

The Funky Raw

Issue 35 - Winter 15/16

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Healthy eating for everyone

magazine



Raw Recipes • Iboga Healing • Making Natural Cleaning Products

From the Editor



Ok, I think I'm just going to have to give up on the concept of time and when the next magazine is going to come out. I'm really sorry that this issue is so late, but this is the last time I will apologise, from now on this magazine will be published when it is ready... (I'm still planning to keep producing four issues per year.) Life is still a bit crazy here, we've not yet finished the build-

ing work on the house so I still don't have an office, which can make things trick at times.

So, on to this issue, I hope you enjoy it. We have a great selection of recipes, including a delicious looking Christmas pudding and some interesting reviews. Features to look out for include Holly's report on the amazing benefits of iboga in healing addictions and Natalie's raw breakfast ideas.

Don't be too shocked by Liz's "Why I'm no longer a raw fooder" - it's not as bad as it sounds!

As always you can contact me on magazine@funkyraw.com

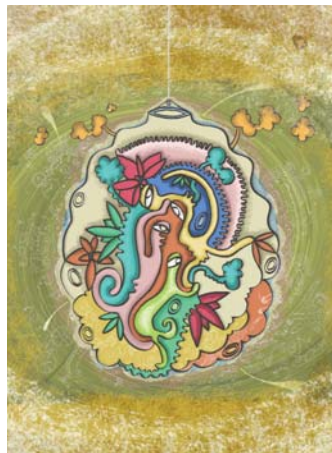
love Rob

Cover Artwork

By Aurora.

I put love into all my creations. I am inspired by what surrounds me, humanity, love and beauty. The artwork on the front cover is named Cuddle Puddle. I was influenced by being in a cuddle puddle with some brilliant friends. Its one of the fondest memories I have from travelling this summer. My father told me, making beautiful memories with friends is the most important thing in life. Make time to wine and dine, learn, express, and expand your mind.

Contact me: abigailchristine27@gmail.com and see more of my art at www.facebook.com/aurora.q.art



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!

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Contents

- 2 **Intro** from the editor and the cover artist
- 2 **What is raw food?** - the basics and recommended diet
- 4 **Events and Workshops** for the next few months
- 6 Heather reviews a new **Raw Chocolate Drink**
- 7 **Raw Food and Cake Stall** at Brick Lane market reviewed by Theresa
- 8 **Susan Laing's new book on the Liver** reviewed by Heather
- 9 Rob reviews **Rachel Corby's book "Rewild Yourself"**
- 10 **Recipes:** Christmas Pudding, Fermented Babaganoush, Rocky Road and Butternut Squash Salad
- 12 '**Diamond Light of Your Soul**' a Poem by Sarah
- 13 Juliette Bryant shares a **Wild Green Smoothie recipe**
- 14 Natalie Heath raw **Breakfast Recipe Ideas**
- 16 Making **Natural Cleaning Products** with Faith Canter
- 18 Lucy continues her **Ayurveda** series with the **Pitta Dosh**
- 20 Liz explains why she is **no longer a raw fooder**
- 21 Rob talks about **Balance in Diet**
- 22 Holly explores the use of **Iboga for Healing Addictions**
- 25 Sarmado Sibley shares his story of **Life as a Chef**
- 26 Fiona Robertson helps us to **Stop Unconsciously Sabotaging our Goals**
- 28 Holly tells us about her **Retreat in Mexico**
- 29 **Carrot Tops Joins the Band** - new Cartoon series by Katherine
- 30 Heather shares her **Journey to Mexico** and ChocoChula Chocolate



Workshops & Events

Raw vegan popup restaurant

Date: Sunday 20 December, 6 to 9 pm

Location: Cambridge, UK

Description: Choose from a fully raw vegan, gluten-free and super tasty menu! Dips, chips, curries, soups and desserts. Menu changes weekly (updates on Facebook page every Thursday). Bookings accepted, or just drop in and order what you like.

Website: rockingrawchef.com/raw-food-pop-up

Yoga & Healthy Raw food Weekend

Date: Friday 8 January to Sunday 10 January, 5pm Fri - 3pm Sun

Location: North Yorkshire, UK

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...

Website: www.rawhorizons.co.uk/yoga-relaxation/

Raw Food Detox Weekend

Date: Friday 8 January to Sunday 10 January, 5 pm Friday to 3 pm Sunday

Location: The Cotswolds, UK

Description: Sort out your raw food lifestyle, and pamper yourself at the same time! Weekend programs start from £471 and include 2 full days of hands-on raw food prep classes, luxury accommodation, and spa treatments.

Website: themilestonedetox.com/rawfoodimmersion

Raw Magic Advanced Course Malta

Date: Friday 8 January to Friday 15 January

Location: Gozo, Malta

Description: Five day course, providing an in-depth and comprehensive introduction to the world of raw foods. Price also includes luxury accommodation in a stunning eco-tourism villa with indoor and outdoor pools, gym, and open fireplaces, 3 organic vegan meals a day, and a day excursion around the mystic island of Malta.

Website: www.rawliving.eu/events.html

Find Your Passion Retreat (Women Only)

Date: Tuesday 12 to Friday 15 Jan, 5pm Tue – 11am Fri

Location: North Yorkshire, UK

Description: A 3 night transformative retreat to uncover your real desires and inspire yourself to believe you can follow your dreams and live with happiness and passion. All with the help of 100% delicious raw food cuisine.

Through a series of powerful workshops, yoga and meditation you will leave the Find Your Passion retreat with a new perspective on what you desire out of life and to live with passion so everyday becomes more joyful.

You will leave this retreat connected to your passions and ready to follow your dreams.

Website: rawhorizons.co.uk/find-your-passion-retreat/

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

Nourish Your Body Retreat (Women Only)

Date: Sunday 17 to Friday 22 Jan, 5pm Sun – 11am Fri

Location: North Yorkshire, UK

Description: A 5 night transformative retreat to understand your relationship with eating and emotions, discover self-love to boost your body confidence and create renewed energy and vitality. All with the help of 100% delicious raw food cuisine. For women only.

'Nourish Your Body' explores 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.

Through a series of powerful workshops, healthy food demos, yoga, meditation and movement you will leave the Nourish Your Body retreat with a new mind-set and the skills to create a body you adore and love.

You will leave this retreat with the energy and enthusiasm to completely transform the way you approach diet, body image and self-assurance.

Website:

rawhorizons.co.uk/nourish-your-body-retreat/

Balance Your Life Retreat (Women Only)

Date: Sunday 24 to Friday 29 Jan, 5pm Sun – 11am Fri

Location: North Yorkshire, UK

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. For women only.

'Balance Your Life' explores these topics of stress management: what stress is and how it affects the body, ways to avoid, alter, accept and adapt to any stressful situation, new perspectives on time, standards and perceptions and how to bring in balance so you still achieve yet feel fulfilled.

Through a series of powerful workshops, healthy activities, yoga, meditation and energy work you will leave the Balance Your Life retreat with strategies to cope with any demanding situation so you can create harmony in your life leaving you refreshed and energised.

You will leave ready to take on the world again and find harmony in place of stress.

Website:

rawhorizons.co.uk/balance-your-life-retreat/

Yoga & Healthy Raw food Weekend

Date: Friday 29 to Sunday 31 January, 5pm Fri - 3pm Sun

Location: North Yorkshire, UK

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...

Website: www.rawhorizons.co.uk/yoga-relaxation/

Winter Yoga Retreat – Cambridge 30th January

Date: Saturday 30 January, 10.30-5pm

Location: Hartington Grove, Cambridge CB1 7UB

Description: Winter Yoga Retreat (one-day)

Ignite the fire within – Get your body, mind & spirit ready for 2016 with this nourishing day retreat with Blanka Priddle & Rosanna Gordon

The day includes:

Two well-balanced dynamic yoga sessions in the morning
Followed by two Restorative yoga sessions in the afternoon

Yoga practice using the most exquisite essential oils to balance your emotions and help you let go of anything that no longer serves you

Meditation and Yoga Nidra, practices to take home to help you find your inner calm

A day where everything will be taken care of for you so you can let go and immerse yourself in taking care of your body, mind and spirit

A goodie bag full of treats!

a delicious, vegan/raw lunch & treats by The Rocking Raw Chef

Early bird offer £65 if booked by 31st December, £75 after that

Website: www.rosannagordon.com/yogaworkshops/

Raw vegan popup restaurant

Date: Every Sunday from 31 January, 6 to 9 pm

Location: Cambridge, UK

Description: Choose from a fully raw vegan, gluten-free and super tasty menu! Dips, chips, curries, soups and desserts. Menu changes weekly (updates on Facebook page every Thursday). Bookings accepted, or just drop in and order what you like.

Website: rockingrawchef.com/raw-food-pop-up

Raw Food Detox Weekend

Date: 5pm Friday 5 Feb to 3pm Sunday 7 Feb

Location: The Cotswolds, UK

Description: Sort out your raw food lifestyle, and pamper yourself at the same time! Weekend programs start from £471 and include 2 full days of hands-on raw food prep classes, luxury accommodation, and spa treatments.

Website: themilestonedetox.com/rawfoodimmersion

Moody mango gourmet raw supper club

Date: Tuesday 1 March, 19:30

Location: Palm2 Cafe, 152-156 Lower Clapton Road, London E5

Description: Innovative and creative gourmet raw food. Moody Mango are back, hosting their famous dining experience. Come and indulge in some high vibration, delicious and medicinal food. The dinner will be three courses followed by an elixir tonic. Everything is raw vegan and gluten free using locally sourced ingredients where possible.

The menu is deigned by raw food chef Francesca Paz. Experience a true heaven of wellness, conscious living and connection.

Website: www.moodymango.com

7-day Detox Juice/Raw Food Retreat

Date: Saturday 30 April to Saturday 7 May

Location: Gozo, Malta

Description: This retreat offers personalised detox support with raw food and a 5-day organic juice programme, all gluten and dairy free. We will also offer guidance on a healthy lifestyle, talks and films on nutrition, emotional and spiritual wellbeing. The price includes luxury accommodation in a stunning eco-tourism villa with indoor and outdoor pools, gym, and open fireplaces, juices and meals, daily yoga, a colour light treatment, and excursions around the mystic island of Malta.

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

Art of Life Yoga and Raw Food Retreat

Date: Saturday 30 April to Friday 6 May, 11am

Location: Bali, Ubud Paradise

Description: Transform the way you see the world with a week committed to rejuvenating your mind, body and soul. Staying at the amazing Azadi Retreat, amidst the rice fields of the cultural town of Ubud. Indulge in a week filled with yoga, meditation, gourmet raw food cuisine, local Balinese culture - a time to play, a time to just be. Fun inspiring lectures, workshops, dance and movement, exploring and learning techniques that empower our daily lives. This is no ordinary retreat!

Our chef extraordinaire will be feeding our souls with high vibe alkalizing food, we'll have workshops and nutritional talks on how we can up-level our health by making small simple adjustments to our routine. Our yoga will teach methods of moving that reduce pain, move circulation and energy through the body to enhance both strength and flexibility. Our approach is to create conscious active movements so that students layer on the next movement of the posture when they are ready. This retreat is for anyone looking to refill on all the good things in life.

Website: www.artofliferetreats.com

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The Funky Raw online shop supplies a whole range of raw ingredients for your recipes.

raw chocolate
goji berries
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coconut butter

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Sacred Mayan Xocolatl Ceremonial Drink

Review by Natalie Heath

I was delighted to be able to review this exquisite sounding creation from The Cacao Pod. Described on the package as a 'Sacred Drink of Enlightenment', I was eager to brew up a batch and get tasting!

I perused the list of ingredients and was excited to read that the mixture contains some pretty amazing superfoods, including maca, chaga & reishi mushroom, fo ti, ashwaganda, spirulina and suma. What a powerful combo of ingredients! There was also a deliciously heady mix of spices, including cinnamon, nutmeg, vanilla and a sprinkling of cayenne pepper. I personally think the combination of chilli and chocolate is one made in heaven, so I was thrilled to read this on the ingredients list! The cacao itself comes in two forms; powder and paste. Paste, also known as liquor, is the raw whole cacao after pressing but before it's separated into butter and powder. I was guessing this would create a richness and creaminess to the prepared drink, and I'm pleased to say I was right!

The instructions suggest adding 1 heaped tbsp. of the dry mixture to a blender, then adorn with sweetener of choice, either natural sugar or honey. Then add hot tea or water and some raw nut milk and blend on high for 30 seconds whilst offering a blessing to the deities of cacao. My first brew was made with Choco Aztec Spice tea (by YogiTea) as the hot tea element, plus a

dash of coconut milk. It was divine. I thought I'd be able to taste all the superfoods and may have a bitter aftertaste but not at all. I sweetened with some local raw honey and it was delicious. I could taste the cinnamon and there was a small background warmth from the cayenne but this wasn't too strong or overpowering at all, just perfect in fact.

The second cup I brewed by making my own tonic infusion from cat's claw and Pau d'Arco, added some homemade hemp milk, and used coconut sugar as the sweetener and this was also extremely good. I could feel a lift in my energy levels and feelings of bliss wash over me as I sipped on the aromatic, sensual, chocolaty delight. I felt nourished and surprisingly full afterwards, I think this was because the drink is so rich in vitamins and minerals from the superfoods, and also it nourished me on a spiritual and emotional level too.

What a delicious and nourishing drink this is, perfect to have for breakfast, as an afternoon pick me up, or whenever you feel the need for an energy or creativity boost, or a loving embrace in a cup.

This amazing EliXir is available to buy from it's creator; Goddess of cacao Peace Ravenwood, at www.thecacaopod.co.uk. It costs £16.99 plus p&p for a 200g bag, and considering you use just a tablespoon per serving, you'll



get a fair few chocolate ceremonies from one bag.

Speaking of chocolate ceremonies, Peace also offers for sale a Complete Mayan Cacao Ceremony Kit, which includes a bag of the EliXir, a hand crafted mug and a little bag of Mayan Ceremony Incense which was specially created for this ceremony by a master incense crafter in Glastonbury. The complete kit is just £27 including p&p within the UK. I think this would make a delightful and thoughtful present for a loved one. I would definitely be happy to receive such a gorgeous gift!

£16.99 for a 200g pack. Purchase from Peace at The Cacao Pod: www.thecacaopod.co.uk
thecacaopod1@gmail.com
Telephone: 07846 824364

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Organic Livity Raw Food Stall

Review by Theresa Webb

I was delighted to be invited by my good raw chef friends Sidney and Kristelle to sample and review some of their finest cakes and desserts from the Organic Livity Stall at the Boiler House Market which is a newer market in Brick Lane, East London (near Truman Brewery). This is one of my favourite little haunts as it reminds me of my time as a raw food stall assistant at Spitalfields' and nearby Upmarket 6 years ago.

Sidney explains: His principle is simple; his creations reflect nature; his customers don't even know this but see the colour of the dishes and then taste them and only then will they understand the goodness.

Sidney's fresh Raspberry Jelly is made with Irish Moss instead of gelatin.

He likes to play with natural ingredients and has a passion for experimentation - the weekend is the best place to display and develop his new developments.

I first had the delight to review their foods in September 2014, when, they catered for my 40th birthday celebration at the Calabash of Culture. Sidney presented a range of raw delights for us at a restaurant/cafe evening. Since then, they've moved on to develop their business and passions further by having a constant weekly presence at the Boiler House Market, just down the road from the Truman Brewery on Brick Lane, East London.

The food is all gourmet; raw and vegan and all beautifully presented... all the cakes and desserts looked lovely; they are quite a different style of cake to anything else I'd tried but produced with utter integrity for their belief in nutritious food, coupled with an approach of intellect; to have a purpose and display the right side of the world through the medium of cuisine.

His childhood was full of memories of bananas and sugar cane; his father is a farmer and his mum a chef (so he's had a head start!) His own background is in renewable energy (wind,

etc) and he went to Paris University to study.

Sidney started catering at home in Martinique and absorbed the Caribbean culture. He now uses different varieties of exotic fruits from Martinique as sweeteners and imports special Vanilla Pods from Reunion Islands, Acai and Maca from Bolivia and Brazil and Moringa from Ethiopia. He also serves fresh coconuts from the stall. Now, his commonly held dream is to own and farm his own land...

Sidney is a passionate and dedicated head chef with a keen eye for excellent presentation busying away in the kitchen, preparing more exciting new delicacies while Kristelle manages the admin side of the business.

Each of the cakes is designed with a specific theme or concept in mind and Sidney is exploring new recipes and ways to make his creations work.

My favourite by far, was the **Chocolate (Aphrodisiac) Tarte**, no surprise here! Which would make an ideal centrepiece and held itself together excellently too.

The **'King David's Kingdom'** is a stripy cake made up of a vibrant combination of cream, green and pink stripes. It is named after King David, for its beauty and richness, Sidney tells me. With a blend of pistachios and cocoa butter; it has a similar taste and flavour of marzipan.

Always give a surprise: all the cakes are like that; they have a surprise inside!

The **'Olmec' Coffee Cake** is a treat to behold; Sidney had wanted to create a testimony to one of the oldest tribes in Caribbean/South America. He explained that they were a people prior to the Arawak (Indians), Incas and Mayans who crafted their designs



from stone. Inspired by this, Sidney designed a dome in the centre of the cake which contains Chia seeds, to give the impression of stone with the cream marzipan style filling. It is a delight to listen to his enthusiasm for his craft, so conscientious in his approach.

Where is his inspiration from? He doesn't watch TV but rather derives some of his inspiration from watching documentaries online.

He gives 'a little sunshine' to all who visit his stall; rather than a jacket potato with no life...

His generosity towards others also extends towards those unable to actually get to his market physically; he also donates free cakes to a cancer charity (which is a far better option than any other style of cakes).

Now he is also connected to the Bonnington Cafe in Vauxhall, where he runs gluten-free (raw/vegan) nights on the 1st Monday of each month - check the schedule on the website www.bonningtoncafe.co.uk (Sundays is also usually raw food with Anya).

Find Organic Livity at:
Brick Lane Market, 91 Brick Lane,
London, E1 6QL on Sundays from
10am-6pm. Note that the stall will
be closed all January 2016.

You can order online at:
www.organiclivityco.com
(delivery in Central London only)

Love Your Liver, Feel Aliver by Susan Laing

Book review by Heather Gardner

I was very excited when I heard that the postman was going to bring me Susan Laing's new book 'Love Your Liver, Feel Aliver'. I have been following Susan's story of personal transformation and inspiring well researched health advice ever since I met her at the Festival Of Life in London in 2011. What the postman did bring however was more of a bible for living than just another book about the liver. After reading it voraciously, trying some recipes and planning some Spring cleanses it is fitting snugly on my shelf next to my other bibles that I refer to often such as Conscious Nutrition (Cousens), Staying Healthy with Nutrition (Haas) & Healing with Wholefoods (Pitchford).

Susan's book begins with nearly 100 pages of delicious, nutritious, goitrogen and nightshade free LifeFood recipes with tips for inflammatory bowel conditions and candida with liver and gallbladder cleanses. The recipes are really simple to prepare and without a cashew nut in sight! Containing such treats as Chillout Pumpkin soup, Rainbow Feel-a-Liver juice, Wild Blackcurrant Chaga Smoothie, Shapeshifter Longevity Elixir, Hott Coconutty Courgette Curry, Shroom Stroganoff, LifeForce Manna bread to name a few from the cornucopia of delights and well rounded off with a Wild Blackberry & Lavender Luscious Mousse and a Wild Blackcurrant Jing Sorbet for dessert.

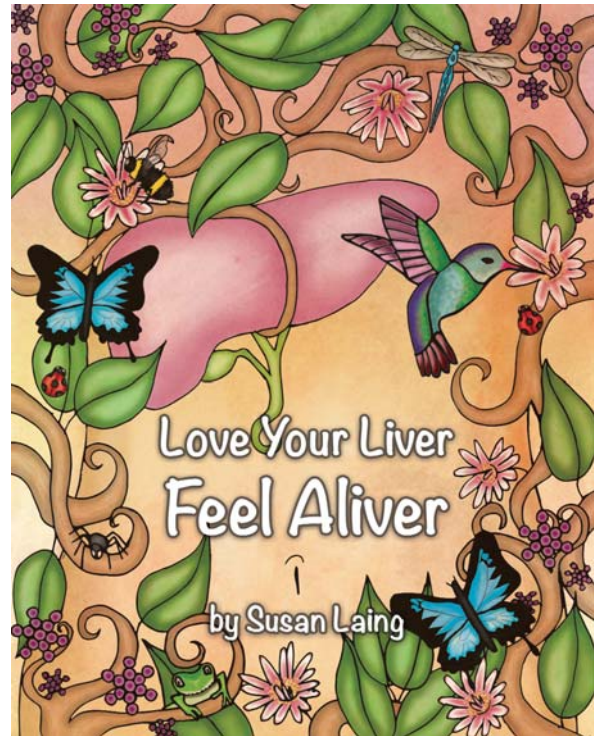
The main body of the book is laid out in a very easy to read and comprehend way with charts, diagrams and illustrations to help explain the information. The book is designed to help guide you in all aspects of healing imbalance and covers:

- ▶ Natural and easy to digest nutrition.
- ▶ Restoring and reprogramming body electrics.
- ▶ Systemic detoxification including emotional and spiritual.
- ▶ Optimization and maintenance of the immune system.

- ▶ Exercise for clearing stagnation and toning the organs.

It also covers topics such as epigenetics, hydration, enzymes, inflammation, anti-oxidants, ageing, the lymphatic system, balancing blood sugar, mood and food, the gut-brain link, cell rejuvenation, relaxing the digestion, grounding and LifeFood, with fully explained naturopathic techniques, liver and gallbladder cleanses, a simple 5 day cleanse and Dr Jubb's 14 day Liver/Gallbladder fast.

What impressed me while reading the book is that Susan's expertise as a naturopath and experience as a health care practitioner comes through in her knowledge for these weighty subjects. Susan's work shines out as being researched, implemented and worked with, yet she brings it together in this book in a way that everybody can learn from it, take away what they need and keep coming back for more depth as they progress. This is a book for those beginning on their health journey and for nutritionists and those who already have a healing practise and their clients. The information is not rehashed and cobbled together from other peoples work as so many books can be but this is a fresh look and drawing together of many natural health modalities, ancient health systems, naturopathic techniques and modern scientific research from one who deeply understands them. We can all learn many important truths and words of wisdom in this digestible,



About the Author

Susan Laing trained as a Podiatrist many years ago and through her own poor, chronic health came to study and practise Multidimensional Iridology, Nutritional Healing and Naturopathy. It was when she discovered the teachings of Dr David Jubb's cell rejuvenation with LifeFood and liver cleansing that she came to realise the powerful impact of food is mood, and how effective liver/gallbladder cleansing is on the whole body and mind. Susan gives public talks worldwide with the intention of inspiring others on their journey on health and wellbeing, and most of all with power of healing with nature. She also has a practice in the heart of Leeds city centre, UK. For more information on Iridology, Naturopathy, LifeFood, Liver cleansing, Body Reading consultations, Detox retreats, Shamanism, 100% natural health products and more, please see www.nectaroflife.co

yet comprehensive book. Another impressive factor about the book is that it is also 'ready to use'. You do not have to wade through lots of very boring stuff to get to the 'how to' bit. No! It starts with the delicious recipe's, the science bit is so well presented that you have read through it in fascination before you even realise you are half way through and the cleanses are detailed

and explained in such a way that makes you truly excited to give them a go, plus the case studies are very inspiring with their health success stories.

In short it is a guide for navigating the world we find ourselves in now, drawing on research and experience from the best health information and techniques from the old and the new and presented to us in a very comprehensive, inspiring and understandable way. Do not be put off this book by its slightly higher price tag than many of

the cheap reads on the subject, but see it is an investment that will keep on giving, its depth of information will be something you will find yourself coming back to again and again. I know that I am excited to have this book to help guide my body to superior health in the months between Christmas and the spring equinox. Imagine what a gift of health it will be for anyone to receive this book as a present instead of some more useless stuff that will likely add to the load of their livers. Did you know that in some tribal societies they tell each

other that they love them with their livers not their heart? Maybe they understand something that we have forgotten. If you love your liver, and want to feel aliver, then this book was written for you..

ISBN: 978-1516976669

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Ebook: £TBC

Available from amazon.co.uk

Ebook enquiries to

www.nectaroflife.co

ReWild Yourself by Rachel Corby

Book review by Rob Hull

If you are a regular reader of Funky Raw then many of the themes covered in this book will be familiar to you, although they are tied together with the overall theme of re-wilding ourselves which may be new to you. Rachel's main premise is that we have come a long way from our original wild state, and that "re-wilding" is how we are going to fix many of the problems of the world today. She says "I believe the first step in reclaiming areas of land and habitat, to saving, refurbishing, *rewilding* them, is to find the wild place inside, to rewild yourself."

The book begins by trying to understand what has gone wrong and the events that led to the current situation where humans are disconnected and separate from nature and destroying the remaining wild places at an alarming rate.

It then starts us on the process of rewilding ourselves, with practical exercises and ideas to move us in the right direction. Rachel suggests that all parts of nature are alive, from animals and plants to rocks, and that we can and should communicate with them all. This is how wild animals and indigenous wild humans survive in dangerous situations by listening to the messages from nature.

In the section "Embracing the Wild" Rachel looks at some specific exercises to help us including walking barefoot, sleeping under the stars, wild swimming, foraging for wild food and

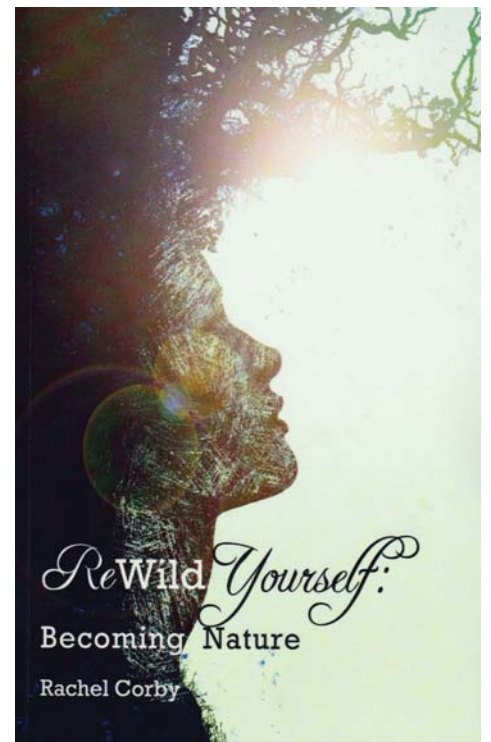
more. The next chapter then goes into detail on awakening our senses: hearing, sight, touch, smell and taste, again with exercises to help us fine tune these senses.

The contents of chapter eight will be particularly familiar to readers of this magazine "Eating your body wild", all about the importance of eating a natural diet and raw food.

"Deep Nature Immersion" is also part of Rachel's suggestions. She says "When you can, even if that is just once a year, or once in a lifetime, make the pilgrimage to somewhere truly wild and immerse yourself." This leads on to Vision Quests, which can be done as part of an organised group where there is someone watching out for you during your time alone in the wildness of nature.

Finally, entheogens are discussed as a way of seriously deepening your connection with nature and in many cases allowing you to experience actually becoming nature.

Rachel understands that over half the population of Earth currently live in cities, so her suggestions work within that limitation and doesn't suggest that everyone needs to immediately move to the countryside; her ideas and exercises are designed to be used wherever you currently are and help you find the wildness around your current environment, including the dandelions poking up through your lawn and the wild flowers growing in the cracks in the pavement.



I totally recommend this book to everyone, no matter where you are on your path. Personally I've been practising most of the suggestions in this book for many years but still found this book useful. Or it would make a great gift to help someone on their journey.

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Ebook: £7.99

Available direct from the author at:

www.gatewaystoeden.com

Recipes

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

Raw Fermented Babaganoush

I'm a big fan of fermented foods so I thought I'd give it a go fermenting aubergines (eggplants) to try and make a raw babaganoush. Mid way through a class, I experimented and the result was pretty tasty for a first attempt. The photo is of the first batch when I threw in a huge handful of coriander and used a Nutribullet - both of those factors resulted in a slightly more textured babaganoush. I tried a second time using a Vitamix and added olive oil, sesame and less coriander so the result was creamier and smoother. They were both different but equally as delicious so I now have a recipe to share with you. I hope you enjoy it!

Fermenting the Aubergine

2 aubergine - peeled & diced
2 cloves of chopped garlic
1-2 tsp mineral salt
1 tsp smoked paprika

Marinate all ingredients together and leave for 10 minutes then massage until the juices are flowing.

Place all the ingredients (including all the liquid) into an air tight jar - a kilner jar is perfect. Press the veg down making it as tightly packed as you can then cover with a cabbage or vine leaf making sure that all the aubergine is submerged under liquid. If there isn't much juice, top up with a little filtered water or add some freshly juiced celery juice. Add something on top of the leaf to weigh down the veg and to keep it submerged. The core of a cabbage or half an onion is perfect. When the jar is closed, ensure that the jar is air tight to prevent unwanted bacteria & mould. Leave the ferment in a warm area for around 2 weeks

When you are ready to use the aubergine, strain the liquid but don't throw it away. It will be full of probiotics and perfect to use in a salad dressing or to blend in other dishes.

Ingredients

100g Fermented Aubergine
50g Sesame Seeds
2 tsp raw tahini

Lime juice from 2 limes
A drop of olive oil
a small handful of coriander
black pepper
2 tsp raw fermented milk (kefir) if you make it or use raw coconut yoghurt as an alternative

Method

Grind sesame seeds until broken down
Add rest of ingredients and blend until creamy and smooth
Serve & enjoy

by Anna Middleton
www.annamiddleton.com



Raw Vegan Christmas Puddings

These puds are my so-called 'healthy' version of a Paleo Christmas Pudding but don't be fooled they are anything but due to being packed full of dried fruits heavy with sugar laden carbohydrates! Although it is healthier than a traditional pud of course – and after all what would Christmas be without some sweet treats? Boring that's what!

I wanted to create something that could be whipped up in a matter of minutes rather than having to slave away in the kitchen, waiting all day to eat my sweetly spiced treat. These Raw Vegan and Paleo Christmas Puddings take all of the hassle out of making a traditional pud and bring you nothing but delightfully fond memories of warming Christmas fruits and spices.

I don't drink – not even at Christmas – but I don't mind a little in my food to bring out those festive flavours. I used rum in this recipe, a rather nice spiced one called Kraken – it's gluten-free and vegan, distilled from molasses (made from sugar cane), spiced with cloves, ginger, cinnamon, and vanilla, and aged for a period of 12-24 months. You don't have to use rum though, you can simply omit it from the recipe with no need to substitute for anything else.

You'll need some pudding moulds for this recipe, I bought these mini 7.5cm moulds from Ocado and they turned out just the perfect size for single serve Christmas puds! If you want to fill your moulds to the top this will yield 5 puds and leave you with some excess (about 1/2 mould). You could also fill 6 moulds around 3/4 of the way for some shorter puds but I preferred mine tall!

Prep Time: 25-30 minutes (plus overnight soaking and 1 hour setting time)

Ingredients

For the pudding

75g dried figs
75g dried apricots
75g dried cranberries
75g dried cherries
75g sultanas
75g raisins
1 tbsp mixed spice
1/4 tsp organic vanilla powder

1/4 tsp ground ginger
1/4 tsp ground nutmeg
1/4 tsp ground allspice
60ml Kraken rum (optional but festive)
Juice and zest of 1 unwaxed orange
Zest of 1 unwaxed lemon
1 tsp orange extract
1 tsp almond extract
1/2 tsp lemon extract
150g medjool dates (pitted)
200g ground almonds
1 tbsp coconut oil
50g walnuts (crushed or roughly chopped)

For the topping

32.5ml coconut milk
1/2 tsp lucuma powder
1/8 tsp vanilla powder
50g cacao butter
1 tsp raw honey
A drop of organic mandarin essential oil (food grade)
10-12 mint leaves (to garnish)
15-18 goji berries (to garnish)

Method

Combine the dried figs, apricots, cranberries, cherries, sultanas, and raisins in a large mixing bowl. Add the mixed spice, vanilla powder, ground ginger, nutmeg and allspice and stir until evenly coated.

Next add your rum (if using), juice and zest of your orange, the lemon zest, and the orange, almond and lemon extracts. Stir until evenly distributed then cover the bowl with clingfilm and set to one side, leaving overnight.

The following morning reserve 100-125g of the fruit mixture in the same mixing bowl and set aside. Combine the rest of the fruit in the bowl of your food processor along with the medjool dates, ground almonds, and coconut oil. Blitz until the mixture begins to ball together.

Remove the mixture from the food processor and return it to the mixing bowl of reserved fruit. Add the crushed/chopped walnuts and stir until the mixture combines together evenly. I actually used my hands but be warned this is pretty sticky!



Grease 5 or 6 mini pudding moulds (7.5cm) with a little coconut oil. Line with cling film being sure to leave ample excess overhang – this will help you lift the pudding from the moulds with ease. Cover the tops of the pudding moulds with clingfilm and place into the fridge for 1 hour until firm. If you want to fill your moulds to the top this will yield 5 puds and leave you with some excess (about 1/2 mould). You could also fill 6 moulds around 3/4 of the way for some shorter puds but I preferred mine tall!

About 15 minutes before removing your puds place a bowl of coconut milk, lucuma powder, and vanilla powder over a small pan of water (bain-marie). Whisk until the mixture is smooth and then add your cacao butter. Place over a low heat, stirring continuously, until fully melted. Remove from the heat, stir in your raw honey, and set to one side for about 10 minutes until cool. Then stir in your essential oil.

Remove your puds from the fridge, place onto a baking tray lined with some parchment, and spoon over your sauce. Place the baking tray into your fridge or freezer until the sauce becomes partially set. Whilst you are waiting you can cut your mint leaves into holly shapes (or just leave them as they are).

Remove the puds and begin placing two mint leaves followed by three goji berries until all of the puds have been topped. Place back into the fridge or freezer until fully set.

Remove and enjoy!

by Georgie -
greensofthestoneage.com and
online Paleo magazine primaleye.uk

Rocky Road Raw Vegan Style

Oh my word. These are amazing chocolates. If I may say so, quite humbly myself... What I think I love the most (well aside from the glorious taste) is the relaxed way you can make them. There's guidelines yes but no fixed rules. And that, I love.

So for the guidelines

100g raw cacao butter
4 tablespoons raw cacao powder
2 tablespoons lucuma powder
2 tablespoons sweetener (date syrup/agave nectar/maple syrup)

If you like it darker then use less lucuma and more cacao. If you like it really dark feel free to leave out the lucuma altogether.

And for the mixed ingredients

I used:

4 deglet noor dates, pitted
small handful pecan nuts, chopped
large handful mixed cherries and berries (dried)
10 almonds, chopped
small handful raisins

Experiment and play with both - if you like it darker follow the instructions above, sweeter pop more sweet-

ener in etc, nuttier rocky road... you get the drift.

To make the chocolate

Using a bain marie and minimal heat (you might have the hob on the lowest setting or just use boiling water in the pan under the bowl) slowly dissolve the cacao butter. Once fully melted add in the dry ingredients (cacao powder and lucuma) and mix well. Then add your choice of sweetener. Having recently discovered it in Unicorn in Manchester I went with date syrup and it worked a treat. Previous times I prefer maple to agave but check them all out and see what you like best. Mix thoroughly. If you're making plain chocolates now is the time to add them to your mold.

For the rocky road - add in the nuts, fruits (you could add in marshmal-



lows too - I'm just about to order some vegan marshmallows for my daughter who loves them - these would be great albeit not raw but tasty all the same) and stir. Add to the chocolate molds, ensuring you've enough of the melted chocolate and not just choc coated nuts and berries in each serving.

Pop them in the fridge for 30-40 minutes to set (or freezer for 20 minutes).

by Emma Colley
www.emmacolley.co.uk

Butternut Squash Salad

This is currently only of my favourite recipes. I love the vibrant colours this has and the way it makes me feel.. Making food that has a rainbow of colours can have a profound effect on the nutrients in our body but also on the way we feel.

1 butternut squash (you can spiralize this or grate it)
½ red cabbage, finely chopped
2 spring onions, finely chopped
handful of coriander, finely chopped

Dressing

3 tbs extra virgin organic olive oil
1 tbs apple cider vinegar
1 tbs local honey or coconut sugar
1 tsp sea salt

Blend the dressing and then mix into the salad and serve.

by Juliette Bryant
www.julietteskitchen.tv

Diamond Light of Your Soul

Poem by Sarah Rehmatullah

The former me shattered into pieces
Oscillating in diamond light
Beautiful beyond measure
As I finally let go of definition that confined
That which restricted me and dictated patterns
Beliefs that no longer served

No longer feeling like a wilderness
A vast desert with no water reserves
Breaking free meant breaking me
But only the image I tried to conserve
It was not all that I am...never was
I breathe deeply...because finally I can
The restrained life force now has a path

My soul essence can roam and touch life
Merge with all that is and ever will be
An unlimited potential eternally
My spirit touching nature...blending with the leaves upon the trees
The glory in my heart feels beyond measure
The purity of infinity is now within reach



Wild Green Smoothie

There is so much nutrition available for free if you know where to look. Juliette Bryant can help you find it...

People are beginning to wake up to the fact that the modern diet is both limited in nutrition and variety. We are seeing a rise in illnesses that stem from vitamin and mineral deficiencies as well as toxic overload. However there are solutions and these are closer than we think. We are very lucky that mother nature has been so kind to us and given us the answers we need right in front of us in the form of wild foods. Many of these foods around us have been used for thousands of years as a medicine chest to the people of this land.

What are some of the best medicinal foods we can forage at the moment?

Tip: When foraging it is good to look at where you are collecting your food from and to make sure to wash it properly.

Chickweed

This plant is one of my favourites with its beautiful star like flower. The whole plant can be eaten and is great in a salad or smoothie or just munched on in the garden. This plant is very high in vitamin C, a wonderful antioxidant. It is said to aid in cleanses the body, reduces inflammation and was believed to be the remedy for obesity in the past.

Dandelions

Those things that most people consider as a pest in the garden can make a

wonderful meal. You can eat the whole plant from the root to the petals. And again they have many medicinal benefits. They are high in vitamin C, beta-carotene and calcium. Their juice is said to help with acne as it assists the liver to remove toxins from the body.

Nettles

These are best when harvesting the young leaves but the seeds can also be eaten. A great snack when out on walks to boost the energy levels. Nettle leaves can be dried for tea, blended into a smoothie, made into a soup or lightly heated over a flame to remove the sting and eaten. Nettles are packed with vitamins and minerals and have more vitamin C in them than oranges. They are also high in silica, which is one of the main components to healthy strong bones.

Mallow

This is a common plant all over the country and the leaves and the flowers can be eaten raw. They go wonderfully with salads or can be cooked and eaten like spinach. Mallow is wonderful to relieve constipation, diarrhea and an amazing soother for the digestive tract and good for both dry and chesty coughs.

Elderflower

You'll have to wait until Spring for these delicate magical flowers. They

can be eaten raw in salad, dried for tea, made into cordial or simply placed in water to flavour but they also have amazing medicinal qualities. Elderflower is brilliant for all things respiratory: colds, coughs, sore throats and is even meant to be able to help with hayfever.

Wild Green Smoothie - Serves 2

½ cup of young nettles (full of iron and most other minerals)
½ cup of dandelion leaves (cleansing)
½ cup of chickweed (great for the skin)
½ cup of mallow leaves and flowers (soothes digestion)
1 bunch of elderflowers, destemmed (reduces allergies)
1 apple (aids digestion)
Handful of dates (stamina)
1 tsp reishi mushroom powder (hormone balancing, immune boosting)
2 cups of water
Handful of ice

Wash all your leaves thoroughly and chop everything up and place in the blender, blend till smooth.

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

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



Shaking up Breakfast

Natalie Heath shares some ideas for raw breakfasts plus a couple of recipes for you to try.

Have you found yourself getting stuck in a rut when it comes to your raw breakfast choices? Bored of making the same old smoothies and juices? Are you tempted by less healthy choices just to add variety to your morning meal?

I wanted to share a little about how I vary my breakfasts and ensure I don't get bored, and offer a couple of my favourite breakfast creations so you too can shake up your breakfast time!

To me, breakfast is the easiest meal to make raw; fruits are a natural choice for breakfast owing to their ease of use and energising natural sugar content, plus of course their scrumptious flavours. The abundance of different smoothie and juice recipes you can create from fruits and veggies is almost without number. But what if you get bored of this? Sometimes people like to vary their breakfast choices a little bit more than just what fruit and greens go into their smoothie, and for some folks, a smoothie is great but just not enough to sustain them until lunchtime. For me personally, I'm ok with having a smoothie or shake for breakfast, but like the variety of having different options should I fancy something different or a little more substantial.

Some key raw breakfast ingredients:

- ❖ Buckwheat
- ❖ Raw oats
- ❖ Dried fruit
- ❖ Nuts
- ❖ Seeds
- ❖ Fresh fruit
- ❖ Veggies
- ❖ Superfoods

There are so many options if you want to stick with raw for breakfast. An easy choice is to have a fresh fruit salad, but supplemented with some delicious vanilla cashew cream. Simply soak cashews overnight and blend with some vanilla extract or powder, plus a little pure water or coconut water in the morning and pour over your fruit. The addition of this cream provides fats and protein, which fills you up more, and keeps you satisfied for longer.

Another option is to make a raw muesli. Simply add a handful of raw oats or buckwheaties (raw buckwheat groats that have been soaked, sprouted and then dried) to a bowl, add a couple of tablespoons each of sunflower seeds, pumpkin seeds, shelled hemp seeds, chopped dried apricots or dates, raisins and goji berries, and mix well. Add a splash of raw almond or hemp milk and hey presto, you have a delicious raw muesli in a matter of minutes! To speed things up even more in the morning, make your

dry mix and store in a kilner jar or lidded container. Then all you need to do is pour some in a bowl and add the milk. Easy as using a ready-made muesli but much better for you. Feel free to add other ingredients as well as or instead of those I've suggested. Nice things to try are chopped nuts, chia seeds, dried cherries or blueberries, cacao nibs, shredded coconut, whatever else you can think of! You can top your muesli bowl with some fresh berries or chopped banana for that delicious final flourish. Super quick, filling, nourishing and delicious!

Fancy something savoury? How about some raw dehydrated onion bread topped with tahini, tomato and avocado? Or some flax crackers spread with fermented nut cheese and sun dried tomatoes? Feeling indulgent? Whip up a batch of banana pecan pancakes for a lazy Sunday brunch. Top with sliced banana, blueberries and drizzle with maple syrup. Divine! All you need to do is process the batter the night before and dehydrate overnight so they're ready and warm for you in the morning.

My favourite breakfasts are those that I can prepare in advance and have ready and waiting for me in the morn-

ing. I love my vanilla chia pudding recipe and always have a jar of this in the fridge. I simply scoop some out into a bowl and add some toppings, such as my yummy cherry chia jam, fresh berries, bee pollen, a sprinkle of cacao powder or nibs, or some hemp seeds. I've shared the recipe for this and hope you try it. Another brilliant recipe is my superfood power bars. So quick and easy to make, simply processing all the ingredients together and pressing into a square tin. Then I set them in the freezer, drizzle some melted raw chocolate over the top, slice into bars and store them in the freezer, ready to grab whenever I need them.

The great thing about raw food is that breakfasts and puddings tend to be fairly interchangeable. Yes, that means you can have dessert for breakfast! Now I'm not suggesting you eat huge slices of raw cake every morning or simply munch your way through bars of raw chocolate before the clock strikes noon, but some pudding recipes are quite suitable for breakfast. Think chocolate avocado mousse topped with hemp seeds and fresh berries, or coconut yoghurt mixed with fresh ripe mango and pineapple, or how about making a delicious chocolate and coconut pudding by blending young coconut meat, coconut water, cacao powder, vanilla and raw honey or agave? I love this with raspberries and hemp seeds. Mmmm! Breakfast parfaits can be crafted by layering coconut yoghurt, berries, chocolate mousse, chopped nuts, seeds, oats or buckwheaties for a pretty and delicious treat.

I hope I've inspired you to think outside the box when it comes to ensuring you have a healthy, nourishing, sustaining and exciting breakfast. Look for breakfast inspiration in recipe books and online blogs, on Instagram and Pinterest, and start getting creative in the kitchen. You'll soon come to think of breakfast as the most exciting meal of the day!

Natalie Heath is a Raw Transformation Coach, Raw Workshop & Retreat Leader and Seasonal Yoga Teacher

Find out more at Rawlesque.com
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Vanilla chia pudding with cherry chia jam

Milk

1½ cups almond milk
 ¼ cup cashews
 1 tsp. vanilla
 10 drops stevia liquid

Chia

4 tbsp. chia seeds

Blend all milk ingredients until smooth. Add the chia seeds to the blender and blend on lowest setting for 10 seconds to mix, don't break up the seeds. Pour into a jar and put the lid on. Leave in the fridge overnight and in the morning mix well then scoop some of the pudding into a bowl and top with berries or fruit of your choice, and cherry chia jam if desired.

Cherry chia jam

Cherry juice

½ cup pitted and halved cherries
 ¼ cup coconut water or plain water
 2 tsp. raw honey or agave
 8 drops liquid stevia
 6 drops Medicine Flower Cherry Extract (optional)

Chia

1 tbsp. chia seeds

Blend all the juice ingredients until smooth. Add the chia seeds to the blender and blend on lowest setting for 10 seconds to mix, don't break up the seeds. Pour into a jar and put the lid on. Leave in the fridge overnight and in the morning mix well. Use to top chia pudding, muesli, and porridge, as a dip for fruit, spread on flax crackers, or straight from the jar with a spoon!

Superfood power bars

½ cup unsweetened shredded coconut
 ½ cup raw almonds
 1 cup chopped pitted dates (about 24 dates)
 ¼ cup cacao nibs
 ¼ cup pumpkin seeds
 ¼ cup sunflower seeds
 2 tbsp. shelled hemp seeds
 2 tbsp. goji berries
 4 tbsp. coconut oil
 ¼ tsp. sea salt
 Optional: Melted raw chocolate

Put the almonds and coconut in the food processor and blitz until crumb consistency. Add everything else except melted raw chocolate and blitz again until well mixed. Line a 7x7 inch loose bottom square pan with baking parchment and grease with coconut oil. Press mixture into the pan evenly and place in the freezer for an hour to set. When set, remove from tin and drizzle with the melted chocolate if using. Then slice into desired size squares or bars and store in fridge or freezer. ❁



Living a Life Less Toxic



Faith Canter loves teaching people about the benefits of living a less toxic life - for their own health and well-being and that of our beautiful planet as well.

I suffered many years of illness, including insomnia, IBS, food intolerances, headaches, fatigue and depression and ME/CFS. I became very unwell, spending most of my time in bed. Today, I have not only recovered from ME/CFS, but from all my previous ailments as well. I feel more alive, well and happy than I ever thought possible.

How did I recover? From using a whole life approach, addressing the toxicity of my mind, my body, my home and my overall environment. I started daily guided meditations and visualisations, whilst changing the way I talked about myself and others. I replaced all my skin, hair and home products with natural and healthier alternates. I healed my gut, through detoxing my system and adding in high nutrient and probiotics foods and drinks, such as raw and fermented foods. Once I was well enough to venture outside more, I started earthing myself daily, which really helped to keep me grounded and reduced the effects of our electrical age. I also de-cluttered my home, stopped putting my self-worth in the things I owned (or didn't own). I de-cluttered my relationships, eliminating or greatly reducing my access to negative people. And I started watching and reading only inspiring and empowering books and TV. It soon became apparent to me, once we start to detox our own lives we soon find we are helping to detox the planet as well... bonus!

We can all make a few simple and easy changes to our daily regime, like daily meditation and practising correct breathing, body brushing, swap-

ping skin and hair care products for natural versions, drinking more water and less energy drinks and reducing processed foods from our diets and adding in more raw and fermented foods can have a huge impact on overall mental and physical health. Remember that every tiny little positive thing you do for your body or mind really does help, even if you can't feel it to start with, it's all making a difference.

For instance, it's believed we absorb around 60% of what we put onto our skin, so switching to natural products has a big positive impact on our body's toxic load, leading to increased mental and physical health and vitality. I am aware that some of the more natural products can be expensive, however it's cheap, easy and fun to make your own so here are some of my favourite recipes:

Room/Body Spray

Ingredients:

One spray bottle
Purified water
20 to 30 drops of essential oils of your choice
2 drops of a clear spirit (if you want it to keep a little longer)

Directions:

Fill bottle with water until almost full
Add essential oils
Add spirit
Put lid on and shake
Make sure to shake well before each use

Skin Cleanser

Ingredients:

50ml filtered water
2 ½ tsp witch hazel extract
4 drops lemon essential oil
4 drops juniper essential oil
Bottle or jar

Directions:

Put all ingredients into your chosen bottle or jar and shake well to mix.

Put some of the mixture onto a cotton pad and apply to skin.

You can substitute lavender essential oil for the juniper oil, but do not add both.

Shampoo and Conditioner / Body Wash

Ingredients:

1½ tsp guar gum
A selection of essential oils (totalling around 20 drops)
240ml filtered water
¾ tsp melted coconut oil

Directions

Choose the essential oils you would like to add to your conditioner. I like 5 drops of tea tree oil, 5 drops of lime

oil and 10 drops of grapefruit essential oil. This makes a lovely, fresh, invigorating and anti-bacterial conditioner.

Weigh out and add all the above ingredients to a blender, mixer or even a smoothie maker. Add the water first before the other ingredients so that they don't have a chance to settle at the bottom.

Blend until there are no lumps (this takes less than one minute).

Transfer to your chosen bottle.

Antibacterial Kitchen/Bathroom Cleaner

Ingredients:

One spray bottle

Purified water

20 to 30 drops of essential oils of your choice (especially tea-tree, citrus, mint or lavender oils are recommended for their cleaning and anti-bacterial properties)

White wine vinegar

One lemon or lime

Directions:

Fill the bottle $\frac{1}{3}$ of the way with vinegar

Then fill the other $\frac{2}{3}$ of the bottle with water (leaving enough room for the oils & juice)

Squeeze a whole lemon or lime into a bowl and then pour (the liquid only) into the bottle.

Add your selection of oils and shake well.

Make sure to shake the bottle before each use.

Do not use on seals around baths and sinks as the vinegar can eat away at these.

Deodoriser

Ingredients:

Bicarbonate of soda

Old Shake n Vac pot, talc pot or jar
20 to 30 drops of essential oils

Directions:

Fill your selected container $\frac{3}{4}$ full of bicarbonate of soda

Add in selected essential oils

Shake really well to avoid lumps

Sprinkle on carpets, fabrics and in cars and leave for a few hours or overnight

Vacuum as normal

Faith is an author, health and wellbeing coach, therapist, nutritional consultant, food intolerance specialist, raw food and fermenting expert, and environmentalist. She supports other people along their path to regaining not only their health, but getting their lives back too. She sees one to one clients, works with businesses, leads workshops and does demos and talks on living less toxic lives. This includes our toxic thoughts and feelings, bodies, foods, cosmetics, cleaning products, homes and the environment as a whole.

For more information on her whole life approach to detoxing check out her website/blog or her Amazon bestselling book *Living a Life Less Toxic*.

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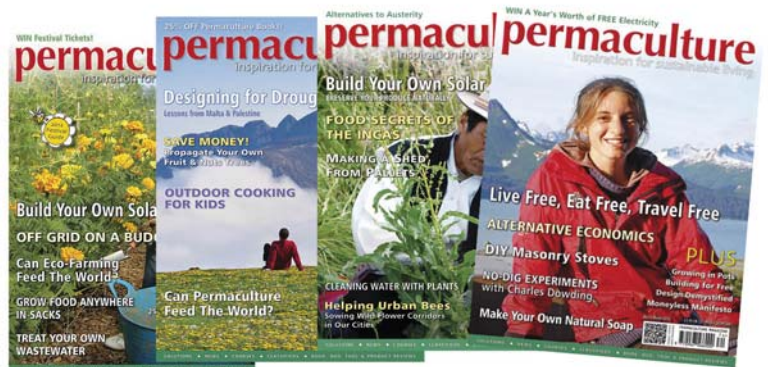
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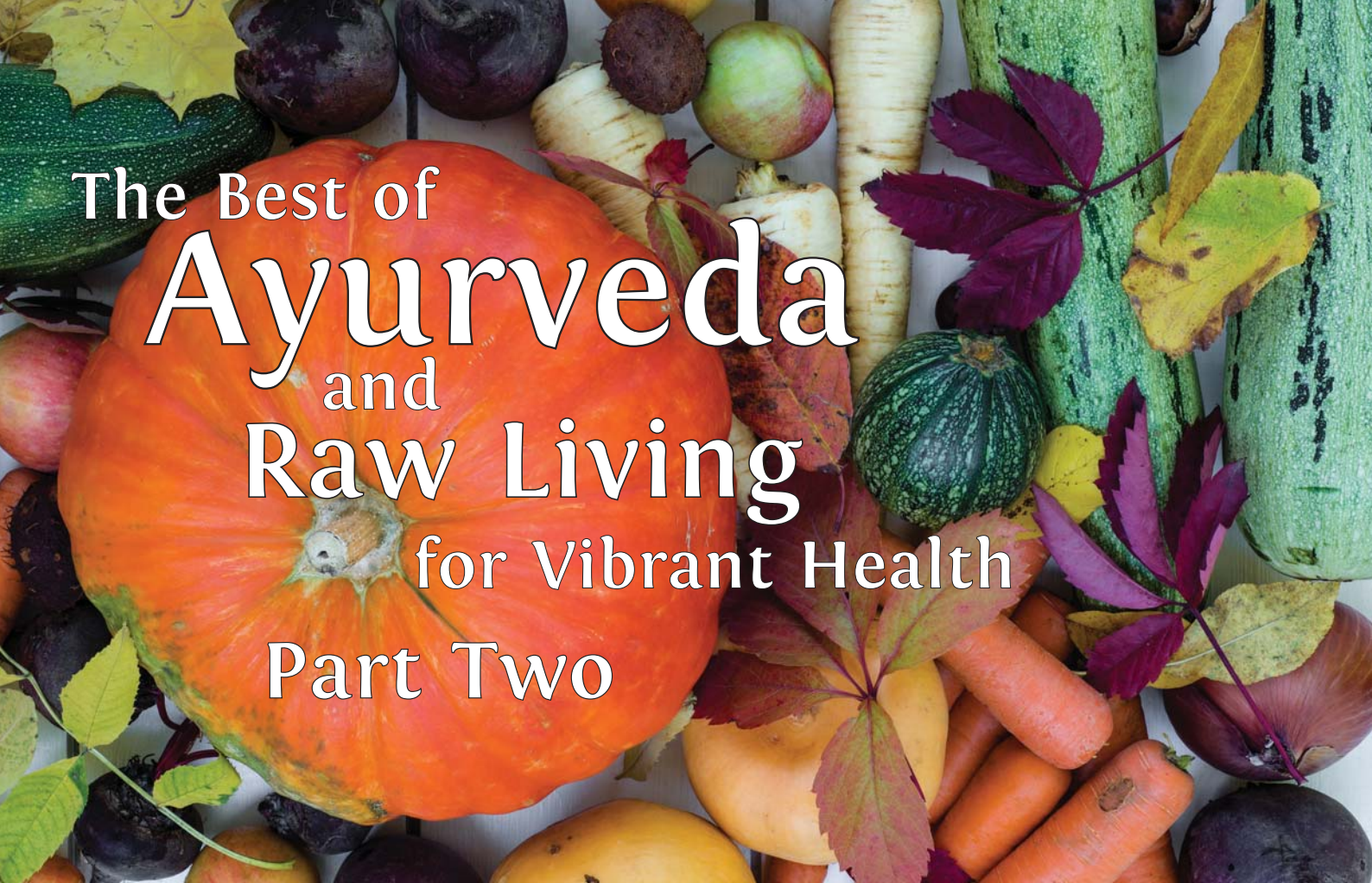
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The Best of Ayurveda and Raw Living for Vibrant Health Part Two

This issue **Lucy Fleetwood Davis** looks at the **Pitta Dosha**.

Last issue I talked about the Ayurvedic doshas – *Vata*, *Pitta*, *Kapha*, that define the type of constitution we have, giving an introduction to the *Vata* dosha. This month I will take a deeper look at the energetics behind the doshas, and introduce the *Pitta* dosha, explaining why raw food is so good for those with a *Pitta* predominance.

The Energetic Principles Underlying Ayurveda

Ayurveda looks at nature to understand human beings, viewing us as *part* of nature. According to Ayurveda, there are three main forces in the universe - *creation*, *preservation* and *destruction*. These are represented by the *Sun*, *Moon* and *Wind*. These forces are seen as governing all the processes of nature which we are a part of.

The philosophy behind Ayurveda is rooted in the *Vedas*, the Hindu sacred writings. In the *Vedas* these basic functions are the actions of the three main Hindu Gods, *Brahma*, *Vishnu*, and *Shiva*.

Everything in the universe is in a state

of flow and these functions allow this flow to take place - things are born, they grow and they die.

The *Vedas* also express the view that the universe is made up of two substances. One is material and visible, the *elements* – *fire*, *earth*, *water*, *air*, *ether*. The other non-material and invisible, the *gunas* - *Sattva*, *Rajas* and *Tamas*.

The *gunas* are types of energy that come together in different proportions to make up the material, visible substances, *elements* – *fire*, *earth*, *water*, *air* and *ether*. Different combinations of the elements form the *doshas*, along with the characteristics of the basic forces represented by the *Sun*, *Moon* and *Wind* – *creation/transformation*, *preservation/cooling*, *movement/destruction*.

The energetic qualities of the *gunas* and the elements they make up are seen as underpinning everything we see around us. They manifest in human beings, along with the fundamental processes - *creation/transformation* represented by *Sun*; *preservation/cooling* represented by *Moon*;

movement/destruction represented by *Wind*, to give us our underlying energetic form that accounts for our type of temperament, constitution and behaviour.

Last month I touched on how a *vata* predominant person will tend to live a life with lots of movement in it, and have a mind with lots of ideas and creativity. When in balance they will have a spaciousness and lightness about them that allows them to be flexible and joyful, but when out of balance they can become 'spaced out, speedy and anxious', and these symptoms if allowed to continue in an unbalanced state, can lead to breakdown. The breakdown could manifest as exhaustion and collapse or an actual breakdown.

These tendencies can be related directly back to the energy underpinning *Vata* dosha – *air* and *ether* elements representing movement/space, *Sattva* guna representing light/purity/creative intelligence, and the basic force of *Wind* that corresponds to *Vata* – movement and destruction. When the qualities of the *gunas/elements* are in

balance, they manifest in a life enhancing way, when out of balance they can manifest in a destructive way.

Everything in the universe is seen as having these energies underlying them at an energetic level. By understanding the energetic qualities of the food that we eat, the actions we take, the choices we make, we can influence the type of life that we create for ourselves. Effecting how we feel physically, emotionally, and psychologically, as well as how we influence the environment around us and the communities we are part of. The food we eat plays a large part in this.

Pitta Dosha

Pitta is underpinned by the element of fire that is made up of *sattva* and *rajas* gunas. It corresponds to the basic force of Sun – creation/transformation.

People with a predominantly *Pitta* constitution have the heat and passion of fire, the creativity and transformative processes of the Sun combining with the light intelligence and purity of *sattva* and the active quality of *rajas*.

When in balance they will be passionate, warm, creative and ambitious with the energy to accomplish what they set themselves to. They will have a penetrating mind, creative intelligence, good digestion and staying power.

When the *Pitta* dosha is out of balance the person with a strong *Pitta* constitution can tend toward anger, break out in skin conditions that irritate, feel frustrated and bad tempered, get indigestion and be prone to developing ulcers.

Pitta governs the transformative aspect of digestion, turning food into energy. Of all the doshas *Pitta* predominant people have the best digestions, when in balance.

It is good for strong *Pitta* types whose *Pitta* constitution is going out of balance, to eat foods that are cooling, grounding, stabilising, dense and mild – the opposite qualities to that of *Pitta*.

It would also be important that if *Pitta* dosha is out of balance, the person

avoids caffeine, alcohol, and spicy, salty or sour foods. If you relate to this and can't avoid these foods you can calm them down with mint, cumin, fennel or coriander.

An out of balance *Pitta* constitution is like a fire out of control, it needs to be calmed down! So think raw salads with avocado, cucumber, fresh coriander, drizzled with coconut and lime dressing.

A good way for *pitta* types to regain and maintain balance is to eat raw food that is balanced, energizing and includes good whole carbohydrates. The food doesn't have to be raw, but raw is good, the energetic quality of the food that we're looking for is cool, grounding and calming, and raw can be all these things.

Green foods are particularly good, served with wild rice, cous cous or quinoa. Coconut is also a great balancer for *Pitta* types, in all its forms.

These foods ground the body and balance the digestive fire, which in turn leads to calm emotions, with anger soothing back to warmth and joy.

A great breakfast for those with a *Pitta* constitution is a funky fruit salad of sweet apples, blueberries, red grapes, sweet pears mixed with coconut and oats and drizzled with sweet apple juice. Or make a smoothie with sweet fruit, mint, kale, almond milk and a handful of oats. Adding a sweetener like coconut nectar or xylitol if you think your blood sugars levels are a problem.

The tastes you're looking for to balance *Pitta* are sweet, bitter, astringent. For sweet think grounding vegetables – squashes and root vegetables, sweet apples. For Bitter you could forage some young dandelion leaves or eat kale and collards. Cumin, Saffron and Turmeric are great spices to add some bitterness to your food. Astringent tastes can be found in tart apples, dill, fennel, parsley, cranberries, some legumes like lentils, chick peas and adzuki beans.

How we eat is as important as what we eat. *Pitta* needs three consistent meals a day in a peaceful environment.

The important thing for all of us is to

start to develop a relationship with our food in terms of qualities. In this way we can start to sense which are the right foods for us at any given time, depending on whether our predominant dosha/s are in or out of balance.

The six main tastes that give us different energetic qualities are: sweet, bitter, astringent, pungent, salty and sour. *Pitta* constitutions need to minimise the last three.

In the next issue I will focus on these six main tastes and the energy of different foods in more detail, and introduce *Kapha* dosha.

Recipe to calm Pitta dosha

Wild Rice Salad with lime flax dressing

For the salad

1 cup wild rice
½ cup cous cous
1 cup chopped black olives
½ cup finely chopped celery
1 cup grated carrot
1 cup diced cucumber
½ cup finely chopped dates
½ cup sweet grated apple
1 cup of finely chopped fresh mint and parsley
1 tsp crushed cardamom seeds
½ tsp turmeric powder
½ cup blanched, peeled and sliced almonds
Salt and black pepper to season

Cook the rice and cous cous and mix with everything else

For the dressing

¾ cup flax oil
¼ cup lime juice
2 tsp lime zest
1 garlic clove pressed
1 tsp sweetener

Combine and drizzle into the salad.

Lucy has a new website

www.peacefulbelly.co.uk where you can take a quiz to find out which is your predominant dosha or doshas. She will also be putting up lots of free stuff about how to live an ayurvedic lifestyle for optimum health. Lucy also has a newsletter called Peaceful Belly to support people to incorporate an Ayurvedic approach to their life and health. If you would like to receive this email her at lucy@lucyfleetwood.com ✿

Why I'm No Longer a Raw Foodist

Why would juicing stop you from eating raw food? Liz Bygraves explains all!

For several years, from 2002 onwards, I was on a pretty strict raw food diet. I would say that I ate about 80% raw food which, whilst it isn't approaching the 99% attained by some extremely disciplined folks, is pretty raw.

My body loved it – my skin was clear and glowing, I felt wonderfully detoxed, clear and flexible on an almost constant basis. Whilst, unlike so many raw foodists, I didn't experience a rise in energy levels (other things helped this), it felt like my body *loved* raw food.

For quite a few years, I myself (body aside for the moment) also loved eating raw food. I enjoyed experimenting with new recipes, using my dehydrator, making raw versions of cooked food, eating lots of greens and fruit. I didn't massively miss cooked food. Of course sometimes it would have been

nice to go for an Indian, be less awkward at dinner parties etc. But I met new friends through it, and my existing friends were wonderfully tolerant. Many of them even admitted they could see how much it suited me.

However, it did get harder over the years – I started to miss cooked food more, wanted to be able to join in when I ate out at restaurants with friends, got a bit tired of the discipline required.

Plus, and this was probably the biggest cause of the shift to a diet that included less raw food – about seven years ago my brother very generously bought me an Oscar juicer for my birthday. I hadn't really looked much into green juicing before then, but now I started to experiment and it was a revelation. I found that if I drank a green juice several times a week, I could get away with eating

considerably less raw food and still have the same glowing skin, detoxed feel etc.

Now some raw foodists will decry the desire to get away with anything. Eating a healthy diet is not about getting away with something, they might say. Discipline, dedication and sacrifice are part of the deal. To an extent, I might agree with them – we're never going to get healthier if we aren't prepared to at the very least cut down on our burger and chip intake (and that's just the starting point of course!).

However, I'm fallible and imperfect, I have cravings and desires for things that may not massively suit my body, but they suit my tastebuds and my lifestyle. And having a good quality juicer enabled me to compromise without affecting my health. If I incorporated green juicing into my lifestyle I could go out for that occasional



Indian meal, eat gluten-free bread, eat a portion of my daily diet as cooked food, and my skin still glowed, I still felt detoxed and healthy.

I didn't go overboard, I still had a big salad most days (though I've never been able to eat a big green salad without adding in beans or fish, even in my 80% days). And apologies to vegans and the fish – I know it's cruel, and I wish I didn't do it, but fish is a hard one for me to give up and does contribute towards me being healthy.

I still didn't eat wheat, only extremely occasionally ate the tiniest bit of dairy, I very rarely consume sugar, I ate a fair amount of fruit (less so nowadays simply because I don't particularly feel like it that much). And of course, I ate chocolate! All in all, compared to most people, it was still a strict and extremely healthy diet. But it was SO wonderful not to have to be as strict as before to achieve good health.

And several years later it's stayed that way. My diet now is a green juice 4-7 times a week, a big salad most days, gluten-free bread, some fruit, some chocolate, lots of coconut oil, olive oil, flax oil, supplements, herbs and superfoods (muscle-tested by kinesiologist Ella Owen), lots of water, occasional crisps or chips, some nuts and seeds, meals out say two times a month, tofu etc. This is what my body

is ok with, and I'm (usually) happy to give it to it. If my diet starts to get too cooked, my body tells me, mostly in the form of blotchy dull skin. For vanity's sake, I am then pretty quick to return to what it wants me to eat!

So what's the point of writing this article? Well, I guess first it's to dispel the myth that I'm still a strict raw foodist. (Even my brother, whom I regularly stay with, has taken forever to get this, and he was the one who gave me the juicer!)

Secondly, to show that there may be more than one way to skin a cat, so it's worth a bit of experimentation.

Thirdly, to communicate how unique each of us are, and therefore what unique diets each of us needs. I personally DO need a very strict diet to stay healthy, at least at my present stage of evolution – maybe one day I can happily exist on just chocolate because I have evolved to such a level that what I eat doesn't affect me! Or maybe not....

For myself, I need the kind of diet described above to stay healthy, but one of my best friends absolutely thrives on an ayurvedic diet suited to her dosha type. (Traditionally, Ayurveda seems to have frowned on eating much, if any, raw food, though apparently they are coming around to

green juicing – the panchakarma detox centre my friend goes to in India now recommends that everyone has a daily green juice). Another friend has had to exist on a very limited diet for the last couple of years because of severe health problems – an example of how our dietary needs can change over time. Another friend has to follow quite a strict anti-candida diet to keep her digestive system functioning properly – sweet food and alcohol are pretty much entirely off the agenda. I could go on since I have a lot of friends for whom healthy eating is central to their health (birds of a feather flock together and all that). Other people can of course be much less strict than myself and my friends and still thrive pretty well.

Eating well for one's own particular constitution requires research and experimentation, attention to what your body is telling you, listening to other people but not handing over one's authority to them. It's also about finding the right balance for each of us between a perfect diet and how much we can and want to compromise.

This article was first published on Liz's website at sweetsensations.uk.com. Here you will find recipes, ebooks and an online shop selling raw chocolate and raw chocolate ingredients. ❀

Balance in Diet - Comment by Rob Hull

Reading Liz's article inspired me to add a few comments of my own. One of the most important things I realised is that there is no point living a long disease free life if you are not enjoying yourself. While personally my path is different to Liz, I have relaxed with regards my diet a bit over the years. In my day to day life I still eat mostly raw, but I do eat some cooked food when eating at friends houses or in restaurants. When I lived in London, being raw was easy, there were several raw places to eat out, regular raw potlucks and a lot of my friends

were raw. Things are different here in Portugal! Of course, the fresh fruit and veg is amazing, but there is no community of raw fooders like in London, and no raw food restaurants or cafés.

Sometimes cooked restaurant food has inspired me to make new raw food dishes - after eating a delicious chocolate mousse I found that the cooked recipe was already partially raw and easy to convert to fully raw (recipe in issue 24 or on my blog www.rawrob.com/raw-chocolate-moose/ - contains raw eggs).

For me the important thing has always been to "Eat More Raw" (the title of a book by Steve Charter), not attempting to be strictly 100%. Over time I've found out which foods are particularly bad for me: wheat and pasteurised dairy. Plus I avoid fried food as that is particularly bad, even mainstream newspapers reporting that it can cause cancer. And I tend to avoid starchy foods like rice and potatoes. So armed with this knowledge, I can usually find something to eat which I will enjoy and won't make me feel bad later on or the next day. ❀

Ibogaine:

A Unique and Powerful Plant Healing

Holly Paige discovers the iboga plant and how it can heal drug addiction and provide a transforming experience.

In May this year I visited an exceptional ibogaine treatment centre in the fascinating country of Mexico. Having seen ibogaine's extraordinary power to change lives for the better I am eager to spread the word about this incredible plant medicine and offer advice to people who may be interested in experiencing its benefits.

20 years of psychotherapy in one night

In recent years I have heard many stories from people who have sought personal transformation through therapeutic use of the iboga plant, which contains the active ingredient ibogaine. In most cases the complete iboga root is used. It is ground up and encapsulated to be swallowed this way. Iboga is a plant that grows in central western Africa in the areas of Gabon and Cameroon. There is a long tradition of it being used there for healing and initiatory purposes.

Iboga or ibogaine also has a specialist use, one that is increasingly relevant in the modern world. In the early sixties its addiction interrupting properties were discovered by accident, so the story goes, by a New York heroin addict, Howard Lotsof. He went on to be one of the pioneers in spreading the word about its power to heal in this way. I will go on shortly to make the crucial distinction between using iboga root and extracted ibogaine. Amazing as it is that ibogaine will interrupt many addictions, it's greater value is the way it also deals with the

trauma that underlies most addictions. This is the beauty of ibogaine. It not only interrupts addiction and withdrawal symptoms but deals with the root causes. It's true that there are cases where people become addicted to prescription medications and just need some help to kick the habit and in these cases ibogaine can do its work of comfortably lifting this dependence.

Ibogaine is a psychoactive substance. During an ibogaine session, after ingesting the medicine, the patient enters into a dream like state and encounters visions. They experience a clearer view of life events which enable them to come to terms with them and move on. They may experience other guidance. At the same time there is a brain reset. Opiate and neurotransmitter receptors are normalised for a new start.

Interestingly, nicotine is an addiction that is, more often than not, not shifted although it happens in about 40% of cases. It is one of the most addictive substances known, but, to be honest it is not the priority for most people coming for treatment. The director of the ibogaine centre I visited tells how, after an ibogaine session, smokers will often light a cigarette even if it makes them nauseous at first, simply because they want to smoke, their primary addiction having been dispensed with. On the other hand, there is a very high percentage success rate with alcohol and other drugs.

Ibogaine versus iboga

As described, iboga is the name of a visionary and healing central west African plant. Ibogaine is the chief therapeutic constituent found in the root of this planet. The question often arises in holistic circles whether it would be better to use the complete root of the plant rather than an extracted constituent. It is true that there are other active ingredients in the iboga root but there are also a lot of toxins. And do we really know what the other chemicals are and what they do? In the case of milder doses for some kind of shamanic journey, iboga root may be a choice for some. In larger unmeasured doses it is not without risk. Even for psychotherapeutic use it is wise to measure the dose. In the context of the modern world, many of our problems, for example with manufactured drugs, are far from being natural ones; we are well off that path. Extracting the ibogaine from the iboga plant not only eliminates toxins but enables a measured dose to be given, to achieve the best results. The highest quality extracted ibogaine known as ibogaine hcl is produced by only one company which is located in Canada. They supply only to approved practices. By using this it can be certain that it is genuinely pure medical grade ibogaine.

To deal with an immediate and serious problem such as drug addiction it is essential to generate what is called a 'flood dose' in order to push out artifi-

cial opiates and other foreign chemicals and restore natural opiate functioning in the brain. The dose must be neither too small nor too large. It is based on the patient's weight and is precisely measured. The medicine is put into a number of capsules for the patient to swallow shortly after which the visions will begin. In this way ancient wisdom meets modern medicine.

It's a family affair

The clinic I visited, recognising that an individual's emotional issues involve their families and loved ones especially when it comes to drug addiction, allow a family member, for example spouse, girlfriend or boyfriend, sibling or parent, to attend with the patient. This not only provides familiar support but enables the relative to make an appropriate transition themselves. Behaviour towards the patient that may have been appropriate or even necessary before treatment may be completely inappropriate and even detrimental afterwards. The resident psychologist explained it to me vividly with the following example. Ordinarily if a family member disappeared into the bathroom for far longer than it needs to take a bath or shower, steam coming out of the door etc, we would enquire if everything was okay. In the case of a newly recovering heroin addict this might come across as distrustful probing and it would be counter productive. In time interactions will return to normal levels and hopefully will be healthier than before the trouble started. This particularly applies to parents who will need to move out of dysfunctional patterns that have developed to a healthier wiser parent child dynamic, reflecting the new situation. There is ample opportunity for this and help at the ibogaine centre I visited if you are open to it. Something I noticed is that when people take ibogaine, their thinking changes and their use of language tends to become more positive and they become more aware of their behaviour. For the patient to sustain this change it is helpful if loved ones become more aware too.

Ibo plus

After treatment there is another interesting option which is the supplement

ibo plus which contains B vitamins and tiny amounts of ibogaine to support progress for the coming weeks and months. Although ibogaine treatment produces powerful and long lasting change, it is well known in the field that in the chemical effects of an ibogaine dose dwindle after a few months. For this reason, some people choose to take a refresher dose at six months. The ibo plus helps things go more smoothly, it nourishes the neural system and energises the patient. With my passion for what I call 'entheogenic nutrition' this kind of supplementation makes complete sense. I think we could all do with something along these lines. If humans did not feel a need for biochemical help in their current state then even coffee and beer would not exist, also the other drugs that people turn to in an attempt to self-medicate.

Ibogaine treatment is a medical procedure

A nonjudgemental and nurturing environment is an important quality in a clinic; this is medical not 'rehab'. On this note, proper precautions should be in place. Ibogaine treatment is very safe as long as it is done properly. Tests need to take place prior to treatment to ensure that heart and liver functioning are healthy. Also there needs to be a supervised wait beforehand to make sure that no substances that could be dangerous in combination with ibogaine are in the system. In the case of drug addiction withdrawal symptoms can be lessened by using fast acting substances that leave the system quickly, such as morphine, so that it's safe to take the ibogaine. Once treatment begins, dependence on morphine and any other drug is over of course. A licensed medical facility with a resident medical doctor can procure necessary medicines legally. Interestingly some patients start to voluntarily detox before even arriving' maybe with help on the horizon and sense of purpose to heal this becomes possible.

Ibogaine is the best solution in the world we know of for these kinds of issues

Modern life, with its stress, unnatural living conditions, broken communities, negative media, and junk foods and medicines seems to be causing

increasing trauma. There is a growing and pressing drugs problem in most countries of the world. Without going too much into the politics of the situation, it's tragic to see young people, many of whom are struggling to fit into an insane society, be brought down this way. The proposed solutions to drug addiction are equally horrifying. In Britain for example the solution for heroin addiction is to substitute methadone, an even more addictive drug which takes longer to leave the system. Meetings are offered which no doubt many people find tiresome to attend. Classic rehab is notoriously expensive and seldom effective. Frankly, treatments of this kind remind me of everything about our society that makes people want to take drugs in the first place. Ibogaine is emerging as the best solution in the world to this problem, what's more it's the natural solution. Having reached this conclusion, the next question is "Where?".

In Britain my enquiries revealed nothing in the way of a professional facility that would compare with what I found in Mexico. I came across ibogaine centres in New Zealand, the Netherlands, Costa Rica and other places, you can do your own research too. The USA is one of the very few countries where ibogaine is illegal. In the sixties, it got piled in with a bunch of other psychoactive substances, some of which are therapeutic too, which seemed like a danger to the functioning of society. This does seem like a bit of an anomaly considering its powers to shift addiction to dangerous and illegal drugs.

Some of the points I would look for when choosing ibogaine treatment are:

- ◆ effectiveness – do they have access to ibogaine hcl
- ◆ safety – is it a registered medical facility, is the patient monitored throughout treatment, is there a medical doctor and a clean record.
- ◆ quality of care and after support for patient and family
- ◆ location – is it somewhere conducive to recover and appealing to visit?
- ◆ is there an opportunity for a family member or loved one to attend

◆ price – is it reasonably priced. Where I visited had the most reasonable rate I could find and included a private en-suite room, full medical care, food available all day, ibogaine hcl and recovery in a beach front house. If a facility costs a lot more, one might ask for what?

Some people wonder about obtaining ibogaine and self administering. To be honest this is very unwise. Although if done properly ibogaine treatment is safe, the use of an effective dose requires tests beforehand and monitoring throughout. After support at an appropriate location makes all the difference. In fact its noticeable that people who stay longer do better long term. Personally I would not want to put myself or anyone I love at risk in this way. Although it may seem like a novel idea, medical tourism of many kinds is becoming increasingly popular as people seek medical treatment of their choice at a price they can afford with the opportunity to take a break from their usual surroundings in order to heal. With this particular treatment all these considerations particularly apply. The favourable exchange rate for people in Britain makes this kind of travel even more appealing. The effort and commitment involved in travelling makes a good outcome even more likely.

The Wild West of Ibogaine Treatment

Given that ibogaine has been illegal in the USA since the 1960's and also the American character of enterprise, many ibogaine clinics have sprung up in the area of Northern Mexico known as Baja California, just below the American border. These service mainly US nationals but are also open to those from elsewhere. This region is one of the top in the world for medical tourism of numerous kinds. We have to beware though, although it is an ideal location and there are some wonderful medical facilities in the area, there are some unscrupulous operators in the ibogaine business, who take advantage of the desperation of the situation and members. To confuse matters more, these may be the very ones who are spreading unsavoury rumours about reputable clinics. It is not the place here for me to report on what I have heard about

these clinics, all I can say is do your research and preferably get a recommendation from someone who has actually been to a clinic.

Of course this is a medical treatment, but afterwards it can turn into a bit of a holiday, not of course gallivanting around the town, although horse riding on the beach is very therapeutic! It is a time to reflect and integrate the experience into a new life.

Is Ibogaine a panacea?

Yes and no. It certainly reliably shifts many addictions and does the work of years of psychotherapy. Finding a way of living in a world that often does not readily meet human needs and desires and that interrupts our mental processes in an unnatural way, is a challenge that we all face, and we all deal with in our own unique way. Personally I would like to see more knowledge disseminated about human nature and how to meet our needs.

Exercise particularly walking in fresh air, fresh natural wholesome nutritious food, plenty of good quality water, relaxation in nature, connecting to the natural electricity of the earth and so forth are basic physical needs. Our mental patterns can make or break us too. We need to let the past go, enjoy what we have now and look to the future where all the opportunities wait for us. It's so important to have a vision and dreams, a worthwhile sense of purpose, and achievable goals that reflect these. Working step by step towards these goals is immensely fulfilling. Delayed gratification, i.e. work before pleasure actually keeps dopamine levels healthier. Life is not always easy but it's worth it. It is a precious gift and we live on a beautiful planet. My daily comfort is in the knowledge that there is divine intelligence and renewing power in the life-force and we can tune into it.

In Mexico, after visiting the ibogaine centre, we travelled down to southern Mexico and relaxed in the tropical beauty there for a few days. We ate warm nutritiously ripe tropical fruits, visited ancient Mayan sites and were given a tour by a Mayan guide. He showed us edible and medicinal plants in the jungle and incredible streams and waterfalls. This would be

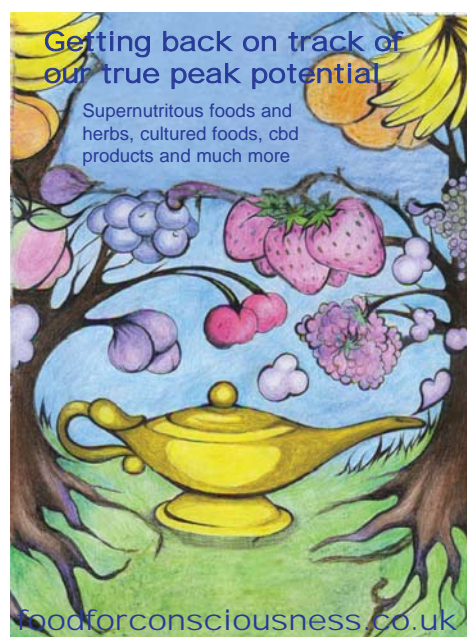
a wonderful way to integrate an ibogaine experience and get a full 'factory reset' in a natural paradise, if this is your kind of thing. Mexico is a wonderful place to visit. It is stunningly beautiful, very varied and not overrun with tourists. There is a strong indigenous culture in parts of southern Mexico too and we found Mexican people there to be very helpful and friendly. Southern Mexico is in the 'chocolate belt', the region between the latitudes 20 degrees south and north of the equator where cacao trees can grow. In ancient Mexico there was a vibrant chocolate culture which is the inspiration for the drinks we make and supply at Food for Consciousness.

Get in touch

I have emerged from this exploration massively encouraged about how humans can be helped to get back on track. I am more than happy to discuss with anyone interested. If you would like to know more about ibogaine treatment please email me at holly@foodforconsciousness.co.uk or call me on 0117 230 7666. If you give me a phone number and tell me a good time to call you then I will do so.

You can find out more about ibogaine at Holly's website ibogainestates.com

Holly also runs Food For Conscious. They have a new upgraded, easy to use website with foods and drinks, supplements etc plus some new exciting healing remedies at foodforconsciousness.co.uk



A Plant Based Transition

Sarmado Sibley shares his story of life as a chef and how he came to discover healthy raw foods.

It really wasn't a conscious choice. Life in the kitchen started for me when I was fifteen years old. At school we had the opportunity of work experience and as I was studying home economics I was fortunate enough to be placed at one of the country's leading restaurants, one of only five establishments which had received the coveted Michelin star status.

It was like another world, with polished copper pans, intense heat, adrenalin, creativity, passion and a lot of swearing!

I remember my first job making spinach parcels and nervously presenting them to the head chef under the heat lamps and pressure of the restaurant service.

The attention to detail and precision the chefs had mastered was remarkable.

I wanted in.

Every day was like being in either a laboratory or Willy Wonkas chocolate factory. The daily delivery of boxes through the kitchen doors for me was jaw dropping... bright fragrant packages of fruits & vegetables from Rungis market in Paris, Artisinal cheeses packaged in straw from small producers in France, Wild mushrooms arriving in baskets held by local foragers, prized truffles flown in from Italy, not to mention all the other high end luxury foods like Foie gras and caviar (both I now feel should be banned entirely from consumption) from the Caspian sea.

And we used them all in large quantities... cooked in butter, cream & every variety of oil you could think of.

This was gourmet and at the time the highest standard of cuisine or at least what I had ever even seen or heard of.

It was the emergence of 'Nouvelle Cuisine' which was both minimal in presentation and quantity, a new form of culinary art.

The 'Celebrity Chef' had yet to be born and these kitchens were run on fear, testosterone, alcohol, drugs and copious amounts of caffeine.

Your test of commitment and courage to deliver in an environment based on lack of sleep and poor diet was tested to the max.

Yet with all of the above the sense of camaraderie, discipline and teamwork were second to none.

It's true to say that being a chef has to be a passionate affair. It's lifelong. It's in your blood. It's something you eat, sleep and breathe.

It's the difference between a chef and a cook.

Constantly creating you feel it coursing through your veins and the satisfaction gained from achieving a dining room of elated diners is beyond comparison.

However it was taking a toll on my health.

The combination of poor diet, stress, alcohol & drugs mixed in with little sleep were taking their toll.

By the time I hit thirty years of age I'd worked with celebrities, some of the UK's leading chefs, catered on film and television sets, managed catering for two leading national newspapers and set up an organic events catering company delivering foods for the media industry.

I was cooked. Literally!

There had been times in my career when I'd nearly been hospitalised with an acute form of eczema and I was now exhausted.

The restaurant scene was no longer appealing and I wasn't feeling either inspired or motivated.

In 2005 and after a divorce I felt the urge to visit India. It was a journey that changed everything.

I was introduced to the role of spices and their healing benefits through the ancient tradition of Ayurveda. I began a meditation practice which I continue to this day and later went on to study and learn the benefits of Michio Kushi's work 'Macrobiotics'.

Suddenly life was once more becoming exciting and the inspiration was coming back.

My mind was becoming clearer and my levels of stress and anxiety were vanishing.

I dropped animal products from my diet almost immediately and experienced the most radical shift in my energy and clarity over my life direction.

Soon after a detox in Thailand and tasting raw living foods for the very first time there was an immediate shift in my attitude to food. It was amazing!

The body felt light, I felt happy, motivated and inspired.

After attending a course with Andrew & Angela Davis in Glastonbury I was hooked. There was no turning back.

It never occurred to me that I could eat foods that could benefit every area of my life. Mentally, physically, emotionally & spiritually balance could be restored.

Now things were going to get very exciting.

In the next issue I will share how to keep motivated with a raw living lifestyle

Find out more and contact Sarmado at his website: www.rawlovelife.com ✿



How to Stop Unconsciously Sabotaging Our Goals

Fiona Robertson shares a coaching call where she discusses: Why can't I stay eating Raw Food, why do I always dip in and out, cheat and stray from what I know is best for me?

Will power simply was not working any more.

Do you ever have the feeling that its just too hard, or you cant get the feeling and the energy you had to begin with. Eating in a certain way like with raw food can be very rewarding, and it can also cause us to look deeper at what is unconsciously sabotaging our hardest and best efforts to remain eating healthy and with more raw food.

I have been there and I totally understand. I remember saying to myself "why can she do it so easily and not me?"

I so wanted to be happy for everyone who said they found it easy, to stick to a healthy raw diet and get all the benefits. I said I was happy for them. But deep down, my heart was sinking. I thought: "What's wrong with me?"

As it turns out, there was absolutely nothing wrong with me. I just had to learn a few more things to make that leap and experience to stay on a healthy diet and ditch the crisps (that was my vice).

And I had to make few sacrifices.

Let's be honest. Feeling great about yourself and keeping to the plan comes at a cost. I had to acknowledge the grieving process (sorry crisps, I'm dumping you, we're over) and establish some new more joyful ground rules for myself. As will power simply was not working for me any more.

Here is what I had to sacrifice to go from feeling "That will do" to being able to value myself and what I deserved really, to get to feeling fabulous about myself, I have everything I deserved, quality over quantity and believe that more was available too, I had the energy I desired, I was clear about who I was and what I wanted and be, and I was proud of how I did it

every day and beyond. (And if breakthrough is something you desire, you will need to make some sacrifices too).

I had a client recently who was on a similar journey that demonstrates this perfectly. Each and every one of us is different, made up from all sorts of different life experiences that are all unique to us. So every route is different, no two people are the same, so every call I do reflects what ever the client is experiencing. This is an example of a call to help you to get clear for your self your desires and what is unconsciously stopping you.

Transcript of a recent coaching call

This lovely lady had contacted me as she had chosen to take her better diet seriously including eating more raw food. She had succeeded for over six years adding in more raw food and green juices and smoothies, and yet still fell off her path and was craving and drawn to drinking wine and eating chocolate, and afterwards she really hated what she had done and was cross with herself.

She was wanting to find a way to help herself maintain her high raw eating plan and not be drawn to such foods and drinks. I hear this rather a lot and the discovery path that it takes us off on. Although for some of us one or two glasses of wine a week in a social setting would not seem a problem, for this lady it really was and she was cross with herself, so it was my task to find out why and see what was the reason for the indulgences and what we could do about it and perceive the action in a different way. Here is a basic transcript from our session.

I started to ask her some questions to discover more.

Me: What is driving you to eat more raw food?

CC: My idea is that I will feel better if I eat more raw, I have one or two green juices a day and eat plenty of vegetables and only occasionally eat fish. (only in social settings when the host is adamant they made it for me) I have done a period of 100% raw food and I felt great.

Me: Thank you. Any thing else,

CC: Yes two years ago I suffered from a bout of serious constipation and ended up with an anal fissure and was in hospital for a while. To cut a long story short I now have to take laxatives every day. I really don't like taking these laxatives.

I believe raw food will help my condition and help me to stay regular.

Me: Thank you, What is your main fear?

CC: I want to be mobile and flexible, I do yoga and it helps me get stronger and stay mobile. I like to be independent and keep myself mobile, It scares me that I may have to be dependent on anyone else later on.

I was told that my bowels are weak and don't really work well.

Me: Thank you. I can see your driving force to upgrade your diet and take personal responsibility. Can you tell me when do you drink wine or eat chocolate?

CC: I drink wine when we get together as a group and we sit down and chat and share, usually about once a week sometimes twice. I only occasionally drink a glass with my husband on special occasions. Afterwards I am really cross with myself and beat myself up terribly, I feel terrible about having had a drink. I am so fearful that it weakens my bowels further, and causes my constipation to be worse and that Ill end up in Hospital or worse. As for chocolate its only ever 80% and only two squares max and very seldom.

Me: Thank you, Did you have regular bowel movements when you were 100% raw for your three month period?

CC: No, Actually I did not, Funny I had forgotten that. After two days I still had to rely on laxatives. Now I remember I still had difficulty.

Me: Thank you, Can you tell me in a statement what you really want to experience health wise.

CC: I want to feel happy in my skin, to have all the energy I want, to be mobile and flexible and have regular easy bowel movements.

Me: Thank you, How does it feel to hear the statement?

CC: Excellent.

Me: Thank you, Can you feel that in the body? is there a place where you can feel how it would feel in your body if you were already in that place?

CC : No, Should I?

Me: Thank you, Sometimes you can feel the truth and the desire of the statement in the body, and you can have a reaction that comes when we hear and make certain statements. A particular thought or certain circumstances or people can also cause our body to react. In fact our bodies react and alter and talk to us all the time but we need to be tuned in to realise it and be aware of it. It's a non verbal communication that is available to us at all times, and that can guide us to an easier way of doing things.

CC: OK, No I did not feel anything

ME : Ok, That just fine. I can teach you how you can feel the communication with in your body so you can read it like a book. That can come later.

With your statement in your mind, "I want to feel happy in my skin, to have all the energy I want, to be mobile and flexible and have regular easy bowel movements." Can you tell me why that statement is important to you?

CC: Life is special and we should hold it as a gift

Me: Thank you, Why is that important to you?

CC: We are so unique and special

Me: Thank you, What lies under that, why is that important to you?

CC: We have a unique connection to the earth and its energy and that is special.

Me: Thank you, Why is that specially important to you?

CC: We are part of the universe and I

want and like to feel connected to the earth and universe, I like to feel I belong to a bigger picture and be connected.

Me: Thank you, Great, that was excellent.

So How would it feel If I added in that being connected to your key statement, *I want to feel happy in my skin, to have all the energy I want, to be mobile and flexible and have regular easy bowel movements and feel really connected.*

CC: Oh spot on, that's sounds better. Really excellent, that's what I want.

Me: To investigate further I want to delve deeper into what you have on Wine if your willing to play.

CC: Yes sure, I'm curious.

Me: So What do you have on wine CC ?

CC: I like the act of pouring the wine, I admire the ritual and cultures involved.

I only like nice wine, which has become a narrow field, only certain grapes, I now only like the Sauvignon Blanc, its not the bottle shape or label, but there are distinctive fragrances that I like to understand what they are from, what variety of fruits etc. It's a lovely ritual. The glass, the fragrance, its all rather special.

My very first experience with wine was when I was 16. It was a works do and it was a posh evening, and we all got some wine, and I had never experienced wine at home or before. This was all such an occasion, how we were served the wine, asked if we liked it, I felt seen, acknowledged, included and respected and all grown up. It was such a wonderful memorable occasion.

The second time was on a date with my boyfriend when I was 20 and it was a lovely bottle of wine and again I felt special, noticed, seen and attended to. It was another great occasion.

Me: Thank you, How about Now what do you have on wine?

CC: When I have wine now it really is only a few times and it's a time to sit and relax and share with people I can have a good conversation with. I feel included and that I belong, the conversations are great and I love to sit and share and connect with these people, its an occasion once or most twice a week.

Me: Thank you. Can you begin to see the link here? The need for wine has been calling you to the connection that you also said that was so important to

you in your statement for how you want to feel health wise.

The importance of the occasion, feeling part of a tribe and being noticed all of these are a connection and being seen and attended to, a safety and an ability to survive. That is what connection is for all of us.

There is lot more we can do here but this is an insight as to one of the reasons you are drawn to the ritual and remembering the experiences, of savouring wine in good company.

Working with me you can begin to change your perspective towards what you thought was out of your control. If you respect that the wine has been guiding you to creating a better connection. The way I work is that I help you to gain a much better soul connection with yourself so you can tune in and connect with your self when ever and where ever you want to, and then what I always find is, that when we have fulfilled these personal needs and these Missing nutrients are in place from our own personal needs, the need for the external fulfilment slowly and gently disappears be that food or in your case the wine.

Learning how to find a real connection and being appreciated is the key to our balance and happiness. We can replace the need for external things such as overeating or in your case the wine as a route for connection. This is what I guide you to feel for yourself and you how to do in every situation of your life, for example in the key 5 areas: health, family, relationships, work, socially as well as with yourself alone. (spirituality) I work with body language and non verbal communication to find your centre so that you don't need or want to match other peoples vibration, but you can stay in your own beautiful vibration, the one that works for you. When you have managed to stay inside your own vibration in these 5 areas you have mastered your own Body Wisdom and you can recognise yourself in the blink of an eye.

Does that sound interesting to you?

CC: Yes it does, I'm fascinated and really ready to take all of this from a different perspective now, Thank you so much, that was fascinating.

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.

www.retreatbiarritz.com ☘

Edenic States Retreat

Holly Paige introduces her retreat in Mexico

I'd like to tell you about the retreats that **Maria Turner** and I will be running in Mexico and delve into some of the topics and activities on the retreats. Maria and I met on a retreat we were both involved with this Spring; as we got to know each other we realised we want to work together on this particular project. We decided to offer our first retreats in Mexico. The more I get to know more Mexico, the more I realise how much it has to offer in terms of healing and happy experiences, especially if you know where to look. The energy and life force there is really incredible. I spent a long while sussing out an ideal place to host a retreat and was delighted to find it in the vicinity of a Mexican 'magic town' and within easy reach of the main airport in Mexico City.

What on Earth are Edenic States?

In our most exalted states as humans we can really tune into the incredible natural beauty of the Earth, we feel part of it and even guided by our sense of appreciation of it. This is how I would describe Paradise on Earth. To live happily and sustainably on this planet, there is no doubt in my mind that this is the way to go. This is the route to true success as well, the achievement of goals that really are going to make life better, happier and more fulfilling for us. **We are talking about getting into states where we can access all kinds of talents and latent potentials, where we have far more energy, insight and creative powers and it is easy to connect harmoniously to others.** I have spent most of a lifetime exploring knowledge of how we can get into these states ongoingly and am very happy to be sharing the best of what I have learned in this retreat. You will take away a much clearer perspective on the human condition and what you can do to feel and operate at your best, and indeed help your loved ones do the same.

Science and mythology tell a similar story

They also point us back to our true

potential. The best of recent scientific research and the best of mythology intertwine to weave a very vivid tapestry of how did the human condition as we know it today came about. The 'fall from grace' and our potential to reach even greater heights than before are clearly shown. They answer questions such as: How did happiness become so elusive? How can there be such disparity between what people think, say, feel and do? Why do we take it for granted that most of our mental processes are subconscious? How did our eating habits change and adapt as we moved away from our original biological habitats? How does this affect us today? You can use this knowledge to cultivate true ongoing clarity, happiness, health and true success in your life, even to reactivate largely dormant parts of the brain. Dietary and lifestyle choices can be based in clarity and facts rather than various dogmas and can help you reach your full potential and sense of well being..

Entheogenic Nutrition

This is the term I use to describe how food and medicinal herbs can nourish the neural system, boost neurotransmitter levels, balance the endocrine system (hormones), deeply nourish, and clear blocks so we can feel more, feel much better and gain a stronger

sense of connection to nature, each other and divine intelligence. This is about choosing our food and drinks to ongoingly feel amazing. For example, after water, our brains are made mostly of fat so it is crucial that we take in plenty of a variety of undamaged fatty acids. Our neurotransmitters are made of amino acids so, again it is crucial that we take these in in undamaged form. Monoamine oxidase inhibitors exist in some foods and boost neurotransmitter levels in the way that they are naturally designed to be. 'What is the biological diet of our species?' is a question worth asking. And given the circumstances of today how do we get the abundance of nutrients that a primate in the wild takes for granted? Which foods and supplements really help us sustain our youthfulness? Rooted in cutting edge knowledge, the most important thing is what you need to know to go right ahead to achieve this with easy simple preparation of delicious foods and drinks and judicious use of herbs.

Thai Medical Massage and Yoga

Thai head massage is a powerful healing technique using acupressure points. Based on ayurvedic principles the practitioner also facilitates yoga postures. Maria will be doing Thai head and face massages as well as



reflexology, titanium ultrasound facials and fruit hair masks. Yoga will of course be part of the program too.

Earthing

Our natural electrical 'plug in' is to the electrically charged planet we live in. Of all the measures we can do in terms of the health benefits versus effort, time and expenditure, this is the most effective one I can recommend. Walking barefoot or with simple earthing shoes, sleeping on an inexpensive earthing sheet and working with an earthing pad are some of the measures that can be easily incorporated into your life. Earthing increases melatonin levels, has natural antioxidant effects, normalises many processes and delivers surprising health benefits. It is also has a powerful effect on the mind, helping boost right hemisphere activity and boosting imaginative and creative powers and emotional equilibrium. The background of why this works is as fascinating as it is straightforward.

Redesigning your mental landscape

We can get so caught up in the pressures of life that it is easy to forget to tend to our emotional garden. Using techniques from clinical hypnotherapy, the modern personal development movement, cognitive behavioural therapy and emotional freedom therapy, we can create a safe mental space, clarify our true desires and effectively set goals to fulfil them. Humans are teleological by nature, they are designed to be regularly working towards goals. We also have a special

purpose to connect to the source of our lives and unique individual purposes. It is natural to have ongoing desires and enjoy fulfilling them, this is the life force operating through us. The important thing is that our desires are for things that will truly make us happy. Techniques for transmuting unwanted habits and urges and helpful daily routines are part of the tool kit.

Some simple facts about how the subconscious mind works are very helpful to know. The subconscious works with images and therefore does not understand a negative or a 'not'. The messages we give ourselves need to be couched in positive terms and be as specific as we can make them based on what we know of what we want at the time. In the present tense, believable and consistently repeated they can be amazingly powerful. An interesting point, the subconscious does not have a sense of humour but humour can be used to bypass the conscious mind. On retreat we will put all this together synergistically with the other components on the retreat to achieve powerful transformation.

Real Sky Astrology

Amazingly, for historical reasons, conventional astrology, although of value, is not based on the actual positions of the constellations. Real sky astrology, based on the actual constellations, is an enchanting blend of psychology and mythology and an amazing tool for cluing you into your transpersonal destiny, your purpose of your life and

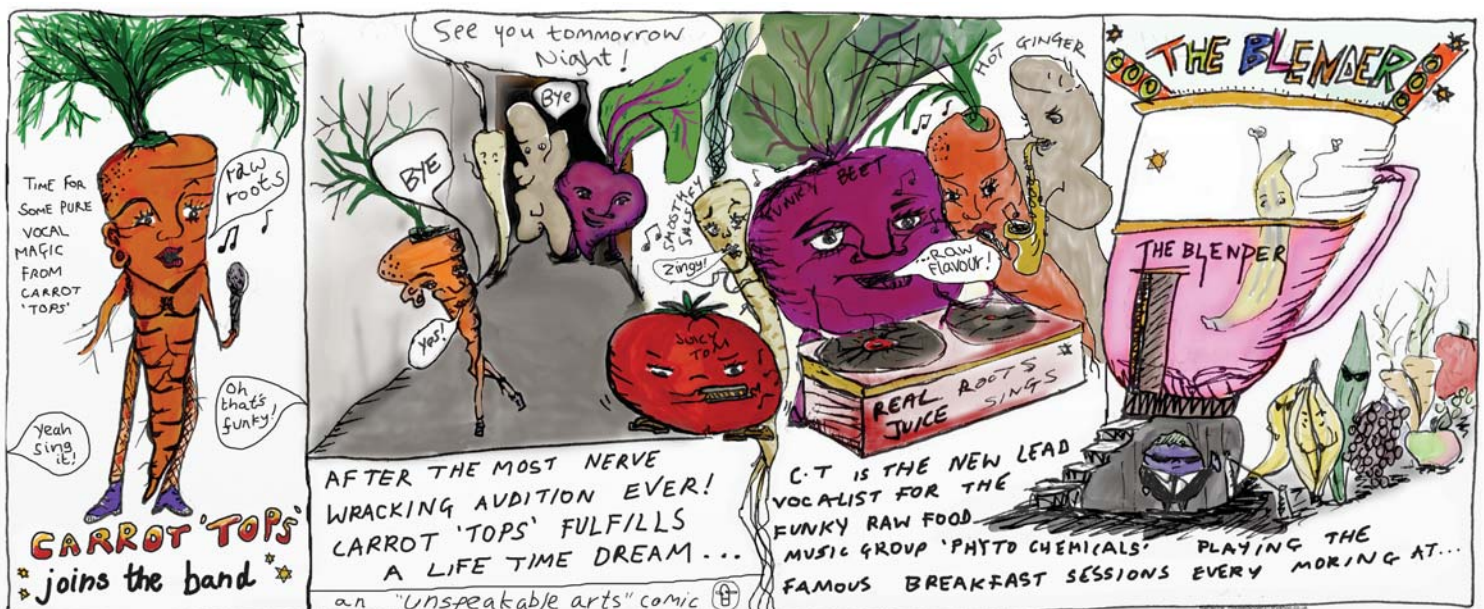
how to fulfil it. It brings you into the action, playing your part in the story of life itself. I will be offering individual consultations on the retreat including a chart to take away. If the skies are clear enough we will take the opportunity to gaze at and identify the thirteen constellations referred to.

Connecting to the magical energies of the land.

During the retreat we will visit two atmospheric archeological sites and the local town of Tepoztlan, designated an official 'magic town' by the Mexican government.

If you have not visited Mexico before, I would like to share with you what an amazing country this is. There is such a happy atmosphere and such friendly helpful people. Mexico is a fascinating country with rich ancient cultures still very apparent in the life today. Southern Mexico is in the tropics, yet high in the mountains where much of the land is, it is not too hot and the air is clear. Here, you are in the 'chocolate belt' where it is possible for cacao to grow, in fact Mexico is the original home of chocolate. The high mountain coffee is also outstanding. There is an amazing selection of fruits and available and the traditional diet is very nourishing. On retreat we will take the best of this and combine with deep knowledge of food and herbs that thoroughly nourish us and make us feel naturally amazing.

This retreat will take place in May 2016. To find out more or book please visit www.foodforconsciousness.co.uk or www.edenicstates.com



Cartoon by Katherine mousedanger31@yahoo.co.uk

Finding Chocolate in Paradise

Heather Gardner shares her journey to Mexico and the story of ChocoChula Chocolate.

In the autumn of 2013 my then 3 year old and I went on a Cacao Pilgrimage in Mexico. I was determined to learn as much as possible about a plant which had brought me so much healing and so much pleasure personally and seems to enrapture people in its decadence. We had some pretty amazing adventures as you might when spending 3 months in paradise, went to many chocolate shops, plantations, co-ops, trade shows and more but the one that always remains the best experience for me, was very whimsically deciding to head to the Guatemalan border in order to find a cacao co-operative I had heard of there. We set off on a hot, dusty rickety bus, squashed in with the locals for hours on end knowing only the colour of the office door and the vague district of our destination. I was a little hazy on the details but because this area was the one where the Mayan kings grew their cacao I was determined to go there. When we got to that town, which had the word 'Chula' in it, Spanish slang meaning cool, pretty, cute, or beautiful, we found that it was anything but. The potholes in the city were so big that the taxi would actually drive into them and out again. It also seemed that the only businesses in operation were ones selling one-way tickets to Tijuana on the U.S. border. It was the only time in Mexico that I felt uneasy and not wanting to linger, though the huge trek to get there meant that I pressed on regardless. After a whole day of getting in and out of various taxis and the drivers scratching their heads in despair and waving their arms around at me, we actually located the place, just as they were closing up for the day. What I found will stick with me forever. Inside the tiny little



office, was the first long haired hippy raw foodie Mexican I had encountered, which was something in itself, in the macho world of Mexico. I told him of my quest for raw cacao beans and he knew exactly what I was talking about, their cacao was 'beyond raw'. He said it was wild, heirloom and grown on smallholdings. I ended up spending the rest of the day play-

ing with his wife and kids in their spectacular forest garden, feasting on purple cacao pods from the trees, starfruit, mamay fruits, red bananas and more. You can see pictured of one of the cacao pods I ate from their forest garden, the beans inside are a deep purple colour, this is Criollo (cri-yo-yo) one of the best types of heirloom cacao you can get and you can see my

teeth marks in it! The other photo you can see is of a bird nesting in one of his cacao trees. Beyond raw and just real.

I vowed to myself to find a way to somehow support the work that was being done in this co-op. They are bringing life back to an area of mass emigration, something that strikes a chord with me after growing up in the mass emigration of Ireland in the '80's and again in recent times. They are buying up the beans from the families who just have a few trees and whose children's only future prospects were to leave for the USA and never come back. Once they had enough beans they were able to sell them on the world market for a fair price and give the money back to the community. People were planting more trees and were beginning to have hope for the future where it had been dwindling. The reason I felt so strongly about this was the fact that this small area was where cacao was first cultivated (it originated around the borders of present day Peru and Ecuador). The Olmec's grew their cacao there and after that the Mayan kings grew theirs in this area. To the Mayans cacao was an important commodity. It was both their currency and a sacred drink of the kings. For those who love the fruits of the cacao tree this truly is a sacred region and it would be a shame for it to stop producing. While I was visiting, the man from the co-op who was showing me around kept pointing to hotels and other developments and telling me that this used to all be cacao trees not long ago and is now being replaced with concrete, leading to the loss of so much heritage and diversity. I bought plenty of cacao beans in nearby Tabasco where the trade is alive and well and there are many huge plantations that I visited, but there really was a difference between those beans and the wild low production ones from the garden of the kings.

Personally I have a very close relationship with cacao. This may seem odd to some people and not odd at all to those who feel the same. I never had much of a sweet tooth, but about 15 years ago a dear friend of mine gave me one of the first raw chocolate bars to be produced. It was like experiencing an explosion of serotonin in my

head. At this time I was in recovery for having had a long stint of depression and a nervous breakdown. It had been a hard and tough time. I started to eat raw cacao everyday (at the time as a cacao and blueberry smoothie), and for the first time in a long time I started to recover, feel happier and could get out again. Shortly later I met the father of my son and my life just totally changed and amazing times began. I continued to eat several cacao bars a day all through my pregnancy and 3 years of breastfeeding. There were many times that I stopped eating it as I felt adverse effects, such as excessive anger or over stimulated adrenals if I did not have energy outlets such as work and exercise, or simply was not just needing cacao at the time. Somehow it had become my medicine, not a treat or a snack but something in it helped me to recover from what had been a lifetime of being prone to depression and food disorders. The more I worked with it in this way the more I learned to recognise when to eat some, how much and when not too. Yet most friends and family just thought I was just a bit obsessed with the stuff.

In recent years cacao has started to be used again as a teacher plant, strong medicine and a healer. A cacao shaman from Guatemala came and did a tour of the UK in recent years and his work was very popular. I am part of a community learning to use cacao ceremonially led by a cacao shaman, which is an amazing adventure. We meet online to go into ceremony together drinking ceremonial grade cacao that we source from various places, all very special in different ways and giving different experiences, lessons and insights.

So, on the 24 hour bus trip back from this paradise found, and that terrible town with the word 'Chula' in the name, I made a decision. I would create a business called 'ChocoChula', make and sell raw chocolate in a gentle grassroots way in my local community and somehow by doing that I would find a way to support those cacao growers. I have been doing this for over a year now and so far many



people are loving my chocolates. Hopefully a path will unfold that helps to bring the healing benefits of cacao to people who need it and benefits to the growers who need it too! The long term aim of ChocoChula Chocolates is to begin to directly buy from and support the local indigenous cacao growers and small worker co-ops in the now economically depressed Mayan lands (Chiapas in Mexico, Guatemala, Belize) and start a cacao tree planting charity. We are a long way away from this dream but it is the juice that propels us forward. Our heritage is one worth preserving especially in a world where everything bigger, better and faster is celebrated and the old ways are seen as being unprofitable. Sometimes, just sometimes in a person's life something comes along and gives them so much richness of being and depth of spirit that they become committed to passionately sharing that with others and give back for what they have received. This is the story of ChocoChula Chocolate.

ChocoChula Chocolate is founded by Heather Gardner, a qualified classical chocolate maker and trained raw chocolatier who first began making chocolate in 2005. She has worked as a head vegetarian chef and raw food chef for many years and has 15 years extensive experience working in the organic and natural products industry both in the UK and Ireland. She is qualified in many healing modalities including naturopathic nutrition, aromatherapy and has spent 3 years teaching herbalism and wild edible plants to people around the world. She brings all of this knowledge into her chocolate making to create very delicious, nutritious and beautiful to behold signature and seasonal chocolates. You can check out her work on the ChocoChula Facebook page: [Facebook.com/ChocoChulaChocolate](https://www.facebook.com/ChocoChulaChocolate)



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