



The **Funky Raw** magazine

Healthy eating for everyone

Issue 36 - Spring 2016

£3.50



Raw Recipes • Health Benefits of Laughter • Wild Food

From the Editor

Somehow the recipe section this issue got hijacked by sweets, including a raw magnum ice-cream which I will be trying when summer arrives, but don't worry, there are plenty of savoury recipes in the next two articles by Grace and Lorraine.

While things are still not finished at our place here in Portugal, we are now accepting people for individual personalised retreats, if you are happy with lots of nature but limited facilities, see our event listing on page 5...

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

love
Reb

Cover Artwork

by Grace Quantock

My art arises directly from the art therapy I began some years ago as a way of coping, processing and expressing my feelings about living with illness. Expression was combined with exercise; one of my first paintings was making art with my feet and my wheelchair as a way of connecting with, moving and strengthening my legs. Painty feet are the best and there's nothing like making art to reclaim power and movement.



I graduated to using big brushes when I could only move my arms a tiny bit, to using smaller brushes which encourage finer motor skills and further muscle development, this grew into an intuitive painting style. Somewhere on this journey I fell in love with the expression and having paint and soil under my fingernails every day.

Our natural, wild, world is so important to me and the archetypal images of roses, lilies, horses and trees with roots and leaves denoting the underworld and the day to day world show up often in my work. I believe each painting will mean what it needs to mean to you in this moment.

My art is heavily influenced by my talented teachers Aviva Gold, Flora Bowley, Kelly Rae Roberts, Lauren Porter and Shiloh Sophia McCloud to whom I offer all my gratitude and love.

To order a print of this painting, or any of my other works please contact grace@gracequantock.com
gracequantock.com healing-boxes.com

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

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

Raw Food: What? How? Why?

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

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

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

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

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

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

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

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

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

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

Find out more on our website:

www.funkyraw.com

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the Funky Raw online shop and a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **14 June 2016**.

Advertising deadline: 21 June 2016 funkyraw.com/ads/

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

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

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

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

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News

Got a story? Email news@funkyraw.com

Glastonbury Raw Café

Excalibur is a new vegetarian café with lots of raw and vegan options, organic and local where possible.

Menu includes a buffet, mains, juices and smoothies, raw cake, jun (honey kombucha) and more!

Open Thur to Mon, 10am to 9.30pm, closed Tue and Wed.

22 High Street, Glastonbury, BA6 9DU. 01458 258301
info@excaliburcafe.net www.excaliburcafe.net

Raw Festivals 2016

Mundekulla Raw Food Festival, Sweden - 16 to 19 July

Workshops, music, concerts, nature, international guest speakers, living food pioneers, creativity, wonderful raw-food menus, and more.

2,950.00 SEK (Approx £255) including food and camping, more if you want accommodation

www.tinyurl.com/festse

Fresh Food Festival, Denmark - 21 to 24 July

Fruit based 80/10/10 style raw food festival featuring Dr. Doug Graham, Rozalind Graham, Chris Kendall, Tim Van Orden and more. Talks, sports activities, fitness, yoga, etc. Near Copenhagen.

Price 3995 DKK (approx £425) inclusive of meals and accommodation. Full schedule and more ticket options:

www.freshfoodfestival.com

Fruit Fest, Gloucestershire, UK - 27 to 31 July

Fruit festival / retreat in the UK to celebrate a low fat raw vegan lifestyle. Five days of all you can eat fruit, workshops, fitness + community fun.

From £425 depending on accommodation option.

www.fruitfest.co.uk

Raw Fest, Berkshire, UK - 29 to 31 July

Wild food foraging, expert talks in health, nutrition & healing, live demo kitchen, yoga, meditation, healing & sound workshops, massage, natural therapies & readings, live music, DJs & acoustic sessions

Early bird weekend camping ticket £80. From 8 May price will increase to £95 and from 21 July price will be £120.

Day tickets £25.

www.rawfestuk2016.com

Festival of Life, London, UK - September 2016

At the time of going to press, I can't get confirmation as to whether this is going to happen this year or not. Check the website closer to the time to find out more.

The usual format is talks, demos and workshops and a wide variety of stalls throughout the day and a conscious dance party in the evening.

www.festivaloflife.net

Case Studies Needed for Final Year of Naturopathic Nutrition Training.

I am currently in my second & final year of Naturopathic Nutrition & looking for case studies.

My area of interest is woman's health – a very wide & varied area covering & not limited to; hormonal health, pre conception & pregnancy health, to just getting your bounce back after birth.

In naturopathy we look at the person as a whole to get an idea of where the body has gone out of balance. Using food as medicine, select supplements, naturopathic techniques, along with lifestyle changes to bring balance back to the body & self.

I am training with Emma Jones Philips who studied extensively with Barbra Wren & has been practicing for over 10 years in South Wales.

To be a case study along with fitting the criteria you have to be able to commit to 6 sessions. We will track the improvements in your health as we go.

I do ask for a small donation of £20 per initial consultation then £15 thereafter however if this is unaffordable for you then I am happy for payment that can be afforded. I am also open to skill sharing so do contact me to discuss this.

If you feel that you would like to know more & possibly work with me then contact me at kalistar@hotmail.co.uk

Accommodation / Shared House

I'm looking for creative and conscious living/working space and community in London Zone 1-3 or elsewhere in the UK. I'm particularly interested in **health-conscious; drug/alcohol free; veggie/vegan/raw foodies**, though I'm open to being flexible to become part of a situation with a good feeling, interesting and conscious people sharing common values and who act responsibly. I'll be eco-fashion tailoring, doing foot reflexology and shamanic treatments there. I'm starting my search - I'll leave Soho possibly in the next few months & definitely by September due to gentrification. Who's looking for hi-vibe living in London? Contact: Andrew Tailor (+44) 07761458838 or email andrewtailorbosher@gmail.com

Monthly Raw Snack Box

Funky Raw is starting a new subscription box scheme. Every month you will receive a box of raw treats - chocolate bars, snack bars, crackers, etc - some new products, some old favourites. Plus members will receive a 5% discount from any other orders from the Funky Raw website and access to all PDF versions of the Funky Raw Magazine.

The service costs £15 per month including delivery, payment is by direct debit. To sign up or find out more, please visit www.funkyraw.com/box

Workshops & Events

Weekly raw food in a pub!

Date: Every Sunday, 6 to 9 pm

Location: Cambridge

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 night). Bookings accepted (tweet @freepresspub), or just drop in.

Website: www.facebook.com/superhealthysundays/

Weekly raw food cafe

Date: Every Tuesday from 3 May, 6 to 9 pm

Location: Novi, 12 Regent Street, Cambridge CB2 1DB

Description: Choose from a fully raw vegan, gluten-free and super tasty menu. Dips, chips, curries, soups and desserts. Vegan coffees and other hot + cold drinks. Menu changes weekly (updates on Facebook page every Monday night). Bookings accepted, or just drop in.

Website: rockingrawchef.com/popups

Individual Raw Food / Yoga Retreat with Rob & Jolita

Date: Flexible dates May, June and early July

Location: Marvao, Portugal

Description: Our retreat centre is not finished yet, but we are really wanting to welcome people here so we are offering individual personalised retreats for people who want to come and learn and heal but are happy with a lack of facilities.

We have one finished guest bedroom ready just for you. A compost toilet. A temporary kitchen where we can prepare delicious food for you. And lots of beautiful nature. The retreat is fully customisable, from the options listed on our website, including yoga, raw food classes, wild food, walking, massage, etc. The price is £750 for 7 nights which includes all activities, food and accommodation. Dates are flexible, just get in touch and let us know when you want to come.

Website: holisticretreats.eu/personalised-retreat

Raw Food Chill-Out Dorset

Date: Thursday 5 May to Sunday 8 May

Location: Shaftesbury, Dorset

Description: Gabriela Lerner, raw nutrition health coach, invites you to a 3-day Raw Food Chill-Out where you can be completely nourished with exquisite raw food, relaxing yoga and like-minded company in the tranquil environment of her home in Dorset near ancient woodland.

Only 4 places left, please check the website for available accommodation options. £350 without accommodation

Website: radiantonraw.co.uk/#!/chill-out-raw-dorset/zz6e1

Nourish Your Body Retreat (Women Only)

Date: Sun 8 May to Friday 13 May, 5pm Sun – 11am Fri

This same retreat also runs 5 -10 June, 14 - 19 August, 2 - 7 October and 13 - 18 November.

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.

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

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.

Price: from £995 to £1,285 per person depending on room type, fully inclusive except for massages and therapies.

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

7 Day Liver/Gallbladder Cleanse Retreat

Date: Wed 11 May to Wed 18 May

Location: Monte Mariposa Centre, Algarve, Portugal

Description: Come along and join us for a full on week of liver /gallbladder cleansing and increase your health and longevity at a peaceful, secluded and relaxing location in the countryside of the Algarve.

This is about upward stream cleaning based on Dr David Jubb's liver/gallbladder/ nutritional fast/feast, nourishing and rejuvenating your cells on every level, body, mind and spirit

Also jam packed with other healing modalities.

Price: £950 per person, inc airport transfers

Contact: Susan 07980064092 or susan@nectaroflife.co

Website: www.nectaroflife.co/cleanses-detoxes/

Spring Yoga Retreat in Cambridge

Date: Saturday 14 May, 10.30-5pm

Location: Hartington Grove, Cambridge, CB1 7UB

Description: A one-day Yoga Retreat in Cambridge.

Includes dynamic yoga, restorative yoga, essential oils, yoga nidra, a delicious vegan/raw lunch and a goodie bag full of treats! Lovely, friendly atmosphere in a calm and beautiful setting. Space limited - get in touch today.

Price: £75

Web: rosannagordon.com/yogaworkshops/spring-yoga-retreat/

ALIVE!Raw Food Class-Digestive Health & Immunity

Date: Saturday 14 May, 10.30 - 15.00

Location: CCS, 111 Baker Street, London, W1U 6RR

Description: In this class with Max Tuck and Judy Barber which includes a delicious lunch you will learn:

How to prepare quick and easy, fuss-free, delicious recipes that boost your energy.

Foods to boost immune system and accelerate healing.

Improve your digestion to avoid that bloated feeling.

How your intestinal health and your immune system are intrinsically linked, and how to support both.

Food choices can affect your brain, mood and thoughts.

Price: £48.67

Website: www.therawfoodscientist.com

Let's live raw for a week

Date: Saturday 21 May to Saturday 28 May, all day

Location: Andalucia, Spain

Description: Gabriela Lerner of Radiant on Raw invites you to this budget raw food holiday in Andalucia. 10 minutes walks from the beach, we will be staying in a lovely large house with swimming pool, living together to create stunning raw food, practice yoga and meditation, have fun, laugh and explore healthy living. Prices start at only £725 full board in shared accommodation.

Website: www.radiantonraw.co.uk

Confident You Retreat (Women Only)

Date: Sun 22 May to Fri 27 May, 5pm Sun – 11am Fri
Same retreat also 31 Jul - 5 Aug, 16 - 23 Oct, 20 - 25 Oct

Location: North Yorkshire, UK

Description: A 5 night transformative retreat to discover your true identity, build up your self-esteem and have confidence in yourself, your decisions and choices as you express the real you to the world. All with the help of 100% delicious raw food cuisine.

Through a series of workshops, fun activities, yoga, meditation and creativity we explore the topics of identity: who I am, your truth, empower yourself with the choices and decisions you need to make to move forward, communication with yourself and with others, etc.

Price: from £995 to £1,285 per person depending on room type, fully inclusive except for massages and therapies.

Website: rawhorizons.co.uk/confident-you-retreat/

Let Love Give You Wings

Date: Saturday 4 June, 10.00 - 16.00

Location: Arthur Conan Doyle Center, Edinburgh

Description: Through my work with my clients, I have found that behind many health conditions is a lack of self-love. And when we address this lack and embrace the beauty of who we truly are we go through some profound healing, both mentally and physically. I have seen energy and vitality substantially increase, relationships improve, pain slip away, disease in the body leave, passion and purpose shine through, finances flourish and not only how we feel about our bodies dramatically improve but even changes in the way our body looks and feels follow suit, just from addressing our love of our self.

Price: £111

Website: faithcanter.com/let-love-give-you-wings/

Laughter Cleanse Retreat

Date: Sunday 5 June to Sunday 19 June, Residential

Location: Mijas Pueblo, Malaga, Spain

Description: A brand new, completely unique retreat experience combining all the amazing health benefits of an organic juice cleanse/raw food detox with the emotional and spiritual benefits of therapeutic laughter!

Small groups, luxury villas, amazing results in the glorious Spanish sunshine to give your body the rest and healing it truly deserves.

If you're looking for a healthy, healing holiday experience with a difference then this ticks all the boxes!

Price: From £1,195 including food and accommodation, depending on accommodation options

Website: www.laughter-cleanse.com

Mediterranean Raw

Date: Saturday 11 June, 10.30am to 4.30pm

Location: near Shaftesbury, Dorset

Description: This is for you if you'd like to eat more raw foods for energy, vitality and longevity or simply want to add some new exciting recipes to your repertoire.

This class will include recipes such as Macadamia Nut Cheese, my personal Rawsagne, Italian Seed Crackers, Raw Pizza and some surprise sweet dishes.

Meet Gabriela Lerner, raw nutrition health coach at her home and get an intimate look into a raw food lifestyle

Price: £115

Website: radiantonraw.co.uk/#!/mediterranean-raw/smumg

Balance Your Life Retreat (Women Only)

Date: Sunday 12 June to Friday 17 June

Same retreat also 21 - 26 Aug and 30 Oct - 4 Nov

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.

Price: £995.00 - £1,285.00 depending on accommodation

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

Yoga & Healthy Raw food Weekend (women only)

Date: Friday 17 June to Thursday 19 May

Also 22 Jul - 24 Jul, 5 - 7 Aug, 26 - 28 Aug and 23 - 25 Sep

Location: North Yorkshire, UK

Description: A 2 night luxury retreat - relax and unwind with yoga and meditation, refresh and cleanse with delicious energising raw food...

Price: £345

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

Raw Food Holiday

Date: Friday 12 to Friday 26 August, one or two weeks

Location: Kalikalos, Kissos, Pelion, Greece

Description: Hands on/Get Creative Raw Food preparation with added bonus of attending Dr Helen Ford's Healing Workshop at no extra cost. Weekly cost of 475 Euros includes food, shared accommodation and daily transport to and from the local beaches. Please see website for full details & discounts.

Website: www.kalikalos.org/raw-food-weeks

Raw and Living Food Retreat

Date: Fri 9 to Sun 11 September, from 9.30 Fri to 5.00 Sun

Location: The Asha Centre, Flaxley, Gloucestershire

Description: Health Educators Raw Food Authors and Presenters Judy Barber and Max Tuck present their annual flagship Raw Retreat

Experience three days of raw and living food and juices for energy and wellness.

Learn to make delicious raw dishes that people will love.

Learn to grow your own wheatgrass and sprouts.

Daily meditation and yoga classes.

Find beneficial wild foods.

Join in imaginative personal development activities

Price: From £350 depending on accommodation option.

Website: www.rawfoodretreat.eu

7 day Detox Juice/Raw Food retreat

Date: Saturday 1 to Saturday 8 October

Location: Gozo, Malta

Description: The 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.

Price: From £795 depending on accommodation option

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

Raw Ecstasy Sprouted Almond Butter

Review by Nicola Pledger

We LOVE this almond butter! I was so happy to finally find a raw sprouted almond butter which isn't only activated it is made in the UK, organic and tastes amazing.

The organic Spanish almonds used in this nut butter are pre soaked, sprouted and then dried at low temperatures to preserve the nutrient content. They are then stone ground to produce this divine delight. Soaking and then sprouting the nut enables the nut to become activated/alive which removes most of if not all of the phytic acid which in turn makes the nutrients bio-available to the body and in turn makes the nut easier on the digestion. If you haven't learnt about phytic acid yet, please look it up.

This almond butter tastes like caramel and is the consistency of caramel too. It is sweet, ever so slightly fermented with gentle vanilla tones. It has a wonderful pouring consistency to it.

We enjoy this almond butter in many ways it compliments so many different foods. We especially love it spread on apple slices and cucumber slices which my daughter requests as 'sandwiches' 2 pieces of cucumber with almond butter smeared inside pressed together to make a 'sandwich'

It is delicious drizzled on berries with lucuma powder sprinkled on top (my daughters invention), Also opening up a fresh squishy date, removing the stone and filling it with this almond butter then sprinkling coconut on top – a satisfying sweet mid afternoon pick me up! Adding a spoon of this to the middle of homemade chocolate is divine – homemade upgraded almond butter cups anyone?

It also lends itself well to a raw caramel – adding squishy dates, a spoon of raw ecstasy almond butter, a splash of water, dash of maple or yacon syrup, vanilla pod/powder, pinch Celtic sea salt, blend all in high speed blender, enjoy with apple slices, in the middle of homemade chocolate, on raw desserts or any other way you can think to enjoy!

This nut butter is sold online at rawecstasy.co.uk and funkyraw.com

Raw Ecstasy also produce other stone-ground spreads, activated flavoured nuts and seeds, raw sweet treats, raw chocolate ingredients, and herbal infused balms, herbal tinctures. They also offer workshops and have lot's of interesting and very relevant information on their website/blog which I have been enjoying perusing.



Along with being a full time mama to a delightful (almost) 4yr old, Nicola co-runs a seasonal plant based supper club in South Wales, Nourish Supper Club. We specialise in free from food made from scratch using seasonal, local and foraged wild foods. All food prepared is vegan and free from grains, gluten, soya, refined sugar, GMO, additives. A vibrant mix of cooked whole foods and nourishing raw foods.

facebook.com/nourishsupperclub
instagram.com/nourishsupper
instagram.com/medicineformama

£5.49 for 140g jar either direct from Raw Ecstasy or from Funky Raw:
rawecstasy.co.uk
funkyraw.com



Food Heroes By Gabriela Lerner

Review by Nicola Pledger

77 delicious raw food recipes to support you in creating excellent nutrition

I like the title and idea around the book that Gabriela is creating. Not only is she sharing her most used and loved recipes she is also reminding us that all foods are 'heroes' they all have their own special nutritional value to offer us as well as to be used most days to receive optimal nutrition. 'Food heroes, unlike super foods, are real whole foods and should be the main ingredient in all our meals.' Although I agree with this sentence in part – super foods are often whole foods too which I feel can/should be present in most meals, but the term 'superfood' has become such a marketing gimmick we are losing a sense of what a super-food is.

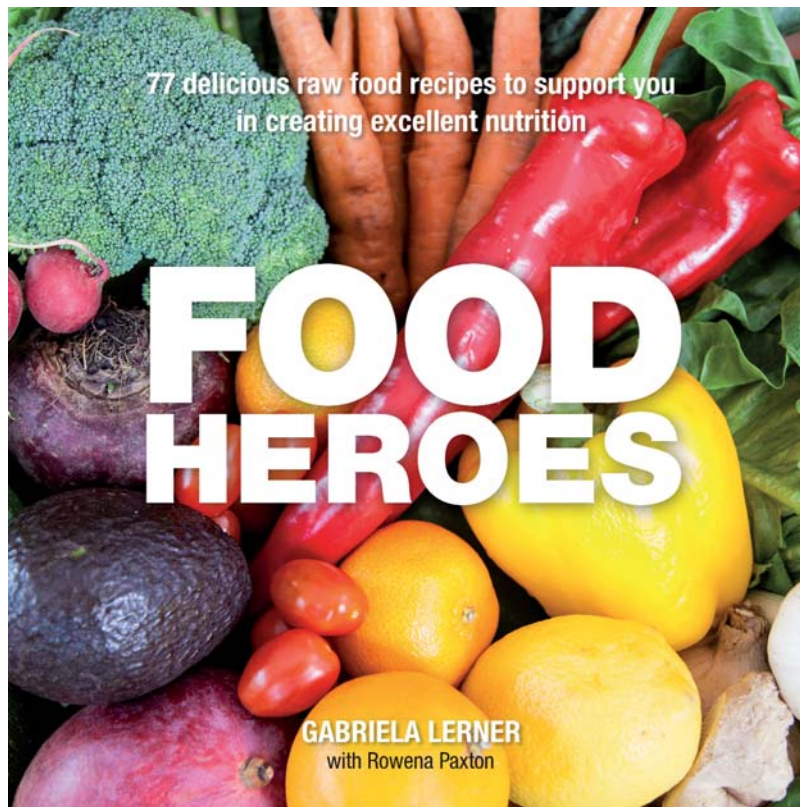
The book follows the usual 'raw food' book order of 'why raw food' and then on to listing the equipment that you will need to make these recipes. Then comes the recipes, sectioned under:

'Start the Day', which includes recipes for smoothies, chia porridge, granola and fruit salad.

'Break for Lunch', includes simple to complex salad ideas, nori rolls, soups, kelp noodles, pates and dips.

'Meet to Eat', are recipes for entertaining – which take a little extra time preparing as well as are a little heavier than other recipes in the book. These recipes include various vegetable noodle dishes, 'mushroom steaks', stuffed mushrooms/peppers/tomatoes, 'Thai Green Curry Kelp Noodles', 'Carrot Burgers', 'Beetroot and Courgette Roulade', 'Nut 'roast', and of course a 'Rawsagne'!

'Cakes and Sweets', which contain some yummy sounding recipes! Gabriela states that she opts to using as little sweetener as she can favouring her own 'mulberry and date paste' over other sweeteners. Although some of these recipes do call for coconut nectar. These recipes range from 'Tahini Cacao Truffles' to 'Key Lime Pie' to Gabriela's own interpretation of a Viennese Sacher Torte ~ 'Incan Chocolate Torte' which I am eyeing up!



One recipe that I am looking forward to creating when cherries are back in season is the 'Black Forest Cherry Tumbler'

Some of the recipes in this section do call for raw oats along with some of the 'superfood' powders like maca, lucuma and mesquite. One of the recipes also uses agar agar a non raw food however is a wonderful nutritious gelling agent. The desserts range from simple and quick to prepare like the 'Banana Ice Cream' and 'Lime Pie' to more complex/time consuming creations.

'Breads, Crackers and Wraps', all the recipes in this section do require pre soaking/sprouting of nuts/seeds along with dehydration time – so a dehydrator is required. Various flavours of cracker recipes are listed along with 'Garlic Croutons', along with a savoury and sweet bread recipe, 'Green Corn wraps' and a basic pizza base. Gabriela has covered all bases in this section giving you a good amount of recipes covering the basics so that you have a good introduction in dehydrated breads and crackers.

'Basics', this section covers some basic recipes which Gabriela feels are great

to have on hand along with some that are used in other recipes throughout the book these include:

'Raw Tomato Ketchup', various flavoured dehydrated seeds, various nut cheeses including parmesan, nut and seed mylk, cashew yogurt and cream.

'Food Heroes' – where Rowena Paxton, Nutritional Therapist highlights certain foods and their phytonutrient profile along with their unique health benefits ~ I liked this part of the book and really think it is helpful to people new to raw foods/eating for vitality.

The last sections include more information about Gabriela and Rowena along with a section listing all of the services that Gabriela offers. From her blog, to her one-day raw food classes, raw nutritional coaching and wellness retreats along with an online shop where you can purchase crackers, raw chocolate, granolas all made by Gabriela along with select supplements, equipment and unusual ingredients.

I really like that Gabriela has included a 'notes' section after each recipe. She reminds you that these recipes are just

a guide and that we can create a new recipe from these. *'My intention for this book was to create a kind of workbook for your kitchen.'* I really like this and have already found myself adding notes! I made the cultured *'Lemon Mango Cheesecake'* however I didn't have lemons, mangos or use cashews! So instead I used oranges and macadamias. The cheesecake was absolutely delightful, light, creamy, cultured orangey goodness. I had been looking forward to creating a cultured cheesecake for sometime and this book gave me the nudge/inspiration that I needed.

I would have loved to have seen more seasonal recipes in this book – I thought from the title and the fact that Gabriela lives in the UK that there were going to be plenty of seasonal and wild foods included in the book however to my disappointment there wasn't.

Throughout the book there are specially selected quotes from well known books/authors, nutritionists and chefs which I really enjoyed reading. These added that little something extra to the book.

Gabriela's passion for raw foods really shines in this book, along with her enthusiasm to share what she has learnt and enjoys eating daily with others. The book literally bursts with her joy of this way of eating which as we all know can become infectious!

Though I feel this book is more for people just beginning their raw food journey I also feel people on this path for a while will find some inspiration in here to – just like I did! It is a very accessible recipe book with simple recipes including ingredients that are easy to find.

All round a easily accessible book to the introduction of raw food prepara-

tion with some interesting recipes celebrating broccoli as much as baobab!

More about Gabriela including information about her upcoming workshops, retreats and much more can be found at radiantonraw.co.uk

Along with being a full time mama to a delightful (almost) 4yr old, Nicola co runs a seasonal plant based supper club in South Wales, Nourish Supper Club. We specialise in free from food made from scratch using seasonal, local and foraged wild foods. All food prepared is vegan and free from grains, gluten, soya, refined sugar, GMO, additives. A vibrant mix of cooked whole foods and nourishing raw foods.

facebook.com/nourishsupperclub
instagram.com/nourishsupper
instagram.com/medicineformama - Nicola's space to share her creative life.

£23.75 direct from the authors website: radiantonraw.co.uk

Rewilding Our Hearts by Marc Bekoff

Book review by Rob Hull

Building Pathways of Compassion and Coexistence.

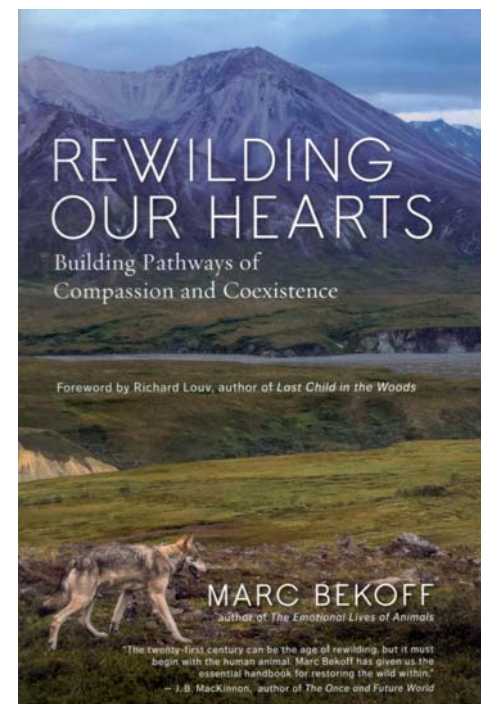
To be perfectly honest, I found this book difficult to review. I think the problem was this: most books are either good or bad (more or less!) and therefore straightforward, whereas I think this book is good, but just not for me. Especially as I can't stop myself comparing it to the last book I read and reviewed, *ReWild Yourself* by Rachel Corby (see issue 35) which was both very good and a book for me. You see, Rachel's book was a practical manual of ways you and I can reconnect to nature, whereas this book is a high level overview, probably most useful for government policy makers, Hollywood film executives, TV producers and the like. Unfortunately, how many politicians are going to read a book called "Rewilding Our Hearts"?

Marc starts off by looking at what the problem is, how the modern world "unwilder" us and alienates us from nature. Then to the solutions. I particularly like what he says, firstly quoting Lynn White "More science and

more technology are not going to get us out of the present ecological crisis" and then Marc's words "We need a new mind-set and social movement that is transformational and centres on empathy, compassion, and being proactive."

There are a fair few pages devoted to the portrayal of animals in film and TV - "more often than not, movies do not portray animals accurately". All I can say to this is that they don't portray humans or anything else accurately either. I guess I'm just too radical for this book; while Marc hopes to change the film and TV industry, I say get rid of your TV, it's not helping you to reconnect to nature!

Chapter 5 is entitled "Rewilding the Future - Wild Play and Humane Education" and here Marc looks at changes which need to be made for the younger generations to grow up loving nature. He is clear that children need to be allowed to play in nature without adult supervision, and that school education needs to include time in nature, not just learning about nature in a classroom.



The book is well referenced, has a bibliography and is well indexed.

ISBN: 978-1-57731-954-2

RRP: \$14.95

www.marcbekoff.com

Published by New World Library

www.newworldlibrary.com

Recipes

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

Raw Magnum Double Caramel



Vegan means sacrifices, right? But actually, no, it doesn't have to! I just mean you have to rethink and find a new way. For example, I'm not too impressed by vegan cheeses so instead I use other great toppings, like these four.

I used to love "Magnum Double Caramel" so I just had to veganize

them and it was much easier than I thought. They're a bit more on the heavy side as the ice cream is based on cashews but Oh my, they're so good! This is a recipe from my book which is released next week but I just can't wait to share it with you. So here we go:

(I use silicon molds for these which are really easy to use and give you a flawless result.)

Makes 6

Ice cream:

$\frac{3}{4}$ cup cashews, soaked for minimum 4 hours
 $\frac{3}{4}$ cup coconut cream
 $\frac{1}{4}$ cup agave or maple syrup
 $\frac{1}{4}$ cup water
pinch of vanilla powder
(a dash of nut milk)

Caramel:

1-2 tbsp coconut oil
8 medjool dates – pitted
1 tbsp maple syrup
pinch of vanilla powder
pinch of salt salt

Chocolate layer:

$\frac{1}{3}$ cup coconut oil
4 tbsp maple syrup
4-5 tbsp raw cacao

Rinse and drain the nuts thoroughly, mix all the ingredients for the ice cream until entirely smooth, add a little nut milk if to thicken. Pour in molds, add a wooden stick and freeze for at least 3 hours.

Melt the coconut oil for the caramel, mix it with dates, sweetener, vanilla and salt until you have a sticky and smooth caramel.

Make the chocolate, melt the coconut oil and whisk together with the sweetener and cacao. Take out the ice creams and dip them in chocolate until all covered and lay down on a baking sheet. The chocolate will set immediately. Now it's time for the caramel layer. So just add one tbsp of the caramel mix on one side and spread it evenly. Put them back in the freezer for 10 minutes, take out and dip them once more in the chocolate. Put back in freezer until set. Let thaw for 5-10 minutes before serving.

by Erika Frost - Find more recipes from Erika on her blog at rawness.se/blogg/loveliveraw/ and Instagram @loveliveraw

Raw Carrot Cake Squares

This recipe calls for some rather juicy and succulent dried pineapple to be used in the base instead of just plain old medjool dates, and as much as I love medjool dates I do feel that they can end up overpowering the taste of most recipes rather than complimenting the overall flavours. The whole cake is packed full of flavour and juiciness – even the frosting stays solid enough to not melt off unlike most cashew cream cheese frostings I have tried out before. In fact I actually think that this is better than regular baked carrot cake!

These Raw Paleo Carrot Cake Squares are a total doddle to make, you actually can't go wrong; all you need is a food processor, a small brownie tin (I used an 8.5" x 6.5" tin), some clean hands and maybe a little taste tester to help along the way. This recipe will also require you to soak your raisins in some orange juice and also your cashew nuts in a bowl of water (for the frosting) overnight. It is best to do the same with your pecans and walnuts too but they will need dehydrating before use which can be done by transferring onto a large baking tray and cooking in the oven on the lowest heat until sufficiently dry enough. The choice is yours!

Makes roughly 6-8 squares
Preparation Time: 15 minutes
Setting Time: 1 hour

Ingredients

For the base

1½ carrots (peeled & chopped)
1 cup dried pineapple
½ (packed) cup pitted medjool dates
½ cup dessicated coconut
1 tbsp coconut oil
3 tsp ground cinnamon
1 tsp ground nutmeg
¼ tsp Himalayan pink salt
¾ cup pecans (activated)
¾ cup walnuts (activated)
Juice ½ orange
½ cup raisins
½ carrot (peeled & finely shredded)

For the faux cream cheese frosting

1½ cups cashews (soaked overnight)
Juice 1 lemon
¼ cup maple syrup
¼ cup coconut cream (solid part of a chilled can of coconut milk)

⅛ cup coconut oil
⅛ cup cacao butter (melted)
¼ tsp vanilla powder (optional)

Optional toppings

¼ cup walnuts (crushed)
¼ carrot (spiralized/shredded)

Method

The night before making place a can of coconut milk into the fridge and leave your raisins to soak in the orange juice overnight in an airtight container, be sure to store them in the fridge until needed. You will also need to soak your cashews in a bowl of water with 1 heaped tsp of Himalayan pink salt. Make sure that you cover them with enough water so that there is about an inch of water above the nuts. Cover with cling film and leave in a cool dry place overnight. In the morning drain and rinse your cashews thoroughly. Set aside until later.

In the bowl of your food processor add all of the ingredients for your base except for your pecans, walnuts, and orange juice soaked raisins. Pulse the ingredients a few times before processing until smooth. Be sure to scrape down the sides frequently with a spatula to ensure that everything gets processed thoroughly.

Add in the nuts and pulse until some of the nuts have processed smoothly

and the rest have left small chunks.

Stir in your orange juice soaked raisins and shredded carrot.

Line a brownie or small cake tin (I used an 8.5" x 6.5" tin) with some greaseproof paper and transfer the mixture in. Using your hands 'knuckle in' the mixture until nice and even. Place into the freezer whilst you prepare your faux cream cheese frosting.

Clean the bowl of your food processor and add in all of your ingredients for your frosting. Pulse a few times before processing and process until completely smooth. Make sure to scrape down the sides frequently in order keep your mix really smooth!

Remove the base from the freezer and pour over your cream cheese frosting. Using a spatula spread out the frosting evenly. Sprinkle over your crushed walnuts and place the tin into the freezer, leaving to set for around an hour.

Remove the tin from the freezer when set and carefully lever out the sides of the carrot cake using a large sharp knife. Cut into 6-8 large squares.

Top each square with a small amount of spiralized/shredded carrot and tuck in!!!

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



The last rolo?!

Do you love anyone enough for the last rolo?

Maybe if you make a few you won't have to choose and no difficult decision making ahead...

These are gorgeous, simple, raw, processed sugar free (maple syrup is there tho), dairy free. And so easy peasy to make!

The raw chocolate I currently love best is:

100g cacao butter
4 tbsp cacao powder
2 tbsp lucuma powder
2-3 tbsp maple syrup

Melt the butter over a bain marie and then add other ingredients, mixing well.

The caramel (oh - the caramel!) is merely a cup of dates with $\frac{1}{3}$ - $\frac{1}{2}$ cup water blended together in the vitamix or other blender/processor.

Grab a chocolate mold, pour some of your velvety smooth, divine smelling raw chocolate into the base of the mold and dollop a little of your caramel inside. Top up (try and make sure you get around the sides) with molten chocolate and then freeze for 20 minutes or put in the fridge for 40 minutes.

by Emma Colley
www.emmacolley.co.uk



Raw Happy Simnel Cake

Although this is a traditional Easter cake recipe you can enjoy this healthy take any time of year!

Cake

Ingredients

100g raw organic coconut chips
150g raw organic almonds
100g organic lucuma
2 tsp. Cinnamon
1.4" piece fresh ginger grated
50g dried organic cranberries - sweetened with apple juice
25g organic goji berries
25g organic dried cherries
50g organic raisins
3-4 drops organic orange essential oil
2-3 tbsp. Raw organic Coconut nectar
150ml raw cold pressed coconut oil
1-2 tbsp. Filtered water

Method

In food processor or blender grind coconut chops and almonds to a flour.

Add to a large bowl with lucuma and using fingers work air into it so lump free and well mixed. All remaining dry ingredients and mix well. Now add remaining wet ingredients without water first and again mix well with spoon. Depending on your mixture slowly add water, you want it to bind not become sloppy. From here press mixture into a silicone cake mould either one large or small cup-cake size. Place in fridge to set while you work on next layers.

Apricot jam

Ingredients

100g dried unsulphured natural organic apricot.

Method

Soak in water until softened. Drain well- use water to sweeten other

recipes. Put apricots in blender and process until a paste is formed. Smooth a small amount on top of your cake or cakes and return to fridge while you make the marzipan.

Marzipan

Ingredients

150g almond flour- this can be pulp from your almond milk which you have dried in the dehydrator or again blend down raw organic almonds.
100ml maple syrup

Method

Mix ingredients in a bowl to bind well into a paste. Now smooth your marzipan on top of your cake and decorate as desired.

by Tracy Sadler -
www.happilyraw.co.uk



Raspberry Matcha Tartlet

Ingredients

For the pie crust

70g of Almond powder
20g of agave syrup

For the Matcha cream

150g of soaked cashew nuts (minimum 12 hours)
80g of agave syrup
50g of lemon juice
40g of coconut powder
10g of lemon zest
2g of matcha tea powder (1tsp)

Topping

A few raspberries

Method

Mix all the ingredients of the matcha cream. Keep it in the fridge.

Mix the almond powder and the agave syrup in a mixing bowl with your hands.

Spread a small piece of cling film inside a tartlet mould.

Press the pie dough inside the dish using a bit of water on your fingers so it doesn't stick.

Dehydrate your pie for 10 hours.

Scoop a couple of spoons of the matcha cream and garnish your pie crust with it.

Decorate with a couple of fresh raspberries.

Eat chilled under a beautiful summer sun - Bon appétit !

Note: You do not have to dehydrate your pie crust.

by Violaine Bergoin



Would you like to see a Raw Patisserie in Paris?

Violaine is a self-taught Raw Chef who discovered raw food in 2008. She started organising raw food nights in Leeds in 2012 with her collective Raw Yorkshire. A year later she was asked to work as a head chef at 42 Degrés, the first Raw restaurant to open in Paris. She then worked at Sol Semilla, a vegan restaurant that specialises in Super Food. Since then she published a recipe book with Hachette Cuisine, she worked for different vegan catering services like Betty Nu Food and Detox delight.

Now she's planning on opening the first raw vegan patisserie in Paris. It will offer a variety of French traditional inspired cakes, like opera cakes and millefeuilles, all raw and vegan. She's starting her crowdfunding campaign in May. If you want to support her project, please donate at

<https://fr.ulule.com/violainebergoinpatisseriecrue/>

You can find our more on her website at <https://violainebergoinchefcrue.wordpress.com/>

A Day in My Kitchen

Ever wondered what a raw fooder eats? There are many variations on the raw diet, but in this article **Grace Quantock** gives us her typical day.



My day begins with a waking prayer and my homeopathic medication. Because of this I can't eat or drink anything within 30 minutes of rising but as soon as I can, I have warm water and lemon with a glass straw (especially on cold mornings). It's so warming and cleansing in the morning. And my body is doing so much wonderful work, healing, repairing and keeping me alive - I want to give it all the support I can!

For breakfast I have a green smoothie and green juice. We begin with a smoothie as I kept having a surge of energy on waking and then dipping later. We worked out that a smoothie before juice worked well for my body - but do whatever works for you!

Sweet-Heart Smoothie

Ingredients (All Organic):

¼ apple
½ cucumber
4 sticks celery
4 lettuce leaves
Big handful of dark leafy greens - kale/spinach
½ avocado (I find hass avocados are creamiest)
1 teaspoon raw white almond butter
Juice of ½ lemon

Top up with water or herbal tea. Hemp protein powder or super-foods can be added for the advanced student.

Blend baby, blend! Pour into glass mason jars and put in the fridge — It'll help keep your green goddess elixir fresh don't y'know. Accessorise with gorgeous Glass Dharma straws and enjoy. Or just pour into a mug and drink.



I've enjoyed a breakfast green juice for years, and I always likened it to the oil which keeps my body running smoothly.

Green juice is so anti-inflammatory, I find drinking it regularly more effective than just using NSAID painkillers, and much kinder to my body too. We make our juice fresh daily in the Vitamix - just blend and strain through a nut mylk bag. So much easier than washing the juicer every day. But on weekends I often make 2 days worth of juice at a time using our Green Star Juicer.

Wellness Trailblazer Juice

Try out my award winning green juice recipe!



Ingredients (All Organic):

Nettle tea
Cucumber - lots and lots
Celery - about ½ as much as cucumber
Broccoli - for luscious green goodness and all the calcium
Kale - as much as you can fit. I LOVE kale
A little bit of apple, if you need it
Add cinnamon. Sprinkled in it gives such a special sweetness and makes it so easy to enjoy - this is the special bit!
Lemon juice - extra alkalising!
Loads and loads of love and Reiki, poured into it
Home grown greens and herbs, lovingly planted and picked in the sunshine before breakfast juice preparation begins.

Juice and drink within 20 minutes for all those lovely enzymes. Alternatively, store in a mason jar, keep cool and drink later.

Juice in your juicer or Vitamix and strain it through a nut mylk bag. Add to gorgeous glasses and enjoy. Be here now. Listen to the birds and feel the green juice working its healing magic!

I tend to be all-liquid until lunch, and have lots of herbal teas (my current fave is Tulsi). If I'm at the gym I'll have a chia pudding with hemp protein powder and soaked almonds after my work out. And if I'm hungry in the AM, I generally just have more green smoothie.

Chia Pudding

Simple, delicious pudding, packed with omegas.

Ingredients (All Organic):

Chia seeds

Almond milk or other nut or seed milk, or juice

Vanilla, scraped from the pod with a knife
Chopped dried apricots (un-sulphured, the ones which look wrinkly and brown)

Add the chia seeds to a bowl, they expand so leave room. Add 3 times the amount of liquid to chia seeds, stir in the chopped fruit and spices. Leave in the fridge overnight, stir a few times before bed so the chia doesn't clump.

Enjoy the lovely tapioca-like pudding as a sweet snack, a few hours later or the next day.



Lunch is my biggest meal - midday is when digestion can be strongest and so I make lunch my main meal.

Lunch tends to be a big salad and then a smaller portion of an alkaline cooked meal.

Grace's Daily Salad

Salad is often considered plain or boring, but this is a misconception. Salad is one of my favourite meals in the world. As a child I didn't like the salads served in restaurants. Most places were not yet used to catering for vegetarians/vegans and their salads were little more than bland, flaccid, over grown garnishes, but no longer! Salad, let me say now, is not iceberg lettuce, wilting grated carrot and a chopped tomato.

- *Peppery fresh rocket, sweet lambs lettuce, shaved fennel and bright, juicy orange slices — that is a salad.*

- *Soft oak leaf lettuce, slivers of red onion, chopped chestnuts and marinated red pepper — a salad feast.*

- *Watercress, big leaves of frilly lollo rosso lettuce, fresh peas and small pieces of*



toasted gluten free bread, brushed with sesame oil, rubbed with a garlic clove and all tossed together — that is a salad indeed.

I make up a salad based on what's in season, in the garden and in the fridge. Today it's mixed greens with peas from the garden, chopped apples from our organic heritage apple trees and a ginger and carrot dressing.

The cooked portion is often soup, or a veggie and alkaline grain. But honestly, I seem to make only one thing and that's soup!

Warming Spring Soup

Ingredients (All Organic):

½ a white onion or a whole red onion

1 cup of cooked beans/pulse like white beans, green lentils, chickpeas or yellow split peas

1 clove of garlic, peeled and crushed

Juice of 1 lemon

1 handful of fresh herbs like sage, basil, chopped rosemary or thyme

4lb (1.8kg) raw veggies like carrot, beetroot, mushroom or cooked veggies like steamed sweet potato or pumpkin.

5 cups of warm veggie broth

Make your soup choices, like pea and pumpkin, beetroot and rosemary, sweet potato, ginger and vanilla or sweetcorn and red pepper and add everything to the blender. Blend, being careful to turn off the blender and lift the lid every few seconds if you've used hot broth. We don't want steam pressure to build up and be unsafe! Blend it totally smooth or leave some interesting chunks. Serve in bowls you've placed in hot water for a few minutes to warm them. I drizzle hemp milk or oil over our bowls sometimes, the oil helps carry flavour and all those yummy good fats!



As an afternoon snack, I'll often have green juice. I add spices like cinnamon, ginger or jalapeño if the weather is cold to support my digestion and balance the cold juice from the cold weather.

If I'm still hungry, a go-to snack is avocado toast. Kris Carr introduced me to this wonder through her cookbook *Crazy Sexy Kitchen* and some days it's just what I'm looking for.

Grace's Avo Toast

Ingredients (All Organic):

1 ripe avocado
 Juice of ½ lemon
 Gluten free, vegan bread or raw flax crackers
 Pink himalayan salt
 Freshly ground black pepper

Optional:

Sprinkling of paprika
 Finely diced red onion

Scoop out the yummy avocado flesh and mash roughly with a fork. Stir in the lemon juice. Spread the mixture over the toasted gluten free bread or a raw flax cracker and season with salt and pepper. Sprinkle over paprika and red onion if desired.



Dinner is often a simple meal, a large salad and smoothie, or a pudding bowl of blended smoothie with yummy berry and seed toppings. If it's a special occasion, I love to make Socca Pizza.

Socca Pizza

If you are gluten free, pizza bases

tend towards the dry side. Either that or they're expensive or take forever to make with lots of kinds of flours and other ingredients. Not so with socca; it is easy, soft and scrummy. The socca is so thin and the raw toppings so heaped, I'm happy with the cooked/raw ratio of this meal. Of course if you go more towards raw, feel free to use one of the raw pizza base recipes out there!

Toppings of your choice.

Topping Options:

Sliced red pepper
 Red onion
 Raw cashew cheeze
 Basil and tomato puree
 Kalamata olives
 Basil leaves
 Sun dried tomatoes
 Mushrooms
 Sage
 Garlic
 Courgette slices
 Artichoke
 Fennel
 Spinach
 Kale

Socca - makes 2 pizza bases, (but I eat only ½ per meal, so this makes 4 servings).

Ingredients (All Organic):

1 ½ cups of gram flour (chickpea flour)
 1 ½ cups of filtered water
 2 tablespoons of melted coconut oil or olive oil
 Pinch of pink himalayan salt.

Line wide round cake tins with foil, and grease with coconut butter. Or line with parchment paper. Blend or

whisk all the ingredients together, pour into the cake tins so the mixture is roughly 1 ½ cm thick and bake in the oven at 250°C (480°F) degrees for 20 minutes.

Add a little less water if you want it firmer or a little more if you want it more custardy inside. Socca needs to be made fresh but it is so quick and simple and you can use it for everything from pizza to wraps.

Once your socca is cooked, add your toppings, and serve with a heaped salad and lots of laughter.

Grace Quantock is an award-winning international wellness expert, coach, author, motivational speaker, certified Reiki master and spiritual response therapy practitioner. She is the founder of Healing Boxes CIC and The Phoenix Fire Academy. A Future Young Leader of Wales Award recipient and featured in The Hay Festival, Positive News, Gala Darling and The Times of London, Grace is recognised as a trail blazer by thousands of people who have seen her speak and participated in her programs.

Currently living – and thriving – with often debilitating illness, she is the real deal and knows, firsthand, the emotional and physical rollercoaster that accompanies diagnosis and life struggle. A resident of Wales, Grace loves reading, gardening and early mornings. She firmly believes that life is meant to be celebrated, and has made it her mission to help others do just that, joyfully and on their own terms. Read more at

www.gracequantock.com,
www.healing-boxes.com and for more recipes go to
gracequantock.com/plantbasedwellness ☘



A 'Raw' Response to Menopause symptoms

Lorraine Palmer introduces her new book.

I'm often asked, 'how old are you?' (bemused look). How come you have so much energy? Have you really gone through the menopause? Part of my answer lies with my genes of course and my 'some times' exercise routine but when I continue to explain how I curbed my menopause symptoms I talk predominantly about eating more raw plant based foods.

Menopause story

My menopause came about when I was 41 in 2009. I had a hysterectomy as a result of having humungous fibroids - in retrospect I probably would not have had them out and instead chosen another option but that's another story. Following my hysterectomy I revelled in the fact I had no periods, no big belly and yes I was looking pretty good, but roll on a year and the menopause symptoms started, I was not looking good. I felt terrible and didn't recognise myself. Some of my symptoms included hot flushes (flashes), crawling skin, moodiness, foggy head, vaginal atrophy and night sweats.

Power of raw food

After many attempts using solutions over the counter to get rid of my menopause symptoms I stumbled upon raw plant based food that was prepared in a mouth watering way, it got my attention and I have not looked back. I totally believe in the power of raw plant based food.

They are the original fast food - pick and eat, especially if you grow your own. They have optimum nutritional value which is due to the way they are not tampered with like a lot of highly processed foods. They have captured the sunlight, are filled with green life force and have fibrous tissue which helps with eliminating toxins, what more do you want eh?

My Raw recipe book

My up and coming publication is a raw recipe book aimed at women who are peri or post menopausal and anywhere in between & either side. I am writing this book because I have found relief from my menopause symptoms via eating more raw plant based foods. I now want to share this information with other women as it may help them too. I know this is not the only answer for every woman but from my perspective you cannot go wrong with natural food on your plate.

About the book

The book is an intro. to eating raw plant based foods for the woman who has not been acquainted with this way of eating. To give you an idea of what's inside here is a quick overview:

- ◆ My menopause story - to illustrate you can be younger than the average age of a menopausal women and still go through this transition, its never too early to prep for the menopause.
- ◆ The menopause - the science behind it, what's happening to a woman's body
- ◆ Managing the menopause - current ways to do this including lifestyle changes
- ◆ What is RAW food? - talking about what is considered raw food, benefits of eating raw food etc, acid and alkaline state, detoxing, enzymes, nutrition, probiotics, greens
- ◆ Recipes - mainly quick and easy ones (meals, dressings, sweet treats, drinks, soup and chocolate).
- ◆ Resources - to assist people on their way to RAWdom e.g. equipping your kitchen, where to access raw foods and action steps.



- ◆ Research - to back up what I have been saying.

With this book I inform women about what is going on with their body during the menopausal years and how they can support their symptoms by eating more raw plant based foods. I show women a way to make delicious food that is very nutritious. There is no excuse for not enjoying food when it is raw - you just need to be shown how.

So what's next?

My book will be coming out late Spring 2016 and I am offering a £2 discount on pre-orders. Use the code: RAW11 in the 'coupon code' then hit apply:

tinyurl.com/rawflash

Feel free to connect with me and ask anything you like about raw foods

Lorraine is a Raw food teacher, coach / mentor & author

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Raisin Gobstopper

Serves 4

Prep time: 3 mins

Assembly time: 12 mins

Ingredients

1 large carrot - pulped

½ cup of oats / buckwheat flakes

½ cup almonds

½ cup walnuts

1 cup raisins - soaked overnight

½ cup dried apricots

½ tsp of cinnamon

Liquid sweetener - made from soaking dried dates overnight

Equipment

Juicer - for making the pulp

Cup

Food processor

Chopping board

Sharp knife

Method

Juice the carrot and collect the pulp in the cup - don't throw away the juice

Roughly chop the walnuts and apricots



Save some finely chopped walnuts for coating the balls

Put all ingredients including pulp into the processor and mix until it comes together

Add some carrot juice if it is too dry

Roll into balls (eight gob stopper size)

Dip the ball shapes into liquid sweetener and then into the finely chopped walnuts ensuring they are fully coated

Place in fridge to firm up before serving

Spaghetti Pesto

Serves 1

Prep time: 5 mins

Assembly time: 5 mins

Ingredients

1 medium courgette

½ lemon - freshly squeezed

3 tbsp of pine nuts

5 sprigs of basil leaves - torn not chopped

1 clove of garlic

6 baby plum tomatoes

1 tbsp of cold pressed olive oil

Rock salt / cracked black pepper to taste

Equipment

Sharp knife

Spiralizer or vegetable peeler

Food processor (optional)

Bowl

Garlic crusher

Chopping board

Fork

Method

Wash courgette and basil

Peel courgettes and use spiralizer to make into spaghetti strings or use a vegetable peeler to cut into tagliatelle strips and place in a bowl

Squeeze lemon over the spaghetti and add the olive oil

Add crushed garlic and basil - mix well

Either use a heavy blade knife or food processor to chop the pine nuts into smaller pieces and place these in the bowl.

Cut the tomatoes into quarters and also add to the bowl

Add rock salt / cracked pepper to taste

Mix with a fork ☘



Wild Greens: Pellitory Of The Wall and Salad Burnet

Rob Hull discovers two new wild edible plants. Wild food helps us to connect to nature and is usually more nutritious than cultivated food.

Pellitory Of The Wall, *Parietaria officinalis*

A couple of weeks ago I went on a wild food walk and discovered some new plants. Pellitory Of The Wall is in the Urticaceae family, that's the same family as nettles. It has a hairy texture, actually one of it's common names is sticky weed as it will sometimes stick to clothing, although it is nowhere near as sticky as cleavers which also has sticky weed as a common name. To be honest if I just put a leaf of this in my mouth I don't like the rough texture, but mixed into salads with other wild greens it is not noticeable.

The pollen is known to cause allergies in some people, so careful if you are sensitive to pollen.

As you might have guessed from the name, you will often find this plant growing on walls - it grows on the side of our house!

The leaves are smallish so I pick the whole tops, the part which looks tender, the stem is also tender at the top.

This plant has been used for thousands of years as a medicinal plant for its diuretic action, to sooth chronic coughs (probably as a tea) and as a balm for wounds and burns.

One reference even says it is good for cleaning windows, I've not tried that yet!

Always be careful when picking wild food, there are poisonous plants out there, only eat plants you are 100% certain about.



Salad Burnet, *Sanguisorba minor*

I don't quite know how I never knew this plant before, I've heard the name mentioned regularly but somehow I never met the plant until now. Maybe because it is a very small plant; I tend to go for larger leaves to make a good salad. Or maybe because the Portuguese name for this plant "pimpinela" caught my attention more than the English name!

Excuse the lines on my photo, it seemed like the best way to take a photo was put it on my notebook to get a clear view.

When I tried it, it had a nice flavour, a bit different to other wild greens and no bitter flavour, although according to Ken Fern of Plants for a Future (www.pfaf.org) "In the acid soil of our Cornish trial grounds, the leaves have a distinctly bitter flavour, though when the same plants were grown on a chalky soil they had a much milder flavour" and according to Wikipedia "Typically, the youngest leaves are used, as they tend to become bitter as they age." ❁

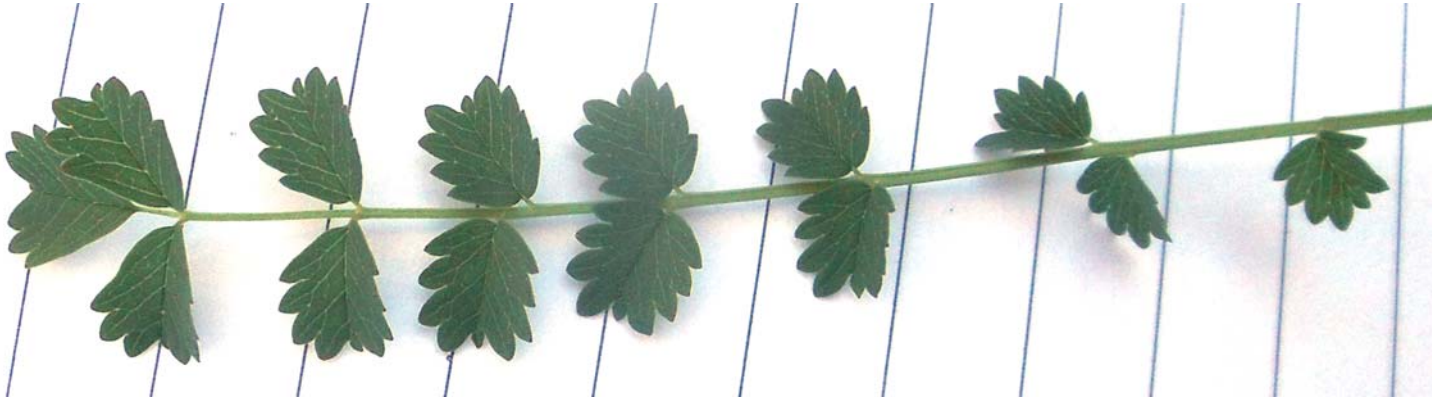
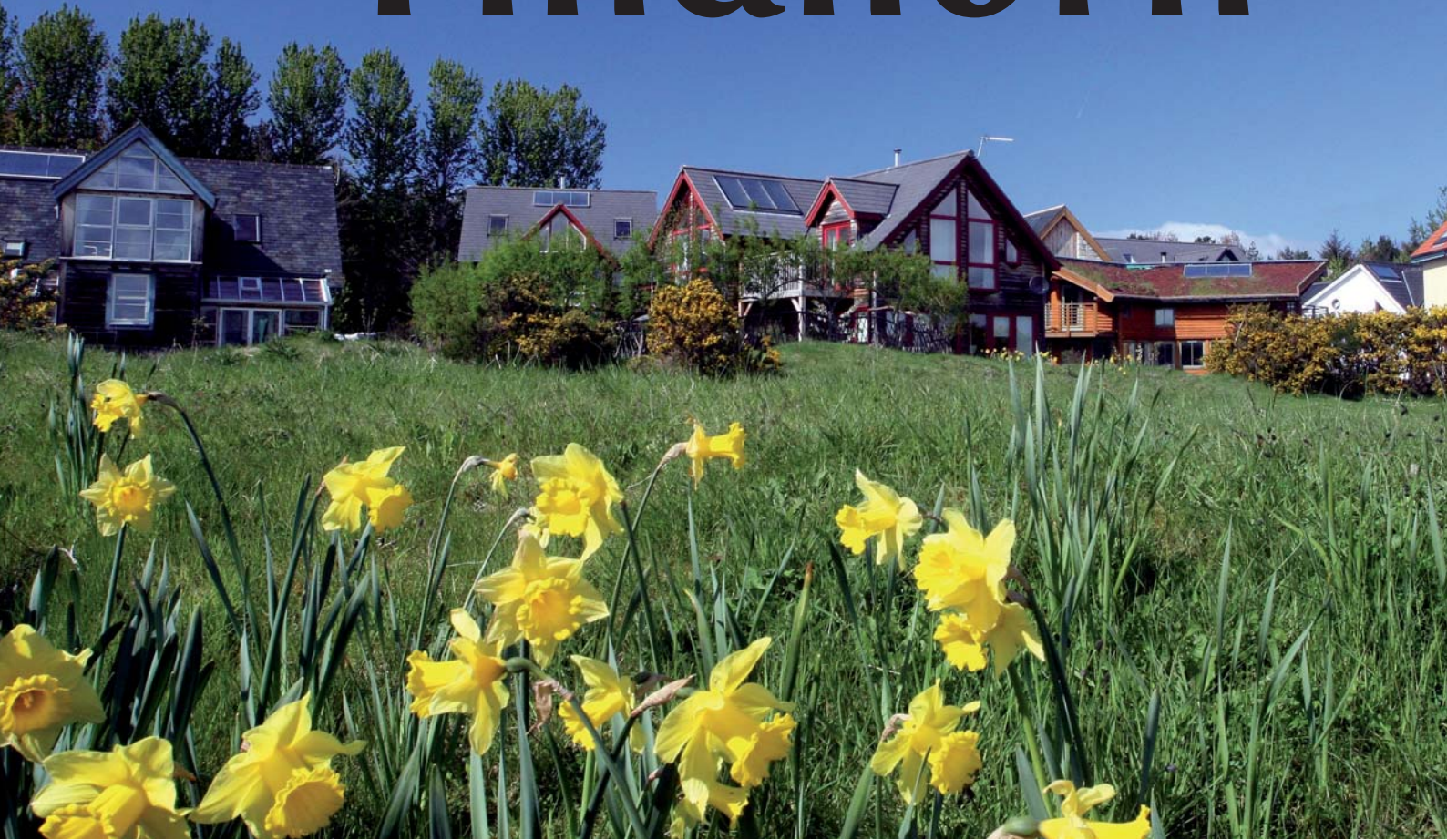


Photo by Harry Rose www.flickr.com/macleaygrassman/



Moving to Findhorn



Jackie Balderstone tells her story of how she, along with her partner Pete, chose to take a different route in life.

Sometimes you have to make a massive detour!

Maybe what my partner of 21 years, Pete (47) and I (48) have just done is nothing short of complete madness. Perhaps we are slightly crazy – could even be called ‘risk takers’, mad or worse! Many described us as ‘brave’. Despite this, something had to change, something big!

Last year in September (2015) Pete and I left the familiarity of our town in Kent, the security of decent income, the stability of our beautiful and recently renovated home where we had lived for 9 years, the well known faces of work colleagues, neighbours, our friends and family to go and live in a completely different way in a spiritual eco community. That community was the Findhorn Foundation,

Spiritual Community and Eco Village high up in the Highlands of Scotland some 600 miles away from everything we knew. We literally threw in the towel with our old and conventional way of life in search of a new one.

So how did all this happen and why?

Looking back, I suppose it was a brave move, it did require some courage. We had indeed been quite set in our ways for a long, long time. The road ahead, all things staying even, was all mapped out and looking rosy, at least on the outside. Pete who had worked in the financial industry for 31 years from



the age of 16, half of them in the City of London, committedly and for the most part enthusiastically, driven to do what he did providing us with

everything we needed and more. 'More' being the operative word. During those last 10 years we wanted for nothing – from a material perspective. Driven by consumerism, greed, the media, conditioning, the 'must have' culture, even our parents who drove us to strive 'for more', to be the best, believing that competition was good (instilled at school), we ended up losing our way, lost perspective on what was important. In the meantime, I suffered from Adrenal Fatigue and Pete was sort of disappearing before my eyes. He no longer had the zest for life he used to and neither for that matter did I. In our own ways I believe we were both looking for something.

Discovering raw food and spirituality

Then almost four years ago I discovered raw food and the raw food lifestyle driven by an already 25+ year interest in health and nutrition and more recently my own ill-health. Around the same time I bumped head long into spirituality and on the back of those two things life has been a welcome roller coaster ride ever since. This was indeed the start of my transformation and eventually the unstoppable transformation for Pete too.

Resisting change

I was ready for change but Pete, married to his work, committed to it but also lost, drowning, locked in, connected only to making money, his employer's aims and objectives figuratively speaking skin grafted onto his soul, was not. This guy who thought nothing of eating a pound of cheese in one sitting, downing several pints of lager with a chicken vindaloo (his absolute favourite) did eventually leave his job and his weekly vindaloo behind and dived into a more natural way of living and eating but not before a huge amount of resistance.

In fact, I talked 'to the wall' for a long time! Neither raw food nor spirituality sat well with him and his current lifestyle. It got in the way. It was competing with a culture he had become. Change seemed very threatening but over time due to my undying enthusiasm that showed no signs of slowing he began to take more notice little by little. He also found a love of raw food! This part of the story is long and



not without its challenges and deserves another article all by itself. How did Pete, driven by money, ensuring financial security and not much else make the transition from being completely blocked off to change to becoming one of the most transformed people I know. Perhaps indeed that is the more interesting story! I tell some of it below.

The Shift

Gradually the tide was turning for Pete helped by a documentary I had recently come across called Food Matters. Due to his interest I also introduced him to Hungry4Change as well, then not long after that Fat, Sick and Nearly Dead by Joe Cross. What was I doing?? I was still banging on Pete's door, that's what I was doing, hounding him – yelling "wake up before it's too late". It took a long time but I finally got through.

Once Pete had made the shift in his thinking, albeit at embryonic levels but enough just the same, his days started to take on a new meaning. In fact, they had less and less meaning, as what he did for a living didn't make sense anymore. He was questioning things. He realized he was heading to an early grave if he kept going in the way and at the pace he was. It took another year and a half to seal the deal shall we say. Pete had taken an interest in permaculture (via the Funky Raw magazine) and decided to investigate it further via an Introduction to Permaculture weekend at Brighton Permaculture Trust.

He loved it. It was another turning point and soon after he signed up to study for a Permaculture Design Course. All at the same time he decided he should go to the Findhorn Foundation in Scotland (a community we had become aware of and were very interested in) for one of their 'Experience Weeks', a completely alien world to Pete. I can tell you my head was in a spin. Boy, can he move fast! Typical Taurian. But something had changed for him, something big. I don't think he knew exactly what he was doing or where it was going to end but he was completely driven.

One thing was abundantly clear. What had served him (and us) in the morning of his life was no longer serving him in the afternoon. (Wayne Dyer, The Shift)

Bringing 'the shift' into our reality

So at this point (end Jan 2015) Pete is still working full time, all hours, still flying to meetings and enduring overnights as usual. But by now he had well and truly 'woken up'! Retraining in permaculture was well underway showing him a new way to live and think and a transformational Experience Week with the Findhorn Foundation was the nail in the coffin as far as continuing in the financial industry was concerned.

Over the following weeks some serious decisions had to be made by both of us. Those decisions got made, namely, quit the job, sell the house, halve our belongings and move to Findhorn. Some of the things that had

to happen or fall into place just did with considerable ease just like the most perfect dance. Mountains literally moved and seas parted as the plan unfolded before us in the most perfect way. It was indeed staggering at times. Even today these types of things keep happening over and over. Positivity, faith, belief, gratitude and constantly manifesting what we wanted to happen, believing it had indeed already happened brought it all about. It's a way of thinking that has changed everything for us. It does also remind us that we should be careful what we wish for!! It might come true! I also believe that when we are doing the right thing, it just 'flows' and this life shift was a fine example of that.

The courage to change the right thing

Over our many years together we had made changes over time but not the right one! His job, the environment, the culture of the financial industry, was literally sucking the life out of us. It was a completely unsustainable way to live in all senses. In permaculture there's a saying

"the problem is the solution".

The problem was Pete's work 'choice' (not really a 'choice', he was just stuck!), the solution was to leave and go and do something else.

If Pete were writing this he would say

"don't wait so long to change the thing that needs changing" and

"the thing you feel you really, really can't change is most likely the very thing that needs changing".

During a recent volunteer shift at the Findhorn Foundation Community Centre kitchen, Pete shared his story to another volunteer who in reply said:-

"oh, so you got out before you had a heart attack and lost your wife!"

Living our calling

We realize now – and just in time that living your life purpose, on purpose and with purpose, doing what you love or checking in with yourself that you love what you are doing is the key to a happy healthy life.

So here we are living 10 minutes from the Findhorn Foundation – moving into an eco house within the

Community known as The Park early next year, living a completely different life, a healthier life, one miles away from consumerism, greed, societal norms, feelings of alienation, isolation, targets, pressures, trains, planes, hotels, long working hours, overnights, snatched moments together. Now breathing clean air, drinking clean water, currently based in the countryside, living more in line with nature, walking our dog in the most beautiful woodland or on the stunning nearby beach. Pete a qualified Permaculture Designer currently volunteering at a local organic fruit and veg farm while he contemplates 'what's next'. Me, a keen raw foodist and a recently qualified Level 2 Reiki Practitioner continuing to concentrate on raw food, the raw food lifestyle, my passion and calling in life, that brings me such enormous joy, also contemplating 'what's next'. The Findhorn Foundation meanwhile providing us with the opportunity to steer ourselves forward for much learning, growth and development into the people we know we can and will be.

We made the shift, held our breath and leapt into this new life, the most unlikely people to do this. It's still early days, we are very much in transition mode but absolutely no regrets. Best decision ever. We have a better, healthier life and relationship with ourselves, with each other, those around us and the planet, all of which will continue to develop. With more choices than we have ever had before it's also given us direction and a path we passionately want to be on. We live differently now with a different focus and are enjoying being 'money mindful' compared to our life before but we

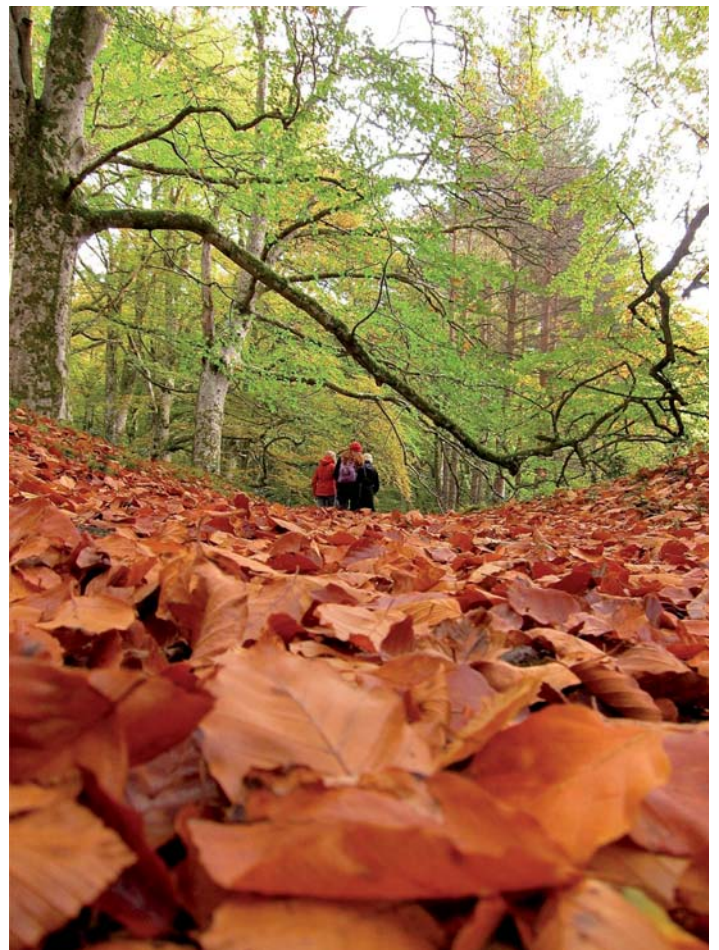
don't feel we have given up anything or have compromised in any way. We feel we have more than we have ever had. It turned out that for us all the risk lay in not doing anything at all and just carrying on as we were! We could so easily still be living that old life. Indeed, that would have been the easier option but we are so very glad we leapt!

Pete and I were influenced by:

Raw Food and the Raw Food Lifestyle 'Food Matters', the movie – www.fmtv.com - same website for 'Hungry4Change', 'Fat Sick and Nearly Dead' and 'The Shift' Funky Raw Magazine – www.funkyraw.com Brighton Permaculture Trust - brightonpermaculture.org.uk The Findhorn Foundation – www.findhorn.org Experience Week – www.findhorn.org/programmes/experienceweek/

Read more from Jackie on her website www.rawelevations.co.uk or contact her by email at rawelevations@gmail.com

All photos except Jackie and Pete headshot by Geoff DalGLISH. ❁



A Plant Based Transition Part 2

Sarmado Sibley continues his story of transitioning to health via a raw food diet.

I had no idea how this exciting journey was going to be.

The weekend training with Andrew and Angela Davis had opened up a totally new realm with raw living foods. I couldn't wait to get started. Eager to jump onto the internet and research all the websites offering the products, trainings and foods I really cannot express how alive and inspired I was beginning to feel again.

There were testimonials from people who had totally transformed their lives or who had overcome serious life threatening illnesses by including living foods into their diet.

I read stories of people who had embarked upon life altering travels to heal themselves mentally, Emotionally and spiritually from long held beliefs and stories that had kept them stuck in life. It all started with changing the foods they were eating.

By this time I was already adding in more raw living foods into my diet and my health was dramatically improving. Initially it was the optimism and potential of what life could offer that was lighting me up. For so many years I'd always felt this sense of disconnection and this was reflected in my work and in all of my relationships. In the kitchen it showed up as no appreciation for the quality of produce that arrived through the door. At least not on the level I was about to experience. For sure it was the best I knew of at that time but I had no idea of how far it had travelled. I didn't even know who grew it or understood their passion and dedication in being able to deliver. Let alone did I know if it was organic or not.

As I continued researching the benefits and going through my first detoxes I came across specialists, speakers and experts who were able to direct me on the next best step. It's like everything was lining up and I was constantly making the right connections. I attended lectures and often signed up for trainings. I just wanted to immerse myself with as much knowledge and information as I could.

Having worked in conventional kitchens it was not really an environment I wanted to return to. Especially as I was regaining my health and all of those years of excessive working and partying had taken their toll. Plant based restaurants or at least vegetarian were mostly limited to the cities or outside of the UK. I decided to travel and spent a long time in Asia where it was obvious that it was not just about the food alone. In Thailand you would always serve your guests before yourself and never eat alone as this was seen as rude and unsocial. Food was for sharing. In India you would bless the food and say a prayer before eating in gratitude and in Bali food was respected as a gift from the gods and often donated at ceremonies.

Quite different from the approach of eating in the western where at best it is used as fuel to sustain us until our next meal. Rarely had I experienced the reverence in which we should be to eat. Gabriel Cousens had also shared in the book *Spiritual Nutrition* that food should be chewed or masticated at least thirty times before swallowing so that we are able to absorb and benefit from the minerals, nutrients and vitamins.

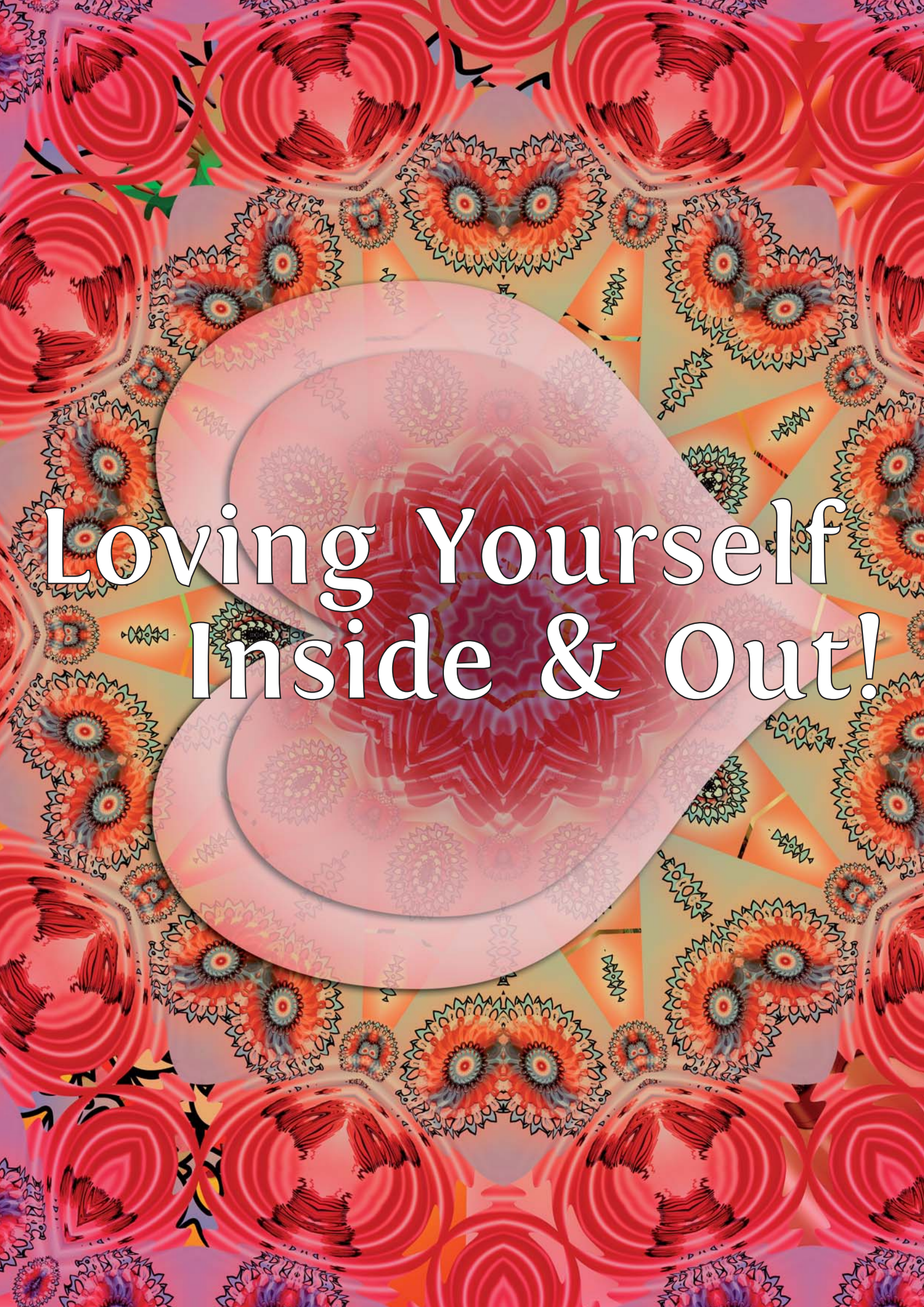
The energy of the person preparing the food also needs to be in balance which I never understood before. I had worked with many chefs previously who were alcohol and drug dependant, stressed and anxious. Constantly abusive and swearing and this was the energy that was being put into their creations and to be honest in many cases if you were to see who prepared your lunch I'd imagine most people wouldn't eat it!

I could write a whole article on this subject alone but suffice to say that everyone I have worked with in kitchens since beginning this journey have been conscious and committed to not only their vocations but their personal development. Where there is a more heart centred and compassionate attitude to where the foods are sourced it is reflected in the food. Something I never found in kitchens with a high reliance on animal based products.

When I returned to the UK I wanted to learn some more of the specialised subjects with raw food. I came across an article in *Funky Raw* magazine about a raw chocolate training with Amy Levin in Sussex. I was so inspired and motivated that within a couple of months I started offering classes to friends and family and the momentum had begun.

In the next issue I will share how to start creating a lifestyle that supports following your passion.

Sarmado now works with the Excalibur café project in Glastonbury, Somerset, UK and has more information on his website www.rawlovelife.com



Loving Yourself
Inside & Out!

Faith Canter shares her ideas on how to love ourselves more which can help us with many areas of our lives.

If you're tired of judging yourself, putting yourself down, dishonouring your body, disrespecting your history and disliking who you are and the life you lead, then you are in the right place!

Through my work with my clients, I have found that behind many health conditions is a lack of self-love. And when we address this lack and embrace the beauty of who we truly are we go through some truly profound healing, both mentally and physically. I have seen energy and vitality substantially increase, relationships improve, pain slip away, disease in the body leave, passion and purpose shine through, finances flourish and not only how we feel about our bodies dramatically improve but even changes in the way our body looks and feels follow suit, just from addressing our love of our self.

As the queen of self-loathers I am proud to say I no longer rule those lands! Instead I love who I am, I love the body I'm in and I love the life I live! How did I achieve this? By incorporating the following into my daily life...

Surrendering Meditation – I started meditating on surrendering to who I am, rather than fighting myself and my life. Fighting was exhausting and wasted so much time and energy and of course was completely pointless and made me miserable. So I started to practice surrendering to who I am and what that day would bring. I was surprised by how much energy I got back just from this small shift.

The Body's Invitations to Heal – I started to realise that the things I thought were wrong in my body were really invitations for me to heal. They were the body speaking to me and saying something was out of balance. So I started to find ways to listen to my body and resolve what it was inviting me to heal. My body wasn't against me, who knew!?

Loving What's Within – I started exploring and celebrating how truly incredible the workings of my body really were.

Allowing Time – I started allowing time in my life for more things that brought me peace, joy and love. Instead of distracting myself with things that didn't so that I wouldn't think about how crappy I perceived me and my life to be.

Being Present – I practiced being in a place of total awareness, being present in the moment, rather than off thinking about the past or the future.

Forgiveness – I practiced forgiving people who I believed had wronged me, but most importantly I started practicing forgiving myself for ways in which I felt I had wronged myself and others.

Protection – I realised that my body and mind had been trying to protect me, not from the bad things that had happened to me, but for the way I treated and talked about myself. So, I started practicing a more nourishing way of interacting with myself. This included letting go of my judge-o-meter!

Connectedness – Connection is one of our basic human needs. We need to be connected with our bodies, each other and the planet. When we allow this connection to slip we find it much easier to be bad to ourselves, each other and the planet. So I spent time during meditations and my daily life making sure to connect back in to myself and the World around me.

Look Within – I started listening to my heart instead of my head. I would do heart centred meditations and drop into my heart whenever I was unsure or out of sorts. I found that working from the heart, rather than the head I became happier, more inspired, more creative, more energised and I did things based on how they made me feel rather than what I 'thought' was best.

Adding Value – I started writing down three ways in which I had added value to the World that day. And if I was struggling with one particular area of my life then I would make sure that one of those values was something to do with that. This could be things like 'I helped that person at work sort the fax machine out' or 'I gave a homeless person some money' or 'even though a

family member has been doing my head in about this one thing I have been able to help them with this and no one else did or could'. This practice is so important and makes you realise how much value you add to the World.

A life of Celebrations – I started celebrating everything I could in each and every day and I quickly found there was even more to celebrate when I looked at my days this way.

Letting Go of Fear – Everything in my life was happening to help me wake up, to stop me simply surviving, but to help me thrive. The sooner I realised this the easier it was to let go, move and on and grow.

The Blues – I created a healthy harmonious first aid kit for when I was a little low. It's simply a list of things that I might have let slip or that I know help me when I'm low. When I refer to this list it quickly nips any self-doubt in the bud and I move on.

I soon realised when I started practicing the above regularly, that I was then able to make more nourishing and nurturing choices for myself. I started drinking more water, eating a better breakfasts, cutting out sugars and alcohol, wanting to meditate and exercise more and this just snowballed from then on. I hadn't realised how much my disconnection and disrespect of my body had impacted on my lifestyle choices. Is it impacting yours? If you even have the slightest feeling it is then try the above for at least 28 days and see how you feel at the end! It doesn't cost anything, takes little time and is just about creating new healthy and happy habits, what have you really got to lose?

There is a free Self-Love Summit playlist on Faith's YouTube channel where you can watch lots of videos to help you love yourself and your life more!

Check out Faith's book *Living a Life Less Toxic* on her website, or sign-up to her mailing list to be the first to hear about her new book, *Cleanse and Let Love In!*

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Resonant Living

Ali and Fran introduce ideas for living the lives we wish for.

Sometimes we forget that nature has all we need, sometimes we just need a little reminder to reconnect with our own inner wisdom.

Raw food chef Francesca Paz (creator of Moody Mango raw cuisine) and yoga teacher and sound practitioner Ali Gunning collaborate to create Resonant Retreats, a combination of yin yoga, sacred sound and raw nutrition which aims to give our bodies, minds and souls a taste of their natural state of harmony.

How we began

Getting together over juice we soon realised that Ali is as passionate about sound yoga as Fran is about raw vegan food and its benefits. That meditation, connection to nature and diet were so important to us both. And from this common ground we began to put together workshops - the dream began to manifest!

“We are more about creating an experience which takes people out of their normal routine and might provide a little spark of inspiration to make a few lifestyle changes, rather than telling people they have to adopt a totally raw yogi lifestyle to be anywhere near healthy.”

Life is vibration

Both science and ancient philosophy agree that the world around us is composed of energy in various states of vibration. Each part of our body has a frequency, as do our thoughts and our food. We are constantly consuming and producing vibration; what we eat shapes our bodies and the vibration of our thoughts create our lives. This is both the challenge we face and the key to being the happy and healthy beings we wish for!

Technology is amazing for opening us up to information about our well-being from all around the world but on the flip side, we we constantly



looking out rather than within; absorbing the thoughts and opinions of others, rather than taking time to know ourselves.

Yin yoga

Our bodies are composed of the same elements present in the world around us; the ancient wisdom of many cultures such as India's Ayurveda teach us that we are part of nature. Yet in modern life we are divorced from that connection, both physically and in our minds, often considering ourselves masters of nature rather than its collaborators.

While our bodies know their state of harmony our lives often work against us, with a culture of rushing and consumption, of separation from our true nature within. We could describe this as the Chinese medicine principle of yang. And of course when we have become conditioned to yang we reflect this in how we eat, think ... and practise yoga - competing, leaving no time for feelings and fuelling the ego sense of separateness.

Ali loves particularly to teach yin yoga which asks us to slow down and listen: “This can be incredibly challenging but hugely rewarding - to get

close to the earth and feel it's vibration as our physical bodies, to allow the darker shades of our mind to surface from a place of allowing.”

Gong meditation

The ‘gong bath’ is everywhere as more and more people are experiencing the value of meditation - and resonating with sound based practices, like chanting, singing bowls, etc. While the sheer beauty and mass of sound leads our minds down the path of surrender, the array of harmonics, frequencies and visceral vibrations of gong reach into our energy systems, physical cells, organs and tissues.

Yogi Bhajan stated ‘the gong is God. So it is said, so it is.’ Whatever sound emerges from the gong is the sound of creation; sometimes like the depths of the earth, sometimes like merging in water; it is a very elemental experience. The final and most potent part of the gong bath is silence and we often leave this silence with new insight and sensitivity to the senses and surroundings. So we have the opportunity to resonate with our highest self and all the profound changes that can bring to our personality and interactions back in the world.

Living foods

Making and creating raw vegan food is a sacred act for Fran. Using the best food we have on this planet has to offer is a privilege and honour. Fran shares and demonstrates the healing power of living foods which is a huge passion of hers: "I have seen so many people heal from living foods. I love food, like all love relationships, mine with food has been a journey."

Food aligns us with nature and none more so than living foods, which are gaining increasing popularity. When we consume food in its natural state we feel better, benefiting from more chi or prana; many people say they feel more "more alive". Raw fruit and vegetable are packed with vitamins and minerals which nourish and balance our bodies, providing grounding during spiritual practise. With the raw cuisine we hope to inspire people just to add a little more raw fruits and vegetable into their lives at home, to see how this affects their thoughts and well-being.



Ali & Fran's 'mini retreats' take place at The Well Garden in Hackney - forthcoming are 'Resonant Revive' 24th April, 'Resonant (summer) Solstice' 12th June, 'Resonant Harvest' 9th Oct and 'Resonant (winter) Solstice' 18th Dec. Events are 9.30am to 2pm including

chanting and intention, yin yoga, sound bath, raw 'afternoon tea' and sharing. Booking essential through Resonant Retreats: 07855402837 resonantretreats@gmail.com

Photos by Maryanne Torok.✿

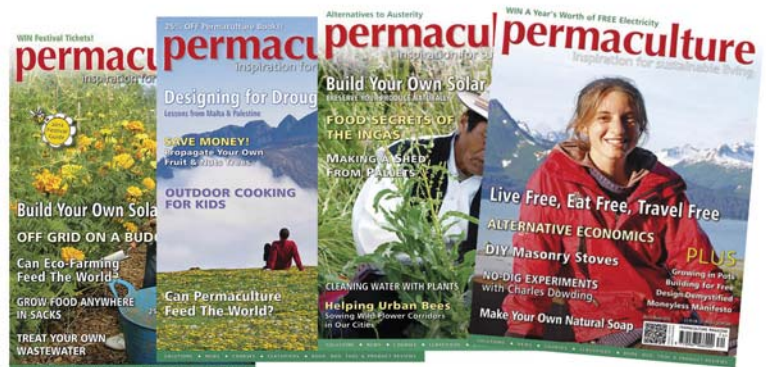
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Laughter

for

Health & Happiness

The Holistic Power of Laughter Yoga

Laughter to improve your health? Yes! The list of benefits is impressive - Jo Bluett reveals all.

Laughter has long been known to lift the spirits and help us all feel just that little bit better. But when was the last time you experienced a really deep, sustained belly laugh that made both your cheeks and your abdominal muscles ache to leave you feeling utterly amazing on every level?

Well Laughter Yoga does exactly this!

Laughter Yoga is a unique form of exercise that gives us a complete, holistic workout – influencing our physical, mental, emotional and spiritual health.

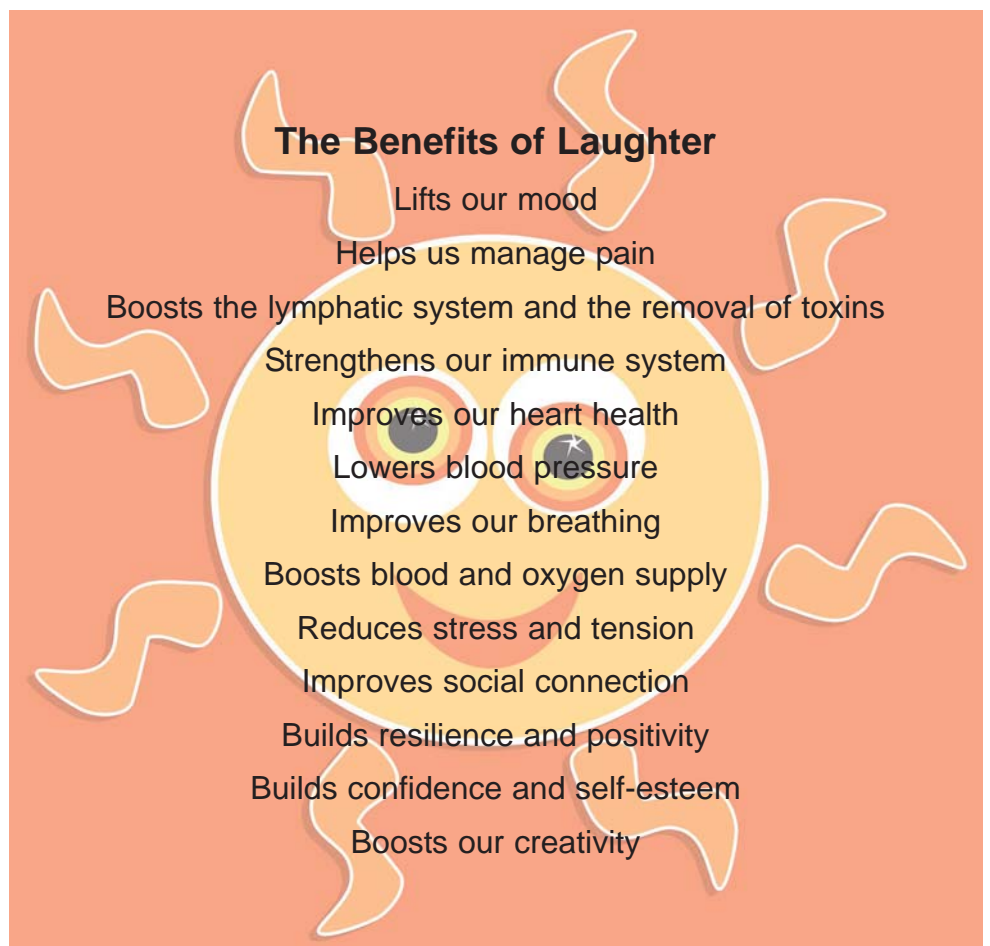
It is based on the fundamental premise that anyone can laugh for no reason – we don't need to wait for a trigger of humour, comedy or jokes to "make" us laugh – in fact if we are serious about reducing stress, improving our health and boosting our happiness, we each need to take responsibility for our laughter and *choose* to laugh more, smile more, play more and be open to having fun and embracing positivity.

Laughter Yoga was started in India in March 1995 by a medical Doctor, Dr Madan Kataria, along with his wife Madhuri. The premise is that we need to laugh unconditionally, from the belly (engaging the diaphragm for aerobic effects) with deep, hearty

laughter for a sustained and continual period time (15-20 minutes) every single day.

Laughter Clubs (recently featured on the BBC2's *The Real Marigold Hotel*)

are growing in popularity across the world as a way for people to manage stress and to boost both their health and happiness and to come together and boost social connection and a sense of community.



There are now thousands of Laughter Clubs across the globe and I run one in Edinburgh which is the only laughter club in the UK to have been funded by the NHS for a three year project evaluating the impact of regularly attending a laughter club on the wellbeing of carers.

Laughter has a way of instantly connecting people and is one of the most basic and fundamental ways in which we communicate as human beings. But more than that – laughter can increase confidence, self-esteem, creativity, positivity and resilience, bringing positive changes to all aspects of our lives. A number of regulars have made positive changes in their lives – e.g. losing weight, returning to work after years of illness and/or depression; coping with serious health diagnosis and grief; coping with the isolation and stress of being a full time carer.

Laughter not only makes us feel good by releasing huge amounts of endorphins (our “happy chemicals” which act as our natural anti-depressants and pain-killers) but laughter also strengthens our heart (reducing the risk of cardio-vascular disease and stroke), boosts our lung capacity and breathing, and belly laughter also burns calories and tones muscles!

Scientific research shows that belly laughter is as effective at widening arteries and lowering blood pressure as taking statins and going jogging (ref. Dr Michael Miller, Centre of Cardiovascular Health, University of Maryland). Incredible!

However, laughter also has a major role to play with the Lymphatic System (our body’s natural waste removal system) and our Immune

System since the endorphins we release also act as anti-inflammatories.

The lymphatic system does not have its own “pump” (unlike the cardiovascular system which has the heart) and relies on body movement, exercise and stimulation to get the lymphatic flow moving and the detoxification process working.

While we can use things like body-brushing, massage and even gentle stroking to boost the movement of lymph, laughter can also be incredibly effective to boost the detox process and reduce inflammation in the body.

The lymph movement not only stimulates the removal of toxins, the movement of lymph through specific glands in the body (lymph nodes) also stimulates the production of lymphocytes which are fundamental to a strong, healthy immune system - the lymphatic system works hand in hand with the Immune System.

A healthy immune system is essential for managing stress and for managing chronic health conditions.

Laughter Yoga is being used in America for breast cancer recovery and prevention (reference: Sue Carter Ansari – “Joyfit”) through a unique exercise and movement routine which stimulates the lymphatic system using laughter.

A right good giggle really can make us feel amazing on every level – physically, mentally, emotionally, spiritually - it is the ultimate holistic exercise and along with healing, nutritious raw food – is also the best medicine!

In addition, laughter in the workplace can improve communication, teamwork and productivity and reduce

conflict and stress-related absenteeism.

Jo Bluett is a Laughter & Holistic Health Consultant, based in Edinburgh. She works with all sorts of businesses, charities, health organisations, community groups, schools, colleges and universities, as well as members of the public.

Jo also runs Edinburgh Laughter Club – the arm of her business which she runs entirely voluntarily to bring social impact into the community, supporting local charities. Established in 2010, Edinburgh Laughter Club now runs 2 weekly classes and has raised over £6.5K for local charities including Health in Mind and The Ca(I)re Programme.

Jo and her friend Claire Beecroft (a Raw Food Chef and Health Coach) have started using laughter in combination with a juice cleanse and raw food detox retreat “Laughter Cleanse” (www.laughter-cleanse.com) which launches in June 2016 in Andalusia in Spain using high quality, organic, locally sourced ingredients with laughter and sunshine (with healthy and natural sun exposure) to boost the positivity and motivation of the detox experience and significantly enhance the results.

You can find out more and connect with Jo via the following links:

www.laughterforhealth.co.uk
jo@laughterforhealth.com
www.facebook.com/laughtr4health
www.twitter.co/@Laughtr4Health

For more information about Laughter Cleanse Retreats:

www.laughter-cleanse.com
info@laughter-cleanse.com

Telephone: Jo 07929 897 460 or Claire 075 800 25 200

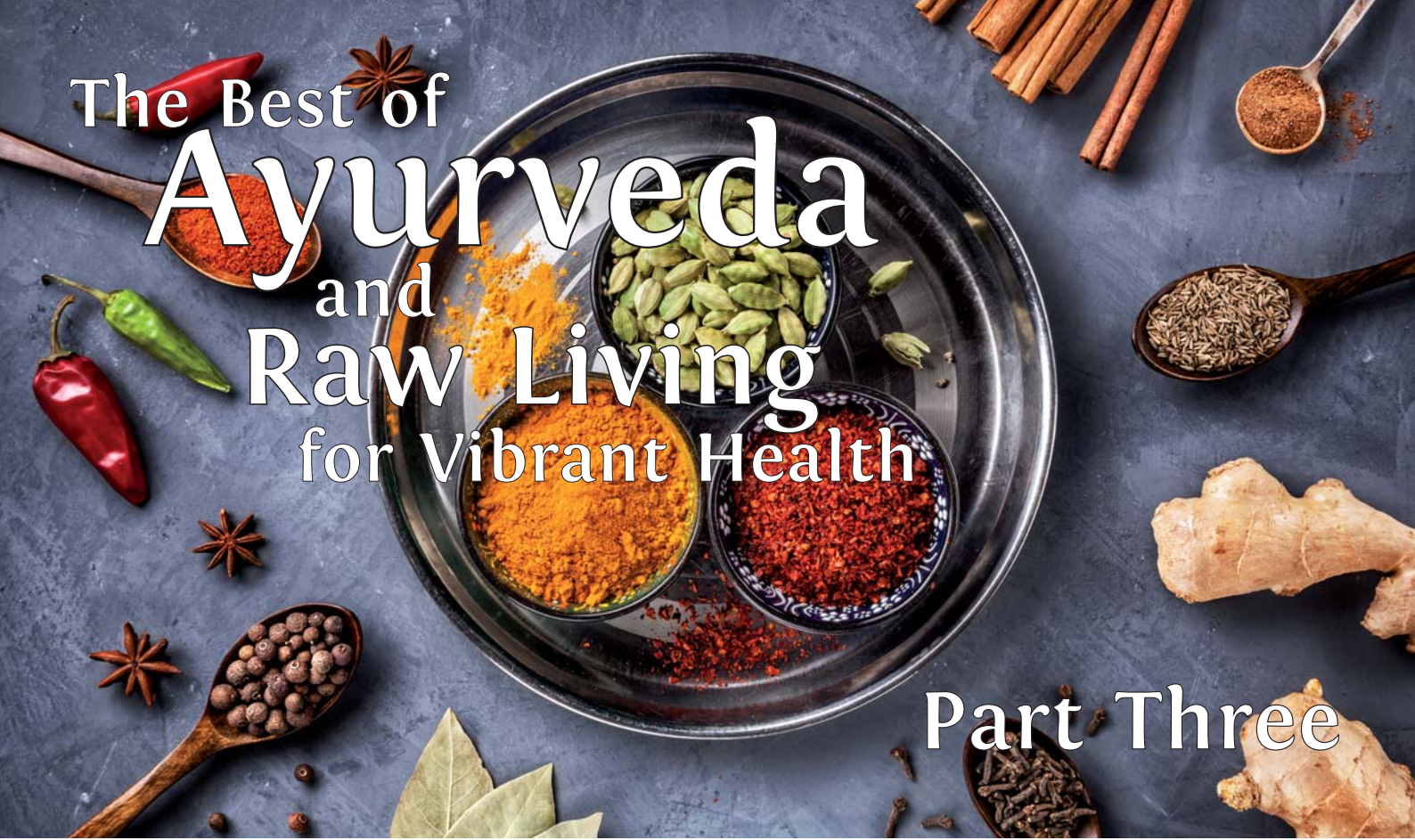
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'super juicing at the edge'

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The Best of Ayurveda and Raw Living for Vibrant Health

Part Three

In the final part of the series, **Lucy Fleetwood Davis** looks at the Kapha Dosha and the energetic effects of foods.

In the last article I introduced the energetic principles underlying Ayurveda and took a look at the Pitta dosha. In this article I introduce you to Kapha dosha and spend more time introducing the energetics of food.

Kapha dosha is underpinned by the elements of earth and water, preserving force of the moon, and brings together the gunas of sattva – light, creative, airy, positive, content, and tamas – heavy, materialistic, inert, grounded.

The energies operating in the life of a person with a kapha constitution, derived from the above list, include earthy, dense, cool, watery, slow, heavy, soft, stable, smooth, nurturing. When they are in balance, a kapha person nourishes those they are involved with, when out of balance they may smother them. When in balance they are a stable, when out of balance they can become lethargic and inert.

I talked about the subtle energies of the gunas in the earlier parts of this series. They underpin our life, constantly flowing together in different proportions like a dance to create the

tapestry of our experience. We can make choices that bring each of these tendencies into play in a way that keeps our individual Ayurvedic constitution in balance.

For instance if you have a strong Kapha constitution, and your kapha energy is out of balance you will feel depressed, lethargic, low energy, so you want to exercise and engage the subtle energy of rajas. As more rajas starts to operate in your life your energy will liven up. You could also eat foods that are rajastic like spices and chillis.

I explained before that in Ayurveda, like increases like, so the Ayurvedic constitution of a Kapha predominant person will tend to go out of balance if they spend too much time in cold, wet, damp conditions. Especially if they are eating dense, heavy cool wet foods. This is why they have to be careful of eating raw cold wet foods in the winter months.

Kapha predominant people will do well in the winter if they develop a routine that includes regular exercise, lightly steamed vegetables rather than cold wet salads, while taking regular

saunas and making sure their home is warm, dry and bright. They can still enjoy raw food in their diet when their digestion is strong – their constitution when in balance can benefit from the lightness of raw food, especially in the summer months. In the winter they can include raw soups in their diet that have a light quality to them, add warming spices to them and heat them in a high speed blender until warm but not cooked.

If you have a strong kapha constitution and suffer sinus problems, asthma or allergies, this could be a sign you need to take care around raw food.

You're looking for a diet high in warm, dry and light qualities, to counteract the innate wet, heavy, cool, oily qualities of kapha, and not too much! Kapha does well on small portions, no snacking and can benefit from periodic periods of fasting. At the same time it is important for a person with a kapha constitution to enjoy their food, it is for all of us but kapha particularly needs to feel deep enjoyment from the experience of eating.

All food has qualities and the qualities have energetic effects upon our energetic system at the subtlest of levels.

The energetics of food are derived from the tastes and qualities. There are six tastes and 22 qualities. By understanding these, and understanding your energetic system through the Ayurvedic constitutional model of doshas, you can eat and make life choices to keep your constitution in balance. This in turn allows for a healthy digestion and a life free from dis-ease.

The six main tastes in food that we can bring together in our meals to balance our individual constitutions are: sweet, bitter, astringent, pungent, salty and sour.

Underpinning these tastes are the elements. For instance the *sweet* taste comes from the combination of water and earth elements. Kapha people do better cutting down on sweet foods, because of the principle of like increases like - kapha dosha comes into being through the earth and water elements.

The tastes you are looking for in a kapha balancing diet are pungent, bitter and astringent.

Pungent: encourages sweating, cleanses the mouth, stimulates digestion, thins the blood. It is a hot spicy flavour and can be found in things like chillies, turnips, radishes and most spices.

Bitter: supports digestion, improves appetite, helps to absorb moisture, improves the sense of taste and cleanses the mouth. You can find this taste in green leaves like dandelion, kale and collards.

Astringent: absorbs water, dries fat and tightens tissues. It has a chalky effect on the mouth drying it. You can find this taste in legumes, cranberries, pomegranate, broccoli and lettuce.

There are 22 qualities, these are: heavy, light, dull, sharp, cold, hot, wet, dry, soft (moist), rough, congealing, liquefying, soft (oily), hard, firm, mobile, gross, subtle, sticky, clear.

Most fruit and vegetables are light in quality and so very good for kapha. In the spring and summer months these can be raw with light dressings on the salads.

Here's a lovely salad that includes all these tastes that is just great for kapha.

Wild Rice and Black Bean Salad

1 cup Wild rice
½ cup black beans
1 cup chopped soaked almonds
½ cup grated carrot
½ cup chopped cranberries
1 cup broccoli sprouts
handful wilted or raw baby spinach
handful chopped oregano, parsley and dill
dressing made from 3 part flax seed oil to 1 part lime juice, honey, garlic, mineral salt and black pepper to taste.

Cook the wild rice and black beans then combine with everything else.

Vegetables can be prepared in different ways to effect their basic qualities. For instance take a carrot, it is sweet, soft (moist) when steamed and soft (oily) when roasted in the oven with oil. A vata constitution does well with the roasted carrot while a kapha constitution will do well with the steamed carrot.

So you can see that by applying like increases like you just need to think about the different tastes and qualities of foods, in order to know which will keep your particular constitution in balance.

Everything is in a state of energetic flux. You have your basic constitution to keep in balance, but all the doshic energies operate within us effecting how we experience life physically, emotionally and psychologically. Real food is a fantastic way of co-creating how the energy of life flows within and around us.

If you have enjoyed this short series of Ayurveda and Raw Living, you may enjoy the website I am currently creating to support people to learn about and integrate Ayurveda into their lives – www.peacefulbelly.co.uk. The first edition of the Peaceful belly Newsletter is coming out in April 2016 and comes with a download 5 Ayurvedic tips to get you started. This issue includes an introduction to Ayurvedic cleansing and an interview with Sebastian Pole, Ayurvedic Practitioner and co-founder of Pukka Herbs. ☘

I AM alive

I AM alive

Resplendent in uniqueness

A divine signature oscillating through time and space

I am perfectly whole, complete

Yet ever unfolding through infinite potentiality

I am more than yesterday

...yet not touching tomorrow

In its pristine possibilities

The world, the earth is free

To evolve beyond humans

Was here before and here after

To control is illusion corrected by mother earth

Resources are lent not owned

Reach your mind to the heavens

Your heart to humanity

Your body to the earth

Living in harmony with all that is

By Sarah Rehmatullah
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Update from Holly Paige: Edenic States, Celestial Astrology and Iboga

Since the first issue of this unique magazine I have been writing articles about our human brain potential. During the years, while the circulation of the magazine has swelled, my own journey has continued. Wondering, like many people, from an early age, what on earth was wrong with humanity, over a decade ago I found the core knowledge I was looking for in the research of Tony Wright presented in the book 'Return to the Brain of Eden'. Recently things came full circle when I met Dennis McKenna, author of the forward of that book at the Global Ibogaine Conference in Tepoztlan, Mexico. Iboga, from which ibogaine is derived, is a very interesting and unique sacred plant. It has been used in initiation ceremonies in Gabon for as long as anyone can remember. Now iboga and ibogaine are gathering momentum as it has been discovered they are powerful addiction interrupters. Within a space of a few hours ibogaine resets receptors and neurotransmitters to a healthy state. This reset is also an emotional one because distressing emotions produce addictive biochemicals within us (as described in Candace Pert's 'Molecules of Emotion'). Many people use iboga purely for these psychotherapeutic reasons. In fact, ibogaine is described as 'twenty years of psychotherapy in one night'. Stepping out of these emotional traumas we can devote ourselves to our chosen destinies rather than the recycling of generational trauma. You can read more about ibogaine and iboga in an article I wrote last year here in the early part of my iboga exploration. foodforconsciousness.co.uk/ibogaine-miracles/

The Magic of Mexico

This place where this ibogaine confer-

ence was held is close to the beautiful retreat centre where we will be holding the Edenic States retreat in September. This is no coincidence. The weather in this area is near to perfect. There is abundant organic natural fruit and vegetables, sunshine, gorgeous mountains and friendly people. Just over an hour from Mexico City airport it is nestled amongst 'Indian' villages and sacred sites, including the sacred pool of Quetzalcoatl where this legendary figure is said to have been born. The fresh clean mountain air and safe, relaxing atmosphere are rejuvenating in themselves. This is just the start. We have a unique and groundbreaking combination of activities designed to synergistically get you into an optimal state of wellbeing and beyond. And the knowledge to go back and put it into practice to transform your life forever. This is a completely unique offering. It is unlike anything you will experience elsewhere, drawing on deep research, converted into a practical and enjoyable way of being that will you into potential you didn't even know you had.

Neuroactive Nutrition, healing and much more

Neuroactive nutrition are the delicious foods and drinks that we are designed as a species to consume. These are the nutrients that nourish our neural system to give us that longed for connection to all that guides us and makes us happy. They give us the foundation on which to build everything else in our psyches.

Earthing, i.e. electrical connection to the earth is being increasingly identified as a 'must' in terms of wellness. We go into it more deeply – how that connection to the Earth helps us manifest the life of our dreams, after all our thoughts are electrical. During the

retreat you will learn to communicate with plants, with Gwyneth Robbins-Cox, who studied with Pam Montgomery. This is an ancient ability of tribal peoples now being rediscovered.

Gwyneth also shows how to achieve real healing with crystals. Jolita Yamuna's incredible flow or kundalini yoga starts off the day and revitalises us in the afternoon. Deep tissue massage, with Caroline Easter is one of the other services we will provide for your personal care. The high point of the week, if not all of it, is our traditional Mexican sweat lodge or Temazcal, organised by local traditional healers. This is physical and also spiritual cleansing at it's deepest level.

Walk through the door of destiny

After dark and before dawn there is an opportunity for star watching when the sky is clear, and observing the major constellations, cluing us into our cosmic connections. It's a little known and astounding fact that astrology as we know it today is not based on the actual positions of the constellations. While 'tropical astrology', based on the time of year we are born, offers insight into our personal psychology, celestial astrology, based on planetary placements in the real sky constellations guides us in what is worth doing, what will bring us most satisfaction in life, and where we have particular abilities and areas for genius potential inherited from humanity as a whole. As humans we are designed to live by stories, if we do not find our true life stories embedded in life and happiness, then we will surely have our minds filled with stories that are going nowhere we want to go, constructed by people who do not have our best interests at heart.

There are a only literally handful of practitioners in the world trained in this kind of astrology. Although Hindu astrology takes into account the fact that the positions of the constellations have changed in relation to the time of year it still divides the sky into twelve equal pizza slices, while the real constellations vary enormously in size. It wires our imagination into connection with the source of our lives and gives us the knowledge we need to live the gifted lives of our des-

tiny, utilising our unique individual talents and passions.

Putting this knowledge into clear enhanced brain states and you can walk the through the door of destiny to live the life you came here for.

There is more information about the content of this retreat at www.edenicstates.com. There is a deep and powerful philosophy behind it., which comes from our combined decades of research and experience in

the art of well being. It addresses the deep-seated problems of our times by helping us become the people we need to be without waiting for the rest of the world to change.

If you would like to talk to me about anything I write about I would love to hear from you. Please feel free to email me, Holly at info@edenicstates.com

Holly also offers neuroactive nutrition consultations at this the same website. These can include guidance in the use of iboga and ibogaine. ❀



Edenic States ~ the states we want to be in

States of joyful awareness, happy creativity and ecstatic knowing. States where we feel alive and free. States where we are meaningfully productive on our chosen paths. States where we feel the beauty of our lives. Recent scientific research and mythology tell the same story. We are designed to live in these states and we now know the steps to get into them.

Join us on retreat in the ancient and magical Mexican area of Tepoztlan.

Neuroactive nutrition, earthing, plant communication, crystal healing, kundalini yoga, massage, Mexican sweat lodge, Aztec sacred places, star watching, celestial astrology and more

25th September to 1st October 2016

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