

The Funky Raw

Issue 37 - Spring 2017

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Healthy eating for everyone

magazine



From the Editor

I've been following a raw food diet for about 14 years now, mostly fairly strictly, apart from an occasional cooked cake here and there and a cooked meal in a restaurant a few times a year. But last year was a bit different. I went travelling more than usual, to festivals and communities, and sometimes it was difficult to take my own food, and in some cases I wanted to join in with group meals, so



I ate a little bit more cooked food. In November I stayed at a community for a few days and decided to try eating what everyone else was eating, although making sure I didn't eat wheat/gluten and not eating rice and potatoes unless they were mixed in with the rest of the meal. The food was "healthy" vegetarian and there was usually some salad along with the cooked food. And this is where I got a major realisation - it's so much easier to eat a healthy portion size when eating raw only! When I eat raw, I stop eating when I am full - my body is physically full and I can't really eat anything else. But when eating cooked food I couldn't stop myself. I found I still wanted to eat more until I felt I had eaten way too much.

So, I was glad to get home to my own kitchen where I could go back to my raw food!

Hope you enjoy the magazine, please contact me by email if you have any comments magazine@funkyraw.com

love Rob

Cover Artwork

'The Song Inside' is an original acrylic painting by Michelle Denise.

'The Song Inside' is about hearing the Song of your Soul and following your calling in life, experiencing a natural joy through doing what you love!

Michelle paints from her studio in the Ashdown forest, you can find out more at michelledeniseart.com



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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 May 2017**.

Advertising deadline: 21 May 2017 funkyraw.com/ads/

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

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

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

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

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News

Got a story? Email news@funkyraw.com

New Book from Holly Paige

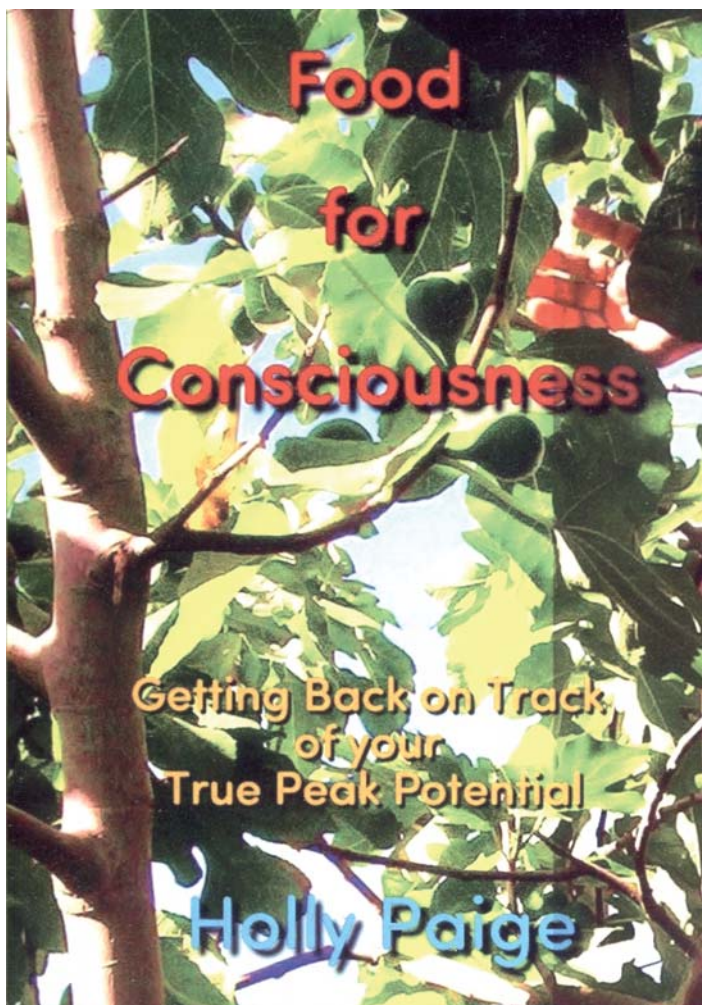
Food for Consciousness is the new book from Holly. I've not read it all yet so this isn't a full review, but I've made a good start and it's great. It is a large book at 347 pages and Holly has tried to make it a fully comprehensive guide to "Getting Back on Track of your True Peak Potential."

The first part of the book looks at where we are now, the problems facing us, building on the research of Tony Wright and John Lash. Holly then goes on to look at how to solve these issues, particularly with our brain, covering of course food in great detail, but also natural lifestyles including earthing, nature, exercise, water, sleep, etc.

The next part of the book is full of recipes, using the foods identified earlier as being important and beneficial for us in reaching our peak potential.

The book concludes with appendices and references.

Available from edenicstates.com for £19.95



Employment opportunity at New vegan/raw catering company

We are looking for people with a passion for health foods, veganism, raw foods, to work in a new catering events company.

We are a mobile events company offering high quality, fresh, vegan food and drinks to events in the UK. We have extremely high standards and always deliver as promised.

You must be able to work hard, efficiently, and able to follow food hygiene rules, and recipes.

- Must have work experience in catering/ kitchen/ retail/ busy events.
- Must have excellent customer service skills.
- Level 2 Food Hygiene would be preferable.
- Great rates of pay!

Contact Justin for an interview: Justinsagen@gmail.com

Raw Festivals 2017

Mundekulla Raw Food Festival, Sweden - 13 to 16 July

Workshops, music, concerts, Mundekulla Peace Dance (circle dance), nature, international guest speakers, living food pioneers, creativity, delicious raw food menus, and more.

At a time when nature is in full bloom, with lots of edible greens to harvest, there will be creative raw food dishes filled with fruits and wild herbs. Workshops from Kate Magic and Chris Kendall and lots more.

2900 SEK (Approx £260), Youth 15 -25: 2200 SEK (Approx £200). Price includes food and camping. Accommodation is available at extra cost. www.tinyurl.com/festse

Fresh Food Festival, Denmark - 20 to 23 July

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

Price 3790 DKK (approx £435) inclusive of meals and accommodation. Early bird tickets are available until April 1st at 3250 DKK and various concessions are available. Full schedule and more ticket options: www.freshfoodfestival.com

UK Fruit Festival - 2 to 6 August 2017.

Fruit festival / retreat at Croft Farm Water Park, Gloucestershire, UK to celebrate a low fat raw vegan lifestyle. Five days of all you can eat fruit, workshops, fitness + community fun. Prices: £395 for camping, £495 for a chalet room, plus other accommodation options. Discounts for children (6 to 15) and young adult (16-20). More details at www.fruitfest.co.uk

Raw Fest, near Ascot, Berkshire, UK - 10 to 13 August

3 Day Raw Vegan Festival: Wild food foraging, talks, kitchen demos, yoga, meditation, healing & sound workshops, live music, DJs & acoustic sessions

Early bird camping ticket £80. Full price £95 and £120 on the gate. www.rawfestuk.com

Workshops & Events

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

Fermenting Workshop

Date: Thursday 30 March, 18:30

Location: 4 Drum Brae Park, Edinburgh, EH12 8TG

Description: Fermented foods and drinks assist your body to heal your digestive system, detox your body, improve your energy, mood and immune system, as well as balance your hormones and weight. Not only this, but they assist you to update many more nutrients and probiotics as well. You'll learn how these amazing foods and drinks can aid your health, both mentally and physically and get to make several of your own versions and take them home with you afterwards, for many years of fermenting goodness!

Price: £39

Website: faithcanter.com/events/

Spring Yoga Retreat - London w raw/vegan lunch

Date: Saturday 1 April, 10am-4.30pm

Location: Millennium Yoga, Greenwich Millennium Village SE

Description: A one-day Spring Yoga Retreat at the beautiful Millennium Yoga Studio in SE London. Enjoy dynamic & restorative yoga, relaxation, delicious raw/vegan food & treats by our chosen caterer Nafia Harding of Harding Catering and warm company. Space limited, book early to avoid disappointment.

Website:

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

Raw Magic Rockstar Course

Date: Friday 7 April to Saturday 8 April, 12-6 pm daily

Location: Bristol, UK

Description: Kate will be sharing her newest recipes and insights into vibrant living. The course is spread over 3 days, and takes over where the Advanced Course left off. Like the Superstar Course, we cover more of the really fun advanced chef techniques. We expect that participants already have a good working knowledge of raw food theory and practice.

The course will include modules on

- * Electrolyte Lemonades
- * Ferments - Jun, Pickled Cucumbers, Preserved Lemons
- * Making Authentic Kimchi
- * Mexican Dishes - Nachos & more
- * Working with Young Coconuts in sweet and savoury dishes
- * Durian
- * Trifles
- * Zillionaire Shortbread
- * Understanding Hormones

Lunch is included on all three days. You will receive a manual to accompany the course; please bring pen and extra paper for making notes. We will have more opportunities for you to get hands-on in this course, and join in with the prepping. Please bring an apron!

Price: £295

Website: rawliving.eu/events/rockstar-magic.html

Raw Magic Korean Dinner Party

Date: Wednesday 12 April, 7-10 pm

Location: Bristol, UK

Description: Five course Raw Vegan Korean Dinner menu:

Jujube Cocktails

Korean Spring Rolls

Bibimbap

Persimmon Ice Cream

Ginger Thins & Schizandra Tea

Bibimbap is a traditional Korean dish, involving rice, pickled vegetables, kimchi, mushrooms & seaweeds, all mixed together with a vivacious chilli paste known as Gochujang. Together, these ingredients create a wonderful mix of complex flavours unlike anything else you have ever tried! Come and join us for a raw vegan take on this unique and satisfying dish.

Price: £37

Website:

rawliving.eu/events/raw-bristol-dinner-2772.html

Detox Retreat

Date: Friday 21 April to Sunday 23 April

Location: Quantock Hills, near Glastonbury, Somerset

Description: A relaxing detox weekend in a delightful country setting. come to us for a weekend on juicing or raw food, using recipes designed to combat a range of illnesses as well as deliver a gentle detox to your system. The menu can be individualised to take into account food sensitivities or reactions. We can also advise on detox programmes and lifestyle changes for when you go home. Our place is very peaceful and quiet. There are 2 beautiful ensuite guest rooms, one double and one twin bedded, and also comfortable double sofa bed in 'the quiet room' in the converted loft, with its own shower room.

Price: £275 pp for single use of twin or double accommodation, or £200 pp for 2 sharing.

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

Detox Retreat

Date: Saturday 22 April to Saturday 29 April

Location: North Devon, UK

Description: Cleanse and reboot your body, refresh your mind and enliven your raw pallet. A week of juices detox, yoga, meditation, nutritional talks, deep emotional processing through somatic experiencing, ending with raw prep classes.

Website: www.suradetox.com

Healthily Happy Retreat (Women Only)

Date: Sunday 7 May to Friday 12 May

or: Sunday 21 May to Friday 26 May

or: Sunday 4 June to Friday 9 June

or: Sunday 02 July to Friday 07 July

Location: Thirsk, North Yorkshire, UK

Description: Discover what brings you contentment and create the confidence and vitality to move forward. You'll be supported in a truly relaxing environment where you can learn effective techniques to deal with situations in your life, to clarify what's next and how to recharge your body. You'll leave with a new sense of health and happiness.

* Group workshops combining coaching, workshops and practical activities

* Daily kundalini yoga and meditation sessions to harmonise body and mind

* All meals and snacks delicious gourmet raw food

* Inspirational films to motivate and stimulate your thinking

Website: www.rawhorizons.co.uk/hhr-booking/

Total Wellbeing Detox Retreat

Date: Saturday 13 May to Saturday 20 May

Location: Beautiful island of Gozo, Malta

Description: The retreat offers personalised detox support with raw food and organic juices on a 7 day programme, all gluten and dairy free. We will also offer raw food workshop and information, guidance on a healthy lifestyle, and talks and films on nutritional, 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 includes juices and meals, accommodation, workshops, yoga, etc.

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

Raw Food, Yoga and Creative Explorations

Date: Sunday 14 May to Sunday 21 May

Location: Lefkada, Greece

Description: Discover how raw food, nutrition, yoga practice and creative expression awaken the essence of your soul!

Learn to prepare delicious raw food recipes from nutrition expert Esko and take home with you the secrets of creating your own divine raw food recipes.

All your senses will be in heaven with yoga and mindfulness practice, voice healing and creative explorations, surrounded by unspoilt nature, sunshine and healing waters. You will literally feel like in heaven!

Price: €1148 sharing twin/double €1445 for single

Website: divineretreats.co.uk/raw-food-and-yoga

Detox Retreat

Date: Saturday 20 May to Saturday 27 May

Location: North Devon, UK

Description: Cleanse and reboot your body, refresh your mind and enliven your raw pallet. A week of juices detox, yoga, meditation, nutritional talks, deep emotional processing through somatic experiencing, ending with raw prep classes.

Website: www.suradetox.com

Raw Love Awakening Retreat for Couples

Date: Friday 26 May to Sunday 28 May

Location: Dorset, UK

Description: A transformational raw vegan luxury retreat that will ignite and awaken your body, mind and spirit to the abundant, joyful and love-filled life that is waiting for you.

Raw Love Awakening is based on the principles of Ahimsa – Do no harm – Do no harm to animals. Do no harm to other human beings. Do no harm to your health. Do no harm to the environment. Do no harm to your spirit.

Website: www.radiantonraw.co.uk

Raw Magic Mexican Dinner Party

Date: Saturday 17 June, 7-10 pm

Location: Margate, UK

Description: Five course Raw Vegan Dinner menu:

Superfood Mojitos

Tortilla Soup & Garlic Bread

Fully Loaded Nachos

Lime & Guava Nice Cream

Chilli Hot Chocolate

Salty Chocolate Thins

All ingredients are vegan and gluten-free, and organic wherever possible.

Price: £35

rawliving.eu/events/raw-margate-dinner.html

Easy Gourmet Raw Food Prep Class

Date: Sunday 18 June, 2-5 pm

Location: Margate, UK

Description: Kate Magic will demo a series of simple raw vegan dishes including pesto, marinara, and a luscious Alfredo sauce. And then that's where the fun begins! We are going to assemble a whole bunch of different ingredients, and have you create individual dishes. By the end of the workshop, you will have an idea of how very versatile these raw base recipes can be. You won't be leaving with just a couple of recipes, you will be inspired to see just how raw cuisine unleashes everyone's creativity. There is plenty of opportunity for hands-on in this class, so places are limited to ensure everyone gets to test out their skills. All the ingredients are easy to source and the recipes can be made at home in a matter of minutes, with just a basic blender.

Price: £60

rawliving.eu/events/raw-food-margate.html

Raw Love Awakening Retreat

Date: Wednesday 21 June to Wednesday 28 June

Location: Portugal

Description: A 6 night transformational raw vegan luxury retreat that will ignite and awaken your body, mind and spirit to the abundant, joyful and love-filled life that is waiting for you.

Raw Love Awakening is based on the principles of Ahimsa – Do no harm – Do no harm to animals. Do no harm to other human beings. Do no harm to your health. Do no harm to the environment. Do no harm to your spirit.

Website: www.radiantonraw.co.uk

New Mulu Raw Chocolate Bars

Review by Rob Hull

I remember a long time ago I used to really like Mulu bars, but I stopped eating and selling them because they contained agave which I found was not healthy. So when I was told these new bars are sweetened with SugaVida I was very excited to try them.

And wow, I wasn't disappointed. They are my new favourite raw chocolate bars! There are five bars in the range, four of which are "milk" chocolate style, using coconut cream as a vegan replacement for milk, and the other is a dark chocolate bar.

All the "milk" chocolate bars are amazing, the best raw "milk" chocolate I have ever tried. I'll go through each flavour, in approximate order of which was my favourite, although the first three pretty much tie for first place.

Chai – Amazing. "Milk" chocolate

with Indian chai spices, absolutely perfect. Containing cinnamon, ginger, cardamom and cloves, plus vanilla.

Hazelnut – Also amazing! Containing both hazelnut pieces and hazelnut butter, which gives a delicious hazelnut flavour and crunchy texture, along with the creamy "milk" chocolate.

Coconut – Basically a plain "milk" chocolate bar, so creamy with all that coconut cream.

Banana – This is a unique idea, creamy "milk" chocolate flavoured with dried banana powder.

85% – This is the dark chocolate bar. For me this wasn't quite as exciting as the rest of the range, the coconut cream really is the standout point of these new bars, and this one doesn't contain any. But still a good chocolate bar.

SugaVida (palmyra Jaggery) is the sweetener from a palm tree, claimed to be even better than coconut sugar, containing more minerals and having a glycemic index of 40. They even claim it has vitamin B12, I've not checked into this but personally I wouldn't rely on it! Ben from Mulu contacted me and said that they have had this tested in the lab and that it does have B12 in it, although I still personally wouldn't rely on this as my only source of B12.

£2.50 for 38g bars from your local health food store or online from Funky Raw: funkyraw.com



Raw Passion Skincare

Review by Amy Kizildagli

Nourishing your skin from the outside in

I am by no means an obsessive skincare junkie, I am a busy mother and wife. That being said, as a qualified beauty therapist and student nurse, I understand skin, the importance of looking after it and caring about what I feed it. For me it is vital that I know what I am putting in and on my body. From a young age I have, as a minimum, made sure my skin was clean on waking and before bed. This routine was perhaps my only beauty regime for most of my life – quick and simple. I am now in approaching my late thirties and am aware that my skin is aging. The result is skin which is losing its elasticity due to diminishing collagen levels and displaying fine lines, dryness and blemishes. Psychologically I am ok with seeing my skin age, but the mother in me wants to nurture and care for my skin ensuring my aging transition is a healthy happy one.

“The skin is the largest, most visible and most commonly obtrusive organ of the body. Arguably, along with the eyes, it is the most important to social interaction. It has exceptional significance in displaying and conveying who we are and how we are to be regarded.” Jobling (2000)

The above quote identifies our skin as our largest organ. It is important to understand that our skin consists of three layers: Epidermis, dermis and subcutaneous layer and plays a key role in keeping us alive and well. It engages us in society via psychosocial displays by showing others how we feel, for example blushing. It acts as a protection barrier from sun and infections. Our skin regulates our temperature, and plays a vital role in excretion, synthesis and sensory perception. Our skin is pretty amazing!

Whilst sampling the products my skin was certainly dehydrated from traveling, and fatigued from the late night shifts required when nursing. This was in addition to the general mother and life demands we are subjected to that also left me feeling tired. The con-

sequences of these factors were most certainly evidenced by my skin.

It is not a secret that to achieve healthy skin we not only have to consider what we are putting on it, but also what we are putting inside us. Alcohol, smoking and fast-foods all take their toll on our bodies and quite often we regard them as a ‘normal’ part of life. So, on top of eating lots of fresh vegetables and fruit, maintaining a sound vitamin intake and antioxidants, I look for beauty products that would be supplemental to my skin care routine and for the above noted reasons, I ensured I maintained my own regular habits in order to identify the outcomes. Recognising we are all different – different ages, different lifestyles, different genetics – is significant, but none of these factors are definitive about how we go on to care for ourselves, we can choose how we do that. So, here is what I have been trialling for the last few weeks...

Raw Passion. With a bit of luck, you may already be familiar with them, but if you are not, I would like to make an introduction...

It is food. For your skin.

Raw Passion is based in West Sussex, and specialises in organic, vegan, ethically sound cruelty-free products. When speaking to the founder of Raw Passion, the mission is clear: to create products that are natural, ethical, affordable and contain no nasties that are all too often found in the majority of products available to us today. With this in mind I was very happy to sample some of the Raw Passion skin food range.

The aim of these products is to work from the outside in. We know that the body absorbs what is put on the skin, this is precisely how topical medications work; like cigarette patches, thrush creams, muscle rubs, etc. Beauty products are no different and it is important to recognise their effects in the same regard when considering what they are doing below the skin’s surface.



The Ingredients?

Developed by Viola and manufactured in the UK these products contain none of the ingredients often found in regular skincare products such as sodium lauryl sulphate (SLS), parabens or aluminium, instead using raw natural ingredients including coconut oil, shea butter, cacao butter and natural essential oils.

Raw Passion is packed in glass jars and maintain that they are committed to carefully sourcing ingredients and packaging from suppliers who share their ethical values. The packaging, bottles, jars and lids meet the strict criteria of recyclability, environmental commitment and premium finish.

Raw Passion claims that use of their products results in hydrated, radiant, youthful and healthy looking skin. It also helps nourish skin conditions such as eczema and psoriasis. So there is a real tangible benefit to using them. I am a happy to say that I experienced such positive outcomes.

The Benefits?

After completing my Raw Passion product review I can report the following results. The range is affordable, it is kind, yes to your purse, but also to people, animals and the planet. It is also shockingly simple – having products that are simplistic to use is a must for me and RAW PASSION’s products lived up to this. The ‘slap it on and don’t worry’ application is essential for me as a busy professional and mother, and this is why I was able to be consistent with using the products daily. I also noted the following key results:

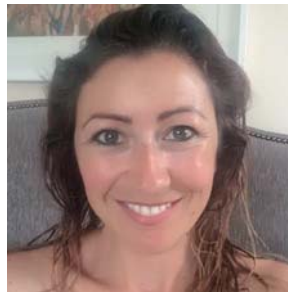
- ♦ Increased skin hydration
- ♦ Reduced appearance of fine lines and wrinkles

- ♦ Increased skin suppleness
- ♦ Reduced irritation and redness of affected areas
- ♦ Glowing and dewy appearance
- ♦ Thoroughly enjoyable and super easy skin care regime

In summary, I was very excited to trial with Raw Passion, and am over the moon that my excitement remained throughout. It is no surprise that these products have made themselves a permanent fixture in my bathroom cabinet and I am very hopeful that they will continue to nurture and boost my

overall skin health.

So, here is a Raw-faced selfie after several weeks of using RAW PASSION...



I certainly feel confident that I can wake up, feed my skin with any one of my new favourite Raw Passion products and go!

Products tested:

Heavenly Hemp Moisturising Oil
SpicyMuscleRub Body Rub Oil
Lavender Body Butter
*Inky*Pinky* Body Cream

All available in 3 sizes, direct from Raw Passion:

15ml £7
30ml £11
60ml £18

www.rawpassion.co.uk

Growing Real Cress on Paper

Review by Suz Evasdaughter

I was very excited to try out the Food Grade Seed Growing Papers that I was given to review.

I put one of the papers (there are 100 in each pack so good value for money) onto a dinner plate and wet it with filtered water and sprinkled the cress seeds onto the wet paper, just as the helpful instruction leaflet said. The seeds became gelatinous and adhered to the paper within a few hours. All that was left to do was lightly water the seeds daily and I had a flourishing crop of cress within five days. The warmer the room, the faster they grew. I now have two lovely trays, though one is quite depleted because I've been adding the cress to salads.

Cress is a good choice for all its health giving properties it can protect us from cancer and even balance our hormones to help prevent menopausal symptoms like osteoporosis.

Unfortunately we don't get cress in our diet anymore. The seedlings in the little boxes called cress or mustard and cress at the supermarket are mostly rapeseed seedlings.

Growing your own cress is an easy and quick way to make effective changes in your diet.



Food Grade Paper one year supply: 100 sheets 20cm (8") diameter £3.20 Plus £1.30 postage (UK only)

Food Grade paper sprouting starter kit: One years supply of food grade paper (as above) plus a large packet of organic cress sees (100g) six months supply. £6.20 plus £1.30 postage.

Available from sallyholloway.com

Recipes

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

Book Giveaway!

Stephanie Jeffs has a new recipe book out called "Spiralize", and as you can probably guess it's full of recipes using spiralized vegetables and fruits! It's plant based but not all raw. We've got one copy for one lucky reader - to enter all you have to do is send an email to competitions@funkyraw.com with the subject Spiralize. Entry deadline is April 15th, we'll then choose one entry at random on April 16th to be the winner.



Below and on the next two pages we have three of the raw recipes from the book, with photos by Tony Briscoe, reproduced by kind permission of Pavilion Publishers.

You can find out more about the book at exploreraw.com/spiralize/

Noodle Slaw

Preparation time: 10 minutes
Serves 6

Ingredients

- ½ small pineapple, chopped
- 1 mango, peeled and stone removed
- 200g (7oz/1 cup) sun flower seeds, soaked for 2 hours
- 2 spring onions (scallions), finely sliced
- 1 pinch chilli flakes
- 1 carrot
- 1 celeriac (celery root), peeled
- ½ apple
- 8cm/3 1/4in raw horseradish
- 1 handful red cabbage leaves, finely chopped
- ½ onion, finely chopped

Method

This coleslaw is dairy-free, with a sweet and spicy mango and pineapple sauce taking the place of the traditional mayonnaise. It really is worth taking the time to find fresh horseradish for this dish as it adds a delicious underlying warmth. This makes a great side dish to all sorts of foods and will look beautiful in the centre of a table laden with food.

Set aside a handful of pineapple for later and place the rest in a blender.



Add the mango, drained sunflower seeds, spring onion (scallion) and chilli flakes and blend until smooth. Set aside.

Spiralize the carrot, apple and celeriac on a medium blade then transfer to a large bowl. Spiralize the horseradish using the fine blade and add to the

bowl.

Add the cabbage, onion and reserved pineapple chunks to the bowl and pour over the sauce. Using your hands, massage all the ingredients together to ensure everything is well coated. Serve.

by Stephanie Jeffs

Asian Noodle Soup

Preparation time: 20 minutes

Serves 1

Ingredients

For the soup:

1 tbsp arame flakes
½ dudhi, peeled (radish, mooli or parsnip would also work well)
½ green (bell) pepper, finely chopped
½ celery stick, finely chopped
2 large choi sum leaves
1 handful kale, stalks removed
1 handful enoki mushrooms
1 tbsp fresh coriander (cilantro), chopped, to garnish

For the paste: 1 small red chilli, finely chopped

1 small green chilli, finely chopped

2cm (¾ in) fresh ginger, finely chopped

1 spring onion (scallion), finely sliced

1 clove garlic, finely chopped

½ tsp cold-pressed sesame oil

1 tbsp tamari soy sauce

½ tsp onion salt

Method

A dudhi is a kind of Asian gourd which brings a delicate perfume and a nice crunch to this piquant dish. Most large supermarkets sell them, but a large radish or parsnip would work just as well. The vegetables in this recipe are simply lightly poached in the broth they are served in, making for a delicious, enzyme-rich soup with a hint of fire. I like to eat this with chopsticks and then slurp the broth straight from the bowl.

Place the arame flakes in a small bowl and cover with boiling water. Set aside to soak for at least 10 minutes, then drain.

Meanwhile, spiralize the dudhi using the finest blade on your spiralizer and set aside.

Now make the paste. Place the chillies, ginger, spring onion (scallion) and garlic in the base of a large soup bowl and pour over boiling water to just

cover. Set aside for 3 minutes to allow the ingredients to start to sweat and the flavours infuse.

Add the sesame oil, tamari and onion salt to the soup bowl and give everything a stir to combine into a wet paste, adding a little more boiling water if necessary.

Add the noodles and the remaining soup ingredients to the bowl, finishing with the drained arame. Pour over boiling water to cover the ingredients and almost fill the bowl. Use chopsticks to give everything a stir, making sure that the broth paste is well mixed into the liquid.

Set aside for a few minutes to allow the flavours to develop. Serve warm, garnished with fresh coriander (cilantro).

by Stephanie Jeffs



Apple Strudel Smoothie Bowl

Preparation time: 10 minutes, plus soaking
Serves 1

Ingredients

25g (1 oz) raisins
25g (1 oz) sultanas
1 tsp ground cinnamon
1 tsp ground nutmeg
1 large eating apple
1 banana, peeled and frozen
1 tbsp smooth peanut butter
1 tbsp pumpkin seeds
1 tsp cacao nibs

Method

This is an amazing breakfast, scented with cinnamon and guaranteed to keep your energy levels high until lunch. Plus, if you remember to soak your noodles the night before, it takes only moments to throw together. Left overnight, the apple noodles and dried fruit will plump up and take on the delicious, spicy flavours of a classic apple strudel, magically containing no dairy or processed sugar. The perfect start to the day.

The evening before serving, place the dried fruit in a medium serving bowl and pour over 300ml (½ pint) water. Sift over the spices and stir to combine, ensuring that the spices are well incorporated and not floating on the surface.

Peel and spiralize the apple using the medium blade on your spiralizer. Transfer the apple noodles to the bowl and stir to combine. The noodles



should sit below the surface of the water, so add more water if needed.

Cover the bowl and transfer to the fridge overnight. Peel the banana and place in the freezer.

The next morning, remove the banana from the freezer and place in a blender. Add 150ml (¼ pint) water and the peanut butter. Blend until the mixture is smooth, lump-free and resembles milk, adding more water if

necessary.

Remove the bowl of apple noodles from the fridge – the dried fruit will have bloated and the water will be brown and syrupy. Pour the banana milk over the mixture and stir to combine. Scatter over the pumpkin seeds and cacao nibs, and serve.

by Stephanie Jeffs

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Raw Paklava Apple Flowers



Ingredients

4 sweet red apples (Royal Gala, Braeburn, Pink Lady, etc)
½ cup raw honey
½ cup fresh squeezed orange juice (approximately 1 orange)
1 lemon
1 tsp cinnamon (plus more for decorating)
½ cup crushed walnuts
5 whole cloves
20-25 small cupcake cases

Method

Core the apples and peel if you prefer, otherwise leave the skin on to add a splash of colour to your flowers. Slice them thinly using a mandoline or sharp knife (3-4mm thick) and put

them in a large leak proof container with a lid.

In a separate bowl mix the honey and cinnamon and then add the orange juice and beat well using a fork until thoroughly mixed.

Slice the lemon and cut each slice into quarters. Add the lemon and cloves to the apples and pour over the honey and orange mixture. Toss the apples with the liquid until all the apple slices are coated and put the lid on your container.

Leave the apple to soften and absorb the flavours overnight or for at least 8 hours. Shake the container and mix the juices whenever you have the opportunity.

When the apple has softened and is pliable lay 5-6 strips in a line with the slices overlapping. Starting at one end slowly and carefully roll up the apple slices into a flower. Once finished place each apple flower into a small paper cupcake case.

Once you have rolled up all your flowers arrange them on a plate and sprinkle with the crushed walnuts and cinnamon, drizzle some honey and decorate the plate/tray with the lemon slices.

Here's a video showing how to roll the apples: tinyurl.com/paklava

by Gina Panayi -
www.therawgreek.com

Vegan Boursin Style Cream Cheese



A delicious vegan Boursin style cream cheese that's worthy of cracking out on the cheese board at any festive occasion. This creamy cashew based cheese is laced with oven roasted garlic and fresh herbs that will blow your taste buds away.

Serves: 6-8

Ingredients

For the cheese:

- 1 small head garlic
- 1 tsp olive oil
- 1 cup cashews (soaked overnight and rinsed)
- ½ tsp dried chives
- ¼ tsp ground white pepper
- ¼ tsp garlic powder
- ¼ tsp fine Himalayan pink salt
- Juice ½ lemon (roughly 4-5 tbsp)
- ¾ tbsp fresh parsley leaves (roughly chopped)
- 2 fresh chives (roughly chopped)

For the topping:

- 1 tsp fresh parsley (finely chopped)
- 1 tsp fresh chives (finely chopped)

Method

Firstly you will need to start by roasting your garlic. Pre-heat your oven to 230°C/Gas Mark 8/450°F. Cut off the top of your garlic head with a sharp knife - about ¼" to ½" from the top of cloves, leaving the individual cloves of garlic exposed. Drizzle with 1 tsp of olive oil and wrap the head in foil, shiny side on the inside. Place your head of garlic into the oven and roast for 30 minutes or until fragrant and soft when pressed. Remove and allow to cool completely before unwrapping to let the steam do its magic work.

Place all of your ingredients, except for the lemon juice and fresh herbs (and those reserved for the topping), into the bowl of your food processor and process until smooth. Add your lemon juice 1 tbsp at a time until you get your desired taste. Next add your fresh parsley leaves and chives and pulse until the herbs are finely chopped within the cheese. Be sure to stop periodically to scrape down the

sides of the bowl before processing again to ensure everything is incorporated fully.

Grease and line either one large or 2 small ramekins with cling film. Divide your freshly chopped parsley and chives between the 2 ramekins, then divide the cheese equally whilst pressing down firmly. Be sure to gently smooth out the base of the cheese too. Fold over the cling film and then cover the top of the ramekin(s) with another layer of cling film. Place in the fridge for 2 hours or until firm. For best results place a heavy weight on to the top of the cheese to ensure the cheese becomes compact. Serve with your favourite gluten-free/Paleo crackers, rice cakes, apple slices, or even as a filling in a baked potato.

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

Staying Raw in Winter

“How do you stay warm in Winter?” is one of the most commonly asked questions of raw fooders - Lorraine Palmer shares some ideas to help.

If you are one of those people who start off all enthusiastic about raw food in the spring / summer time and then adopt a lacklustre attitude in the autumn / winter, then listen up I have something that might just help you.

It's so easy to think of crispy lettuce leaves and a firm cucumber in the summer as it conjures up thoughts of refreshing energy. But when the weather is frosty outside somehow an iceberg lettuce just sends shivers down my spine.

Here are some actions you can adopt to give yourself the best chance of staying on the raw wagon.

I'm originally from up north and we always warm our plates before we serve our dinner. This is definitely worth doing as the warm plate gives the food a comforting feeling as if it's dressed in a blanket that will keep you snug - maybe part psychological and part common sense.

Add some cooked food if you want, maybe a small bowl of rice can compliment a raw meal. Do not feel guilty either, if this rice enables you to eat mainly raw then it's fine by me.

Eat leafy greens and root vegetables, they are not as water rich as fruits. They will give you a grounded feeling too.

If you are an adventurous eater or you don't mind investing in a dehydrator then you could make some crackers, breads, biscuits and pizza bases which when combined with vegetables and a spicy dressing will give you that bite and depth you may be missing.

You could also use the dehydrator to warm things up, ensuring you do not go above 47C (117 F) as things may start to cook and break down. You can use your oven but gas mark 1 is 135 C (275 F) so you will need to leave the door slightly ajar.

If you want to make a soup use warm water instead of cold

Use ingredients which have warming qualities such as:

Black Pepper Corns, Cayenne, Cloves, Coconut, Cinnamon, Chilli, Chives, Caraway, Coriander, Cayenne, Curry, Dates, Fennel, Fresh Ginger, Garlic, Mustard Greens, Nutmeg, Oats, Paprika, Parsley, Parsnips, Pine Nuts, Quinoa, Red Pepper, Spring Onions, Squash, Sunflower Seeds, Star Anise, Turmeric, Walnuts, Wasabi, Watercress

My favourite warming drink of the moment is a 'chai style' mylk. Make with almond nut mylk infused with cinnamon, cardamom, ginger and maple syrup for a little extra sweetness (optional). The digestive and post digestive effects of these ingredients are demulcent, expectorant, diaphoretic, carminative and anti-inflammatory. Perfect for the winter season.

Besides taking action steps with your food preparation, you can also do things for yourself:

It is no surprise to catch me in a onesie at home, it may not be an obvious choice for you due to your street cred but teamed up with a pair of chunky socks you may feel so warm you may

well welcome raw food.

Keep your head warm, a large percentage of heat is lost via the head and wind in the ears is vata aggravating.

If you drink alcohol aim to drink less when the weather is cold. You may feel alcohol warms you up but the opposite occurs. When you ingest alcohol it causes the blood vessels to dilate and so you lose heat from the body making your core body temperature colder.

Sip warm drinks such as herbal and fruit teas

Exercise, this gets your circulation going and increases your metabolism.

If you feel that you could gain benefit from having some support set up a group where tips and encouragement can be shared

Eat adequate protein and healthy oils due to their energy and insulating qualities e.g. nuts, grains, seeds, quinoa, avocado, hemp & coconut oil.

Treat yourself to decadent dark chocolate - raw of course! for that moment when you just need a hug from the inside :-)

Maybe you have some interesting tips you would like to share to help others stay 'more RAW'. Please email me at lorraine@lorrainepalmer.com I'd be happy to hear from you.

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

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How to Eat Nettles

Without getting Stung!

by Rob Hull

Nettles are an amazing super-food which as you probably know grow everywhere, most people classing them as “weeds”. I’ve been eating nettles for years, but I’ve always blended them into some kind of soup or sauce as that was the only easy way I knew to eat them raw without getting stung. But recently a friend showed me how to eat them without having to blend them.

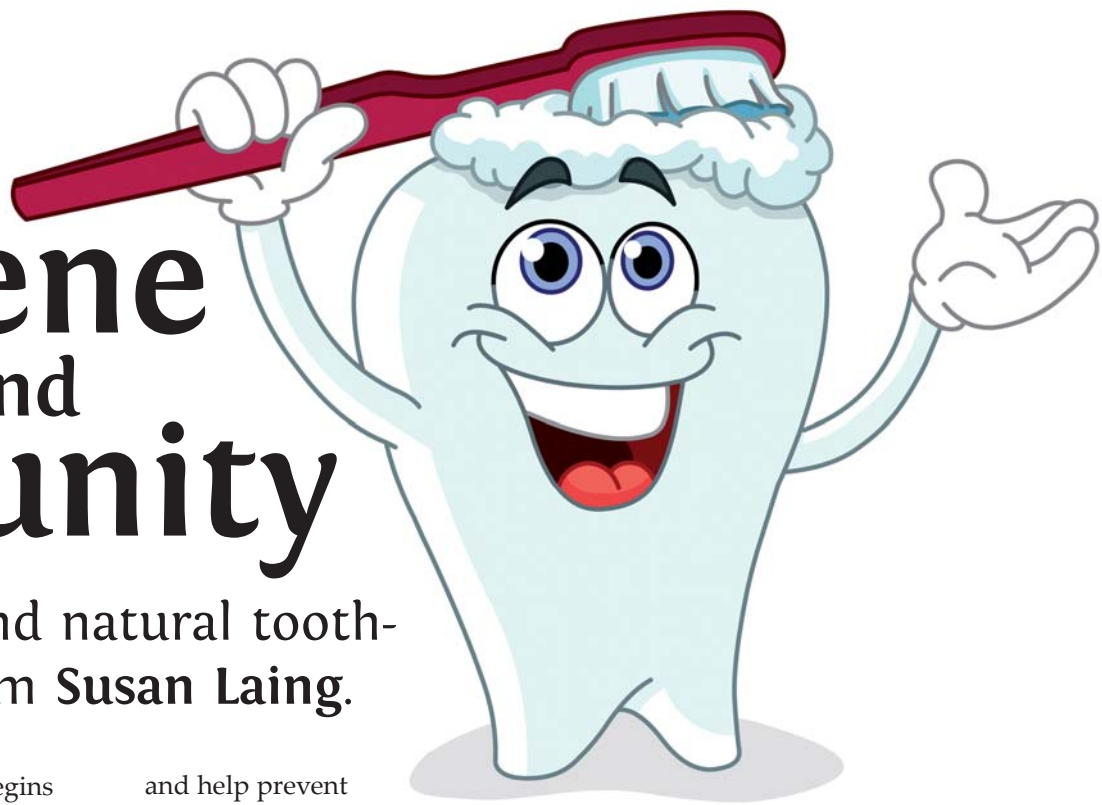
First let me explain how nettles sting - they have sharp hairs on the underside of the leaves and on the stem (hopefully you can see them on the photo) which inject plant chemicals into your skin when you touch them, which causes the sting. All you need to do is break these hairs and the nettle will no longer sting. Blending does this, and so does cooking. And I have been shown a technique where you pick an individual leaf - pinching it together from the top and folding it in half and in half again, crushing it between your fingers to break the hairs.

But this would take a long time if you wanted to eat lots of leaves. So the easy way is put all the leaves in a bag and bash it with something, maybe a chopping board. Keep shaking the bag a bit and a bit more bashing to get all the hairs broken.

Enjoy your salad! But don’t come running to me if you get stung... ❁



Oral Hygiene and Immunity



Tooth secrets and natural toothpaste recipe from Susan Laing.

- ▶ Remember most digestion begins in the mouth
- ▶ So chewing our food up to 30 times helps to break down the food and so making it easier for the rest of our digestive process to occur
- ▶ Did you know that Saliva can have between 10,000 and 1 billion microorganisms per millilitre (1/5 of a teaspoon). These bacteria are helpful in colonising and eco-sterilising, and clearing away pathogenic bacteria
- ▶ The texture and wetness of our saliva can tell us a lot about our state of immunity
- ▶ Our oral immunity i.e the good bacteria that helps fight infection, is affected by what we put in our mouth. For example, when we eat an excess of sugar and starches, our mouth produces an acidic environment, which then leads to tooth decay. The pH of what we eat can have a huge effect on our oral cavity health. This includes heavy metals; pharmaceutical drugs and other toxic chemicals
- ▶ Each tooth is constructed of enamel and underneath this spongy absorbent layer, we have tiny tubules which can absorb almost anything that is in our mouth. This is why an ancient naturopathic regime called Oil Pulling can be used and it is a wonderful way to clear the upper lymphatic system

and help prevent gum disease . It is

recommended that you avoid this technique if you have amalgam fillings in your mouth. Amalgam is composed of mercury and another alloy metal

- ▶ Mercury fillings have been banned in many European countries because of the connection between mercury poisoning and poor immunity
- ▶ Did you know that each tooth corresponds to an organ or system within the body. Therefore a broken or chipped tooth, with infection, could be the cause of you inflamed colon/intestine; or stomach; or pancreas. Root canals can harbour unwanted bacteria and therefore inflammation of the related organ or system
- ▶ Infected gums can also be linked to organ infection.
- ▶ A missing tooth ie a gum space may lead to weakening of that particular organ that this tooth is related to. Also, the bone/jaw area requires pressure to keep the jaw bone healthy and helps to increase bone density
- ▶ So cleaning in between our teeth with a good tooth brush or miniature dental brushes etc all helps to keep our health in tip top condition
- ▶ Halitosis or oral malodour is often caused by sulphide-producing

bacteria harbouring in the mouth, however, it can also be connected to digestive imbalances

- ▶ Avoid all toothpastes with added chemicals like fluoride. Fluoride is considered a toxin to the body and mind. There are many other toothpaste ingredients that one needs to avoid too. Check your toothpaste ingredients and Google
- ▶ It is best to create your own toothpaste with all natural ingredients
- ▶ It is even considered unhealthy to have gold crowns too. You may like to consider having the dentist use gem/crystal stone for your next crown

Homemade toothpaste recipe

½ cup of coconut oil
2-3 Tbsps of baking soda
stevia powder to taste (optional)
Around 15 drops of an essential oil e.g peppermint, cinnamon, lemon

Blend all ingredients and store in a glass container

Susan Laing is trained in Iridology, Naturopathy, Nutritional Healing, Cell Rejuvenation, and is a public speaker. Susan is the author of Love Your Liver Feel ALIVER. Susan also facilitates liver/gallbladder cleansing retreats and coaching with ancient naturopathic body readings and Whole Brain Functioning. Find out more www.nectaroflife.co

Dealing with Diabetes in a Conscious Way

Rhaya Jordan explores ideas for keeping stress levels down when planning meals for diabetes, with recipes by Anna Middleton.

One of the things we love about Funky Raw is how experimental Rob's diet is - he works on what he feels his body needs and sees what works for him, what tastes delicious and feels good to eat. It is a great model for diabetes too - ask yourself what works for you and what makes you feel well and satisfied?

For any diet changes to be useful, or in fact, any program to get you back to health, it has to contain one essential key ingredient: joy.

Diabetes comes with lots of baggage - fear, (will you go blind? lose a limb? die young?) and loathing (you did this to yourself, why don't you have better will power? - and by the way, you didn't do this to yourself. That is too simplistic, but more on that in a moment) With these twin monsters running rampage through your head it is easy to get too strict with food because the stakes are so high and to use food to punish yourself for your "transgressions". Here are two very common approaches to eating well that are not useful.

1. Making good food stressful or "I have to reverse all this damage NOW":

At Diabeatit we see people frightened to add a beautiful organic green apple to their juice because it is "too much sugar" or avoiding beetroot (a superb liver tonic and great for blood pressure). They try to race from eating lots of processed foods to very restricted

detox diets. People try to "white knuckle" their way through a new way of eating which leaves them vulnerable, and at war with themselves over food. Forget food tasting good or helping soothe you, or contributing to well-being, food becomes about low GI and what is allowed or forbidden.

This has a profound impact on getting well. Firstly nothing tastes better than forbidden foods. If you want to sprinkle fairy glamour over junk food, tell yourself it is forbidden... This is a lousy way to get poor quality foods out of your life - ask Adam and Eve how well food prohibition went for them. If you find yourself feeling judgemental, anxious and controlling around food, that is a gentle sign that you haven't found your equilibrium yet, and your plan isn't sustainable, yet... take a deep breath and ease up on yourself a little.

2. If it tastes good it's bad for me or I will never have a delicious meal again

So, now you've decided food is your medicine (which is admirable) you may also have, even unconsciously, decided that it needs to taste like medicine too. The belief that diabetes type 2 is the result of gluttony then you deserve to have punishing foods and take delight out of the picture. This is not only a big fat lie but also will sabotage your efforts to get well.

So how do you sidestep these two appallingly useless but incredibly common approaches to healing your-

self with food? Joy. Go for some joy. It is a brilliant antidote for the baggage of fear and shame that people with Type 2 have dumped on them with their diagnosis.

We get delight from food that is lingered over or shared with loved ones. If you aim for food that satisfies and is pleasant for you to eat than your eating plan is something that becomes easy and stress-free. So experiment with the way of eating that keeps your sugars stable and you enjoy including a little sweetness that doesn't spike your blood sugars. Let us make some suggestions that we hope you will find comforting, delicious and keep your sugars stable and be super nourishing. Take a leaf out of Rob's book and keep up a loving dialogue with yourself about what you enjoy, when are you most hungry, when are you eating out of habit? These gentle conversations with yourself along with some lovely AND nourishing foods will be a faster route to getting well and staying well. Here are two recipe ideas to kick you off!

Be kind to yourself, be persistent in eating well and ENJOY!

Spiced Chocolate:

Raw chocolate is particularly high in nutrients and this is one of those nourishing treats that can help you through dark evenings when you might have had junky foods that sabotage your health. Yacon is a root vegetable that tastes sweet but has no

sugar at all.

Ingredients

200ml of your favourite mylk (we like almond more than cashew for people with diabetes - it has more protein and less carbohydrate)

150ml hot water

4 teaspoons of raw cacao powder (full of antioxidants)

1 teaspoon lecithin (go for organic sunflower if you can. Lecithin helps you digest fats and is important to your liver)

2 teaspoons of Peruvian carob (naturally sweet and low glycemic load, has a delicious caramel taste)

¼ teaspoon cinnamon (helps combat insulin resistance, get as much of this spice in your diet as you can.)

30ml Yacon syrup (our favourite choice in sweetener for Diabetics)

Pinch of cayenne pepper (optional, but great for your circulation and makes this an amazing spicy almost Mexican hot chocolate)

2 teaspoons of coconut oil

Method

1. boil the kettle
2. place all of the ingredients in a blender and whizz together, you will get a more velvety hot chocolate that way.

3. EnJOY! (NOT in front of the tele. Pay attention while you drink it xx)

Citrus is particularly good for lifting moods so if you are feeling a bit flat steep a little orange rind or clementine skin in your hot chocolate while you

drink it.

Seaweed spaghetti with a creamy sauce

We can teach you how to make these noodles mild and savoury so if you haven't tried them, don't be worried that they will taste too strong.

This is one of those rich meals that you might think are in your past. Alter this recipe till it tastes the way you enjoy most but these suggestions will give you a luscious balanced sauce. The key is soaking this spaghetti so it tastes mild and toothsome. It's not hard, you just have to remember to pour cold water on a few hours before you want to eat it. Easy peasy.

Ingredients

35g (Algamar) sea spaghetti

50g spiralized courgette

2 teaspoons of olive oil

Pinch of salt

40g tahini

10ml lemon juice

5ml tamari

10ml apple cider vinegar

10ml water

½ clove garlic

20g fresh parsley

Method

1. soak the sea spaghetti in cold water for 2 hours, wash off and resoak for another an hour.

2. spiralize 1 courgette and mix in the olive oil

and salt and leave to soften for an hour.

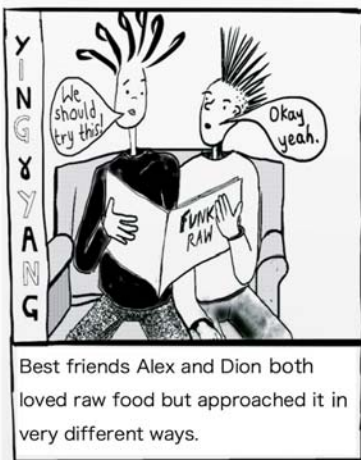
3. blend the tahini, lemon juice, tamari, Apple cider vinegar, water, garlic, and parsley together

4. wash off the sea spaghetti and mix with the courgette and the tahini dressing.

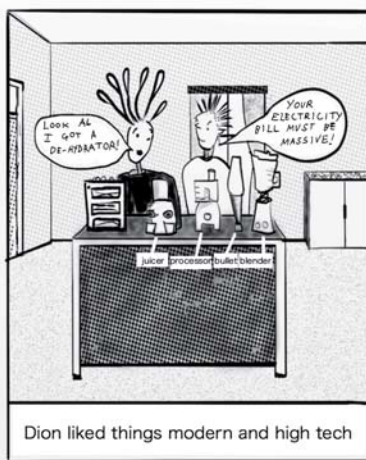
Tip - if you want to warm the olive oil and then toss the sea spaghetti with it, so you have it slightly warmed or served with lightly steamed veg mixed through, find the way that brings you joy.

This meal is rich in good fats and the sea spaghetti give you minerals particularly iodine which supports your metabolism.

To find out what we're up to, our website is www.diabeatit.co.uk and sign up for our next Taster Day in Bristol. ✿



Best friends Alex and Dion both loved raw food but approached it in very different ways.



Dion liked things modern and high tech



Whereas Alex liked to keep things simple 'grassroots.'



THEY ACHIEVED PERFECTION!

K.E. Walker katherine@growbetween.org.uk

<https://unspeakablearts.wordpress.com>

The Benefits of Fermented Foods

Faith Canter teaches us why we should be eating fermented foods on a regular basis, and how to make Sauerkraut.



Everyone is talking about fermented foods at the moment and with good reason! Eating fermented foods daily promotes good digestive health. But not just this, they are also believed to be nature's Prozac and they also assist in the strengthening of our immune system.

By fermented, I mean cultured (food and drink traditionally made with a cultured starter) or lacto-fermented (traditionally made with salt and water). Both of these processes are highly nutritious. They are full of millions of beneficial yeasts and bacteria and wonderfully detoxifying for the digestive system (and thus the rest of the body).

So, why are fermented foods becoming more and more popular?

They restore the balance of the digestive system (so if there is a yeast imbalance in the body they will help resolve this).

They are high in enzymes, which help you to absorb and utilise the nutrients from your foods.

They assist you in better mental health as much of our serotonin is produced in the digestive system.

They improve your immune system, because most of this is based in the digestive system.

They support the endocrine system as they help balance this out and eliminate bad yeasts and toxins from it.

They promote better digestion of all foods and drinks, but especially foods that are typically hard to digest such as high fibre foods, grains, nuts, seeds and legumes (lentils, pulses, soy, etc.).

Due to their balancing and detoxing effect, fermented foods can aid weight loss.

Fermenting your own food and drinks is really cheap and they are easy to make.

They can help clear up skin concerns and promote healthy hair.

They taste amazing!!

What's not to love about these amazing foods and drinks? And if you aren't keen on one, then there are plenty more to try!

Below is a super simple fermented sauerkraut recipe. You can pretty much add any firm vegetables you like (or have left over) to this recipe and also any herbs you like. It makes a large jar of sauerkraut, that will keep for months, is highly nutritious and is cheap and easy to make!

Ingredients

1 medium cabbage
1 tbsp. sea salt

Optional:

1 tbsp. caraway, coriander or fennel seeds
3 tbsp. grated ginger (I highly recommend this addition)
200 – 300g grated carrot

Method

Remove outer leaves from the cabbage and set them aside.

Shred cabbage. I like to use the grating option of my food processor for this.

Shred carrots and ginger (if you're adding these).

In a bowl, mix the shredded items with seeds (if you're adding these) and sea salt, then massage/squeeze or pound down with a mallet or the end of a rolling pin for 10 minutes.

Once the juices have been released, place into a wide-mouthed jar and continue to pound down until juices come up and cover the cabbage. (If this does not happen, then add a little fresh water until it covers the cabbage well.) Leave a space of 2 inches at the top of the jar.

Place a whole cabbage leaf over the top of the shredded cabbage, making sure no air can get to the cabbage underneath. If you have no cabbage leaf, then use a clean weight of some sort to weigh it down.

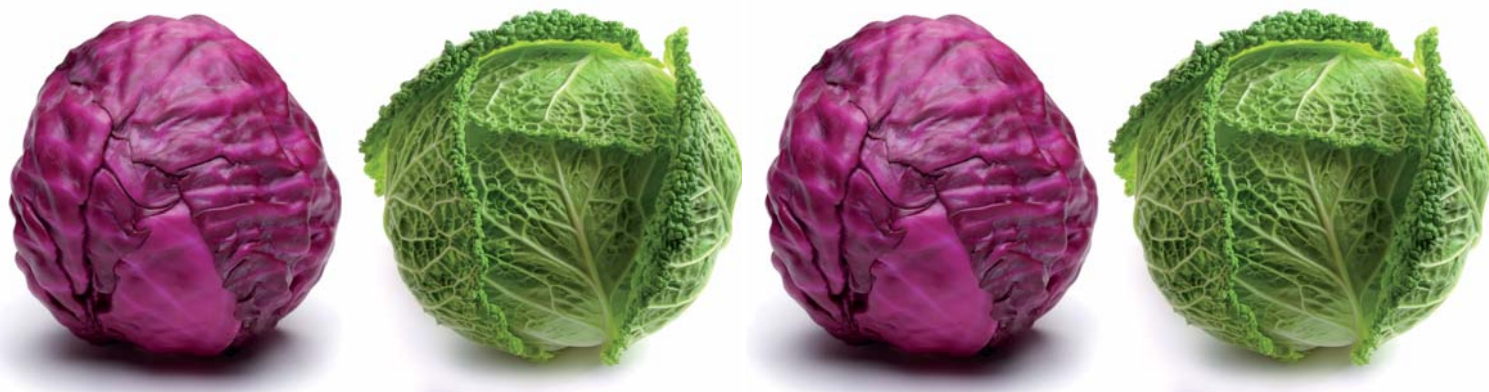
Leave in a dark place at room temperature for around a month. You can eat it after 5 days, but it's much tastier and contains more probiotics if left longer. Make sure to burp/open the lid to let the pressure out every few days for the first couple of weeks.

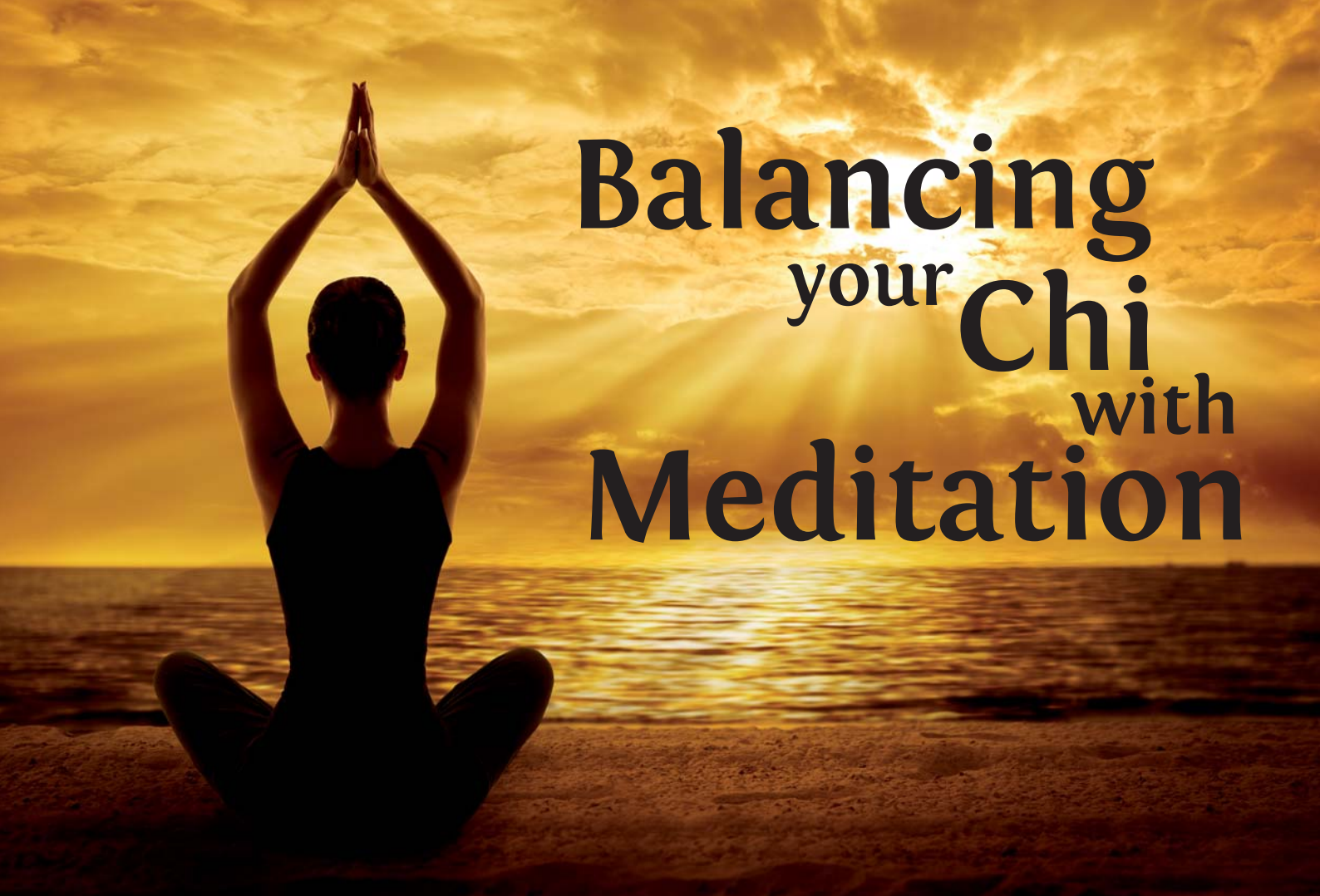
Transfer to fridge once you open it.

Note: Start with a very small amount of fermented foods and/or drinks, especially if you suspect you have a digestive imbalance. If you have too much at once to start with you may find yourself running off to the toilet. This does not mean you have had a bad reaction to it. It simply means the fermented foods are doing exactly what they are meant to and detoxing your system. It's better to have little and often to start with and slowly build up. Start with a teaspoons worth and see how you get on.

For more information on fermenting and/or detoxing in general, check out Faith's new book, Cleanse – The Holistic Detox Program for Mind, Body and Soul.

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Balancing your Chi with Meditation

Dawn Waterhouse introduces Vitali-Chi, a health and well-being system that regulates the body's energy.

In my early 20's fate decided to pull my leg and take me from my conscious chosen path. Once able and excited about the career of an accountant ahead of me I became a hobbling wreck struggling to stand upright and straighten my hands, grimacing when elderly ladies helped me to open bags to place my vegetables in.

Of course – every cloud has a silver lining, and this sudden change in health led me to discover whole foods – raw eating, and a whole new career... And through the struggles of adaptation it brought me, two beautiful children and more qualifications in complimentary health than I can remember, I thought I would live happily ever after.

Well, of course we all know who is in charge, and it certainly is not me! The universe decided to share more secrets with me, so when one day in 2014 I reached up to a cupboard and discovered I had shrunk and could no

longer reach the top shelf with ease (or the one underneath it to that point) I chose to pay a chiropractor a visit.

£100 and a few x-rays later and we identified that my back was pretty much broken and my neck was seriously misshaped. It had not happened over night, but was the result of birth trauma and an injury I had sustained in my early 20's that had been undetected due to hypermobility. The lovely lady was most impressed with the health of my spine given the back injury was over 20 years old. A few manipulations later and I was taller.

But of course – the happily ever after does not come in there... because the manipulations – though good – just did not hold. Frustrated I would never get better I started my search once again for the way to improve my health.

Now of course, nothing is by chance, the universe knew exactly what I

needed to do, and it needed an excuse for me to search and find it. So when Vitali-Chi invited me to attend their course, a little inner voice said “go for it”. I had not heard of the company before, nor had I heard of what they had to offer, but my inner voice has led me to some impressive decisions over my life time – even though many have questioned what I am doing. I trusted...

So I guess you are asking what is Vitali-Chi?

Vitali-Chi is a health and wellbeing system that regulates the body's energy. It is powered by you and helps conduct your energy more efficiently around your body. In doing so, it helps clear blockages and release tension held in your muscles and deep within your body. There are two models available.

Vitali-Balance is used for its relaxation purposes. It also accelerates the meditation process, taking you to the Theta

Wave state really quickly. In a test using MUSE that measures brain waves, it was found that 57% calm was attained when meditating with Vitali-Chi, as opposed to 3% calm with traditional methods.

Vitali-Chi Boost is a little more sophisticated, the same amazing health system but with a little extra boost to help with a deeper regeneration process. In this model healing energy frequencies are added to the system to help release toxins, emotional debris and stress from the body.

It treats at a cell level to assist root cause healing and then re-messages the cells with new patterns of behaviour, thereby helping to heal and prevent disease and assist cellular regeneration and repair. Your energy is doubled after just one hour of use. The boost function is believed to help disrupt pathogens, which further assists emotional and physical detox. This benefits the immune system because it enables internal organs to work efficiently.

Added into the mix is a brilliant range of natural healing products, from wellbeing spritzers for a range of emotional and physical conditions to lotions and healing gels to apply to localised ailments. Beautifully blended essential oils, mixed with healing frequencies bring about deep healing in the environment around you and can also be used in the bath and for massage too.

When I introduced the healing system to my clinic – my clients were amazed with the difference it made to their energy levels. As an example, one exhausted mum of three was just shattered from the demands of a busy home with young children and the challenges of getting a full night's sleep. At the end of a treatment session on Vitali-Chi boost, she was quite impressed at how re-energised she felt, so much more than had she had a nap. What's more, the aches and niggles she had in her body were much relieved, and she felt ready and more excited to cope with the day again.

Another retired gentleman, keen to keep well and enjoy his well-earned days of freedom found that Vitali-Chi treatments help him to keep well and again relieve his general aches and pains. It also helps him have the ener-

gy he wants to live his rather action packed life. He was so impressed with the treatments; he invested in a Vitali-Chi balance to use in between sessions, finding the power rests so uplifting.

Several of my lovely high flying clients enjoy regular treatments, not because they are ill – but because they never want to be. They have learnt that part of the secret to their success is to keep healthy... so prevention is way better than cure.

Vitali-Chi Balance has an extra special use of its own. I was quite honoured when Vitali-Chi invited me to work with them on their Meditation Course. We use Vitali-Chi Balance alongside beautiful music and exclusive scripts to take our meditators on a beautiful mindfulness journey. The feedback from these sessions has been brilliant. From instant relief from years of constant mind chatter to an ability to sleep at night, interspersed with freedom from anxiety and aches and pains. On one gentleman's first session, he sat up after the session and explained it was the first time he had been able to lay down for 15 years. So profound was the change he had felt in his arthritic body that he became the staple of every class, transforming from a hunched over old man in tatty tracky bottoms to a more upright man in a smart suit. The release of years of tension and pain was accelerated with Vitali-Chi and the program which he repeatedly enjoyed.

We now have V-Chi More Than Meditation (the name given to the unique meditation classes using Vitali-Chi Balance) in schools, hospitals and the corporate sector. The schools have noticed an improvement in so many areas that in some cases they have invested in their own equipment and staff training, whilst other schools have chosen to work with our own qualified meditation leaders to deliver the service for them.

There are so many case studies of healing success with both Vitali-Chi Balance and Vitali-Chi Boost.... And so many happy customers with the products too! For example, a client tried the Super Eze gel whilst in my clinic. She had plantar fasciitis and wanted some relief. She tried a small sample of it and before the end of the

appointment the pain was gone. She was so impressed... being an outdoor manual worker she purchased a pot to take home for all future aches and pains as they arise. This is not the first positive feedback I have had. When running stands at Mind, Body and Spirit fairs I have attendees come back for repeat purchases or to try new products as they have been so impressed. It is a delight when ladies come up with their friends and say "this is what I have been telling you about", or gentlemen come back to tell you how improved their health is and how they love your classes.

Ah... back to the story – how did Vitali-Chi help me? Well, I am now considerably taller, and stronger than I was. I have spent more years than I care to recall on trying to fix my back – and with Vitali-Chi – it took regular sessions with the unit at home, and then just three manipulations – the last one being over 18 months ago. So with regular sessions I keep strong and energetic, and the healthiest I feel I have ever been. Of course I am still conscious of my diet – because we all know we are what we put in, but the magic ingredient is energy, an extra bit of Chi to bring it all together.

If you are interested in any of the products or the unique opportunities provided by the practitioner training mentioned in the article, you can find out more at www.mersea-meditation.com or alternatively, contact Dawn at dawn.waterhouse@yahoo.com

Vitali-Chi have a special offer for Funky Raw readers. Use the code FUNKYCHI at the checkout to receive free post and packing, and a special surprise with your order.

Dawn is a Homeopath, Japanese Reiki Master, Vitali-Chi Practitioner and also works with diet and nutrition. In addition to this Dawn is also one of the founding members of Vitali-Chi Mindfulness Meditation. Dawn has two lovely natural children ages 12 and 16 who have not received conventional medications. If you would like to know more about natural treatments for a wide array of conditions, or attend one of Dawn's popular self-help and practitioner workshops, please contact Dawn either via her website www.dawnwaterhouse.co.uk or on 01206 735 780. Appointments can be either in person or Via Skype. ☘



Growing a Seriously Funky Culture in 2017 and Beyond

Steve Charter brings us an inspiring look at creating a sustainable culture, starting with our health.

According to the dictionary *Funky* means fashionable in an unusual and noticeable way.

Here, we are growing a culture that makes eating more raw fashionable in an unusual and noticeable way - a style of life with a strong rhythm, with improvisation, and a nature-inspired tune that repeats. Our funky culture needs to be a strong attractive force, fun and enjoyable, for people that care about the health of family and friends, and our home, planet earth.

This is a culture through which we feel, experience and love the joy of nature and health. We need this positive 'funky' movement, because our society is over-loaded with information, and lacking wisdom. People drown in oceans of 'information garbage', with quality information becoming diluted. Funky folk learn to swim through it. We use food and the cause-and-effect-relationships that are

connected to it to inspire, encourage and accelerate positive change, to create a *personal culture of health* and a wider *culture of health*, within a wider *culture of change*.

Our funky culture understands two key points:

- ❑ *Health and sustainability are essentially the same - one applies to internal systems (organisms), the other to external systems (ecosystems, environments) - both are inter-dependent.*
- ❑ *For our culture or civilisation to survive long term, we have no choice but to create sustainability, and therefore health.*

If you understand the essence of what creates health, then you can understand what creates sustainability. 'Whole health' or 'real health' (ecological health, climate health, economic health, social health and individual health) is a meaningful goal for us to pursue. This involves *working positively with the web of life*, seeing the ecolo-

gy of the human body and mind as part of the ecology of the environment that the human body is a living, co-existing part of.

Being funky means realising that the vehicle that we are travelling in provides the best lessons. Through our continual interaction with life, the universe and everything, we are the universe looking at itself; health and consciousness embodied in the human body is the universe and nature attempting to understand itself and consciously interact with itself.

Learning how to create health implies change in how we do things and learning from others - from health-creating magazines, websites, novels, movies, books, music, stories, comedy, gatherings and even shared-houses and communities that all express a funky perspective on 'real health'. To move to a health-creating life, your starting point is to feed better quality information into yourself, and the web of life

you are part of.

We need to paint our pictures of health for ourselves. We need to write our own stories about our own healthy culture, and create our own visions of a funky future, a healthy culture, regenerative ways of living. Our visions need to be clear that there is a lot more to creating health than diet or nutrition. We need to re-shape and communicate our visions of healthy living beyond just diet, food and assimilation to sustain natural processes that create more complete, whole health for yourself and others. For individuals, families, communities or for our funky culture we can steadily bring together the pieces of the whole health jigsaw puzzle, to create real health – this looks something like a 12 petalled flower of health:

1. Health-creating nutrition
2. Digestive health: healthy assimilation, elimination and detoxification
3. Exercise: Yoga, Five Tibetans, Tai chi, Aikido; walking, cycling, gym work or dance
4. Mental & spiritual health: meditation, spiritual practice/mental exercise & improvement
5. Positive, creative communication e.g. nonviolent communication (NVC)
6. Intimacy and physical contact e.g. loving intimate relationships, massage, etc
7. Health-creating friendship and community
8. Creativity and self-expression, laughter and enjoyment
9. Self-confidence & self-defence: in physical / health and spiritual / psychological terms
10. Right livelihood: working to create health and sustainability
11. Sustainable living and healthy homes e.g. permaculture, green building, clean energy
12. Positive attitudes & a personal development path, towards health and fulfilment

All the above can work together – however, realistically 3-6 of the above will make a real difference, and is a realistic and achievable goal for most people.

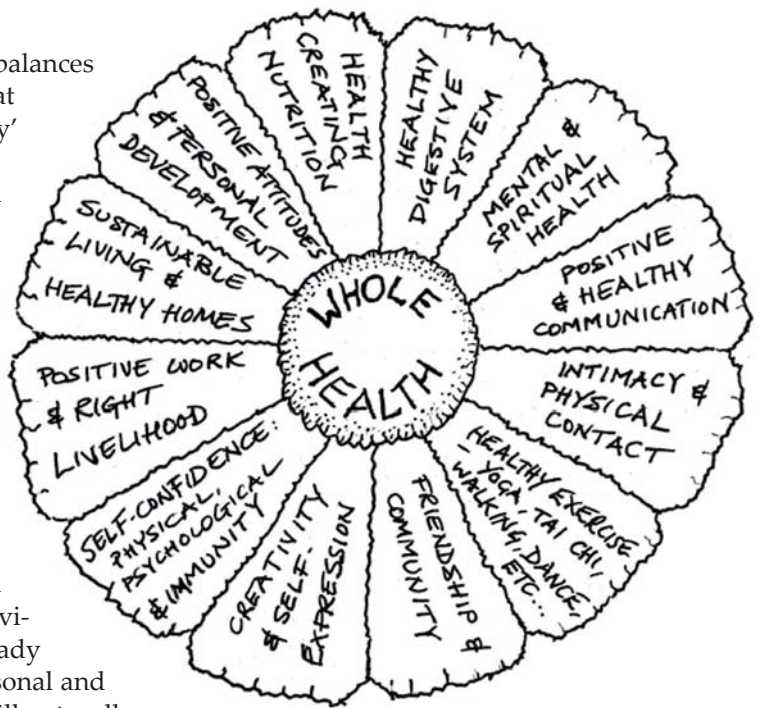
Added to the above, there is a clear place for herbal medicine and various diagnostic approaches (e.g. iridology),

to help address imbalances with the system that may have ‘naturally’ developed, out on living an unnatural life. In this sense, ‘herbaculture’ has an important place in a funky culture – cultivating herbs that stimulate healthy responses in the body, mind and emotions. With such a package of mutually beneficial health creating activities, a slow and steady (r)evolution in personal and planetary health will naturally result, and the illness-creating culture will gradually evolve to something more positive, healthy and sustainable.

As a culture, our goal and vision is to design and create health-creating, ecologically sustainable, efficient and productive lifestyles. We can use permaculture to design and create these healthy systems and healthy lifestyles, working with the ecology of our own mind-body-spirit system and the external environment – designing these inner and outer dimensions to be positive and health creating.

The most vital, nutritious foods are those eaten completely fresh. Even if it's just a little, growing and eating your own fresh food really does make a difference. So if you're looking to change and improve your diet, start growing more of your own food when changing your diet – because if anyone truly ‘gets’ natural nutrition and the supreme intelligence of nature's pursuit of health, they should be growing food for themselves using permaculture systems, supporting ecological food supply chains. Equally, if anyone truly applies the ethics, principles and practices of permaculture or ecological design to whole health, nutrition and lifestyle then the most logical conclusion is the ‘eat more raw’ lifestyle.

We are part of an evolving culture – so *Permahealth* and *Nutrition Gardening* are now emerging fields in permaculture that will grow and become firmly rooted in the next decade.



All life, including human life, soil, woodland and forest life, is a *regenerative, health building process*. Our body is a mass of interconnected health-creating processes - given the chance it *always* regenerates itself naturally. The same goes for landscapes, ecosystems, soils and water systems, and even economic systems. In the same way that over 95% of our cells are replaced within one year and virtually every cell replaced in 7 years, we can replace our impacts in the world, to help create ‘real health’. As well as being conscious consumers, more importantly, our *work* needs to create health, because this is our biggest impact in the world. Otherwise our work is sustaining systems that create ill-health. We all need to work to co-design, create and grow funky health-creating projects, initiatives and enterprises.

This process of change and regeneration must feel good. To ease people's raw path the social aspects are important, whether it be workshops or courses, networks and knowing where to find information *and support*, and share common ideals and motivations. In challenging times, in 2017 and beyond, we need to get together and support each other in making funky stuff happen in our lives, and to have fun in doing so.

‘Detox’ is part of creating significantly improved health. Detoxing a whole lifestyle can be more of a challenge – and a fantastic opportunity. Living as part of a ‘normal’ western culture, some level of ‘toxification’ of our life

as a whole is inevitable. However, we can live a 'real health' creating life, giving our lifestyle the chance to clear out toxification, and we can connect-up more with others who living the same philosophy, to make our resilience to this toxification stronger.

For me meditation opened the door to a higher awareness, with my interest in nature growing into full-blown environmental concern, and an eco-spiritual seed growing strongly in a new fertile soil. On a 2 week permaculture design course I met an experienced raw fooder, when few of these were about! This led to creation of a health conscious mini-community, 'Hales' – a shared house with Susie Miller (founder of Fresh), Tony Wright (author of Return to the Brain of Eden), Aranya (now a leading permaculture teacher), and Simon and Marijke Shakespeare (central to the growth of the Forest School movement). Later this led to Ecoforest, through which hundreds of people experienced a raw-only eco-life, and which led the creation of the Funky Raw magazine and movement, initially thanks to Tish Greenheart and then Rob. Ecoforest changed my life and created significant positive changes in many other people's lives... which then enabled positive changes in yet more people's lives... the ripples flow on, even now. Along the way, I changed my work to sustainable building issues, permaculture, wrote Eat More Raw, and I'm now also developing a renewable energy business.

Living very simply at Ecoforest made a big difference to me, 'off-grid' without mains water and electricity, as part of a low impact healthy living project. In a world where we are constantly told to fear attack, learning some form of self-defence (physical and psychological) will bring greater freedom, by creating greater self-confidence. Survival skills will also build

confidence that you can survive living simply in the great outdoors.

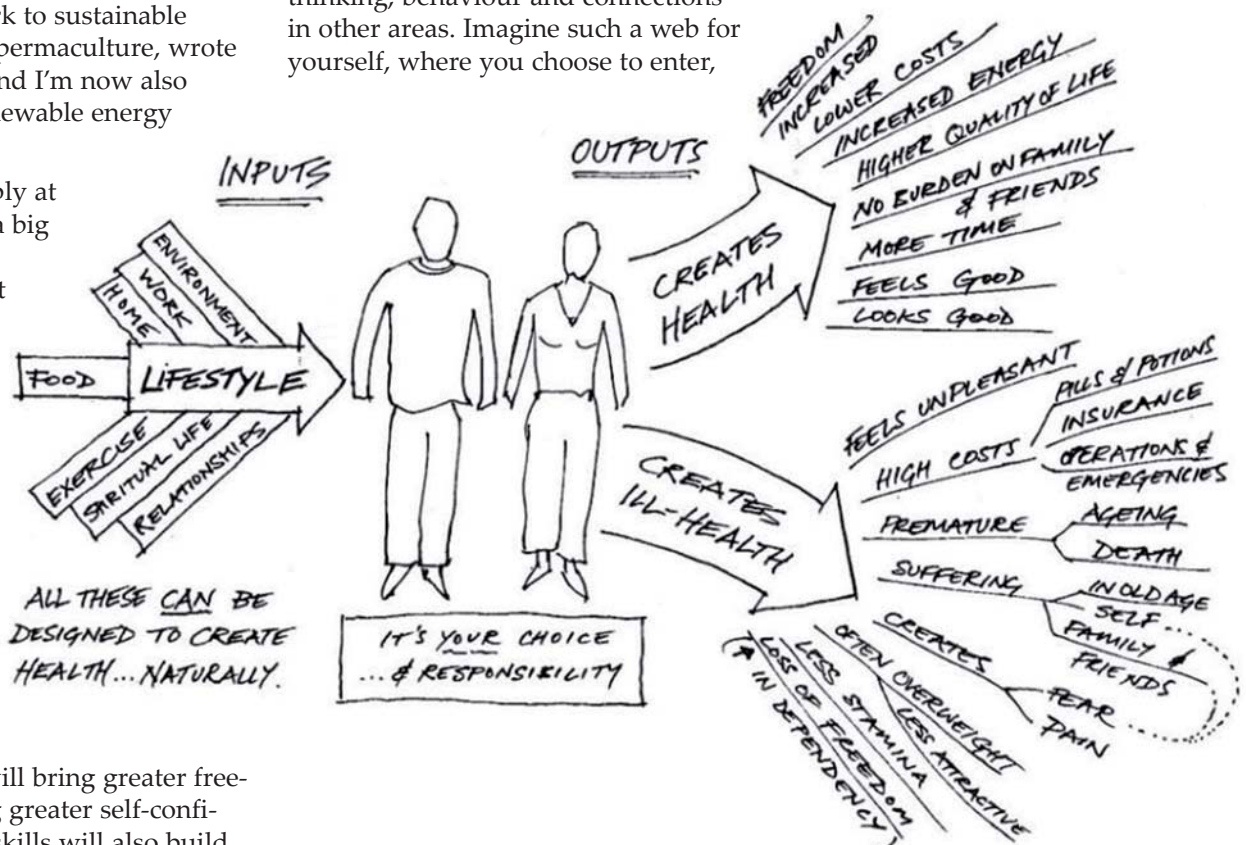
Movement is sometimes slow, sometimes like a roller-coaster. Together we need to have a go, explore, experiment, research, keep our eyes, hearts and minds open while considering important goals in our life. Disruptive change can be very positive, although it may feel tough when it's happening. For many, taking a larger number of smaller steps over time will lead to more stable change. Like making changes in what you eat, in exercise and how you obtain your food, you can do the same with your work and wider impacts in the world. You can plan, design and manage it, including setting yourself some positive milestones to celebrate. It's a journey. We are all on a journey, and at times it's intense.

It's often not a linear progression from one step to the next. Like a beautiful spider's web of health and sustainability, each segment is connected by any number of finely spun strands. You can enter from any number of the 12 anchoring strands that connect it to the world it is a part of. Passing through any one of these 'doorways' can lead you to other areas of discovery and growth. Like a stone thrown in a pond, the ripple effects spread through your life and change your thinking, behaviour and connections in other areas. Imagine such a web for yourself, where you choose to enter,


and what strands to your web you will have. Imagine.

The spider's web we each weave is the heart of our personal 'web of life'. And your web is connected to a wide chain of effects in the outer world. It's also connected to a chain of effects in the inner world of mind, body, emotions and spirit. All these aspects of your life you can design to be mutually beneficial as part of a personal plan to redesign or fine tune your life. To change the world, and experience whole health in a whole bunch of funky ways, we are respinning our own webs of life, individually and together.

Steve is author of *Eat More Raw Too*, the first book to integrate raw food and permaculture (hardcopy and e-book) – see eatmoreraw.org with free resources to download, and a contact page – and for many years has taught permaculture by integrating health-creating nutrition and lifestyles into the course. He runs highly social Eat More Raw workshops in peoples' homes, and is involved in the global permaculture education 'Next Big Step' group (IPEN), which aims to expand and accelerate permaculture education globally. He is also slowly working on a novel, *Sufficient Freedom*, which weaves raw lifestyles and permaculture into its story. ❁

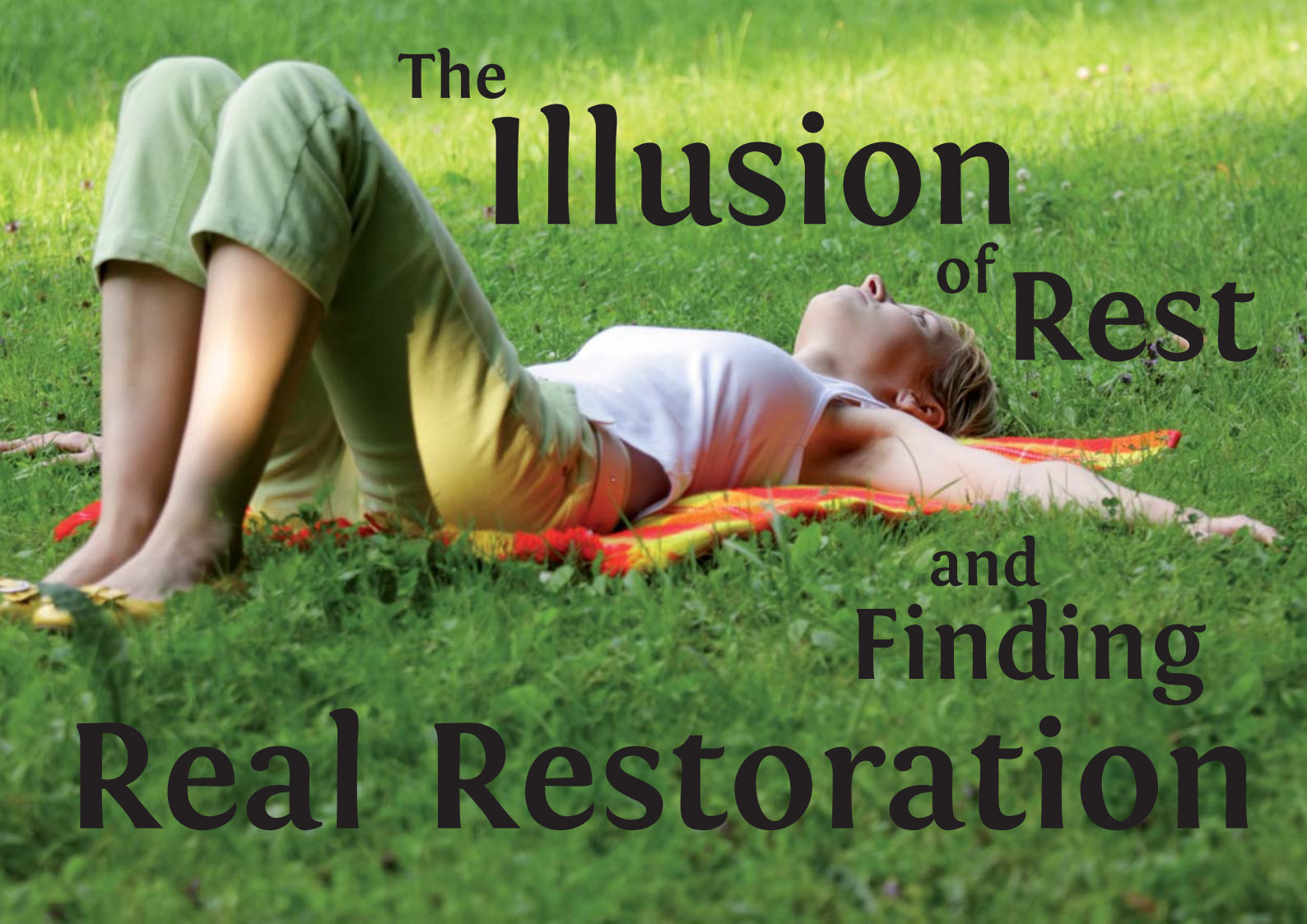


Phoenix Rebirth



Tonight, I'm flying free
Like a Phoenix in the sky,
Radiantly,
Resplendently,
Rising higher,
Flames growing Wilder,
The spirit in me,
...has been set free
I slipped away free
Almost silently
Glowing within
Growing stronger
Vivid life force burning within
The feminine soul
I took back my reins
Called upon heaven again
To show me the way through
The illusion
No more sacrifices
No more striving
I burnt in the fire
Yet now rising
...my destiny is higher

by Sarah Rehmatullah
www.sarahrehmatullah.org



The Illusion of Rest

and Finding Real Restoration

Grace Quantock interviews Mara Glatzel on the subject of how we can get real rest in this busy world.

I wanted to talk to Mara because so much has spoken to me in her writings on working with rest, with where our body truly is and with so much compassion. Her writing always feels me like a well of solace, rest, rejuvenation and peace in what can be a world of invective asking me to do/buy/be something more.

Grace: Can you talk to us about rest and what is rest? Sometimes rest can be such a contentious issue. It's such a charged word, often when people are living with illness (as I am) we are almost 'forced' to rest because we can't do things.

Mara: I think that the biggest thing I think about when I think about rest is that it is a universal need that all humans have and that is not something that makes us weak or makes us less deserving or not productive. All of those things that we tend to tell

ourselves about rest because for myself and for the women that I work with it seems like we think that our need for a rest is something that we're supposed to be getting over or getting away from or harnessing our ability to do without rest. Like not needing rest is some sort of badge of honour and really reframing that so that we think about rest in a way that it's less of a hindrance to our ambition or to our dreams or to our lives as we may want them. Rather rest is the thing that allows us to show up in the world the way that we want to.

If we think about it more like a cycle, rest really allows us to show up, to create, to produce, to be ourselves and shine. Then those things drain us and then we need rest again. It is a natural cycle of things and not something that we need to be embarrassed about, not something that we need to apologise for. But rather that we all need rest

and that's coming from me from a place of having been to some spot of significant burn out in my life. And realising that if I was going to continue to show up in a world the way that I want to, that I was going to have to find a way to live more sustainably.

Maybe I am not getting everything done today but I also then don't have to take all of this time off on the other side to recover when I get to that place of really deep burn out. Instead to create something— I think balance is such a loaded term but something that's a little bit more cohesive.

Grace: Yes, I'm so there with you. I'm creating something that's more sustainable rather than the boom and bust patterns or doing **all the things**.

This is something I work on in ThePhoenixFireAcademy.com, if somebody has a day where their symptoms are lesser when they are

living with chronic illness or pain, it can just feel like they are on the edge of freedom. It's like, "Yes, I want to do all the things and that becomes— if I can just make that last forever." But it's not always possible, because we aren't robots, we are humans and humans need to rest.

I feel like there's something around this idea that 'success comes from hustle/hard work' and that hustle is polarised against rest. The narrative is presented that either you rest and you're inefficient or you will hustle and then you just work on regardless of the hurt. But in that narrative it doesn't truly damage your body long term or your life at any level. You are kind of like a superhero - you just recharge, naturally. I've never known anybody who's actually like that. I've never known that to exist in a human. It's hard to say, because I think I spent a lot of time trying to be that person.

Mara: Exactly, it can be really difficult. It's something that I have experienced my whole life. At the moment, I'm eight and a half months pregnant, I'm experiencing it in a whole new way. Some days I have a lot of energy but if I do too much without energy then it will be a week and a half or longer before it comes back. Find those ways to really be kind to yourself. Sometimes it's hard because I'm a really ambitious person and I want to do all of the things, always.

I always wanted to do all of the things but something that I love to do is to write all of the things down. It feels like my ideas have a catch all for them. Then it's a little bit more safe to allow ease because part that frenetic energy is the fear that I might forget or somebody else is going to have that idea or what if I don't get it all done?!

Having a place (like a receptacle) to put all of those good ideas so that you can get to them in your own right timing helps with that frenetic energy around production.

Grace: Great idea! I know you've written a little bit about the illusion of rest, what you so eloquently called *junk food rest*. Do you want to talk a little bit about that?

Mara: Yes, I think that there's a lot of times where we are giving ourselves

what we may think of as an acceptable form of rest, which is different than the rest of we actually crave. It's a lot of scrolling for me, scrolling through Facebook, scrolling through Instagram, scrolling, scrolling, and scrolling. I know myself well enough to know that if I'm scrolling what I actually need is a nap. What I actually need is to turn off my computer and go outside.

There's something about sitting at my computer that feels a little bit productive. Feels a little bit like something that's more acceptable to me.

There's something about just laying down or going outside it feels really blasphemous. I couldn't just do that. That's too restful.

These ways that we tried to nourish ourselves with these junk food rest, we're never full. Then we have this full sense of an idea of ourselves that, well it doesn't matter if I rest anyway because it never fulfils me. I never feel satiated. Yes, Netflix binge or scrolling through your Facebook or sitting on your couch with your computer open may not fulfil you but that doesn't mean that you cannot be fulfilled.

I like to pay attention to that because I think for everybody we have this part way to rest. Things that we do which is almost like as much we can allow ourselves but it doesn't actually feel good. It doesn't actually feel like it fill us back up.

For me, that's the definition that I use for rest. It's something that fills me up energetically when I'm doing it. It could be a lot of different kinds of things. Noticing those things that are suddenly draining that seem like they should be nourishing or that we tell ourselves that they are nourishing is so important.

It's like the difference between eating some junk food versus eating a really good meal and then you're full. You're really full. Just being in that conversation with yourself, which is not about judgement but it's just about noticing like, "Wow, I tried to do that for myself and it didn't feel good. It didn't feel like anything, really. What else could I do instead?"

Grace: We find ourselves doing certain illusions of rest. I appreciate the

non-judgemental noticing. In my work with clients, we try not to do 'good' and 'bad' or 'allowed' and 'not allowed' as it feels very polarised, it's not a helpful dialogue. Instead, I work with optimum and non-optimum. Optimum makes us feel at our optimum. Non-optimum doesn't make us feel as good but we can still do it because we are adults and we get that choice. But I think you can just notice and it's so important.

Mara: I agree, we are adults and that's the best thing that we have that choice. I can totally choose to sit here and watch TV and I can totally choose to scroll through Facebook. Even just noticing because sometimes it's different from day to day.

An activity will be rest for one day and not the next. Being really present I think is always so important. It's like the presence and then plus the permission because I used to think my work was so important that I didn't have time to go outside for even 20 minutes. I started to just get myself to go outside, go for a walk on the block, and shut all my devices and work down. It was like, lo and behold, the world didn't end when I walked out of my front door.

Sometimes it's like we need to encourage ourselves a little bit to take those extra steps to do the things that feel uncomfortable. It's like, can I really allow myself to shut everything down and take a nap like an actual real life nap?

Then when you do it you get to realise and have that visceral embodied experience of, "Okay, well, I went outside" or "I took a nap," or "I took the afternoon off" or "I shut off my phone and my business didn't break, my relationship isn't over, my life is still relatively intact." All of those things that really help us because when you feel it in your body then you know that it's true, then you know that it's possible.

Grace: I think I'd like to add a little 'p' to that list, it's pre-symptoms, because I will be working or doing something and it's got to the point where I need to rest but I'm already so fatigued that actually getting off the sofa/exercise ball desk feels impossible. I'm stuck because I'm already so tired that actu-

ally getting up and engaging in optimum rest, it feels too hard.

So I'm noticing what I need to do to be able to *get to* the rest and set things up for rest.

Mara: I think that any way that we can support ourselves to get that rest or to just be comfortable in our environment is so important because you are so right. I always think about it like a little kid, like a three year old. When they get past the point of their nap time, they're just melting down completely.

I see it in myself. It's as if I have to push it and I push it and I push it then I'm just resisting and melting down and now I don't want to rest. Now, I'm completely irrational.

Grace: I'm not tired. I'm not going to bed. I'm staying up. No bed.

Mara: I'm scrolling, I'm scrolling.

That's why I love having those ways, setting up for rest, like setting up a timer on your computer. We have to attend to ourselves so that we can have that energy and be able to keep doing the things that we wanted to do. For me, it helps so much to reframe it from the narrative that there's something wrong with me that I can't keep working the way other people can or that I'm not as productive as somebody else might be to because I'm invested and living my life this way to joining up and being whole and doing this work. I have to take care of myself so that I can keep doing that.

Grace: I think that's a top tip for anybody who is an entrepreneur or running their own business or working especially while living with an illness or disability or wanting to heal. It's such a narrative for all of us, ill, non-ill, disabled or non-disabled.

Now I look at how my dog is and the therapeutic horses, and the garden and nature. Nature doesn't work without stopping. When we try and make the earth work without stopping we end up with some real problems like intensive farming. Do I think I'm so separate from the Earth that I can make myself work the entire time and never ever rest and that will have no impact on the body?

Mara: Absolutely, we do live in this capitalist society where the internet doesn't sleep. People are working themselves so hard and wearing that as a badge of honour. To be putting yourself outside of that system can feel so uncomfortable. Anyway, you can normalise rest whether that's having likeminded friends or reading things that make you feel inspired or even thinking of the idea that cyclical idea that we can't just keep going all the time.

Bears hibernate. The ocean ebbs and flows. The tides comes in and out. We have all of these example in the natural world around us. The fact that you can't just keep going all the time and you know that it's not because there's something wrong with you particularly or me particularly or any of us but that was just part of that natural system around us and that system include rest.

Grace: Can you tell us a good place or practice to begin?

Mara: My favourite practice is one you can do in the morning, it's really quick but really powerful. I just ask myself what do I need today and it's just an invitation to tune in to my body in this exact moment.

It might be that I'm feeling a little dehydrated or a little anxious or a little tired. Asking ourselves that question everyday and being present to what our physical capacity is for the day leads us to have that greater relationship with ourselves, have that greater conversation.

I think that's self-care. It's like a huge conversation that so many things you can do. But just having a three minute chat with yourself in the morning, "What do I need today?" Then trying to prioritise that. Do I need a little extra water? Sure. Do I need to be a little bit more compassionate with myself today? Okay and to tune in to what is actually going around in your body in this exact moment because we have a tendency to think about ourselves: "I always need these things or I always need whatever." It's not true because our needs change from day to day so even just asking that question and allowing yourself to feel into your own skin. It's like maybe I'm a little dehydrated. I need a little bit more

water today. Maybe I'm a little bit tired. I need to move at a slower pace. I'm feeling a little tender. I need some extra affirmation or compassion at work.

We can give ourselves those things. It doesn't take a long time. It's not a huge process.

Just starting by asking yourself that one question in the morning so you can be present to your own skin, that you can be present to what your needs are for this day. You can be that much closer to meeting them and also remembering that it's a practice. It does need to be perfect.

It's simply an attempt to take care of yourself and to be present to knowing that from one day to the next our needs vary and that we're allowed to have those needs met no matter what they are.

Mara Glatzel, MSW, is an intuitive guide and energy healer who guides women in identifying, honouring, and advocating for their needs. She is a creative leader, a wild celebrator of the sacred mundane, and expert at living in her own skin with grace and ease. At the core of her work is the desire to live a well-intentioned life, which means... more joy, grit, and vibrant imperfection to spare.

Hang out with Mara on [instagram.com/maraglatzel](https://www.instagram.com/maraglatzel) or [facebook.com/maraglatzel](https://www.facebook.com/maraglatzel), or sign-up to receive weekly missives filled to the brim with the absolute best of what she's got – unfiltered vulnerability and heart-opening encouragement: maraglatzel.com/newsletter

Grace Quantock is an award-winning international wellness expert, coach, author and motivational speaker. The founder of [Healing-Boxes.com](https://www.healing-boxes.com) and [Trailblazing Wellness \(Un\)Ltd](https://www.trailblazingwellness.com) [GraceQuantock.com](https://www.gracequantock.com). Awards include a Future Young Leader of Wales Award and nominated for Britain's Top Real Role Model, Entrepreneur Wales Awards 2015 & multiple award winner of Great British Entrepreneur Awards 2015.

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Access Consciousness Bars for Stress Relief, Relaxation, and Total Transformation

Fiona Cutts tell us about a hands on head healing modality that has totally changed her life...

I first found out about Access Consciousness Bars about four years ago. At that time, I had recovered from serious illness, Chronic Fatigue Syndrome, and was still aware that I could have more vitality and health, I just didn't know how to go about it.

The most accessible, easy way of describing the Bars is that it is like defragging a computer. In the same way as a computer can function slowly and out of date, so can we when we have old "programmes" from the past running!

So, when we have our bars run, we are invited to release the thoughts, feelings and emotions that are holding us back in any area of our lives – the thoughts, feelings and emotions that make up those programmes.

This occurs through the practitioner gently touching points on the recipient's head. There are 32 points that relate to different parts of our lives – for example healing, our bodies, sexuality, money, control...

As the practitioner holds the points, the limiting beliefs in that area are invited to just release – often with ease, sometimes with laughter, and occasionally with tears. Sometimes there may be a "flashback" to an event from childhood that caused the distress and limitation, and often there isn't – there is no need to have a cognitive awareness of what it is we are releasing.

To give you a couple of examples – I was told by my music teacher when I was about ten that I had cloth ears! And then my Dad delighted in repeating it, and laughing about it – great!

As children, when we hear something like this, whilst it is painful, we also often align and agree with it – decide it's right, and then live our lives from this viewpoint – so I lived my life as someone who was not at all musical, actually I was un-musical, and that point of view also held a lot of distress and anger at my music teacher and at my Dad.

Having my Bars run has allowed me to release this – and I now enjoy music in a way I never did before, and actually discover that I can sing in tune!!

I will give you another very common example from the area of money. My Dad used to regularly say things like "Money doesn't grow on trees", and I grew up with the idea that it was hard to earn money, took a long time, and there was no fun in it.

And so I created my life – until I let go of those limiting beliefs and am now free to create money with ease in all kinds of different ways.

So, the possibility with the Bars is there for our lives to change in all kinds of aspects.

The Bars is also incredibly relaxing, more relaxing than any other treatment I have received.

This relaxation can carry over into our lives – I used to be such a "worry-head", constantly going round in circles in my mind about different "problems" – and now I scarcely worry at all.

Receiving Bars also invites in an enjoyment of life that I personally had lost. It had come back to some extent

as I recovered from Chronic Fatigue Syndrome, but there was quite a bit more to come, and I find I have a love of life now in my fifties that I only had before as a tiny child.

All of my experience with the Bars is very common – one of the great things for me now that I teach the Bars is that I get to receive amazing feedback from people who come for sessions, and people who participate in the one day practitioners class.

If you're wondering why or how this occurs, there is some science that explains what happens when we receive the Bars – if you would like to see the preliminary results of some research, go here tinyurl.com/accessbars2

If you're curious to find out more about the Bars go here, bars.accessconsciousness.com and if you'd like to find a practitioner near you, wherever you live in the UK or the world, go here bars.accessconsciousness.com/facilitators.asp

Fiona Cutts is an Access Consciousness Certified Facilitator who lives in the beautiful Pennines in the North of England. She works with people one on one and in groups from her home, throughout the UK and internationally, empowering them to create a greater life than they thought was possible for them, and continuing to create her own life greater and greater.

She also loves fruit and veg and raw desserts!!!!!!

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Infertility and Natural Conception

Poppie Vincent shares some tips for natural conception.

Becoming pregnant and having children is the most natural thing in the world right? It's what my body was designed to do, so it should be easy, right?

There are many reasons why it might not be not easy, and it's impossible to cover all the reasons but here we will discuss some of the most common reasons I have come across in my practice.

First: are you actually considered infertile? In these days of instant results, many people incorrectly believe themselves infertile. It is only considered infertility if you've been trying to conceive for more than 12 months without a result and if you're over 35 that reduces to 6 months, according to Resolve, the national infertility association of America. Here in the UK, NHS Choices measure it in a slightly different way saying that 84% of women will fall pregnant in the first year. If you don't fall into that 84% there may be something worth investigating. The term infertility includes the inability to conceive, but also the inability to implant the embryo or the inability to maintain the pregnancy for whatever reason.

In these days of low fat diets and pressure to remain slender, often there are multiple nutritional deficiencies that once sorted may enable you to conceive naturally. It can't be that simple I hear you say. Well nothing ever is, however nutrients, in the right amounts and proportions, are a big part of what is necessary to build a baby. If your body is unable to absorb the nutrients or you don't consume the foods containing those nutrients, your own health will suffer but more importantly you won't have enough left over to conceive or maintain a healthy pregnancy.

It's also important to mention that while a lot of fertility programmes concentrate on the female partner, as her body has to nurture and grow the baby, the male's contribution is 50% at conception and while mum's body needs to be able to support the pregnancy, if Dad is deficient or unhealthy he will pass that on too.

So there's an obvious list of nutrients that you need to become pregnant and build a baby, some of which include Iron, Folic Acid, Magnesium and Zinc. These nutrients are obtainable from our diet, however they often need other nutrients in order that they be absorbed.

Some synergistic nutrients include Vitamin C for Iron absorption, and Calcium to help absorb Magnesium. Folic Acid is a B vitamin and needs the other B vitamins to be absorbed. Zinc is found in the highest levels in the eyes and optic nerve and then the reproductive organs, bones, liver and kidney. The skin is also a sensitive indicator of zinc needs, and often deficiencies show up as acne or other skin blemishes. That's quite a list of baby's organs needing Zinc, which will be taken from Mum and if she doesn't have enough for herself, can lead to difficulties conceiving and carrying. Vitamins A and E as well as B6, B3, B5 and B1 are needed to absorb Zinc. Similarly, most nutrients have antagonists which hinder the absorption of those same nutrients.

Protein is an important part of building your own body and even more so when you are preparing to become pregnant and build a baby. When eating a vegan or vegetarian diet, food combining to ensure that all the amino acids are present, becomes even more important. As without the ability to absorb these,

building or rebuilding cells and blood vessels will be impossible. These are some of the first things your body has to do in a pregnancy. I often find that a short time taking essential vegan friendly amino acids as a supplement, can help you towards your health goals even when not preparing for pregnancy.

In the same way that there are many different reasons for any illness, there are also many reasons for infertility and the cause can lie with both men and women. The most common reasons for infertility in men are low sperm count and in women are blocked fallopian tubes often due to previous illness or endometriosis.

So obviously you both need to get screened and tested to find out what the medics think is the cause of the infertility. This is the point at which lots of couples decide that the treatment is "worse than the cure" and want to explore the other options. But if you decide to follow the IVE, GIFT or other fertility programmes, nutritional health of both partners can be just as important to give your baby the best start.

In my years as a naturopath specialising in natural conception and pregnancy, I have found that there are usually half a dozen reasons why women can't fall pregnant when they want to.

In my practice, with my patients I address the nutritional, emotional, stress and physical aspects of the person, bearing in mind that each couple is different, are at different stages in the conception process and have different physical, mental and emotional needs. Therefore treatments vary between people.

But I must emphasise the importance of

diet for both partners. There is a lot at stake. When you want to conceive naturally, its hard work, but the reward is a healthy baby and a healthy pregnancy, not a pregnancy at all costs.

So lets look at the obvious: the hormonal component - what is your cycle like?

Is it regular, 28 days from 1st day of period to 1st day of next period? Do your hormones vary as they should? Oestrogen rising and then falling to trigger ovulation (day 9-14) and progesterone rising and then falling to trigger the bleed. If there's no ovulation no pregnancy can result. If there's not enough progesterone, no implantation of fertilised egg can result, therefore no baby.

There are a number of natural interventions, which can be taken in each of these cases, herbal Vitex Agnus-castus (Chaste-tree) known for its hormonal balancing properties for example. Amino acid Arginine has been researched for its progesterone increasing qualities, and aiding in implantation and maintaining pregnancy even when several pregnancies have been lost.

Something as simple as liver support to help your liver continue its detoxification of everything especially hormones, can move your nutritional status in a

positive direction. Milk thistle has long been recognised as the answer to our overindulgence woes. But it also has a liver protective effect.

Finding out what your nutritional status is, whether you have any food allergies or intolerances and maybe even losing weight can immediately increase your chances of falling pregnant. Modifying your diet and increasing your water intake can also help.

It's not all about the nutrition, but that's certainly a good place to start.

Did you know that the type of shoes you wear, the type of work you do and how much you move during the work-day can affect your fertility? What type of soap and hygiene regimen you follow, have also been known to affect it.

Physical preparedness should also take into account how your body is aligned. Whether your pelvis functions well and whether your weight bearing is off centre needs to be taken into account and corrected if possible. All of this is of course affected if you wear high heels every day, as they throw your weight forward and force your body into compensation patterns.

If you don't move much generally and sit in front of a computer all day, you will create areas of reduced movement in your body. These will need to be

compensated for by other areas, which will then have to overwork. All these affect amongst other things, spinal alignment, good blood flow and fluid exchange, which are an essential part of pre-conception treatment. Osteopaths look at all of these areas and help you prepare for and accommodate the strains and changes that will happen to your body during pregnancy.

If you would like more information about how to conceive naturally, or indeed how to manage any hormonal health issues please feel free to email me on osteopathpoppie@gmail.com or check out my website at ensure-health.com

Ensure Health is based in Edinburgh and offers osteopathic (physical alignment, pre-conception preparation and care during pregnancy) and nutritional and naturopathic consultations for preconception care, food allergy testing and hormonal health at any age.

Poppie Vincent ND BHSc DO M Ost is a New Zealand and Australian trained Naturopath who completed her Masters in Osteopathy in England. She has over 20 years experience in the natural health field – both teaching and in private practice. She moved to Edinburgh with her Scottish husband in 2016 and now practices privately while pursuing her doctoral studies. ❀

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Betonica Herbal Apprenticeship

Want to learn about medicinal herbs? Laura Carpenter introduces an apprenticeship which may be of interest.

With more people than ever turning to more natural ways of living, from organic eating to grow your own, and wanting to keep their carbon footprint as low as possible, it makes sense that more people want to know how to look after their health in more natural ways too.

It's really only a small step from growing your own food to growing your own medicines, and it's a really easy step to make. From adding culinary herbs into your diet such as coriander, basil, and parsley, all high in nutrients, minerals and anti-oxidants, to growing calendula and chamomile for teas and salves. Many herbs are also more than happy to grow in pots, so don't worry if you don't have the space for a large herb garden.

You'll be surprised from the number of herbs and spices in your kitchen that also have fantastic medicinal properties. Garlic is well studied for its antibacterial, antiviral and antibiotic properties. It has been my experience when taking garlic that it has shortened the length of the duration of the cold. Ginger is another common kitchen cupboard staple with plenty of immune boosting properties, but what about onion? A great cough and cold remedy is an onion and garlic syrup, simple and inexpensive to make, and much better than a shop bought cough syrup.

Onion and garlic cold and flu syrup

Ingredients

1 bulb of garlic (peeled, thinly sliced)
1 large white onion (peeled, thinly sliced)
Sugar or honey to cover
A jam jar or sealable container

Method

Take onion and garlic, peel them and slice them thinly. Place a layer of the sliced onion and garlic in the jam jar and then cover with sugar or honey. Add another layer of sliced onion and garlic and continue until you have used all of the onion and garlic. Seal the jar and leave in the fridge overnight. The next day you will have an onion and garlic syrup. You can use that as a cold and flu treatment, it is especially good for coughs. The syrup will last for three

days in the fridge. Take 4-5 tsp per day until you feel better (I recommend holding your nose while you drink it!).

Don't forget the spices, they are medicinal plants too, turmeric, chilli, cinnamon and nutmeg are all used in herbal medicine around the world.

Safety first

Do not take any medicinal plant product if you are taking orthodox medication, unless you check with a medical herbalist first. The interactions between drugs and plants is complex and makes up a big part of herbal medicine practitioner training.

I also don't recommend taking any herbs during pregnancy or breastfeeding unless under the instruction of a medical herbalist.

Whether you want to train to become a medical herbalist and practice as a trained health professional, or you just want to learn how to grow your own medicines to use for your family, the Betonica herbal apprenticeship programme could be for you.

The Betonica herbal apprenticeship programme is a four year course combining traditional knowledge and modern science, with the main aim to create an alternative learning experience, combining community, sustainability and organic principles.

The course can be taken as a one year introduction to herb growing, medicine making and home remedies for the family, or as the start of a four year apprenticeship to train to become a medical herbalist (on completion of the final clinical exam).

So what is a medical herbalist?

A medical herbalist is someone trained in plant and orthodox medicine including a high level in diagnosis. Herbalists use a holistic approach to treatment and have a long history in the UK. It's often said that herbalists work in a similar way to GPs, but they prescribe herbs instead of drugs.

What does it take to train to become a medical herbalist?

The simple answer is a lot of hard work! Courses range from three to six years in

length, at undergraduate level and also in the form of degrees in herbal medicine, some in diplomas and some as apprenticeships. A full list can be found here tinyurl.com/betonica

What is a herbal apprenticeship?

An apprenticeship can mean different things to different people and even within herbal medicine the term can mean different things. At Betonica, we have chosen to use that word because the course is small, and each apprentice will work closely on a one to one basis with their course tutor to develop into a well-rounded medical herbalist. There will also be one on one training with a herbalist in their clinic.

What makes the Betonica apprenticeship different?

We are a non profit course. We have a sliding scale of fees, a bursary and a payment scheme. Our focus is on self development and practical skills. We run community clinics across the South West which are used to train our herbal apprentices.

The course is taught by a wide range of teachers, ensuring a broad selection of skills and knowledge is taught, celebrating the diversity of different practices and cultures

Who can take the course?

The course is open to anyone. While there are no specific prerequisites, there may be additional learning tasks for individuals who need further skills to enable them to complete the course.

Where does the course take place?

The course takes place at a variety of locations in Somerset and Devon but many of the classes are taught at Elder Farm, an off grid organic herb farm.

If you'd like to join us, we are open to applications from 1st April until 31st May 2017. Find out how to apply here tinyurl.com/applybetonica

Laura Carpenter (MNIMH) is the Betonica Herbal Apprenticeship course leader. She has a private practice in Wellington, Somerset, and is the creator and editor in chief of Tilia Magazine, a professional magazine for herbalists in the UK and Ireland. www.betonica.co.uk 🌿

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