreat is 11th to 16th September in a very special and beautiful location, soon to be announced. It will be a life changing experience. Topics to be covered include entheogenic nutrition and earth connection, plant communication and crystal healing with Gwyneth Robbins, and energy flow yoga with Jolita Yamuna. ☸

Bees, Vegans, and Food Production



John McCabe looks at the complex relationships between bees and other pollinators and our food supply.

The ongoing conversation amongst some vegans regarding bees and honey can be saturated with a variety of concerns and attitudes, often those associated with frustration, dismissal, castigation, and even anger, and – perhaps more often than not – large doses of misinformation and unrealistic and irrational claims.

While reading this article, you might get the impression that I am advising people to eat honey. But, I'm not.

This article is about sharing some information while encouraging people to educate themselves about bees, honey, pollen, royal jelly, and propolis, and how bees play a role in food production. The article is also about not simply believing in what might be misinformation simply because you heard it repeated in the vegan activist grapevine, read it on the Internet, or even read it in a book or article written by someone who did not do their homework.

No matter what someone's views are about honey, people are going to do what they are going to do. However, it might be good to make decisions after getting somewhat educated on the concern – especially if the person is going to be advising others on the issue of bees, honey, and vegan dietary matters.

Because self-sufficiency relating to food growing is increasingly important, if you are wise, you will be engaged in growing some of your food using organic methods, including composting your food scraps into rich

garden soil. One thing that can help you manage your garden – and even nurture wild edibles – is an understanding of pollinators (creatures that help pollinate plants), including birds, bats, butterflies, bumblebees, moths, wasps, flies, ants, beetles, and bees.

If you have been paying attention, you know that the use of toxic chemicals and genetically engineered plants are increasingly common in the world's food supply – including foods sold in your local stores and restaurants. You might know that the chemicals and GMO plants are causing problems for wildlife of all sorts, from bees to butterflies, birds, bats, beetles, bumblebees, land mammals, amphibians, reptiles, sea mammals, fish, molluscs, crustaceans, coral reefs, soil organisms, and even the good bacteria living in your alimentary tract that help you digest food. Additionally, more and more synthetic chemicals are being used in foods, including as preservatives, stabilisers, flavour enhancers, and colouring and texturing agents. Many of these chemicals are known to trigger cancer growth, autoimmune disorders, digestive issues, and other health problems. We don't know what a lot of the chemicals do when they combine – because those tests haven't been conducted. It is likely that the combining of the synthetic chemicals found in industrialised and processed foods increases the harm the chemicals can cause to various life forms.

You might know that the populations of wildlife that pollinate edible plants

are plunging.

Part of the reason pollinator populations keep decreasing is because they are being poisoned by the toxic chemicals being used on farms, lawns, golf courses, sporting fields, and school and corporate campuses. Other reasons include mountaintop removal done in coal mining; tar sands mining, natural gas fracking, plastic pollution, clearcutting of forests, industrial monocropping, drought, ocean acidification, global warming, and loss of habitat through urban sprawl. Additionally, there are diseases that can spread among wildlife and alter their behaviour, trigger illnesses, decrease their populations, or kill them.

Not only does Nature depend on the pollinators when they are alive, as that is when they help pollinate plants, resulting in their survival, but Nature depends on billions of wild pollinators when they die. Some become the food for other wildlife. All eventually rot into soil, helping to make soil in all parts of the world more nutrient-rich, which helps plant life, which helps forests grow and rivers to form, which flow into lakes and oceans, bringing nutrients to them.

It is an amazing circle of life that we are living in, with all life helping the other to survive simply by the natural actions of each form of life, and also the processes of decomposition into soil and other substances after death.

While wildlife has been incredibly wise about their food choices, as they

all seem to eat in the wild exactly what they need for their nutrients, it is humans that are not being wise about their food choices.

You might know that, because industrial farming focuses on only a very small selection of fruits, vegetables, nuts and seeds, some species of edible plants have become extinct, and others are at risk of regional or total extinction. The foods the international marketers want are those that can be shipped and that keep well on store shelves. So, because they can't be easily shipped and marketed, or simply because they don't grow in a timely manner, a wide variety delicate or too complicated to farm fruits and vegetables are never widely cultivated. With more and more people relying on industrial and mass marketed foods from stores and restaurants, the situation of edible plant species extinction becomes more likely.

You probably have some idea that – because of natural disaster, political unrest, war, grid failure, nuclear disaster, drought, or other unforeseen problems – the international food delivery systems supplying foods to restaurants and stores can collapse at any time – leaving you, your family, friends and neighbours hungry... to the point of starving. If you think that is unlikely, you are not paying attention to, do not understand, or are in denial about ongoing world events.

You might have noticed that food prices keep rising and the world's food insecurity issues keep increasing, not decreasing. This is at a time when corporations like Monsanto continue to spew lies about how their systems of growing foods, including by using monocropping, chemicals, and GMO plants, is going to help solve the world's food supply concerns. Because they focus on certain foods, alter the genes of plants and animals, and use mass quantities of toxic chemicals, the activities of Monsanto and other GMO and agricultural chemical corporations are reducing food selection, are helping to cause extinction, and are contributing to the world's food supply problems, including rising food prices and starvation.

For the above reasons, and many more, it would be wise of you to come to an understanding of the processes of growing food – including which

food plants are native to your region, how to gather and keep the seeds from those plants in your own seed library, what types of seed exchange networks consisting of organic home gardeners are accessible to you, what types of wildlife commonly pollinate plants in your region, and how you might be engaged in protecting and nurturing pollinators – including bees, wasps, butterflies, beetles, bats, and birds.

Some in the vegan community use what could be considered “extremist” wording when they say things like, “Honey is bee vomit,” “Using honey is contributing to bee slavery,” and “Using honey is stealing from bees that gather the honey for their own community.” Could it be that they don't understand the issues they seem to be so passionate about?

It seems that those who use that type of wording are more likely to not understand the origins of the foods they eat, are more likely to lack an understanding of gardening and farming practices, and don't know the history of bees, other pollinators, and human food production.

They also might have no idea that their own food choices could be harming bees and other pollinators. This can be especially true if they are not growing some of their own food in an organic garden, are not supporting local organic farmers, are not leaning toward organic foods in general, and are completely reliant on stores and restaurants for every bite of their food.

In no way is this article meant to be a complete history and guide to bees, farming, gardening, cultivation, or pollination. I'm also not saying that you should take everything I say as law. I encourage you to read, investigate, and reach your own conclusions.

By reading the books and watching the documentaries listed at the end of this article, you can learn more about bees, their chance of survival in a polluted world, and how they – wild/free-range or “managed” bees – play a major role in gardening, farming, and wild edible plant survival.

There was a time when I was pretty ignorant about bees. Even though I have lived on farms and am a life-long food gardener, other than having a basic high-school science class knowl-

edge of pollination, the processes involved with pollination escaped me. To get up to speed, and especially to settle my concerns, I read a bunch of books and watched a variety of documentaries about bees. I also spoke with several beekeepers to gain an understanding about the craft.

I did write about the bee topic in one of my earlier books, *Sunfood Living*. The day I was finishing that chapter, I was home alone and took a nap. An interesting sound woke me up. Looking out the windows, I saw some sort of yellow blur that didn't seem real – and made me feel as if I was still dreaming. Taking a closer look, I realised that there were many thousands of bees swarming just outside the windows. The synchronicity of them showing up on the very day I was finishing a chapter about bees was perfect.

Within minutes, the bees gathered as one big, pillow-sized clump on the branch of a tree. Not being someone who shies away from bees, I went outside and took a close look. The bee brood seemed to pay no attention to me as I observed them from a few feet away. I had never seen so many bees. Half an hour later, they flew off to find their new home.

Even though that chapter of the book I had written neither encouraged nor discouraged the consumption of honey, it was enough so that some vegan magazines, bloggers, and Web sites refused to mention or review the book – even though the book was all about the environmental, animal welfare, and human health benefits of the vegan diet. I found it absurd, and even perplexing, that they didn't understand what I had written, and simply saw it as some sort of promotion of honey-eating, which it was not. Rather than promoting honey, the chapter was simply telling more of a historical relationship between bees, honey, and humans. I didn't think anyone would be offended by a chapter about that in a vegan book. But, perhaps some people don't want anything presented to them that might challenge their belief system – which might be based on misinformation.

An editor of VegNews Magazine told me that they refused to mention my book in their magazine specifically because, in her words, “It mentions

honey.” The way she said it, the tone in her voice, and the expression on her face was as if “it” was so offensive that it was just kind of sickening that I wrote such a thing. But the big “it” was specifically the offensive chapter about bees, honey, and humans. Even if I had known that mentioning honey would risk losing book reviews and mentions of my book in vegan publications and on vegan blogs and sites, I still wouldn’t have taken “it” out – I mean, the chapter about bees, honey, and humans. Taking “it” out might have satisfied some people, but I’m not a very people-pleasing person. VegNews Magazine might sell in America, but my books sell internationally.

Because of all of the reading and research I did into the honey issue, I find myself considering the outlook some “vegans” express about the honey and bee issue as being a bit hypocritical.

Unless I’m joking around, I would not refer to honey as “bee vomit.” Honey is the result of bees gathering nectar from flowers, taking that nectar back to the hive – where worker bees then deposit it in the comb and let it dehydrate so it thickens and becomes what we call “honey.” Then, they seal the comb so the honey can be used as needed within their community.

Yes, that is exactly and specifically why honey is produced by bees – to be food for bees.

The common honey bee is only one type of bee. Many people don’t know that there are over 16,000 types of bees, and they are of a variety of sizes, shapes, and colours.

You might already be aware of the types of bees living in your region. From now on you might start to notice bee species you had previously overlooked.

All parts of the world are home to a variety of types of bees, from those that are tiny to those that are large, such as bumble bees. Some bees are so small and fly so quickly that it is difficult for humans to see them. There are bees that nest in soil, and others that nest in holes and cracks of sandstone, or in dried mud, or in abandoned snake or other animal burrows. There are also bees that live in crevices of rocks, and in caves, and those that nest

in plant stems, cactus, trees, hard wood, rotted wood, and bushes. Some bees focus on collecting nectar and pollen, but there are types of bees that collect plant oils and bees that gather the tiny hairs that form on flower petals.

Some bees don’t have stingers. Only certain types of bees are what we call “honey bees.” Some of the stingless varieties of bees are also kept by some beekeepers that gather their honey. Specifically, there are beekeepers in Africa that specialise in “keeping” stingless bees, and sell honey produced by them.

Bees are so amazing that from the first day of their life they join thousands of others and become engaged in helping to tend to their hive community.

The bees favoured by farmers the world over are the European honey bee variety. This variety of bee is so actively engaged in collecting nectar and pollen from fields that their presence greatly increases crop production. It is believed that this variety of bee was introduced to North America by European immigrants in the 17th Century. But there is no way of knowing the absolute accuracy of that claim. There may have already been some of those types of bees in North America, but the human activity of farming, and of European immigrants bringing in more of those types of bees may have simply increased the presence.

It seems that some people – those who have never grown their own food, or have never lived on a farm or other place where they learned about growing food – and who rely on stores and restaurants for every bite of their food – have a different view of the bee and honey situation than those who have been involved in growing food.

I call the store-reliant vegans with no food-growing knowledge “city vegans.” It seems to me that they are the ones most likely to use terms like “bee vomit,” “bee slavery,” and “stealing from the bees.” They might want to consider the origins of the fruits, vegetables, nuts, and seeds they are eating. They might be in for a little bit of waking to a new reality about their food.

If you are eating foods from restaurants and stores, you are eating foods grown on farms that use “managed

hives.” These are beehive colonies kept in boxes and moved around on the farm, and often from farm-to-farm, so that bees pollinate crops for farmers to harvest and sell.

If managed hives and using bees to pollinate crops is “bee slavery,” are those vegans who are eating store-bought fruits and vegetables not participating in the so-called “slavery” simply by supporting the store, restaurant, and industrialised food delivery system? Even when the city vegans purchase foods from farmers’ market street vendors, they are still buying foods from farms where managed hives are used. In other words, they are relying on what they have labelled “enslaved bees.”

Is their lack of participating in growing some of their own foods using organic methods increasing the reliance on managed hives, or this so-called “bee slavery” they speak of?

If their vegan food choices are not free range (as in, from an organic garden and or wild harvested from places where truly free range bees randomly pollinate the plants), are they not part of that farmed food system they seem to be so offended by?

When you remove honey from a hive, the bees increase production, and that means the bees pollinate more flowers, which results in more crops, which results in more foods to be sold into the store and restaurant food delivery system – where most people – including the city vegans – are getting their foods.

I would not refer to managed hives as “bee slavery.” Bees cannot be trained and then punished for not behaving. There are no beekeepers scolding bees, or even showing bees how to do their work. Bees are going to do what they naturally do: Build a hive from wax they produce, forage for and gather pollen and nectar, bring the pollen and nectar back to the hive, process it, store it, take care of the young, and tend to the queen.

When more honey is needed for the hive, production speeds up. Bees are the perfect hoarders, and they don’t seem to know when to stop. When it is warm and not raining, bees are busy collecting. When it is raining or too cold, they hang out at home.

Luckily, because bees pollinate such a wide variety of trees, bushes, vines, and plants of all sorts, all of Nature benefits from the activities of bees. Every type of plant and animal life benefits from bee activity.

There are many stories of massive quantities of honey being found – with people being surprised by how much honey a colony of bees can gather.

The family home of a friend of mine had sat empty for a number of years. It was off in a meadow surrounded by fields and forests. Eventually, the house went into disrepair as the seasons, storms, and elements took their toll. After so many years, for insurance, safety, and expense reasons, it was decided that the house could not be repaired, and a demolition crew was called in. However, the demolition had to be stopped as the walls and roof were found to be so filled with beehives, and huge amounts of honey, that beekeepers had to be called in. Luckily, the family was so sensitive to the importance of the bees that they didn't want to use any poisons. This was even as crew were being stung so much that they couldn't work. Eventually, the bees were cleared out – with beekeepers helping to break open walls and ceilings, collecting the bees, and moving them to other locations. Then, as much of the honey as possible was saved before the demolition could continue. Demolition crew even brought family members in to help gather honey.

Most bees are wild bees, and these also help to pollinate crops. But, managed hives kept by farmers and beekeepers are heavily relied on as crop pollinators.

Yes, a lot of the managed hives are shipped around from farm-to-farm, and even transported to other parts of the continents, to island nations, and to other continents. There, they are placed on or near farms to pollinate crops. The transporting of bee colonies has been going on for thousands of years. It is known that humans have kept hives on boats. This is done so that the boats could be moved up and down rivers so that the bees could pollinate crops.

It is true that a lot of those bees used in the industrialised managed hive industry are given sugar water or corn syrup to help them survive the winters

and shipping. And this is often because so much of their honey has been taken that they couldn't survive without the sugar water or syrup.

But, not all farmers use hives that are moved great distances. Some farmers keep their hives year-round. Some farmers and beekeepers are sure to only remove a certain amount of honey, and to leave enough honey for the bees to get through the cold months.

It is far more healthful for the bees, local wild pollinators (including birds, butterflies, bats, wasps, bumblebees, and wild local bees), and wild and farmed plants if managed honeybee colonies are kept local – and not shipped great distances.

There is a problem with shipping beehives around from region to region, including because the bees can be killed in shipping, but also because bees in managed hives can carry diseases into other regions.

One problem of shipping beehives to different regions is that it can help to spread the parasitic Varroa mite. This mite is so small that it can live on a bee, and the mite can carry viral diseases that can spread into other populations of pollinators. This is why it is good to support local organic farmers that help to maintain their own pollinators. It is also why, if you use bee products, it is good to make sure any bee products you use are organic.

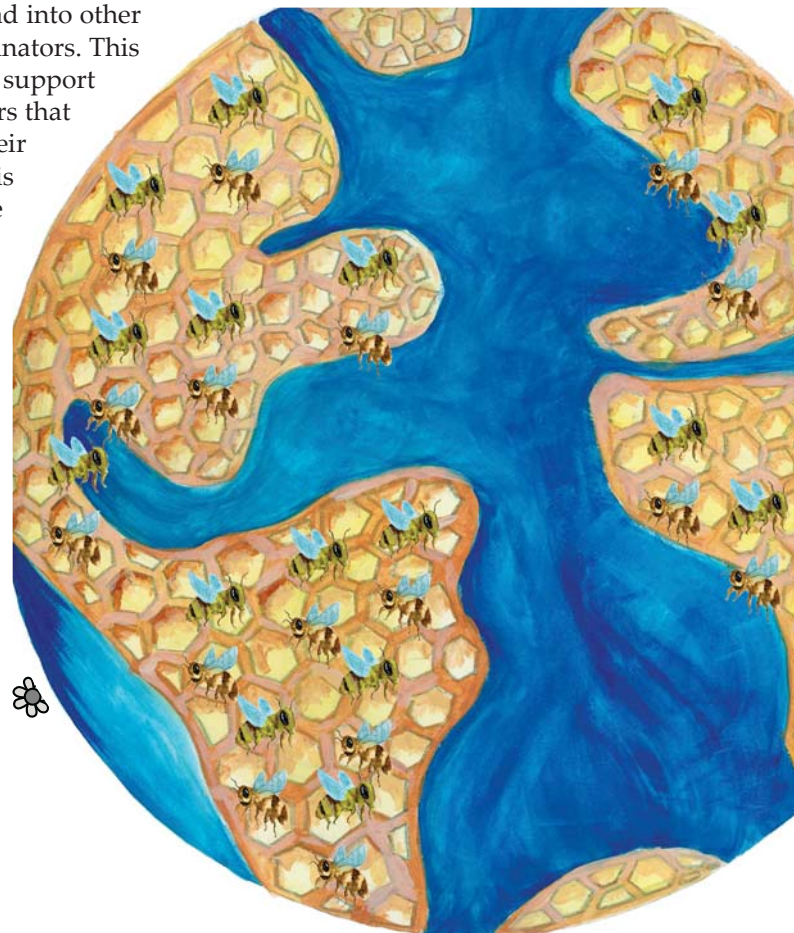
If you have the land, it can be a very good thing to encourage healthful pollinator populations, including by planting native wildflowers, other native flowering plants, and even to provide places where pollinators can live uninterrupted.

Bees have been such a part of growing food that

many ancient structures featured “bee boles” (recesses) in walls where beehives were kept (boles were also called “bee alcoves” and “bee garths”). The boles were typically built in a wall with the most sun exposure, which helped to increase honey production – because bees like the sun. Hives were also so important and valued that the hives were sometimes stolen. To prevent theft, many boles were built in a way that they could be secured, such as by a locked cover. The bees kept in the boles helped not only to pollinate gardens and wild edibles, but also provided wax used for candles, wood sealant, waterproofing, and furniture upholstery treatments. The hives also provided sweetener in the form of honey.

Before glass was common, some homes and other buildings featured “windows” of cloth coated in wax. Covering windows with wax-coated fabric provided light, but also protection from rain, wind, dust, insects, snakes, rodents, and other creatures.

It was only after the wide use of cane and beet sugar that bee boles became less common in walls of gardens,



The importance of the bee and its role for planet earth by Amy Kizildagli - info@amykizildagli.co.uk

orchards, homes, estates, and even fortresses, monasteries, and among church and school buildings.

Beeswax and honey was so important to churches for candles and sweetener that church members could pay their tithes in wax or honey.

Obviously, the use of honey as a sweetener has not gone the way of building recesses in walls as a place to keep bee hives. While it became less common for everyday people along with churches, schools, and others to maintain bee hives, the practice of "beekeeping" as a hobby or form of income became its own industry. This was helped along by the invention of the modern "managed" top-opening bee hive, which was designed by Lorenzo Langstroth of Pennsylvania in 1853.

An earlier managed bee hive design opened on the sides and was designed in 1789 by a Swiss couple, Marie Aimee Lullin and her blind husband Francois Huber, along with their employee, Francois Burnens. With help, Francois Huber published two volumes about bees.

Some of the earliest books ever published, including children's books, had to do with bees. Bees and honey are mentioned in poems, songs, plays, novels, and in various religious writings. Ancient drawings of humans collecting honey from hives have been found on cave walls. So, yes, bees have been living closely with and have been depended on by humans for thousands of years.

It has only been in the past couple of hundred years that massive numbers of moveable bee hives have become common – which has increased the possibilities of massive farmed food operations.

Knowing all of this, are vegans who read this going to start checking the origins of every fruit, vegetable, nut, and seed they eat to make sure that those foods are the result of free range bees, and are not the result of hives containing bees that were shipped around, kept in boxes, and fed sugar water and/or corn syrup? I doubt it.

We keep a garden, and also eat foods from friend's gardens and fruit trees – all randomly pollinated from bees living we know not where. Some of the bees are probably those living in man-

aged hives kept by beekeepers. And some of my fruits and vegetables are the result of free range bees. But, I also eat some store-bought fruits, vegetables, nuts, and seeds. It is likely that almost all of the purchased foods come from farms where managed hives are used. By way of eating purchased foods, I am participating in what some call "bee slavery." It is also highly likely that some of those bees used to pollinate crops that result in some of the store-bought foods I eat are hives that are shipped from region to region.

In addition to bees being used to pollinate crops that result in some of my foods, the involvement and impact of insects and wildlife relating to my foods does not stop there, but in a less fortunate way. Random insects and other creatures are killed in the farming and shipping processes – including by farming vehicles running over things, and by shipping rigs killing insects – and sometimes birds and other wildlife – as the vehicles speed down the highways on the way to the stores and restaurants.

If you are a vegan thinking your food choices are so pure that there is no manipulation or loss of wildlife involved in your food choices, you are not living in reality. But, read on and learn how your impact can be reduced, and how you can help create a more healthful region for wild pollinators.

As mentioned earlier, bats are also pollinators. Some farms are proactive in encouraging bats to live on or near their properties. Farmers do this by building spaces or containers specifically meant for bats to live in. An added benefit is that the bats tend to eat a lot of the unwanted insects – including mosquitoes – that fly around at night. Because bees don't fly at night, there is synchronicity there with bees pollinating during the day, and bats pollinating during the night.

Unfortunately, similar to other pollinators, bats are being harmed by farming chemicals, pollution, and environmental changes.

Bats are also experiencing a great loss in their populations because of a disease known as "white nose syndrome." Millions of bats in North America have died because of this disease. First identified in New York state

in 2006, the parasitic fungal disease has spread throughout regions of the U.S. and Canada. Currently, there is no known way to stop the spread of the disease.

Even flies, worms, snails, moths, snakes, lizards, toads, and large land mammals help to pollinate plants. They do this simply by moving around from place to place, which spreads pollen. When you walk through a field, or among trees, bushes, and other plants, your movements help to spread pollen.

To reduce your participation in industrialised food production (including farming chemical use), and to protect wildlife, grow at least some of your own food. It is a wise thing to do. Relying on the restaurant and store food delivery paradigm for every bite of your food is simply not the smartest way to live – and, for many reasons, being totally reliant on industrialised foods is not good for wildlife.

Nurture wild edibles by planting fruiting trees and bushes in nearby wildlands. Toss some native wildflower seeds around every year to bring about the flowers that help attract and feed local and migrating wildlife – including butterflies and birds.

To help bees and other wild pollinators survive, it would be very good for humans to start providing areas for the pollinators to live. Yes, I'm advocating that humans bring back the practice of providing boles, garths, bat boxes, bird houses, and other pollinator structures. Is this "enslaving them" by using them to pollinate crops? No. It is smart for you, for wildlife, and the planet to help provide homes for wild animals to survive on this damaged planet.

If you have the property, consider adding a beehive to your property – even if it is on the roof. Not that you have to gather the honey from it. But, because having bees in your region will help to bring about the plants that help other wildlife, and you, to live. By the way, many of the plants that produce the oxygen you and wildlife breathe are the result of bee activity. That is another way in which you are reliant on bees.

Whether or not you consider yourself a vegan, you are eating foods that are the result of bee activity. Get over it.

Spewing phrases like “bee slavery,” “bee vomit,” and “stealing from the bees” isn’t helpful. It doesn’t make you look good, or more righteous, or pure, and proves nothing – other than that it may reveal that you are dwelling in some level of ignorance or denial.

Because bees are used and relied on so extensively in food production, castigating people for calling themselves vegan when they also are likely to eat honey from the very system you rely on for your food is similar to pointing the finger at yourself.

Unless you are so sure that every bite of your food is wildharvested, and/or from a garden where every single plant was pollinated by bees living in wild hives, you are eating foods from managed hives – including hives that have honey removed from them so that the bees produce more honey and pollinate more crops. That honey removed from the hives ends up on store shelves.

Nobody is an absolute pure vegan, as in: eating foods that have absolutely nothing to do with managed hives, and foods produced in a way in which absolutely no insects or other wildlife were harmed in the processes that including planting, growing, harvesting, packaging, and shipping.

Consider that the sweeteners many vegans use, including those sold in plastic bottles and other containers, are processed in and shipped from distant lands, even from halfway around the planet. Does not the farming, processing, shipping, container/packaging creation, marketing, and so forth of those processed sweeteners also result in some form of damage to wildlife, including killed insects? Yes.

Many of the processed sugars, including beet sugar, cane sugar, molasses, agave (which is truly a junk food, in my opinion), date sugar, and coconut sugar, can be energy intensive – meaning – using fossil fuels and, at least, equipment made of steel and concrete – all of which involve mining, extracting, and processing raw materials – using more fossil fuels, including those that are extracted in ways that cause damage to the environment and wildlife habitat – such as coal mining mountaintop removal and tar sands mining, which cause the death of billions of birds and other creatures, and

involve clearcutting massive quantities of trees, which are homes to wildlife and produce the oxygen we breathe.

When all is taken into consideration, raw local honey may be considered the most environmentally safe sweetener – and one that causes the least amount of harm to wildlife and the environment. More beehives is better for Nature and wildlife, not worse.

Having a local healthfood store selling a variety of “natural sweeteners” from around the planet is a rather recent development – and one that may not be around for many more decades as the international food, fossil fuel, energy, and banking systems experience failure – or collapse.

In the future, as other types of sweeteners may become unavailable, you or your family may once again return to using honey as a sweetener.

I’m not going to tell you to eat honey. I’m also not going to tell you to stay away from honey. But, I will say that, if people are going to eat honey, bee pollen, propolis, and/or royal jelly, they should at least get it raw and from a local organic farmer or local beekeeper – or get and maintain their own bee hives.

By the way, there are ways of harvesting honey that are less likely to harm or kill bees. And those ways are more likely to be practiced by local beekeepers.

With all of that said, do I eat honey or bee pollen? Not much. I usually stay away from bee products. For something sweet, I most often eat a piece of fruit – because I think that fresh fruits are the best sweets we can eat. If I use honey or bee pollen, it is raw and organic. I also might have food once-in-a-while that was made by someone else, and that contains honey or bee pollen. I wouldn’t refuse otherwise vegan food if it contains honey or bee pollen. More than a decade ago, I had a jar of royal jelly, but haven’t used it since – and doubt I ever will. I don’t use propolis. If I buy candles, I prefer hemp candles. Recently, someone gave me a box of beeswax candles. Would I ever refuse a gift because it contains bee products? I don’t know why I would.

Do I consider myself vegan? Yes.

If I ate bees, I wouldn’t consider myself vegan. But, I don’t know anyone who eats bees.

If you have no understanding of “colony collapse disorder,” please look it up and learn. Additionally, please research “GMOs and bees,” and “bees and neonicotinoids.”

When all is taken into consideration, raw local honey may be considered the most environmentally safe sweetener – and one that causes the least amount of harm to wildlife and the environment. More beehives is better for Nature and wildlife, not worse.

Interesting books about bees include, *The Bee: A Natural History*, *The Sacred Bee in Ancient Times and Folklore*, *Bumble Bees of North America*, *Bee Time: Lessons from the Hive*, *Keeping the Bees: Why all Bees are at Risk, and What We Can Do to Save Them*, *The Beekeeper’s Lament: How One Man and Half a Billion Honeybees Help Feed America*, *Honeybee Democracy*, *The Buzz about Bees: Biology of a Superorganism*, *Bees in America: How the Honeybee Shaped America*, and *The Queen Must Die: And Other Affairs of Bees and Men*. There are many hundreds of books about bees, some published hundreds of years ago. Pick any variety of them, and read!

Interesting documentaries about bees include, *Vanishing of the Bees*, *More than Honey*, *Who Killed the Honey Bees*, *The Last Beekeeper*, *Silence of the Bees*, *Tales from the Hive*, *Queen of the Savannah*, and *Queen of the Sun*, and the report *Bee Aware* by Dan Rather.

John McCabe is the author of a variety of books, including Sunfood Diet Infusion; Raw Vegan Easy Healthy Recipes; Sunfood Traveller; Hollywood Crew Health Revival Plan; Arise; Voices of Reason; Voices of Insight; Voices of Wisdom; Igniting Your Life; Hemp; “Extinction; and Vegan Myth Vegan Truth.

You can find out more about his books at www.ignitingyourlife.com ☘

On a Natural Ethic

Dirk Evers looks at the question of what is natural and how human domination is changing natural places.

Earth is changing at an unprecedented pace. Our surroundings are subject to severe human induced degradation as is manifest for example in marine, atmospheric and soil pollution, global warming, soil depletion, rapid extinction of species, depletion of stratospheric ozone, toxic waste and destruction of rainforest. Some actions are undertaken to put this degradation to a halt, however none seem to be sufficient. The current changes in policies and laws do not seem nearly enough to counter this degradation of nature (if effective at all). The halting of these environmental threats therefore calls for other solutions. As Aldo Leopold in his influential article 'The Land Ethic' explained: "By and large, our present problem is one of attitudes and implements." This calls for a new way of valuing, a new ethic.

In political debate, issues of environmental concern are almost completely directed at resource management, and by that, the protection of natural resources for human use. The perspective that nature is a collection of goods that can be used by humans as means to further some ends, regards nature as possessing instrumental value. However not mutually exclusive, this contrasts with intrinsic value of nature, which values nature as end in itself. Instrumental value can, for instance, be found in wood resources, or recreational space, while intrinsic value can be the value of entities merely being alive or living for themselves. The consequentialist view that regards nature as merely instrumentally valuable, is part of the current dominant Western view. The adherence to arguments that are based on human centred ethical thinking, which often include nature as instrumentally valuable, are regarded by many thinkers as 'anthropocentrism'. Tim Hayward defined anthropocentrism as the view that gives "exclusive or arbitrarily preferential consideration to human interests as opposed to the interests of other beings."

Moral consideration of nature based

on instrumental value can only be highly subjective and context dependent and therefore it cannot be the basis of firm arguments in debates on nature conservation. The entities that people value in nature and would like to preserve for their own ends, are culturally dependent and change through time. Instrumental value can lead to conflicting human interests and it imposes values that humans consider important on nature, which does not necessarily benefit nature, or may even be detrimental to it.

The acknowledgement of intrinsic value in nature recognises an entity as possessing a good of its own. This good indicates there are things that are objectively in these entities' interest, even if these entities cannot consciously be aware of this. For example, general consensus is, that plants do not become consciously aware, but they still benefit from access to sunlight and suffer from depletion of carbon dioxide. Thus, there are objective matters that are of the plant's interest. Aspects that make nature intrinsically valuable are found in nature itself and are not subject to change or opposing interests.

Autonomy of natural processes

Eric Katz argues that individuals and wholes possess intrinsic value based on their ontological independence from human purpose, activity and interest. This nature as "autonomous subject" deserves moral respect and should not be treated solely as means to human ends. Katz defines *autonomy* as "the free development of individuals and natural processes - its opposite is domination." Katz describes the *natural* as "objects and processes that exist as far as possible from human manipulation and control", while he defines all that stands "in a necessary ontological relationship with human purpose" as *artifacts*. The distinction between natural and artifact is thus the relationship with human involvement. A natural entity's sole property that distinguishes it from artifacts, is

its autonomy from human interference. Following these arguments, something which is natural, is by definition free from human interference and vice versa, something which is interfered with by humans, is artificial or unnatural. The preservation of natural entities would therefore necessarily require humans to refrain from intervention.

Consider for example two identical natural areas, one has been restored by humans after a period of logging and one area reached its current state through natural processes. The state the areas are in today is identical. The first is an artifact for the benefit of humans according to Katz, the latter has more value, as its processes are autonomous. The only difference between both areas is human intervention, which limits the autonomy of natural processes in the first area, processes such as evolution, ecological succession, and predator-prey population interactions. The restored area has become an artifact. The molding of natural entities into a human ideal and idea of nature compromises this autonomy and intrinsic value. The unimpaired flowing of natural processes is therefore what makes nature autonomous. The autonomy of natural processes is, thus, an intrinsic property, which gives intrinsic value.

All individuals are teleological centres of life, each with their own impulse to reach their full potential. All individuals possess such a *telos*, which should be respected and which gives all individuals an equal inherent worth, value and right to live. The potential of a seed, for instance, could be to grow into a plant, make flowers and disperse new seeds. The respecting of equal value resulting from each entity's own impulse to reach its potential, implies that humans are not entitled to judge the relative values of different species, as this would impose our anthropocentric perspective on nature.

The possession of a *telos* by each being and its striving to reach its

potential, is what creates natural processes. The impairment of each being's ability to fulfil their potential, limits their autonomy. To respect and preserve the natural would thus require humans to refrain from intervention in natural processes and respect each being's striving to fulfil its potential.

The respecting of the natural is not the creation of an aesthetically beautiful and biologically diverse nature area, as many would argue, but the respecting of natural processes. These natural processes are what makes nature natural and these processes create a natural system which is naturally fit and in balance for a specific bioregion. The restoration of a nature area by humans only imposes ideas and values on an area following from a human idea of what nature should be. This is completely removed from real natural processes. Even if a nature area has not been able to develop completely autonomous, it should still be left alone to let autonomous natural processes take over. Katz argues that restoration is domination of nature, and thereby that a restored area has become an artifact to the benefit of humans. This domination and control of nature is seen by Katz as the primary goal of Western civilisation, and especially Western science and technology, for the advancement of humans.

A dualistic perspective

The recognition of the autonomy of nature suggests a dualistic relationship between nature (or the natural) and non-nature (in this case humans or the artificial). Even the mere using of the word 'nature' induces a conception of something other than nature, something human perhaps. This dichotomy could enforce a perspective in which the world of humans is seen as outside or independent from the natural world. As humans are seen as distinctive from nature, this in turn could result in a view of a natural world which can solely be used as goods to further human ends.

Using the concept of nature can be confusing, as it represents many different phenomena. Nature can have different meanings to different people and in different contexts. It can be the forests outside of the city, wilderness

areas untouched by humans, laws of nature such as gravity, God, Tao and much more. The word nature comes from the Latin *natus* or *gnatus*, which means 'being born' or 'produced', and is related to the Greek *gignomai*, 'to be born'. These roots are still present today in 'pregnant', 'genesis' and 'native'. Nature can be seen as all that has been generated and that came to be. From this I have taken the concept of nature as 'all there is'. If nature is all there is, it would also include humans and their creations. In this light, it seems strange to speak of a non-natural world.

Holmes Rolston argues that this meaning of nature as 'all there is', almost paradoxically, is at the basis of the problem of the dichotomy. "Nature-as-a-whole" cannot be directly encountered. We can only encounter and experience specific entities and processes, which are only a part of the whole. We can have an encounter with a deer, or feel the rain fall down on us and we can relate to, and name these entities. We can only experience encounters with these specific entities, never complete nature. The concept of nature has to be extrapolated from these specific encounters and relations. 'Nature' is used as an overarching term to summarise all these encounters. Different individuals and different cultures have different encounters and would therefore seem to have a different idea of the concept of nature. This is reflected in the different (metaphysical) metaphors which are used to describe nature, such as: Gaia, an evolutionary ecosystem, the creation of God, the Great Chain of Being, chaos, Brahman. As Rolston argues: "'Nature' is not so much anything out there as a category we have invented into which to put things; and we reinvent the category with our shifting models that describe this collection called 'nature', depending on the mindset of the beholder." What we term and conceive as nature, is thus what we have constituted as nature.

As argued by Neil Evernden, it can be said that there was no nature before the word was invented. This does not mean that there were no phenomena which we now would attribute to the concept nature, but rather there was no overarching concept to grasp all entities and phenomena encountered

in the world. Nature is now used as a category and container which allows for the conception of a specific distinct thing. "It is our habit, and perhaps an inevitable one," Evernden explains, "to subsequently construe nature as the source itself. Yet nature is not the well, but the bucket, and a leaky one at that."

This bucket of nature is what today creates our conception of nature. This conception has been generated out of human experience in encounters with natural phenomena during the course of our history. This has led to a bucket in which some phenomena are stored, the natural phenomena, and in which some are not stored, the non-natural phenomena. The previously mentioned dominant Western view, as argued by Routley, sees nature merely as instrumentally valuable. This might be the result of the distinction between concepts which we do and which we do not store in the bucket of nature.

The origin of the current dualistic perspective in the dominant Western view, is thought to originate from Descartes and his division of the world into mind and matter. His dualistic perspective and sceptical mathematical method supports modern science, and rationality forms modern Western thought. During the scientific revolution, the original organic view of nature as a community or living organism was replaced with a more mechanistic perspective of nature as a machine. The scientific discoveries that followed, provided ways to control and dominate nature. The original view of nature and Earth as community or organism, had previously aided in a constraining manner on human actions in the relation to their surroundings. The mechanistic and rationalised world view resulted in a dualistic view that sees humans as separate from nature and validates the exploitation of nature. This perspective results in difficulty to conceive humans and other entities in nature as mutually dependent.

The use of concepts as nature and non-nature can thus result in a perspective in which the world is divided two categories, one that is human and one that is natural and can be subject to different ethics and can be used to further human ends. This distinction can create the perspective that entities

and processes can be perceived as fundamentally distinct from ourselves and our lives and by that can be seen as merely instrumental to us and devoid of moral consideration. The renouncing of a perspective that endorses such a rigid nature/non-nature dichotomy, could give rise to an ethic that includes direct moral consideration of other entities than humans. These entities can be seen as part of the same world and therefore subject to the same processes and forces by which they could be attributed a similar moral significance.

At first sight, it might seem contradictory to argue against a nature/non-nature dichotomy, while the autonomy of natural processes is what makes natural entities possess intrinsic value. It should seem that the autonomy of nature inevitably makes it distinct from humans. However, the recognition of the autonomy of natural processes does not necessarily lead to a dualistic perspective. Each being's own autonomous striving to reach its potential leads to a web of symbiotic relations that gives rise to ontological dependence and establishes the community of nature.

The Community of Nature

Eastern philosophy developed along a different line through the course of history, without a rigid mind-matter dichotomy, but based on the principle of harmonious and nonviolent coexistence. This approach is distinguished by respect for the rhythms, processes and phenomena of nature. An important aspect in Eastern philosophy is *dependent origination*, the interdependence of all things. This idea holds that entities and phenomena cannot exist by themselves, but exist or arise as a result of their relationship with other entities and phenomena.

According to Barbara Paterson, the failure or ignorance to recognise this interdependence of humans and other entities, gives rise to greed. It leads people to seek the fulfilling of their own requirements at the cost of others. This goes beyond human-human and human-other being relations. The greed extends to companies and even countries to deprive others of their basic needs to fulfil one's own desires. At present, this greed is even denying other beings the right to exist. The failure to recognise the interrelatedness is

a delusion according to Paterson. It leads to a self-destructive egocentrism, which has resulted in the major environmental degradation issues we see today, and which we try to cope with by trying to control and dominate nature even more. She argues that awareness of the interrelatedness, in turn, would support a desire for mutually beneficial coexistence, both with other humans and with the natural world.

The idea of dependent origination can be found in nature as the biological concept of symbiosis. Symbiosis describes the relations which natural entities have developed through the course of time, to benefit from each other's existence. An example is the bee, which takes nectar from the flower, and by that aids the flower in pollination. Not all symbiotic relations are reciprocal in this sense, however all organisms share relations with others, and derive their existence from these relations. The relations all entities share, create an intricate web that benefits and gives rise to all entities. Humans, or the species *Homo sapiens* are therefore dependent on and part of these symbiotic relations. Because humans form a part of this web, it is a delusion to divide the world in the categories of nature and non-nature.

Symbiotic relations include, for example, the acquisition of food, dispersion of seeds, transportation, shelter, access to water, digestion and so on. The dependence on these relations arose through time and humans were and still are part of and dependent on these relations. The interdependence of different entities and phenomena defines and ensures their existence and has resulted in the species that are alive today. These relations benefit all entities and all entities depend on these relations.

The autonomous striving by each entity to reach its potential creates this symbiosis and mutual dependence. The bee takes nectar from the flower to fulfil its individual (or species') goals, but by doing this, it establishes a symbiotic relationship with the flower by pollinating it. Autonomous processes, thus, create interdependent relations. The autonomy of nature, therefore, does not necessarily lead to a dualistic nature/non-nature perspective. Autonomous processes are, in

fact, at the basis of interdependent relations.

Symbiotic relations can be subject to change. Elements of the community can alter and the community can often adjust itself. The whole course of evolution has been such a series of changes. These changes are however made relatively slowly, while modern human induced changes follow at an unprecedented speed and violence. Natural symbiotic relations have often arisen as relations specific for a certain region. Human transportation and dispersion of plants and animals across the globe has distorted this. The symbiotic relations humans share with the rest of nature, therefore, are often not mutually beneficial anymore. The autonomous striving of humans in the Western view has transcended the symbiotic relations of the community of nature, and by that, it can be the cause of the degradation of nature, which is disadvantageous to humans as well as the rest of the community of nature.

A natural ethic

To act in accordance with symbiotic relations would benefit humans, as we are a part of the community. If the community is damaged we, in essence, damage ourselves and our ability to prosper. Our current society's ever increasing need for 'progress' is what takes us further from this natural state in which we live in symbiosis with the community. The modern Western view in which human history is seen as a cumulative teleological culmination of progress for which humans would solely need to identify as profit-maximizers, thus, is a delusion. This view promotes the interference with the autonomy of natural processes. While the limiting of this interference ensures a mutually beneficial relation.

As symbiotic relationships develop through time, it seems worthwhile to look at cultures that have lived in the same relation with nature for a long time. Such relations can be found in aboriginal or indigenous cultures. These cultures often have ethics, rituals, traditions and religions that ensured a mutually beneficial relation with their surroundings for a long time. Such ethics can include 'take no more than you need', or the, according to Bill Devall and George Sessions,

“primary ethical teaching of all times and places: ‘cause no unnecessary harm’.”

To act in accordance with symbiotic relations and to adopt ethics that promote the autonomy of natural processes, might seem difficult in our current society. Our society is in many ways based on continuous profit maximisation and personal gains. In environmental ethics, the ‘environmental pragmatists’ argue that many theoretical ethics, such as hinted at in this essay, have little effect on policy-making.

However, ethics should not solely lead to policies which impose on people how to act. The forced adhering to rules created by policy makers will unlikely lead to sincere respecting of nature’s intrinsic value, and thereby people will always act near the boundaries of these rules to fulfil their personal goals. Instead, the personal conviction that all humans are part of the community of nature would promote prosperity for humans and other beings. This ‘ecological conscience’ as a “a conviction of individual responsibility

for the health of the land”, as Aldo Leopold formulated, would require new (or renewed) modes of valuing. The current environmental degradation will unlikely be subverted through the implementation of policies and laws. Instead, it calls for a change in each individual’s personal ethic.

Adapted from: D.J. Evers, 2012, Symbiosis through autonomy in the community of nature, Utrecht University.

Contact the author for a list of sources: komorebi@riseup.net ☁

Broken Stars of our Dreams



Can we mend the broken stars of our dreams?
Can we rekindle our flames as one?
To the innocence we held originally
A pure love, a pure intent.

Can we let go of all the tears?
...and mend our broken hearts?
...and feel as one again?

We are soul-mates, floating through time...
...on an eternal stream of light from God,
Originally one, living as two.
We found our way to each other
God united us, never to part
Together forever and after.

By Sarah Rehmatullah
www.sarahrehmatullah.com
sarahrehmatullah@gmail.com

Subscribe to Funky Raw - Get every issue delivered

United Kingdom

- £15 Normal
- £12 Concessions

Europe/USA/AUS/NZ

- £17.50 Normal
- £14.50 Concessions

Rest of World

- £21 Normal
- £18 Concessions

Please start my subscription from Issue 35.



Name: _____
Address: _____
Town/City: _____
Post Code: _____
Country: _____

Back Issues

The following are available: 4,5,6,9,11 and all issues between 13 & 34

Price each: UK £4.60
Europe £5.75
Rest of World £7. Prices inc. P+P.

Send with cheque in UK pounds payable to "Funky Raw Ltd":
Funky Raw, Unit 2, The Pound, Coate, Devizes, SN10 3LG

Special back issues offer:
Issues 14 to 18 for only £9.97
plus postage:
UK £2.70, EU £4.10, RoW £10

Subscriptions and back issues by
Credit Card or Debit Card at
www.funkyraw.com/shop

Raw Foods and Breastmilk Supply

Kristine Miles shares some ideas on what to do and useful foods if you are not producing enough breast milk.

Breastfeeding is the ideal method of feeding a baby, and though it is completely natural and women are built with boobs for this purpose, it isn't always easy. Aside from possible difficulties with getting baby to latch on well in the early days, issues with reflux in some babies, and coordinating how often and how much to feed - one of the problems most nursing mothers report are issues with supply, for some oversupply but mostly undersupply.

Supply difficulties with breastmilk can frequently be remedied quite simply and can include the use of galactagogues, which are substances ingested (medication, foods, drinks, herbs) that help boost breast milk production.

Before I present galactagogues suitable for use in a raw food diet, it's important to discuss how to decide when they may be needed.

The single most important factor when it comes to breast milk production is supply and demand. The more a baby suckles at and drains the breasts (or use of a breast pump) the more milk is produced. Suckling stimulates the production of the hormone prolactin which primarily drives milk production. Additionally, when breasts are full a hormone called FIL (feedback inhibitor of lactation) signals that more milk is not required. Hence frequent feeds and/or regular feeds that drain the breast well, continue to signal that more milk is needed. Hence waiting for your breasts to fill up, or leaving lengthy gaps

between feeds is one way supply can be reduced.

In many cases there is a perception that supply is reduced when really it isn't. Commonly when babies are around 4 months old, they are going through huge developmental changes (check out *The Winder Weeks* for more on this), which can make them fuss at the breast and be easily distracted. This doesn't mean they have lost interest in breastfeeding, it simply requires patience and persistence.

Around this time a mother's breasts will have softened a lot and babies have become very efficient feeders, so it can seem as if there is less milk/not enough milk, but there will be milk and baby is just quicker at sucking it out. A 4-5 minute feed can be the same as 30-40 minutes as a newborn. Many mothers give up breastfeeding around this time or start adding bottles of formula because they think that they don't have enough milk, but greater understanding of these facts would see breastfeeding rates improve. In these situations galactagogues are usually not needed - just keep feeding and trust your body will produce the right amount of milk for your baby. If your baby is steadily gaining weight, has plenty of wet and dirty nappies, is active, has plump skin and a sparkle in their eye, they are getting enough milk.

The following circumstances are appropriate for using galactagogues but only in combination with frequent and thorough removal of milk from the breast.

The dropping of night feeds and late feeds either from a baby that sleeps really well and/or the use of a formula bottle instead at the late feed. Because prolactin is stimulated most at night-time, 10-12 hours of no breast stimulation overnight may see a drop in supply.

Returning to work - even if pumping, you probably won't pump as often as you breastfed and babies are more efficient than a pump.

Baby is sick with a blocked nose and not draining the breast - this could also lead to engorgement and mastitis if not careful, especially in the newborn days but with older babies and toddlers a drop in supply more likely.

Baby is having a growth spurt and demands feeds more often - not so much a drop in supply but you will feel you need more.

Supplementing breastfeeds with bottles of formula - this will extend time between breastfeeds and less prolactin is produced. It's a vicious cycle of adding the supplement because you think you have a low supply, then you do end up with a reduced supply and early full weaning due to milk drying up is inevitable.

Insufficient glandular tissue - some women simply don't have enough breast tissue to produce lots of milk.

Hormone imbalances such as PCOS, diabetes or thyroid disorders - these conditions depending on severity and control may influence milk producing hormones. Professional advice should

be sought to deal with these conditions if breastfeeding is a struggle, by a lactation consultant in partnership with your treating health practitioner. Many women in these situations need to use multiple galactagogues including medication, food and herbs.

The plan of action in any of these situations is firstly breastfeed more often

(or pump) and secondly, try adding some galactagogues such as listed in the table below which will suit raw or semi-raw diets.

How these foods assist milk production is detailed in my book 'Homemade Smoothies For Mother and Baby' released in July 2015.

Kristine Miles is the Author of the best-selling book 'The Green Smoothie Bible', physiotherapist, and breastfeeding mum to a very active almost 2 year old. You can find her on Facebook (KristineMilesAuthor), Instagram (kristine_miles) and at www.kristinemiles.com

Galactagogues - Foods to help with Lactation

Flax (ground)	Leafy greens especially spinach
Oats	Fennel – bulb, leaves, juice, seeds ground or used to make tea
Chia	Bananas
Brewers yeast	Apricots
Blackstrap molasses	Carrots
Almonds – milk, butter, whole	Beets
Tahini (ground sesame seeds)	Eggs
Coconut – water, fresh or dried flesh, oil	
Sunflower seeds	

Lactation Recipes

The following recipes make 500ml or 2 cups of smoothie. Blend on high speed till smooth.

Lactation Cookie Smoothie

2 bananas, fresh or frozen and sliced
 2 tablespoons of raw oats
 ½ tablespoon of Brewer's yeast
 1 tablespoon of ground flax
 1 tablespoon of hulled tahini
 1 teaspoon of ground cinnamon
 1 teaspoon of vanilla extract
 1 cup of raw almond milk or raw coconut water
 1 raw egg (optional)



Boobie Breakthrough

1 banana, fresh or frozen and sliced
 1 cup of fresh pineapple pieces
 1 tablespoon of chia seeds
 1 teaspoon of ground fennel
 ½ a teaspoon of ground turmeric
 1 teaspoon of vanilla extract
 ¾ cup of raw almond milk or raw coconut water
 ½ a cup of alfalfa sprouts or a big handful of spinach



A quest for Peace - How Emotional Detoxing can help

How does moving to a different culture affect us? Fiona Robertson found that the slower pace of life in France was not helping her slow down...

I often wonder why I am in France, what was it that drew me here to do what I do?

For many years now I have asked myself that question. To start with, not understanding the cultural differences and my complete frustration and disbelief that all the shops, banks and organisations are religiously shut for 2 hours over lunch time, when in fact that is the very time someone can get out from their work to get something serious done. I was remembering just how much I could get done in a lunch break when I was an office manager and I ran (in my high heels, and pencil skirt) from the car to the bank, to the insurance office to the groceries store and whizzed around like I was on fire. Get back to the office and eat at my desk and carry on the rest of the day, avoiding as best I could the afternoon slump and fighting my eyes trying to close and give me some rest.

Later I was that modern day heroine, then having my lunch whilst I drove to my next appointment, eating my salad at the wheel whilst I drove across the UK (at high speed, I might add) getting to do my demonstration of the miniature video cameras that I was distributing, then back in the car again to zoom off somewhere else.

Getting home exhausted, I just wanted to eat and curl up, I remember feel-

ing I felt deprived and I ate far too much at dinner and yet still felt hungry for something.

If I knew then what I know now I would have seen the error of my ways, and changed what I was doing before the weight started to take hold and I became sick with the continual stress of it all, and over ate to compensate for my life style.

Here is the clue. Mindful eating and really paying full attention to what and why we eat the way we do. Eating for the sake of eating, when were not really hungry or really liking the food we eat. So why do we do that?

Now that I live in France having wanted to experience a different pace in life and down size, now here is the joke because I am still me and I can still rush though my day, achieving as much in a day as possible... So you see I can still continue to live at a fast pace no matter where I am. So what needs to change is of course *me*. I can now forgive myself when I see that I've fallen back into my old habits and now ask myself what it is that I'm avoiding when I'm eating mindlessly and my day is too fast? What feeling is needing to be felt?

Have you heard the saying: "How you are with your something, you are with everything" ... So here's the rub... How you are with your food is

how you are with everything. If you are mindless / aloof / confused / functional / depriving / perfectionist / obsessive / overwhelmed / busy, etc with your eating so you will be with your work, your family, and every other relationship.

It is as painful to write this as it may be painful to read it, I know it is true that I am seeking a new way of life, one that is restful and where I can feel at peace in my body, especially around food.

The 7 day Home Detox Box program I created works extremely well by itself, being a kick start to weight loss and cleaning out old garbage from the digestive tract, but now that I have started to explore the world of emotional detox over the last few years, I am totally captivated and passionate about the results I am seeing. When ever I sit down with a client and get them to feel and experience something that they have been avoiding, the relief is apparent and immediate. This is a gentle process that is done with much love and by creating a space where the client can be heard, so that it can be a really authentic experience for them with me as the guide.

This detox is such a brilliant way to get the body to slow down and take the valuable time to get re-sensitised. Being more sensitive is necessary so

that we are able to feel the body and how it reacts to different situations, scenarios and people. When the body is more sensitive you are able to experience for yourself, in a very unique way, the start of how to explore your own feeling about things. Avoidance of our feelings with food, drink, and every distraction that we commonly use from running to smoking, will keep us in the same stagnant place without ever getting close to what concerns us, when we could learn to express and to be the greatest expression and representation of ourselves in this lifetime. If that's too big a challenge then know this, that I have spoken to many raw food enthusiasts who like me looked at raw food as the next fix for health, body image concerns, weight loss and youthful looks, however we all declared that until we started to look and feel our emotions

and feelings, the weight or results we desired never really started to happen.

It is well known that raw food and detoxing will open you up to your moods, however I have yet to read, or to meet someone who is prepared to teach us how to come to terms with our feelings and emotions, when we have committed to eating more raw food and keeping a cleaner diet. I am here to do just that, from what I have experienced and learnt, from what I have read and myself done the workbooks and have now helped many, many clients on the road to face their feelings and emotions. I have experienced their wild and creative sides as well as their anger and frustrations, and I have helped them create foundations that they can build on for themselves.

Fiona is an author, a detox specialist and a guide to improving the relationship with yourself, your emotions and feelings. She runs detox retreats and emotional workshops in Biarritz, SW France, and is planning to work with other retreats in 2015 around the world, with her unique techniques. www.retreatbiarritz.com ✿

Detox Cleanse & Raw Food retreats with Fiona in Biarritz

May 4th to 9th, May 17th to 23rd,
June 7th to 13th, June 21th to 27th

Price from €950 all inclusive

Soak up the sun and experience the local markets, nature walks and coast line on trips out.

A very relaxing holiday to re-set your digestive system and have hands on experience of raw food.

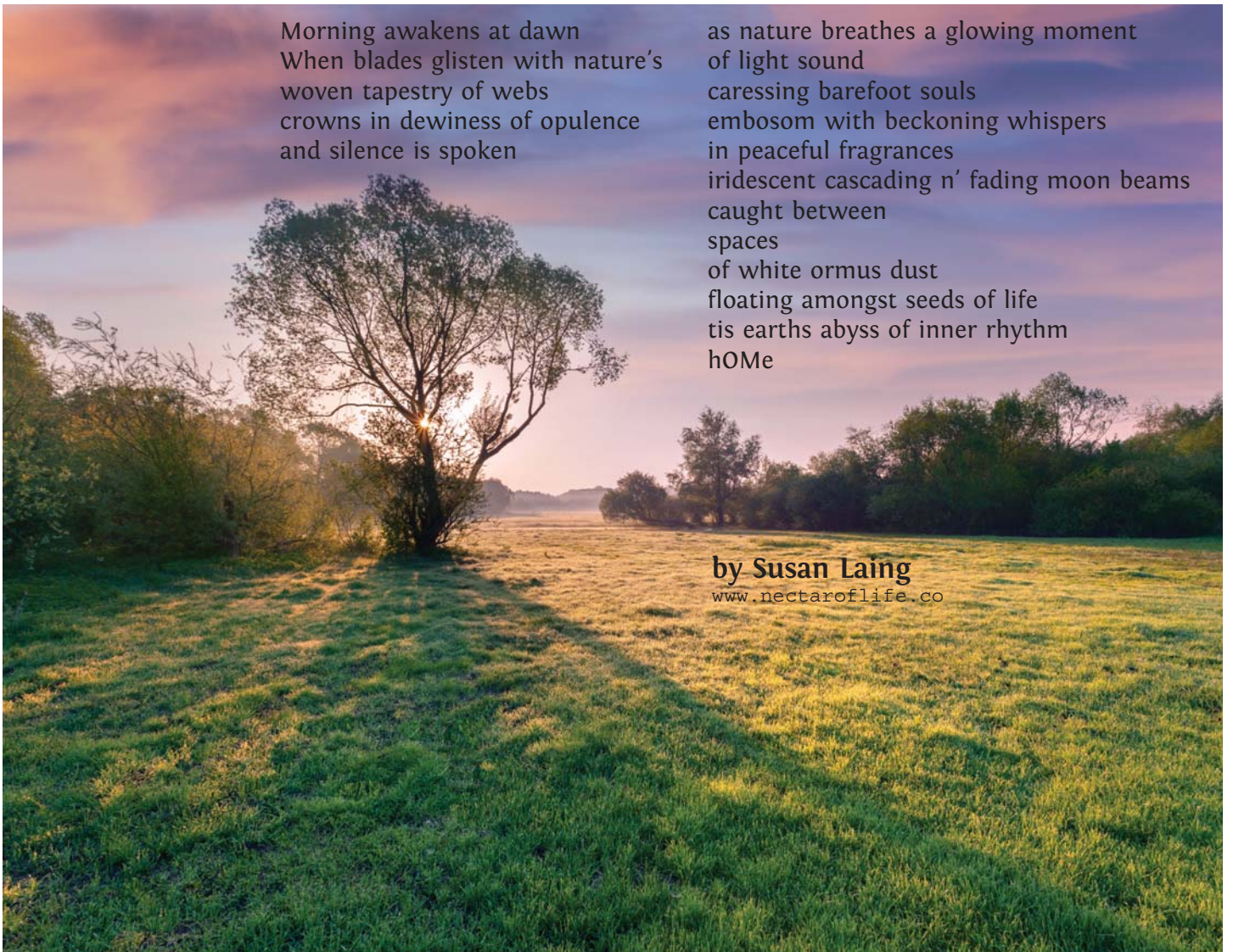
Contact Fiona on 0033 559 54 56 35
or visit www.retreatbiarritz.com

Morning Dawn

Morning awakens at dawn
When blades glisten with nature's
woven tapestry of webs
crowns in dewiness of opulence
and silence is spoken

as nature breathes a glowing moment
of light sound
caressing barefoot souls
embosom with beckoning whispers
in peaceful fragrances
iridescent cascading n' fading moon beams
caught between
spaces
of white ormus dust
floating amongst seeds of life
tis earths abyss of inner rhythm
hOMe

by Susan Laing
www.nectaroflife.co



A Raw Path, 20 Years On...

Steve Charter shares his experience of the unpredictable things that can happen over 20 years 'on the raw path'.

Little did I know what life changes, spin offs and ripple effects would arise, for me and others, when I arrived at Turners Field, 3 miles south of Glastonbury, to do a Permaculture Design course in September 1994.

At that time I had been vegan for 3 years, and vegetarian for 3 years before that, and had been meditating for 7 years – so when I found out that a slightly aloof guy on the course was a raw fooder, I was intrigued, not having come across this 'strange' path before. From him I found out that Leicester, where I lived at the time, was a hot bed (sic!) of raw food activity! Hmmm, I had to find out more ...

That raw fooder was one Tony Wright, author (with Graham Gynn) of *Return to the Brain of Eden* published by Inner Traditions (previously self-published by as *Left in the Dark*). So aside from striking up a life-changing friendship with Tony, I also became great friends with Simon Shakespeare on the course, and then subsequently also with his wife, Marijke.

The combination of raw food and the permaculture principles of *working with nature* and *the problem is the solution*, alongside Tony's logical matter of fact explanation of why eating raw makes sense, did the job. So when I got home to Leicester after the course, I started my process of transition to the raw path.

Then a lot happened in my first 'raw' year. In May '95, at a raw food gathering at the Ecohouse in Leicester (run by Environ, the eco-charity I worked for), I got to know Susie Miller, the founder of the FRESH network, and a few others who'd been on the raw path for some years. And as a result, in September '95 Susie and her two children, Tony, Simon, Marijke and their baby boy Yiana, and a guy called (at the time) Dave Austin, who Susie

brought to the mix, and myself formed a mini-raw-community in a large farmhouse a few miles outside Exeter, called Hales.

After a while the Shakespeare's departed, realising the raw path was not for them, and Laura Jayne (later Harmony) joined the household.

Now, it's important to stress that the raw world in the mid 90's was a little different to the raw world in 2015. It was pretty much the case then, that once you'd been raw for a while and got to know a few other raw foodies, you knew pretty much every raw person in the country! And as FRESH was the only network going, Hales became the centre of the raw world in the UK for a year and a half, with various gatherings happening there, as well as the regular publishing of the FRESH magazine - which at that time was much more like Funky Raw mag than it is now. (In fact, FR mag is way more sophisticated in its publishing quality than the Fresh Mag was then – FRESH then stood for Fruitarian & Raw Energy Support & Help network).

In '96 I think it was, a very young Karen Knowler, who was newly on her raw path, came to visit at Hales, and told Susie she wanted to help take Fresh to another level. A little sceptical at the time, Susie agreed – and Karen certainly did as she promised.

Also since then, Simon and Marijke Shakespeare went on to become the leading Forest Schools trainers in the UK, setting up the Forest School Training Company, bringing massive benefits to so many children and teachers that have experienced forest schools activity; Dave Austin, became Aranya, and is now one of the most active and influential permaculture teachers in the UK, with many stu-

dents and tutors having passed through his courses and having benefited from his involvement in developing the permaculture diploma system; Tony Wright has published *Return to the Brain of Eden*, which some might say is the most significant advance in our understanding of human evolution since Darwin – quite a number of people have had their minds blown and lives changed by Tony's work.

And me? Well, I proposed and co-founded a raw eco-community that became Ecoforest in Spain – one of only 2 raw eco-communities in the world at the time, and about the only place you could go in Europe from 2000-2005 if you wanted to experience what it was like to be with other people in a place where raw was 'normal'. I ran many permaculture courses there – and one of the first people to come on one of those courses was Rob Hull – who subsequently lived at Ecoforest for a year, became thoroughly raw and took on Funky Raw from its founder Tish Clifford (aka Greenheart), another co-founder of Ecoforest. And in 2005 I published *Eat More Raw* (Permanent Publications), the first book to combine raw food and permaculture. (Soon to come out as an improved 2nd edition as *Eat More Raw Too*).

I really admire and congratulate Rob for what he has done and is doing with Funky Raw - and I am so grateful there is such a wonderful alternative to the glossy raw path that is offered elsewhere!

Another person who came on a Permaculture course was Henri Dobson, who went on to put in a huge amount of wonderful work to found the now annual Festival of Life in London, with Paz.

The point of all this is just to empha-

size that you never can tell where your raw path will take you – and how it will dance creatively with others on their raw path, permaculture path, or other path of creative good work in the world.

Another point is to emphasise that a lot happens when raw communities form, and one way or another, both Hales and Ecoforest had a massive effect on most of us that were directly involved in them, as well as the many more people that visited or stayed for a while. I would love to see more raw (or mainly raw) communities out there, but for the time being it's not for me to make that happen again. The question perhaps is, is it for you to make it happen? What might that bring to you and many others on your wonderfully creative and adventurous raw path ...?

Steve and Aranya are teaching a PDC course together for the first time in April/May 2015 at Cana Dulce in Spain, which is an ideal course for raw fooders. For more info see www.permaculturacanadulce.org and the Advert on this page. ✿

An outstanding course for raw fooders keen to learn about permaculture – in Spain:

Certified Permaculture Course

Permacultura Caña Dulce



All the tutors have years of experience of all / mainly raw & natural hygiene living.

26th APRIL – 9th MAY

Course tutors: Aranya Steve Charter
Lucho Iglesias Matricia Lana

Permaculture, forest gardening, natural health, raw food and natural hygiene, yoga, community, group work & people care, life change, & making your dream project happen.

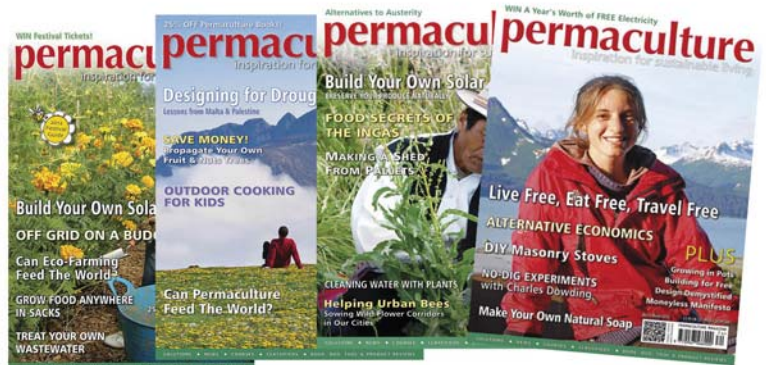
For info call / txt Steve on 07990 778581 and visit: www.permaculturacanadulce.org

& go to **Cursos 2015/Certified Permaculture Course**
The course will be taught in English

Permaculture

Subscribe to a magazine that helps you make a difference

Permaculture features stories from people who are creating a more sustainable, life-enhancing human society. Their inspiring solutions show you how to grow your organic food, eco-build & renovate and how to live an environmentally friendly life.



The magazine and website are full of news, reviews, courses, contacts & clever money saving ideas for you and your family. Published quarterly in full colour.

It's really easy to subscribe! Visit our secure website: www.permaculture.co.uk/subscribe

www.permaculture.co.uk



Funky Raw Shop

Fast Free Delivery on orders over £50
Order by 3pm for next day delivery
(Not guaranteed and to UK Mainland only)

We stock a wide range of foods and superfoods, including goji berries, bee pollen, maca, raw chocolate ingredients, seaweeds, raw olives, and lots more..

www.funkyraw.com/shop