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JOHN ROBBINS

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Chef Steph's Featured Recipe Mediterranean Flax Crackers:



- 2 C Golden flax, (soak flax for 12-24 hrs in 1 qt water)
- 1/4 C Raw Olives, Sliced
- 1/4 White Onion, Minced
- 2 Cloves Garlic, Crushed
- 1 tbsp Fresh basil, Minced
- 1 tsp dried Herbs de Provence
- Appx. 1-1/2 - 1-3/4 C Shredded Carrot
- 1 tsp sea salt
- 1tbsp Lemon Juice
- 1/2 Oz Excalibur Dehydrated Tomato's, Powdered
OR 3/4 C sun dried tomato slices soaked until soft
- 3 tbsp Caraway Seeds (optional)

1. Combine all ingredients in large bowl, Stir well.
Note: To make Tomato Powder placed non-oiled dehydrated tomato's into a high speed blender or coffee grinder pulse until it becomes a fine powder
2. Using an offset spatula Spread mixture 1/4" thick onto Paraflexx™ Premium sheets
3. Using a knife carefully score crackers into cracker shapes
4. Set your Excalibur Dehydrator @105 degrees & dehydrate appx. 4 hrs. Or until it is no longer tacky.
5. Gently turn Crackers over onto mesh Polyscreens, Peel off Paraflexx™ Premium sheets & continue dehydrating on MESH sheet until they become dry & crispy. This could take 12-24 hours depends on water content of Raw fresh ingredients.
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- Thicken Sauces
- Warm Food to above body temperature
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- Soften Coconut oil gently

CHERIE SORIA is the founder and director of the Living Light Culinary Arts Institute where she instructs and certifies raw food chefs throughout the world. Author of *Angel Foods: Healthy Recipes for Heavenly Bodies*. "As far as I am concerned, there is only one dehydrator -- the Excalibur. We use it exclusively at all our Living Light Culinary Arts Institute trainings and Healthy Lifestyle Celebrations. I trust the integrity of my Excalibur dehydrators and I know I will get the results I need! Thank you Excalibur for creating such a quality product!"

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Welcome

In this issue we are excited to bring you an exclusive interview with *Diet For A New America* author John Robbins. In his 1987 book Robbins exposed the problems of the modern meat-based diet, and in the 21 years since the publication of this groundbreaking bestseller those problems have spiralled out of all control. Today's pressing issues of global warming, rising food prices, rising oil prices and expanding poverty are all directly linked to humanity's appetite for meat and other animal products.

Our main focus as a publication happens to be on health, but the lifestyle we recommend in this magazine is not only the healthiest; it is also the greenest *and* the most ethical. In the ultimate win-win scenario, a natural, unprocessed, high-raw, plant-based diet is the very best choice you can make if you want to do the best for your body *and* for the planet and all its inhabitants.

Global food prices have shot up by an average of 55% in the last year, with the steepest increases in staples such as rice, corn, wheat and soya beans. While these higher prices mean unpleasantly elevated shopping bills for the average western consumer, for the world's poorest they are causing what the United Nations has described as a "silent tsunami" of famine and death. The UN's World Food Programme recently announced that at least 100 million people who were not in the urgent hunger category six months ago now are thanks to these price increases.

Yet while the world's poorest can't afford the food to keep body and soul together, consumers in the West can still buy 49-cent hamburgers and chickens on "Two for £5" special offers. The market for food commodities is as global as it gets, so privileged and impoverished are intimately linked in this equation. A huge percentage of the meat consumed in affluent nations is from animals fattened on crops grown in the world's poorest countries – crops that would otherwise be available as food for the people in those countries.

It takes on average 8lb of grain to produce 1lb of meat and with human population (currently 6.7 billion) on track to top the 9 billion mark before 2050, it is clear that there needs to be a global shift towards a plant-based diet.

In 2006 the United Nations released a landmark report entitled "Livestock's Long Shadow." But the long shadow painstakingly documented in the report wasn't this one; it was the catastrophic effect of livestock production on the earth's systems. The report clearly established that the production of meat and dairy is one of the leading contributors to *every* major environmental problem from global warming and land degradation to water pollution and loss of biodiversity. There is no longer any doubt about it: meat is murder for the environment.

Already, three quarters of the planet's six billion acres of rainforest are gone; since the 1950s the majority of it cleared either for livestock grazing or to grow crops for livestock. It has been estimated that if humans continue consuming meat at current levels, within 30 years we'll have wiped out every last acre of rainforest. But that seems a strange way of looking at it, as a planet without rainforests is not a planet that could support human life. So put another way, if we want to survive as a species, we have no choice but to (a) *drastically* cut down on the amount of meat we collectively consume and (b) do this very soon.

These problems are all coming to a head now and because they are literally as serious as it gets this can fool us into thinking that the choices we personally make couldn't possibly have much impact. But nothing could be further from the truth. As Robbins emphasizes in his interview with us, the fact these problems have reached crisis point is what makes it so imperative that each of us who understands their true cause and no longer wants to be a part of that stands up as an example of just, sustainable living.

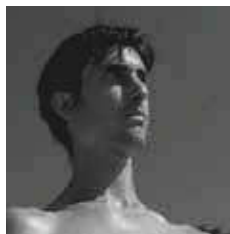
We hope you enjoy this issue and wish you a fun-filled and sun-filled summer!

Sarah

Sarah Best
Editor

Meet our contributors

Ironman triathlete **Brendan Brazier** was once told by coaches that he had to choose between being a vegan and being an athlete as it was not possible to be both. He proved them wrong when he went on to become a world-class champion in his sport. He is now a leading authority on plant-based diets and peak performance. He divides his time between Vancouver, Los Angeles and lecture tours where he travels internationally to address audiences about his nutritional philosophy. Brendan is the brains behind Vega, a range of vegan, alkaline and almost-all-raw energy bars and superfood powders. In this issue he shares a workout for maintaining muscle mass and increasing strength.



➤ Supplements: for or against?

I eat a variety of plant-based whole foods, most of which are extremely nutrient-dense, therefore I don't take pill-form supplements.

What's the last thing you ate?

Grapefruit. I usually eat one in the morning after a Vega smoothie.

What's your favourite quote?

I'm not big on quotes but I came across one from Abraham Lincoln the other day that resonated with me: *"The best way to predict your future is to create it."*

Alissa Cohen is one of the world's best-known raw food promoters and has appeared on American TV screens many times explaining – and extolling – the benefits of the raw diet and lifestyle. Earlier this year she opened Grezzo, a gourmet raw restaurant in Boston's North End, and she is also one of the world's leading trainers of raw food teachers and chefs through her "Living On Live Food" certification courses. She writes *Get Fresh!*'s popular "Ask Alissa!" column and in this issue advises a reader who is having problems feeling satisfied on a raw diet. She lives in Laguna Beach, California, with her husband Dennis and their dogs Rocco and Salvatore.



➤ Supplements: for or against?

I personally don't take many but I'll take enzymes and green powder when I don't have time to make my morning green drink or when I'm travelling. I'm loving chlorella right now. I think if you are going to take supplements, just make sure they are food-based and of the highest quality. They can be very helpful for many people and for different situations, especially if you are not eating correctly.

What's the last thing you ate?

Blackberries – they are so amazing right now and so sweet! And a few hours ago, my kale chips. My dogs and I sat down and ate a whole bowl of them. They're better than potato chips!

What's your favourite quote?

"To know what you prefer instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive." – Robert Louis Stevenson

Tonya Zavasta is *Get Fresh!*'s raw beauty columnist, and her topic for this issue is the sun and whether we should be as afraid of it as we're conditioned to be.

Born with looks she describes as "plain", Tonya was fascinated by physical beauty and sure there must be a way to achieve it. Using the academic acumen that got her advanced degrees in engineering and mathematics, her quest for knowledge led her to the beautifying powers of raw foods. Since the age of 39 Tonya has been eating a 100% raw diet and eleven years on she is walking testimony to the power of this diet to bring out the natural beauty within all of us. Tonya and her husband Nick now travel in their motor home full time giving presentations.



➤ Supplements: for or against?

Personally I don't take any supplements, but this is something that has to be decided on a case-by-case basis.

What's the last thing you ate?

A serving of my green pudding. It has just two ingredients, blended together: mango and Swiss chard. We serve this pudding at all our presentations.

What's your favourite quote?

My health mantra comes from Arthur Schopenhauer: *"The greatest of follies is to sacrifice health for any other kind of happiness."*

Get Fresh!

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Contact details

Get Fresh! magazine, The Fresh Network, Unit 4, Aylsham Business Estate, Aylsham, Norfolk NR11 6SZ

Editorial enquiries

sarah@fresh-network.com

Advertising enquiries

+44 (0)845 833 7017

info@fresh-network.com

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SEE PAGE 13 FOR DETAILS OF
OUR SPECIAL OFFERS AND GIFTS.

The *Get Fresh!* Philosophy

Get Fresh! is the international voice of the raw food movement, featuring viewpoints, teaching and philosophies from some of the most prominent natural health authorities in the world, and real life stories and interviews with those living a raw and living foods lifestyle. Its aim is to educate, motivate and inspire, while retaining a rational and realistic worldview.

The *Get Fresh!* philosophy, while focusing on diet, acknowledges that true health is about much more than food. It encourages each reader to seek, learn and discover what works best for them as an individual, on all levels – mind, body, spirit and emotions. If you're interested in including more raw foods in your diet, having more energy, living more consciously, or are already living the lifestyle, *Get Fresh!* is for you!

Disclaimer

All recommendations featured in *Get Fresh!* magazine are for information purposes only and not intended to replace appropriate care from a qualified practitioner.

WHAT'S NEW?



Coconut chips

The Fresh Network has added raw coconut chips to its range. As well as being dried at very low temperatures to preserve nutrients, they are also 100% pure and preservative-free. The desiccated coconut you can buy in shops is almost guaranteed to be cooked and to contain preservatives, no matter how virtuous it looks.

Coconut is one of the very best sources of saturated fat, an important building block of every cell in the body since cell membranes consist of around 50% saturated fats. Yet the body needs its saturated fats *raw*. The chemically-altered cooked version not only doesn't make such a quality building material; it is also extremely hard for the body to process.

These new coconut chips are great for using in raw cookies and other wholesome sweet treats and for adding to smoothies. You can also eat them straight from the bag as a nutritious, energy-giving snack, either alone or mixed with nuts and dried fruit. 200g for £1.97, 500g for £3.45

For more information see Fresh-Network.com or call +44 (0)845 833 7017.

Raw olives

If you like olives you'll love the two newest additions to The Raw Greek's online store. There are two varieties, hailing from opposite ends of the country and very different in taste and appearance.

Unlike conventional olives, both varieties are unpasteurized and contain little to no salt.

Kalamata olives (pictured, 250g for £4.50) are from the south of the country and these ones are picked three months later than normal, allowing them to naturally ripen on the tree for as long as possible. A juicy and non-bitter version of this popular Greek delicacy, they are cured in pure mountain spring water and contain no salt.

Throuba olives (250g for £3.75) are from the island of Thassos in the north east of Greece. Unlike traditional Throuba olives, these are cured in a way that ensures they absorb very little salt. These olives have a moreishly meaty texture, and although our tasting panel enjoyed both varieties, these ones got the highest scores!

For more information see TheRawGreek.com or call +30 6948 126 082.



Raw Gaia prize giveaway

Natural skin and body care company Raw Gaia has launched a third raw soap. Its previous offerings of "Lavender" and "Rose Geranium" are joined by "Cool & Refreshing". The soap contains organic cold-pressed oils of cacao, coconut, red palm and olive and is gorgeously scented with organic essentials oils of tea tree, cedarwood, clary sage and lemon.

Raw Gaia's soaps are so gentle they are suitable for even the most sensitive of skins. All of the company's products are 100% vegan, cruelty-free and chemical-free. The soaps, £3.95 per 110g bar, are available from RawGaia.com or by ringing +44 (0)1273 311476.

Raw Gaia is giving away one of their "I Love You" gift boxes (contents pictured) to a lucky *Get Fresh!* reader. The box contains a Raw Chocolate Face Pack, a For Her Daughters Living Moisturiser, a Sweet Orange Living Lip Balm, a Living Beauty Massage Bar and an orange-flavoured Real Raw Chocolate Bar. It retails at £31.

For your chance to win this fabulous prize just send us your answer to the following question:

What is the original meaning of the word 'Gaia'?

- a) A type of Morris dance
- b) The Greek Goddess of the Earth
- c) The mother of all guys

Send your answer to us by August 31, 2008 at info@fresh-network.com or by writing to **Raw Gaia competition, Get Fresh! magazine, Unit 4, Aylsham Business Estate, Aylsham, Norfolk NR11 6SZ.**

Be sure to include your name, postal address, email address and phone number on your entry so we know who you are and how to get hold of you if you are the lucky winner! This competition is open to UK-based readers only.



Get watching!

The Raw Food Files

We were lucky enough to be treated to a sneak preview of this delightfully spontaneous film featuring candid interviews with 14 UK-based raw food experts and enthusiasts. We see Elaine Bruce, Shazzie, Kate Magic Wood, Chris Kennett, Rob Hull, Holly Paige, Jess Michael and Tom Fenton (among others) talking about subjects including switching to a raw diet, the benefits of raw food on mind and body and sustainable living. This is no heavily edited documentary and it's completely free of narration. The interviews are simply presented as stand-alone pieces and the viewer is left to form their own conclusions about what they have seen. Coming soon from PositiveTV.co.uk.



Raw Generation

A thought-provoking depiction of the holistic lifestyle led by raw nutrition expert Holly Paige and her children Bertie, eight, and Lizzie, seven. The children are home-schooled and eat an all-raw diet and in this "through the keyhole" look at their lives we see the family sourcing the finest natural ingredients in their home town of Totnes in Devon, planting a fig tree in their garden and gathering wild greens in the woods. Holly demonstrates the recipes she makes every day and also shares her in-depth knowledge on the effects of different foods on brain chemistry. A charming depiction of a family living an alternative lifestyle, and an informative and inspiring guide for anyone interested in experimenting with such a lifestyle. Now available for £12 from OceanWaveVibrations.com.



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WHAT'S NEW?

Free ebook!

If you're fed up of eating out and not being able to order food that you want to eat, you'll love this new offering from popular raw food author Shazzie. As part of her newly launched "Make Raw Food Mainstream" campaign she has created an ebook designed to inspire chefs to add raw dishes to their menus. It contains not only recipes but also information on why raw food is a great thing to offer and where to buy ingredients. Download it for free at Shazzie.com/Raw_Britannia and find out more about the Make Raw Food Mainstream campaign in our exclusive interview with Shazzie starting on page 24.



Raw bites

Want to detox but don't have the time for all that chopping, juicing and blending? If you live in central London you can now get your freshly-prepared raw foods and juices delivered to your door in a service that blows any conventional "detox in a box" out of the water. The new 12-day programme is called "The Raw Food Transformation" and is the joint work of gourmet raw food delivery company Raw Fairies and detox specialists Detox International. It offers freshly prepared raw, organic meals and juices delivered to your door along with carefully chosen detox-enhancing supplements plus full instructions for achieving the best results possible. Want to find out more? See RawFairies.com.

Calling all raw athletes! The first ever "Raw Olympics" will be held on the Big Island of Hawaii this November. Events include cycling, running, swimming, kayaking, volleyball and coconut tree climbing. For more information see RawOlympics.org.

In the last issue we told you all about the fab new online forum Give It To Me Raw. This time we're excited about an even newer one started by *Crazy Sexy Cancer* author Kris Carr, an actress who triumphed over cancer through a holistic lifestyle. The forum is called My Crazy Sexy Life (sub-title "Make Juice Not War"), and as Kris writes on the home page, "You've entered a vibrant playground for kind warriors who believe it's HIP to be healthy, SEXY to be spiritual, and NOBLE to protect hot mama Earth." Little over two months in, it is already a buzzing online community, with groups dedicated to cleansing, raw foods, yoga and manifesting, among other things. Check it out at My.CrazySexyLife.com.

Demystifying "Five A Day"

Recently spotted in a leading British newspaper: one of the country's most respected nutritionists outlining what counts and what doesn't when it comes to totting up your daily intake of fruit and veg. She went into detail about why store-bought cartons or bottles of smoothie do not count: in *all* cases the fruit has been pasteurized (i.e. heat treated) which means much lower nutritional content. She added that some of these products have a shelf life of up to a month which makes them a far cry from consuming fresh versions of the fruits they're made of.

But curiously she then went on to assure readers that, "It doesn't matter whether your fruit or veg are fresh, frozen or canned." She was following UK government guidelines here but the guidelines are mystifying since canned food is also pasteurized and has a shelf life that is measured in *years* rather than months. Official advice would have us believe that there is no difference between consuming five portions of raw, organic fruit and vegetables and five portions of conventional fruit and veg, canned, stewed, boiled, fried and microwaved. Yet the two are a *world* apart!

Since any form of cooking, including pasteurization, destroys 100% of enzymes, up to 97% of water soluble vitamins (B and C), up to 40% of fat-soluble vitamins (A, D and E) and substantially hinders the absorption of minerals, to get the most out of your fruit and veg you need to eat them raw.

Another leading UK nutritionist appeared on the news telling viewers they are wasting money buying expensive superfoods such as blueberries, since such foods contain nutrition in excess of what our body needs. Astonishingly she went on to say that once you've eaten six blueberries, to eat any more would be superfluous and that the notion we need to spend money on foods like this is just clever marketing!



What is fundamentally wrong with the mainstream view on nutrition is that fruit and vegetables are still seen as supplements to the diet; if we want to enjoy optimum levels of health they are *the diet!* In order for us to feel, look and be our best these foods need to be our main source of calories, protein and carbohydrates, not something we reluctantly crowbar in a few times a day because the government says it's a good idea!

If you are eating healthily you'll be basing your meals around fruit and vegetables so you won't need to count your portions to ensure you are getting enough. Once you get into the mentality that "food" equals raw fruit and vegetables and anything else is a side dish or a condiment, this all becomes very easy. For example, breakfast could be freshly squeezed orange juice blended with a banana and 100g of spinach. Although the resulting drink is very green, it doesn't taste green and this glassful will give you more nutrition than the average person gets in a whole day. Buy all the ingredients organic if you possibly can. It will set you back less than the price of the average coffee shop latte yet it will take you *a lot* further!



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WHAT'S NEW? DINING RAW IN LONDON

Saf in the city



The London branch of Chad Sarno's Saf restaurant, located in the Shoreditch area to the east of the capital, opened its doors in April. As London's first ever raw fine dining establishment, it has been eagerly awaited and with raw food fans flocking from all over to experience it, we've been busy gathering verdicts. We can report that Saf is getting top marks for food, drinks, service, ambience and venue.

The menu is divided into five sections: starters, cheese course, greens and salads, main courses and desserts. Peppered among it are many of the touches that have made Sarno a world-class name in his field: maki rolls with parsnip rice; caviar on sweet potato latkes; his trademark simple yet elegant salads; his lasagne (layer upon layer of paper-thin slices of courgette stacked with walnut bolognese, pine nut parmesan, sage pesto, olive relish and red pepper coulis); and of course some fantastic cheeses.

For those wishing to sample a selection of these, a cheese plate comes with citrus olives, crispy flatbreads and relishes.

Dessert choices include Brownie Sundae, Apple Cheesecake and Ganache Tart. But if you only try one dessert our tip is to make it "Superfood" – a lucuma cookie with maca ice cream and goji syrup. Maca may seem an unlikely flavour for ice cream, but it really works and delighted reports about this dessert have reached us from far and wide.

The menu, which focuses on organic, locally-sourced, in-season ingredients, is all vegan and mostly all raw. It offers one item cooked above 48 degrees for each of the first four courses, starred on the menu to indicate this. Saf's drinks are the domain of organic

mixologist and sommelier Joe McCanta: a selection of innovative non-alcoholic elixirs and for those who want something a little stronger, a wine list that features the words "biodynamic" and "organic" a lot, and a cocktail list that offers McCanta's purist twist on some bar classics.

To ensure the widest possible appeal the fare is being marketed simply as "pure vegetarian cuisine" and staff report that local office workers are gravitating into Curtain Road's newest establishment without realizing it is a raw restaurant, then ordering and eating an entirely raw meal, and still not realizing! And that is the beauty of Saf. It is a place you can go with anyone, whether they're a plant eater or a meat eater, and whether they are interested in eating healthily and ethically or simply want to eat well.

Saf Organic Restaurant & Bar, 152-154 Curtain Road, London EC2A 3AT. Tel: 0207 613 007. SafRestaurant.co.uk

"Optimise energy, enhance wellbeing and stimulate the mind with enzyme-rich, low-calorie, living superfood dishes," is the enticing promise heading up the new raw organic menu at Dragonfly Wholefoods. This vegetarian café, deli and organic foodhall in London's dreamy Highgate is now offering raw tapas, specials, salads and even a raw buffet.

Says joint owner Dustin Broadberry, "Our head chef Orrin Leeb and I have worked very closely creating our menu. Being raw foodists, it's the same food we sustain ourselves with every day, and therefore we have complete confidence in what we do. We don't look at it commercially, as in how do we make the most amount of profit per dish.

Instead it's all about nutrition, love and creating something delicious and unique for our customers every time, whatever the cost. All our dishes are soaked with just the right amount of cold pressed oils, even food from the non-raw menu, where all the main courses contain living food ingredients."

Dragonfly also features one of London's best juice bars and an outdoor seating area in its Zen-like garden. The shop sells (among other things) bio-dynamic fresh fruit and vegetables and a wide range of natural supplements and bodycare products.

Dragonfly Wholefoods, 24 Highgate High Street, London N6 5JG. 0208 347 6087. DragonflyWholefoods.co.uk

High raw in Highgate



Get InSpired in Camden Town

The InSpiral Lounge is a new eco café offering organic vegetarian and vegan cuisine with raw choices including a selection of salads and superfood-rich cakes, smoothies and juices. These are served up alongside live music, DJs, open mic and poetry sessions, film screenings and talks covering topics ranging from nutrition and sustainable living to spirituality, philosophy and politics.

Its green credentials include energy-efficient lighting installations, bio-degradable packaging, onsite recycling and encouraging

customers to buy their water in a glass rather than a bottle by pledging to donate to the charity Water Aid each time they do.

In the heart of oh-so boho Camden Town, positioned with stunning views of the Regent's Canal, the Lounge also has a kids' corner enabling parents and children to hang out together in a venue where there isn't a fizzy drink, crisp or sugar-laden treat in sight.

InSpiral, 250 Camden High Street, Camden Lock, London NW1 8QS. 0207 428 5875. InSpiralled.net



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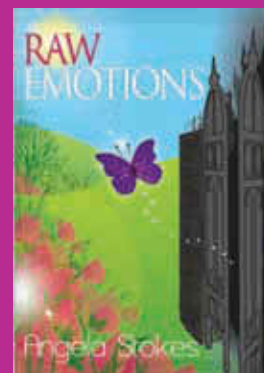
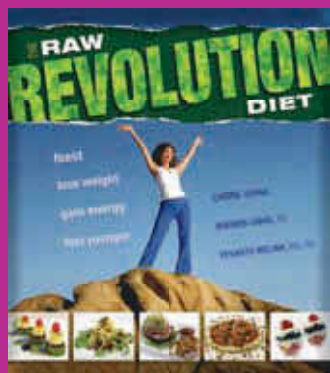
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BOOK REVIEWS



The Raw Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger

By Cherie Soria, Brenda Davis and Vesanto Melina
Book Publishing Company, \$21.95

This long-awaited book by world-renowned raw chef Cherie Soria and dietitians Vesanto Melina and Brenda Davis is an invaluable guide for beginners and more experienced raw food fans alike. Any book that contains over 100 of Cherie Soria's recipes is worth owning but this is much more than a recipe book.

The front section is packed with nutritional science including "Raw Guides" to vitamins and minerals, and a chart spanning four pages that definitively busts the myth that it's difficult to get enough protein on a raw vegan diet. Each recipe comes with a "nutrition note" telling you what it is particularly rich in and why that's so good for you.

The book also covers what raw food can do for you and how to get started, including practical tips such as which kitchen equipment to invest in and what to take with you when travelling. For those wanting rapid weight loss, a "fast track" programme is outlined featuring a series of holistic lifestyle tips for gaining maximum results.

See our *mini interview with Cherie Soria on page 17 of this issue* and her "Secrets Of A Raw Culinary Artist" feature starting on page 76.

Juice Yourself Slim

By Jason Vale
HarperThorsons, £9.99

This is the new book from bestselling author Jason Vale, also known as The Juice Master. In his characteristic motivational, yet hard-hitting, yet amusing style he covers such topics as how the drug industry manipulates consumers, why conventional dieting doesn't work, and why you need to achieve a healthy mindset about food before you can achieve a healthy weight.

Many people justify unhealthy lifestyles through what Jason calls "Uncle Fred Syndrome" – the fact we can all cite someone we know who ate all the wrong things, drank and smoked yet lived to a ripe old age. But as Jason points out, not only are such cases few and far between; your quality of life *will* be affected if you abuse your body, so you never "get away with it".

The programme begins with a kick-start plan which promises weight loss of 7lbs in a week. In the "slim for life" maintenance stage, Jason recommends replacing two meals a day with a soup, a smoothie or a juice five days a week and eating as healthily as possible the other two.

On page 18: Jason's article on the dangers of diet pills.

Raw Magic

By Kate Magic Wood
Rawcreation, £17.99

"There are some foods that have the power to change your life." So opens this new book by Kate Magic Wood, popular author of the previous titles *Eat Smart*, *Eat Raw* and *Raw Living*. This is a book about superfoods, but you won't find familiar ones like blueberries, kale, alfalfa and avocados in its pages. It is about the new breed of superfoods which are unique to the West in the 21st century.

The author's definition of a superfood is a food which is both exceptionally high in nutrition and has "special intrinsic properties which can enhance our lives greatly." The book contains nearly 90 pages of detailed information on the unique properties of the featured superfoods. The extensive recipe section covers everything from salads and dressings, to breads and burgers, to cakes and biscuits - all totally natural and raw.

What makes this book exceptionally special is the gorgeous colour photography throughout. Unusually for a book of this genre, every recipe is beautifully illustrated with an artfully taken photo, and interspersed throughout the book are shots of well-known raw foodists looking ridiculously happy and healthy.

Raw Emotions

By Angela Stokes
Ebook available from RawReform.com, \$15.00

Angela Stokes lost 160lbs on a raw food diet but wrote this book to share the emotional and spiritual transformation that she says was even more remarkable than the physical one. In this self-help guide she covers how she changed from "a lonely, moody, angry and defensive overeater" to someone filled with "joy, vibrancy, love and balance."

Since the raw diet often succeeds where all other weight loss attempts have failed, those who enjoy this benefit often mistakenly believe it will be the end of their unhealthy relationship with food. But like many, Angela discovered that while going raw caused the weight to drop off her, it didn't magically erase her food issues. She still thought about food all the time and she still overate.

In this book she explores the often hidden causes behind overeating and offers a treasure trove of practical tips. Among the topics explored are how to identify your particular eating pattern, how to get in touch with the emotions behind it and find out what you're really hungry for, and how to develop a healthy relationship with food, with yourself and with the people around you.

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EVENTS

Learn, be inspired, shop, eat, have fun with like-minded people.
All details are correct at time of going to press but may be subject to change so please check direct with the organizers. Please note that all of these events carry an admission charge – however this can vary according to age, circumstances and time of booking, so again we recommend checking with the organizers.

Saturday 12 July to Saturday 19 July
Hippocrates Living Foods Retreat with Jill Swyers
The Algarve, Portugal
Detoxify, cleanse and nourish the body with living and raw foods. This week will offer you balanced nutrition, guidance and more!
To find out more visit JillSwyers.com or call 0208 870 7041.

Friday 15 August to Monday 18 August
Funky Raw Festival
Sussex
Educational talks on raw food, permaculture and sustainability, workshops, demonstrations, food, live music, healing area, kids area. Camping only – bring your own tent.
For more information see FunkyRaw.com/festival.

Saturday 16 August to Friday 22 August
Practitioner Training with Elaine Bruce at the UK Centre for Living Foods
Ludlow, Shropshire
Designed to support you in presenting your own living foods workshops. Intensive practical training lasting one week (non-residential) and one weekend for the presentations and appraisal.
Contact LivingFoods.co.uk for more information and an application form.

Friday 22 August to Sunday 24 August
Vibrant Living Expo
Fort Bragg, California
Information overleaf.

Sunday 7 September
London Vegan Festival
Kensington Town Hall
Now in its 11th year, this popular event includes educational talks, great shopping opportunities, therapies, entertainment, children's activities and delicious vegan food.
For further information see VeganCampaigns.org.uk/Festival.

Friday 12 September to Sunday 14 September
Raw Spirit Festival
Sedona, Arizona
Information overleaf.

Saturday 27 September
Festival Of Life
Conway Hall, Holborn, London
The aim of this annual event celebrating raw food, permaculture and spirituality is to empower individuals to

make positive changes towards a sustainable, peaceful, loving and healthy global community. Attendees can enjoy great talks, demos, shopping, food and music.
For more information see FestivalOfLife.net.

Sunday 12 October to Friday 17 October
Karen Knowler's Raw Coach Training
Cambridge (residential)
Would you like to coach and teach people about the benefits of raw foods for a living? If you feel raw food may be part of your life's work then this one-of-a-kind course will give you all the tools you need to create, build and maintain a life-changing, thriving business. For more information see RawCoachTraining.com.

Monday 20 October to Thursday 23 October
Autumn UK Retreat With David Wolfe
Dorset, England
A four-day residential retreat set in the beautiful Dorset countryside. David will be giving lectures and leading interactive workshops. Each day guests will also experience new raw creations and learn how to make them at home.
For more information see MetamorphosisEvents.co.uk.

Tuesday 2 December
An evening with Drs Brian and Anna Maria Clement
Central London
After the huge popularity of the March lecture featuring Drs Brian and Anna Maria Clement of the Hippocrates Health Institute in Florida, The Fresh Network is hosting them again. Advance booking only - tickets will be on sale soon.
For more information see Fresh-Network.com or call +44 (0)845 833 7017.

Friday 13 March to Sunday 15 March 2009
Raw Lifestyle Film Festival
Los Angeles
The Raw Lifestyle Film Festival is an annual, global event which is designed to inspire, motivate and elevate us to more sustainable choices in our lives. The festival is a celebration of film makers who dedicate their talents, income and energy to examining what sustainability really means.
To find out more visit SerenitySpaces.org.

To enquire about advertising your class, workshop, festival or other event in a future issue of *Get Fresh!*, contact sarah@fresh-network.com.

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SUMMER FESTIVALS



The world's two biggest annual raw food festivals are both fast approaching: The Vibrant Living Expo in August and The Raw Spirit Festival in September. Our US correspondent Jeni Cook caught up with respective organizers Cherie Soria and Happy Oasis at the recent Raw Lifestyle Film Festival in Los Angeles to find out more about these rapidly growing events and the visionaries behind them.

A scene from the 2007 Raw Spirit Festival

The Fourth Annual Vibrant Living Expo

When Friday 22 August – Sunday 24 August

Where Fort Bragg on California's stunning Mendocino Coast

Venue The Living Light Culinary Arts Institute

Brainchild of Cherie Soria, founder of the Institute

Highlights include Over 80 presentations in three days from top experts in the fields of raw food nutrition and cuisine, as well as a selection of pre and post-Expo classes and workshops. Exhibitor booths offering a variety of raw vegan delicacies and products for conscious living. Also: the popular "Raw Pie Contest", a mini raw film festival and a "Wellness Pavilion" offering massage, bodywork and other holistic modalities.

For more information See RawFoodChef.com or call +1 707-964-2420.

Interview with Cherie Soria

What led you to living and teaching the raw vegan lifestyle?

I started teaching vegetarian culinary arts 36 years ago, then I transitioned into vegan cuisine as I learned about health, the environment and animal welfare. When I transitioned from the fried unhealthy vegan diet to a healthy one I didn't think I could improve on that. But I had a thirst for knowledge and a passion for exploring how healthy one could be, and that led me to the teachings of Dr Ann Wigmore.

I didn't realize it could change my perspective so much. I never taught a cooking class again. I spent three months creating this cuisine and then set out to teach at all the same places I was already teaching at. It was the best decision I ever made. At first they didn't want me to advertise that what I was teaching was raw because they didn't think people would come, but as soon as the word got out, my class was the most popular.

How was the Living Light Culinary Arts Institute born?

After I wrote my first book – *Angel Foods*, in 1996 – Viktoras Kulvinskis sat me down and told me, "You

really must start teaching chefs because this has to spread to chefs all over the world. Five star restaurants should be making your food. You really have to do this. You're the one!" Within three days of him saying that I had the plan and the name.

The school has been going eleven years now and we've graduated thousands of students from over 30 countries and hundreds of those are now actively teaching all over the world. The people that come through our doors are not "fringey" or "hippy"; they're from all walks of life. Everyone wants to be healthier and happier.

For more information about the Living Light Culinary Arts Institute see RawFoodChef.com.



Third Annual Raw Spirit Festival

When Friday 12 September – Sunday 14 September

Where Sedona, Arizona – a lush oasis nestling among impossible-looking red cliffs. Has been described as "the most beautiful place in America".

Venue Sedona's Radisson Poco Diablo Resort

Brainchild of Happy Oasis

Highlights include Talks and lectures from many of the world's leading experts on raw nutrition and sustainable living, world class music, 250 vendor booths, raw food demos and tastings, children's activities, raw chocolate emporium, raw restaurant food court, meditation circle, a sacred exercise area, job fair, raw eco-economy summit, workshops and nature hikes.

For more information See RawSpirit.com or call +1 928-776-1497.

Interview with Happy Oasis

Hi Happy! Just saying your name makes me smile. But tell me: were you christened "Happy", did you adopt it, or did someone else give you that name?

While backpacking through Asian hinterlands amidst tribal families during a severe monsoon season, I happened to travel into a famine. The situation was so large that my travellers cheques would not make a dent. I felt hopeless. A smiling man introduced himself and invited me to sing and smile to each person while they were dying. This and more experiences so deeply touched the heart that I decided that if I survived and found myself in less difficult situations, instead of complaining I would like to be a Happy Oasis unto the world.

You've been described as an "adventure anthropologist" and "blissologist". Can you explain and tell us a bit about your background?

On a hunt for the wisdom of the ancients who live with the rhythms of the Earth, I travelled slowly for years by foot and abided with many tribal families. Studying ancient scriptures, sages of yore, sleeping al fresco internationally for more than 20 years

and being raw vegan inspired me to celebrate life, to wonder, giggle, serve, share, manifest, sing, play, compose songs, dance, paint, invent and explore. It's essential to "proceed from the dream outward."

Briefly, can you tell us what your philosophy is for living a happy life?

Heavenly habits such as defaulting into appreciation, ecstatic exercise, and spacious perspectives including the humour of it all are a few basics. Furthermore, it's good to remind ourselves of the natural flowing and growing of one's spiritual life: "At first I thought that life was joy. Then I learned that life is service. Now I know that service is joy."

For more information see HappyOasis.com.



Buyer beware

The only “miracle” associated with weight loss drugs is the profits they make for the companies that sell them, says Jason Vale.

Can a miracle new drug really help you to lose weight healthily, no matter what you eat? The simple answer is no. There never has been such a drug and there never will be. Not that you’d think so from many headlines in the tabloids over the past couple of months. Once again we have had, “Amazing breakthroughs in weight loss drugs” and “Scientists have discovered...” and of course, “Fat? Blame your genes say doctors”. That last one is an actual front page headline from The Daily Express on 5 May 2008.

It seems no matter how astoundingly obvious the answer to excess weight is – i.e. eat less, exercise more – medical science is still insisting the solution lies

this? Over the Counter Drugs are open for abuse and I believe no more so than in the area of obesity.

We live in a world of body paranoia and food addiction manifesting as bulimia, anorexia, and of course excess fat. My prediction is that there will be millions of these wonder pills sold in the first few months after launch alone and I can guarantee they will be abused beyond anything we can possibly imagine. I will bet my bottom dollar that in particular young, impressionable teenage girls will be popping these like they are going out of fashion in their often desperate need to get super slim.

All drugs cause harm to the body, even in the dose recommended. So what sort of

“What sort of damage will these pills cause when people start thinking, ‘The more I take the thinner I will be?’”

in a drug of some description. And, with the next “miracle fat busting pill” worth billions to whichever company creates it, why wouldn’t the focus be on drugs rather than un-patentable fruit and vegetables and a little physical movement to combat the BIG FAT problem facing us today?

Up until now, these often extremely harmful “medical breakthrough answers” to the excess fat epidemic have been under the lock and key of doctors. At least you needed a prescription. Not that a prescription is some guarantee of safety you understand. After all there have been hundreds of prescription drugs given out over the years which have later been removed due to extremely harmful side-effects and in many cases even death. However, up until now at least you had to convince your doctor that you have exhausted all other possible solutions and the only way left is a fat drug before the very final resort – surgery.

As from next April the UK will have its first ever non-prescription weight loss drug in the name of Alli. Any desperate overweight person will be able to go into any pharmacy in the land and buy as many of these weight loss tabs as they wish. There may well be some kind of restriction as to how many you can buy at once at each pharmacy, but who on earth will police

damage will these pills cause when people start thinking, “The more I take the thinner I will be”? While the drug company will be the first to point out that it doesn’t work that way, aren’t some people going to think along these lines and don’t we surely have a duty of care towards them? In particular doesn’t the medical profession have the biggest duty of care? Don’t the drug companies also have a massive duty of care?

Perhaps the problem is the fact their biggest duty of care seems to be to their shareholders. After all, any PLC has to – by law – find ways to increase profits for its shareholders, and drug companies are not exempted from that rule. How flipping mental is that?

At the same time there is also a law stating quite clearly that no “lay person” can say that any fruit or vegetable can “prevent”, “treat”, or “cure” any disease. That means if I were to say lemons cure scurvy, I could theoretically be thrown into prison for practicing medicine without a license. Obesity has recently been classified as a “disease”, which no doubt probably means we soon won’t be able to say any fruit or veg can solve that problem either, without fear of being thrown in the slammer.

My conclusion is this – the world has officially gone mad and is now more



corrupt than at any time in history. It’s all about profit and “What can I patent” and “Can I get it approved by a government body”. It is a mentality that is great for fat profits but terrible for fat people. So if you’re overweight, do yourself a favour and never, ever, ever take a weight loss drug. Remember: the only genuine concern for “fat” behind such inventions is a desire for the fattest profits. ■



Jason Vale

also known as The Juice Master, is a best-selling author and one of the UK’s most sought-after speakers on the subjects of health and nutrition. This article is based on a chapter in Jason’s new book, *Juice Yourself Slim: The Healthy Way To Lose Weight Without Dieting*. For more info see JuiceMaster.com.

London Vegan Festival

Sunday 7th September
2008

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www.vegancampaigns.org.uk/festival

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Raw food, real mood



When you've been raw for a while you come face to face with the real you. And that doesn't always feel like a good thing, says Sarma Melngailis.

Contrary to what most people would imagine, eating a raw food diet generally makes you much less hungry on a day to day basis. Physically hungry, that is. This makes sense if you think about it. There are no "empty calories" in raw food. Every bite you eat is rather nutritionally dense. It makes you realize that people on a regular cooked diet, particularly if they're including a lot of processed junk foods, generally consume far more than is needed to get by and not get fat. Hence, the reason so many people sadly do get fat, trying to satiate their physical hunger, and much more.

It's now been five years since I switched to a primarily all raw diet. Among the surprisingly dramatic effects I felt in the beginning, aside from feeling so much better physically, was that I also seemed to feel much better mentally. Energized and elated by day and sleeping like a baby at night, I tossed my anti-depressants and sleeping pills in the trash bin with confidence and relief. I was in the euphoric phase of raw foods, when it's all still a thrilling discovery, with so much to learn. Raw food books to read, lectures to attend, gurus to worship, new products to buy and try, and if you're adventurous like me, bizarre cleansing programs to partake in.

Compounding all my excitement was the sudden disappearance of my previously rather debilitating PMS. Yes, that's Pre-Menstrual Syndrome, for anyone lucky enough not to know. This was a condition for which I had tried all kinds of treatments, including taking Prozac, and now... poof! It was gone. No more fits of crying, rage and self-loathing! No more feeling like a cranky, crazed, chocolate-craving bloated beached whale. And on top of that, once Aunt Flo would arrive for her monthly visit, my once excruciating cramps were now merely a slight discomfort.

With all this to rejoice over, my happy mind and emotions had plenty with which to preoccupy themselves. Looking back, it was a blissful "raw honeymoon". I thought I'd found the perfect mate for life bringing me permanent freedom from any tendencies toward unhealthy habits, particularly those revolving around food. Eating in a less than orderly fashion was something I had done on and off for many years. It was my compulsive vice, and something to either control or be controlled by. It was never a smooth and harmonious relationship. Yet now it finally seemed... smooth and harmonious!

Like all honeymoon phases, the euphoria starts to fade slowly as the newness factor wears off. Some people start to panic when a sense of normalcy begins to set in. What now? Embark on a three month juice fast/feast? Eat only mono-meals? Become a fruitarian? A breatharian? What new horizons can we fixate on?

I have read quite a bit about people's experiences when they charge on to "extreme-sports" levels of cleansing. A common result seems to be a subsequent extreme sensitivity. It's like people overdoing it with anti-bacterial soaps and cleaners—the cleaner they get, the more vulnerable they are to even little bits of dirt. Well, I still want to roll around in mud sometimes.

Being very happy and secure with the natural ways of eating clean raw foods, I was personally not up for taking it any further. So there I am, comfortably settled in with raw foods, feeling great, ho-hum. But now what does my subconscious do with all the space formerly consumed by all the learning, discovery and

accompanying excitement? I'm starting to feel funny and not sure why. Kind of... exposed. More and more frequently I find myself in the sort of mood that makes me want to find a blanket to hide under. Or rather, my emotions want to take cover, though I'm not figuring this out yet.

As anyone who has travelled on this road knows, all-raw living is not only energizing; it also brings clarity of mind. It's as if a fog lifts. The only problem is that this might be scary and/or make you feel out of sorts. It can be a bit like suddenly being stone-cold sober day after day after day when you're used to going through life alternating between a two-beer buzz and a slight hangover. There's a reason why people "need a drink" or turn to a pint of ice cream after some kind of emotionally challenging situation. It feels like relief. And it's sedating. Follow any emotional challenge with a green juice instead and what happens? You only feel more energized, alive, and alert. Yikes! Where's the escapism in that?

Very often it's the near term uncomfortable or alarming physical detox symptoms that make people quickly abandon raw foods after only having just begun. But further along the road maybe it's the next phase – an emotional detox of sorts – that causes some people to turn and run for the hills. At least the loads of physical toxins that are stirred up at the start usually end up getting spilled out every which way (sometimes literally). But generally, they come up and out.

With emotional detox, everything just comes up. It's like when you have one of those burps when you inadvertently sort of throw up in your mouth – usually, one's instinct is to just quickly swallow it back down and pretend like it never happened. I think the tendency is to want to swallow back down confusing feelings. If only more colonics would do the trick here. Whenever depressed and confused, you could just go and get all the underlying toxic feelings sucked out. Since emotional colonics are not an option, one has to figure out how

"As anyone who has travelled on this road knows, all-raw living is not only energizing; it also brings clarity of mind. It's as if a fog lifts"

to deal with what's been stirred up. Of course, maybe there are plenty of well-adjusted souls with nothing suppressed, nothing to deny or avoid, in which case, party on. But for those of us who, despite many expensive hours on a couch, are still trying to figure out what irks us, raw food ends up bringing us face to face with these persistent demons. Do we slay them or run?

I read somewhere that a very high percentage of the people with weight issues so severe that they resorted to stomach stapling or rubber-banding suddenly become alcoholics following the surgery. I mean, I'm not sure how one reliably gathers this kind of data, but it seems to make sense. You physically restrict access to one form of sedation, distraction, and compulsion and another one naturally wants to take its place. There's a void that wants to be filled. Raw food might solve a lot of physical issues and free up quite a bit of physical energy, but it also frees up emotional space.

For this reason, I don't think raw food exempts one from disorderly eating. I know this from my own experience. I also know this from all the enquiries I get from people desperately wanting to know how many calories are in a bag of some of our tasty cookies or a whole pint of our ice cream, because they just ate the whole bag/pint all at once.

Of course there's nothing wrong with eating a whole pint of raw ice cream if you're hungry, it's deliberate, and it feels good. I do this occasionally for breakfast and am perfectly happy and okay with it (and in fact, sometimes I eat ice cream in the bathtub). But if you do

it in the same way (with compulsion and guilt) that you previously devoured Haagen Dazs by the pint, berating yourself for it afterwards, then you still just have those same pesky underlying (and most likely still unknown) issues that made you act this way from the start.

Letting go of these sorts of habits takes courage and emotional stamina. I know this because I don't always have it, but I have it enough and often enough to make some major headway. I've at least concluded by now that berating oneself only perpetuates the whole drama. The next time you tell yourself you want just a little spoon-taste of cashew butter and end up polishing off the whole jar, still standing in front of the open cupboard not really knowing how it happened, what if you decide not to then hate yourself for it?

What if you can take the pressure off and find something funny about it, and even some compassion somewhere inside for yourself, keeping in mind that eating a whole jar of cashew butter doesn't mean you're weak or hopelessly gluttonous; just that there's more to figure out. I've found this significantly loosens the grip. It's like welcoming the monster into the room. Suddenly he gets disarmed, a bit friendlier, and a bit less frightening to be around.

Getting oneself to a comfortable ongoing place with raw foods (or any foods that you feel good about and that are good for you) is a huge leap forward. It's like you've finally cleaned out all your closets and you feel amazing, accomplished, refreshed, liberated, and ready for anything! Then while you're doing your dance of joy, maybe even a bit self-righteously, you trip over something only to notice all the contents of those closets in big ugly piles all over the living room floor. It can be a bit deflating.

What to do? Shoving it back in the closets would be quickest. Throwing it out would be best, but to do that you have to sit on the floor and sort through it all which takes time. Things you shoved so far back in there you'd forgotten all about them (the whole point). Like this dusty shoebox full of anger at my lovely mother? Where'd this come from? Do I dare take the cover off and see what's inside?

Yes! Maybe it hurts to go through the contents, but that hurt feels kind of like a relief, and then you can actually see that it's okay, and throw the box away, and when you're ready, move on to the next box. I've only been through a few of mine, but I'm eventually going for a clean house. There's so much talk these days about living in the present moment (Oprah, Eckhart, anyone?) But I'm pretty sure if I take a little time to go back and sort this stuff, some of the inexplicable heaviness I feel from time to time in the present moment can be heaved away. I want lighter present moments. There's a reason they call it "baggage."

This is no one-Sunday-afternoon project. But I suspect (and I'm gathering my own personal empirical support on this) that increasingly lighter present moments equates to a gradual lessening of the magnetic force between my body and the jar of cashew butter in the cupboard. This is good.

In the meantime, forgiving yourself for any slip ups, bad days, confusion, emotional outbursts, angry rants and just sitting with any of that, letting it be okay for now, is another giant stride. The rest I'm still figuring out. But progress is good. And raw food is great.

Like that really pretty song I love by John Mayer. "I'm in repair. I'm not together but I'm getting there." Put that on your ipod and feel better. ■



Sarma Melngailis

is the co-founder, owner and executive chef of premier New York raw restaurant Pure Food and Wine. She is also co-author of *Raw Food, Real World* and founder and CEO of *One Lucky Duck*, which operates an online boutique offering selected products for the raw and organic lifestyle. For more information see PureFoodAndWine.com and OneLuckyDuck.com.



Ask Alissa!

Alissa Cohen is an internationally recognized writer, speaker and consultant on raw and living food. Alissa's fans include hundreds who have maintained successful weight losses, healed themselves of a myriad of diseases and swear by her simple and fun approach to fantastic health. Alissa is author of the bestselling *Living On Live Food* book and DVD set and is a regular on American TV. For more information visit AlissaCohen.com

Dear Alissa,

After researching diet and nutrition extensively I have come to the conclusion the raw diet is the right diet for me. I lost a lot of weight when I first went raw and initially felt great. But I have problems feeling full eating just raw food unless I eat large quantities of the heavier foods like seeds, nuts, nut butters, dehydrated goods etc. Even when I eat those foods I still sometimes have out of control cravings and end up bingeing on junky cooked foods. I see others who are satisfied on a simple and light raw diet and I would love that to be me. Can you help?

Samantha

Dear Samantha,

Yes! And you're not alone. This is why I always say, "It's all about the food and it's not about the food!"

Meaning this: I always tell people that they need to be prepared and have delicious raw food handy and available because of our basic needs: if we are hungry we need to eat! Common sense, right? But most people go on a diet, any diet, and they try to restrict themselves too much. So the first rule is to have simple, light raw food available and to make sure you truly are eating enough to fuel your body and allow for the nutrition that you need.

If, however, you are actually overeating and bingeing on raw food or 'junky' cooked foods, then we need to look at the emotional aspects of what is happening in your life.

I. You must have a clearly defined image of what you want to look like, feel like, and be. If you don't know what you're trying to create, you cannot create it. You need to know what you're working towards in order to achieve it. You need a self-image. This image can adapt as your life changes, but it still has to exist. Knowing how

to eat a raw and living food diet isn't enough. If you don't know *why* you're doing it - if you don't have a dream - you will fail.

2. When we feed our bodies living food - alive with water, living enzymes, vitamins and minerals - we're feeding ourselves a very different vibration than those that heavy, dense, cooked foods can offer. This vibrancy translates into a lighter, less "bogged down" feeling. If you're not used to it, it can be initially alarming. It might feel very different from what you are used to and therefore feel comfortable with.

Many people use food as a way to suppress themselves; to stifle emotions they don't want to feel. Cooked food can numb us to those aspects of our life we may not want to look at, much like alcohol or other drugs do. When you begin to examine the reasons for your current state, some painful issues may rise to your consciousness. This is *not* a bad thing, even though it may not feel good initially. Don't stuff them back down! Let them up and then let them out, either on your own or with help. Like ridding your body of physical toxins, it's important to rid your mind of mental and emotional poisons.

3. It's not about will power or determination.

4. Living food heightens your vibration - your energy. When this happens, you tend to feel really well. But this same heightened energy also highlights those parts of life that are not so good, or those parts not working for you: job, relationships, living environment, health and so on. Since they're highlighted, they become difficult to ignore. Decisions may have to be made; certain issues faced and addressed. This can be difficult or scary. If you feel as if you are not ready to go about changing those aspects of your life that are not working for you then

you may want to escape from the heightened awareness that highlights them.

Eating cooked, dense, dead foods is a sure way to do just that. They will lower your energy or vibration. They will help you feel relatively safe; comfortably numb.

I believe a main reason that some people decide to go off of a raw food diet or get slowly lured back into a cooked food diet and begin eating what is so popularly (and so ironically) known as "comfort food," is to dull those sharply defined edges of what a heightened sense of awareness can feel like. Standing "naked" in your life - seeing things for what they really are - can be a very scary feeling without hiding behind extra weight or the anaesthetizing feeling that cooked food will provide.

5. We need to frankly look at the "pay-offs" that are keeping us from being healthy and happy. The notion of taking complete responsibility for our lives can be frightening. If you weren't sick and tired anymore, what would that mean? If you weren't overweight, how would you feel? What else would you talk about? What other things would you do? How many excuses would you have to give up?

Sometimes we are more comfortable being uncomfortable. What have your "pay-offs" afforded you and why are they holding you back?

There are many other things you can do to help you, such as exercise, meditation, goal setting, making time for fun, and so on. I go into detail about all of this in my book, *Living on Live Food*.

To be completely satisfied on simple, light, healthy food, takes a healing of the mind as well as the body!

Best,

Alissa

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HOW SHAZZIE DETOXED HER WORLD

Shazzie – raw pioneer, mother, author and the creator of superfood emporium Detox Your World – talks to Sarah Best about her journey to health and happiness, natural parenting in an unnatural world, and her plans for the future.

When you went raw in the year 2000 you put your daily journals online and it inspired tens of thousands of people worldwide to experiment with raw food. How would you summarize, in a few short sentences, the person you were before you discovered the raw diet and lifestyle?

For me, eating cooked was like not having a life. It was like the opposite of having a life. I felt like a shell for most of my 29 years before raw. I had a strong, instinctive feeling something wasn't right but my brain was so cooked I couldn't figure it out. That only happened slowly, in stages.

Could you describe your transition from cooked to raw?

It started when I went vegetarian at the age of 16. It opens so much within you when you make a decision not to participate in animal cruelty. At 18 I went vegan. I made the decision at 17 but it took me a year as I was very addicted to cheese!

I wasn't a junk food vegan. I was always cooking things like vegetable casseroles and

most of what I ate I made from scratch. But every Sunday I would make a great big vegan fry up. I was also very talented at consuming carbohydrates and I ate loads of bread and pasta. I used to love ciabatta with avocados, sundried tomatoes and hummus. I also loved olives and still do. I love strong flavours and bitter flavours and that's great because the diet I'm on now is full of them.

In early January 2000 I went to a "new millennium" party with my family. My Mum said there'd be loads of salads there but they all had tuna in them. I went to the only shop that was open and bought tinned baby food and a pot noodle – it was all I could find that was vegan. Those were the last cooked things I ate. On January 3 I made the decision to go all raw after those really awful meals.

When did you first hear about raw food?

In college. I came across an old Fresh magazine there. I thought the whole thing sounded completely crazy. In an interview in the magazine this one guy was asked what he did with all his energy, and he said he skipped. And I remember thinking, "Skip? I don't want to skip. I have no cause to skip. I'm too depressed to skip."

What were the biggest benefits you noticed after going raw?

I lost the weight I'd put on and gained a lot of clarity. I stopped being suicidal, which is always a bonus. My skin used to be so dry that when I woke up in the morning my hands were like claws. I would often wake up in the middle of the night to put cream on. Raw food sorted that. Very quickly my period pains were nothing compared to what I used to have. All these changes happened within weeks. When you have an experience like that, your enthusiasm for raw food carries you. It's such an adventure.

I also started yoga soon after going raw and that was one of the most grounding things I could have done. Raw food and yoga go hand in hand. I grew an inch and that is quite common; our backs are so compressed in modern living. Those were the physical changes.

On other levels I got a lot of clarity. I used to feel people were really sucking away my energy but as soon as I started feeling different, people started treating me differently. I took flight. I finished with my boyfriend, dumped my job and started my business. I decided to move to Spain. I wrote *Detox Your World* at that time because that's what I'd done so I thought if there's any book I can write from experience it's that one! When you spend your 20s, like I did, accumulating what you think you should have, you have a lot to get rid of when you detox.

There's the analogy of peeling back the layers of an onion, but once you've peeled back so many layers you get to the bulb in the middle and then it's time to build yourself up again from really strong and ancient truths.

What advice do you have for people who are reading this and thinking how great it all sounds, but can't imagine ever making such massive shifts in their own lives?

Stop thinking! The left brain is such a liar. It is the worst thing we have created as humans. It's a prison guard. When you eat raw food your left brain stops being so dominant. Our lives are built on so many things that are unreal and don't serve us. If you're still in that reality you can't see the bigger picture but you can see stepping stones.

Stepping stones are really great things. You can create a series of stepping stones towards a goal. Write them down – that makes it so much more powerful.

Number one should be to drink at least a pint of green juice every day. It makes you glow and it makes your head work right. Regardless of what else you're eating, you're creating a discipline by doing this. You get to the point where step two, whatever that is for you, isn't an effort because you've increased your frequency. One consistent change will do that. The first step is always the hardest. After that you attract the rest to you.

How has your diet changed over the last eight years since you went raw?

At first I ate far too much fruit and not enough greens. I eat a completely different diet now. I barely touch fruit. I might have one banana a month in a smoothie and I do eat goji berries and Incan berries, but that's all. A high-fruit diet didn't serve me.

"I remember thinking, 'Skip? I don't want to skip. I have no cause to skip. I'm too depressed to skip'"

I felt that strongly when I was living in Spain. I couldn't get organic fruit there. I could pick it straight off the trees but it wasn't organic. In England I had been eating organic fruit but it was unripe! I started to feel not quite right and one day when bending over I felt a rib move as if it was soft. I didn't get out of bed for a fortnight. I read up on it and found that people who do a high-fruit diet long term are very few and far between. Not many people can sustain themselves on it.

I did well on fruit to begin with as I must have had a lot of reserves to draw on. I'd been taking a lot of supplements in the course of trying to work out what was wrong with me. If you have the reserves, for a year or two you can get away with a high-fruit diet. It's very cleansing but it's not very re-building. I also think we need more protein than a lot of people admit and you can't get it from just eating fruit.

High-fruit diets are old-school now. In the same way as you can't compare a meat diet to a veggie diet, or a veggie diet to a vegan diet or a vegan diet to a raw one, I can't compare the raw diet I started out on with the "ecstatic" diet I eat now. Ecstatic foods make you really grounded. These are foods that are nutrient-dense and energetically gifted and in this category I include maca, algae, raw chocolate, purple corn, he shou wu, hemp, goji and Incan berries and oils. I am very pedantic when it comes to essential fats. With my background of depression it's really important to me.

How do you ensure you are getting enough of the long-chain fatty acids so many are deficient in today and what advice do you have for others who may be confused about this?

Taking a vegan DHA supplement has been a life-saver for me. Generally, a vegan diet does not supply long-chain fatty acids [essential for hormonal and nervous system balance] and you can't convert enough unless you're having loads of flax, hemp and other omega-3 rich foods. No one knows exactly how much you need nor how much you convert. Some of us convert easily, others not so well.

I've looked into this a lot for my own sanity and also for my upcoming book, *Evie's Kitchen*. You get some long-chain fatty acids from AFA algae. Some is converted from hemp and flax. If you have coconut oil with hemp or flax you double the conversion rate. But to be on the safe side I also take a supplement called Omega-Zen which supplies pure DHA, and the body can convert part of that DHA into EPA [the other essential long-chain fatty acid]. ➤➤

What new projects do you have up your sleeve you'd like our readers to know about?

As well as writing *Evie's Kitchen*, my fourth book, I am working on my fifth – *Ecstatic Beings* with Kate Magic Wood. *Ecstatic Beings* is the last book I want to write. At the beginning of 2007, me and Kate made a commitment to live in ecstatic bliss. Just like when we made our commitments to eat raw, we got very excited and we had slip-ups, usually called by other people “not conforming to our expectations”. It's very ego-dissolving and it has involved a lot of ecstasy and also a lot of ridiculousness. *Evie's Kitchen* will be out this summer and *Ecstatic Beings* later in the year.

When you're putting out any information, being true to yourself is really important. If you're doing it because it's your job and that's what you've been trained to say the energy is all wrong. So whatever I put out I make sure it feels true for me. And because I'm a woman and women have changing moods, what feels true changes. Sometime I want to be all Mummys putting out Mummys info. Other times I want to be this side of me I call “Shazzle Dazzle”. It's fun to play with. What I am most interested in now is getting important truths out there, like when you've been raw for five to ten years, what to expect next.

I will be working more with people one-on-one in the future. I'm a complete recluse and I don't like being around people. My thing has always been to reach the biggest amount of people with the least amount of eye contact! My background of feeling completely disconnected and like an alien was never conducive to working one on one with people. But now at least I feel I am here on planet earth!

A while ago you announced your intention to create a raw community called The Heart Centre. Could you talk about that a little?

What I want is contact with other raw fooders, to live off the land, to get my hands dirty again – I love that – and for my four-year old daughter Evie to have raw playmates. I want Evie to have an idyllic life. At the moment she does in some ways but she also lives in a box and all around are people doing strange things like eating meat and other weird foods. So I'm putting that out there to the universe. That is the biggest thing I want to change. I don't know how I'm going to do it but I don't need to know. It will happen only if I can do it in a way that makes me feel really good.

Let's talk about motherhood, starting with pregnancy. How was it for you?

At the time I became pregnant I was already massively healthy and had been all raw for several years and was fully committed to it. I felt as if nothing could touch me. But my diet changed a lot when I became pregnant. I'd love to be able to tell you I stayed all raw but I didn't and I know very few women who had raw pregnancies. I don't know why that is, but I do have some theories. When pregnant, I couldn't eat greens anymore. I could eat fruit but I didn't want to. All the things I wanted were white: soya milk, soya ice cream, coconut, mushrooms.

What has been your experience so far of raising your child the “alternative” way when that is so far removed from what is considered “normal”?

As a parent in this society, when you're doing what you think you're supposed to do it has really tragic consequences. That's why it is so important to go by your instinct. I took Evie for a development check and every question the doctor asked me was so alien to me. “No she doesn't get ill, no she doesn't get colds,

no she hasn't been vaccinated because she's been immunised with breast milk and correct nutrition.” Nursery told me recently that she can't write very well but that she's such a nice child and I thought, well which do you think is more important!

Because of fear in the media kids now are barely allowed out. Parents think it's safer to have them inside playing video games. In a video game you can chop someone's head off 10 times, so it's no wonder these kids don't understand reality and they don't understand death. Cooked food, video games, TV, being brainwashed at school and fear do massive long-term left brain and right brain damage. This generation has it much worse than any previous generation. They are physically different as a result.

Will Evie go to school or will you home school her?

From the ages of 4-7 Evie is going to have an “eduplaytion”. She has decided she wants to learn dancing, swimming, horse-riding, art and writing. It's very important for children to have a good social life so I am figuring out how to integrate that with her “eduplaytion”. I'm a really big fan of *The Continuum Concept* (by Jean Liedloff). It's one of the best books ever written. I want to raise her like that. Children learn through play and at a certain age the boys integrate with the men and the girls with the women and they also learn by helping. Even now at age four if Evie spills a drink she goes and cleans it up. The other day I cut my leg and she got a plaster for me.

Children are being forced to do left-brain activities at younger and younger ages. Before the age of five they're not ready for it. It shuts down the beautiful, psychic, open, loving spirit that children naturally have. To keep Evie open and loving is the most important part of next three years. If I realize my dream of creating a community, it will include a forest school where the children learn yoga, making food and self-sufficiency. I have a feeling these children are not going to need co-signs and tangents!

Could you tell readers about your Make Raw Food Mainstream campaign?

We devised recipes – nibbles, starters, mains, desserts and cocktails – and put them in a free ebook people can download. It starts out by explaining what raw food is and why it is a good thing to incorporate in restaurant menus. People can print it off and take it to any restaurant, saying, “This is the new, cutting edge thing. We promise you that if you put even one or two of these on your menu, things will start to happen.” What I always said about vegan food is that anyone can eat that meal – unless they have an allergy of course – but not everyone can eat a meal that has meat. The ultimate meal that anyone can eat is a raw meal.

It's not that long ago that it was really hard to get a decent vegetarian meal in a restaurant and vegetarian food was laughed at and scoffed at. Now there are very few restaurants that don't offer a vegetarian option. Restaurants are aware now that there are different diets. If you tell chefs to make a raw meal they don't always know what to do. But chefs are

“As a parent in this society, when you're doing what you think you ought to be doing it has really tragic consequences. That's why it's so important to go by your instinct”

very creative. Give them a few ideas and they will go off and create their own thing. Others will just use the recipes we provide.

All chefs understand that there are people who eat raw because it's getting so big and so many people are into it; not necessarily eating all raw but eating a lot of raw. It has reached I would say the tipping point in the UK now. When people have money to go out and eat they want to eat food that serves them, not food that contributes to their high cholesterol levels and excessive weight.

The importance of healthy eating has never been greater. It's getting more and more difficult to self-medicate with all the rules and regulations coming in. These rules and regulations exist for one reason – because the “alternative” remedies work. These are the real therapies, the ones that have been around forever rather than the much newer and truly alternative one called “doctors”.

How can people get even more involved in helping to “make raw food mainstream”?

We'll link to any site that is doing its own work to make raw food mainstream and we can all link together in one big network. The internet is the biggest catalyst for change the world has ever seen. The other way is to work on yourself. Start with yourself and your glow will radiate outwards. Put out your influence. *Radiate*. You can't fake what you put out. You can't fake radiance, vitality and bliss. You can't tell people about the optimal diet if you don't feel those things. Never underestimate the power you have to influence people by your example. ■

For more information see Shazzie.com. To read more about the Make Raw Food Mainstream campaign and download the free ebook, go to Shazzie.com/raw_britannia



The next steps
on the road to
high raw



In part two of her series on transitioning to a healthier diet, Elaine Bruce outlines a plan for upping the amount of live, enzyme-rich food you're eating, at the pace that's right for you.

To recap briefly, and to put new readers in the picture, in the last issue we covered what a healthy transition towards consuming more raw food does not involve. Namely, it's not about indulging cravings for comfort foods, including being seduced by all those scrummy dehydrator recipes before getting to grips with using your juicer and blender every day.

We also discussed the need to work out why you really want to go more raw: how you usually achieve your personal goals, and when you sometimes fall short, and understanding why. So I'll assume that all that is understood, and that you have already started on the preparations outlined last time, which were:

- You have done an honest personal assessment about how you achieve your aims and have started to improve your chances of success (setting smaller, achievable goals, and, if necessary, using affirmation techniques or flower remedies to reinforce yourself)
- You've got a good juicer: a "worm screw" or "twin gear" type which will do green leaves easily and, looking to the future, wheatgrass as well.
- You are drinking approximately two litres of good quality water a day, (depending on body weight and amount of exercise you might need even more, especially while you are detoxifying)
- You are spacing your meals sensibly, sitting down to eat and chewing properly.

The next thing to do is to start buying organic fruit and vegetables as often as possible. Better still, collect your produce from a local smallholding the day it's picked, or have it delivered by a local box scheme.

Grow some of your own food if you can. This way you are not only avoiding pesticides and artificial fertilizers, but it will get to you more quickly, and won't be wrapped in plastic, or "washed" in dubious potions. If you eat freshly-picked salads and vegetables you are getting all the enzymes, and the full value of the antioxidants and vitamins in the plants.

Why enzymes? Briefly, all our bodily processes are powered by thousands of different enzymes, and your digestion uses a lot of your energy in this way. Ever feel sleepy or sluggish after a meal? The more plant enzymes you can eat, the easier the food is to digest and the more energy the rest of your body has to do other important things, like fight off infections, repair tissues and replace cells.

Why antioxidants? Because a lot of the foods we eat, for example sugars and fats, are not fully digested or processed by the body. The same incomplete digestion can happen if we eat the right foods, but too much of them. This means that

some spare parts, called free radicals, are roaming about in the bloodstream. When these unwanted molecules tack onto a cell it results in damage.

The antioxidants in our food are able to neutralize the free radicals and prevent this damage. You can imagine the long-term problem of a person eating very little fresh food, and a lot of cooked and processed food, with a high fat and sugar content. Over time there is likely to be a lot of free radical damage, and if great numbers of cells are not functioning properly, all the body's systems, including the immune system, are going to be seriously underperforming.

If you want to check your progress, and see how healthy your blood supply is, have a live blood analysis before you start, and another in a few months, when you are feeling lighter and more energetic. It is good to have a demonstration of how much progress you've made, and a great incentive to keep going (see end of article for contact details).

Food combining

This may be a familiar idea to you, but are you actually doing it? I am going to spend some time on this because it is crucial to your digestive efficiency and to your long-term health, especially if you are eating meat and fish, dairy and a fair proportion of cooked food. Simple food combining can have amazing effects if you haven't been doing it before. I have seen many people do this and lose in a few weeks all the digestive complaints, headaches and sluggishness they were complaining of.

In fact, many years ago someone came to ask for advice for a raft of symptoms saying, "I understand you follow a far-out diet, and I'll tell you now, I'm not giving up any of what I eat!" I told him not to worry; I wouldn't ask him to make any changes, just rearrange what he was already eating and drinking. In a month he felt so much better, with a trimmer waistline and a brighter skin, that he was ready to listen to talk of salads and juices! So don't underestimate the benefits. See the table overleaf for a brief summary of the principles of food combining.

If what you eat is not properly digested, you are obviously not going to extract all the vitamins and minerals you thought you were going to get. Also, the by-products of digestion won't be efficiently excreted from the body. Actually it gets worse, because partially digested food ferments in the stomach, leaving a build-up of residue in the small intestine, which then can't fully do its job of assimilating the nutrients you need.

Further along, if meat or fish hasn't been fully digested, it will putrefy resulting in anything from offensive wind, to a build-up on the colon walls, which over time may distort the colon and

get lodged in pockets along the way. This provides an ideal breeding ground for unwelcome bacteria and parasites.

What you get out of food combining is much more than you'd think. Because all of what you eat is fully used, you actually benefit from all those minerals and vitamins, and you keep a healthy, clean colon free of unwanted deposits.

When you have thoroughly rehydrated, organized some organic supplies, and practiced food combining for a few weeks, you will be in great shape to increase the amount of raw, live food you use. The best painting jobs are always the result of thorough preparation, aren't they? You can't put the topcoat on first and get away with it, and it is the same with transitioning to a high-raw diet.

What you will already have achieved by this stage is some control over what and when you eat – though not necessarily all the time so be realistic, and be kind to yourself. You will already have resisted some cravings, coped with a few hunger pangs and maybe even some mild detox symptoms, and you may have lost weight and gained energy. You should feel pleased with yourself.

The next few stages are adding raw juices, salads and sprouted seeds, and energy blends of greens and/or fruits.

Stage 1

Start the day with a freshly pressed juice. Breakfast is to set you up for the day, not starve you, and it is the most important food event in your day. Two things to emphasise about your breakfast: first, gradually use more and more green things than fruit. Choose from chard, spinach, lettuce, kale

The five golden rules of food combining

1. Never drink with meals. Drink half an hour before a meal, and leave it as long as possible after a meal, at least two hours ideally, before drinking again. Why? Because you want the digestive juices to work perfectly, and they can't do a proper job if you dilute them.

If you have been drinking your two litres of water every day since reading part one, you should now be rehydrated, or getting there, and will be in the habit of drinking throughout the day, and not waiting until you feel thirsty. Thirst is a sign that you are already dehydrated, and you've left it too long. However if you do feel thirsty, on occasion, that should be your priority, whatever the period since you ate.

2. Eat concentrated protein at separate meals from concentrated starch.

Why? Because a potato needs different digestive enzymes from a plate of nuts, and if you mix them up neither item will be thoroughly digested. When you consume concentrated proteins, combine with a big salad and do the same when you consume concentrated carbs. Just don't mix the two together. This habit is easy to get into and you will feel so much lighter and more alert after eating.

3. Eat fruit separately, and certainly never as dessert. You can get away with a simple fresh fruit starter if you leave 20 or 30 minutes before eating the main course. Why? Because fruit digests much more quickly than fats, proteins and starches, and if you mix them none of it will be thoroughly utilised.

4. Eat the sweet fruits (e.g. bananas, dates, figs, ripe mangoes) separately from the acid fruits, e.g. most of the berries, and all of the citrus fruits. The ones in the middle, the sub acid fruits (apples, pears, peaches and the like) can be mixed with either the sweet fruits or the acid ones.

5. Eat melons on their own. They digest more quickly than anything else.



and cabbage. Cucumber and celery make a nice, refreshing base that cuts the taste of these darker greens and you can add carrot, beetroot, fennel, fresh herbs and/or lemon balm give your juice a lovely sweet tang.

Second, have a protein component at breakfast time, to kick-start your metabolism efficiently. A good choice is some gently cooked quinoa or millet. If you get breakfast right you will have far fewer cravings or hunger pangs during the day and less temptation to snack. You will be better motivated to have a largely raw lunch, which is the next stage.

Stage 2

Put together a large bowl or plate of salad leaves and grated vegetables, chopped fresh herbs, and sprouted seeds. You can get the “mouth feel” you may be missing by dicing half an avocado and mixing it in. Spike the flavours with either a few chopped olives or a chopped apple. You can get away with this food combining transgression; that’s the advantage of being largely raw. All the things on your plate are water rich and enzyme rich and therefore conducive to easy, efficient digestion.

Don’t forget a good sprinkling of seaweed for flavour and minerals. Any kind you like; ring the changes. For dressing, you can blend a few ripe tomatoes for a sauce, or make a protein sauce from sunflower seeds or almonds. You could make a “transition tahini dressing”, which is very popular among the people I teach. If you don’t know how to make these, ask for recipes through my website.

If you can do the juice and protein breakfast most mornings, and the all raw salad two or three times a week, you are doing very well if you started from an unplanned, largely cooked diet. If you want to eat some “stodge” too, remember that sprouted grain breads, sourdough and flat breads are a lot easier to digest than ordinary wheat bread, and also remember the food combining, and choose between the starch and the protein additions. Sorry, you can’t have both!

Stay at this juice breakfast and raw lunch stage until you are perfectly comfortable with it. You may feel that this is as far as you want to go for many months. The important thing is to establish yourself firmly at each stage, and you may not wish or need to go any further. If not, you will gradually improve your digestion and

your general health, and at some future date you may then decide to take yourself a step further.

Meanwhile, if you are cooking for dinner, that’s fine, but you can improve the last meal of your day in three ways:

- Don’t have a big meal to make up for missing lunch
- Eat it as early as you can – 6pm is ideal
- Whatever you are cooking, eat some raw salad as a starter. It really helps digestion.

Stage 3

The final stage, for those so inclined, is to introduce an energy soup or green smoothie as the last meal of the day. I suggest you start just one day a week with this until you are quite used to not needing “stodge” or cooked food or snacks before bedtime. This is where you need a powerful blender to reduce chopped green leaves to a smooth consistency.

Start the blender with a chopped carrot or apple, and some water, add lots of green leaves, sprouted alfalfa and so on, and finish with some nut cream, seed sauce (recipes also available from my website) or an avocado to make it thick and creamy. Add some seaweed if you like. The secret of successfully going raw is to pack in the minerals. Why? Well, we need them, but most of us don’t get enough, and mineral deficiencies are often the reason for persistent cravings.

Pour your thick green concoction into a bowl and scatter the top with as many sprouted seeds and chopped-up tasty colourful veggies as you wish. You want to feed not starve yourself. Nobody said that raw meals have to be small, nor that you have to be mean with the greens and salad ingredients. As a matter of fact, the more raw, nutritious food your body becomes used to, the less food your body will ask for over time.

When you are comfortably established on raw breakfasts and lunches and starting to experiment with raw dinners from time to time, this is the time to start dehydrating. Experimenting with delicious dried crackers and other goodies is great fun and you will always have the live alternative to bought crackers in the cupboard.

Again, see my website for recipes. In fact, if you need help with choosing a juicer or blender or have any questions, you are welcome to contact me. Allow a little time for a reply as I get a lot of emails! ■



Two live blood practitioners I recommend:

Rosie Andersen

Website vital-health.co.uk

Email info@vital-health.co.uk

Tel +44 (0) 1728 451986

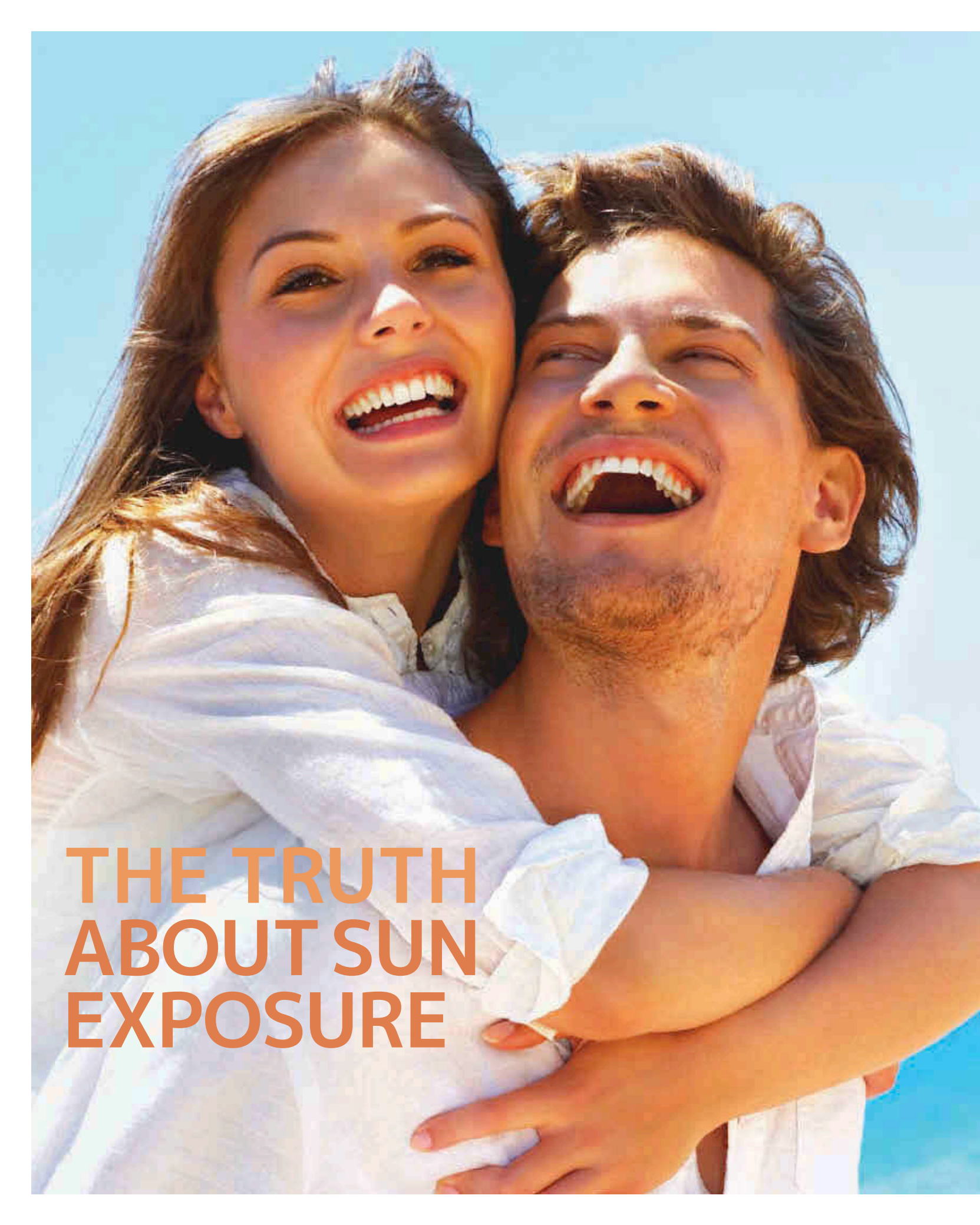
Pete Vincent

Contact details on page 61.



Elaine Bruce

is the founder and director of The UK Centre for Living Foods. An experienced naturopath, she has lived and taught the living foods programme for over 25 years. She offers courses, consultations and practitioner training, and is author of the book *Living Foods for Radiant Health*. For more information see LivingFoods.co.uk.



**THE TRUTH
ABOUT SUN
EXPOSURE**

Be careful in the sun, but not as careful as you think you need to be – especially if you are eating a natural diet, says **Tonya Zavasta**.

// **T**onya, I don't get it," people often say to me. "You have such a flawless skin. You must have been protecting yourself from the sun, yet you look tanned!"

You may know some individuals who are desperately afraid to soak up more than a minute of sunlight. They'll spend ten minutes finding a place to park in the shade lest they run the risk of exposure to "deadly" rays on their thirty-second walk across the Wal-Mart parking lot. You've heard the lines: *Oh, I burn so easily... Ten minutes, and I'm a lobster*. That was me some twelve years ago.

Old Sol bears the blame for all kinds of evils, right up there with booze, cigarettes, and liquor as enemies of long life and good health. *Damage... danger... protection... guarding against*: these are the kinds of phrases pop medicine applies to the sun. It's the metaphor of the siege – an enemy marching toward us, massing to breach the city walls. We blame freckles, moles, liver spots, red blotches, wrinkles and dryness on the sun. The older we get, the more potshots we fire at our sun.

I abhor the phrase *sun damage*. The sun *per se* doesn't create these problems. Toxins present in the body are what do the damage. The sun doesn't *create* or *cause* skin damage, but rather simply makes it visible. That's what light does – it makes us *see*! But it is the food we eat that's to be blamed – not sunlight itself, and definitely not sunlight alone.

"Unless one has a proper diet, sunlight has an ill effect on the skin. This must be emphasized: sunbathing is dangerous for those who are on the standard high-fat American diet or do not get an abundance of vegetables, whole grains and fresh fruits. Those on the standard high-fat diet should stay out of the sun and protect themselves from it, but at the same time they will suffer the consequences of both the high-fat diet and the deficiency of sunlight."

Dr. Zane Kim, American nutritionist and sunlight therapist

I gave a lecture in the Cayman Islands last January. From day one, my husband and I couldn't get enough ocean and sun. We were on the beach from 9am until 4pm under a blazing sun *without* sunblock! I thought I'd be red and peeling. But... nothing. Only a lovely, golden tan. The most amazing: our skin felt quite cool to touch. My husband has been raw for just a year, and he didn't burn, either. He, too, had expected to turn red, given his past experience with sun exposure.

Our results shouldn't have been such a surprise. Consider grass and concrete. Even on a hot day, the living grass is cool and fresh. Concrete, being dead, will be hot under the sun. Are you thinking what I'm thinking? Eating raw makes us special.

However, being – and especially newly becoming – a raw-fooder does not give automatic resistance to sunburn. The fact is that for any one of us, several factors contribute to our reactions to sunlight in different patterns, and especially to our susceptibility to cancers and skin diseases. Among these factors:

- One's initial level of toxicity: how toxic are you when you begin your raw food regime?
- How long you've been eating raw, and how skillfully, knowledgeably and faithfully
- Geographical location: including, especially, the factors of latitude (the angle of incidence of sunlight), plus hours of sunlight per day and atmospheric transparency
- Hereditary skin sensitivity due to ethnicity
- Sensible levels of exposure or too much too soon

One thing's for sure: As much as a raw foods regime, skillfully practiced over the long haul, can help you regulate your body's relationship with sunlight, simply being a member of the raw foods club does *not* grant you immunity.

The current sunbathing panic started with malignant melanoma and a great scare equating sun with the prevalence of life-threatening skin cancer. Further research, however, has shown that sun exposure doesn't necessarily increase the risk exponentially. Current studies quoted in the books *Light Medicine* and *The Healing Sun* are also starting to show that sunlight – *in moderation* – is both healthy and necessary to well-being. Benefits once again, we're told, outweigh hazards.

While melanoma is undeniably a real threat, the death toll from non-melanoma cancer is much lower than the death rate of, say, breast cancer, which is now believed to be linked in many cases with inadequate exposure to sunlight. It may well be that more people die from the *lack* of proper sun exposure than are felled by too much sun.

Dark-skinned people experience less risk of melanoma from sun exposure. But they, too, do suffer from melanomas. So risk factors other than sun exposure must be involved. Current research even suggests that countries with more reliance on sunscreen have a higher instance of melanoma.

It may be that even the current predilection for UV 400 (ultraviolet-blocking) sunglasses is doing us more harm than good. The inability of the cornea and retina to receive the necessary light energy to stimulate brain function and release hormones within the cell structure may actually be causing blindness and eye disease rather than protecting against it.

Moreover, researchers are discovering that our eyes have not only a perceptual function, but an absorptive one: Not only do they see, but our eyes also absorb light and energy from our surroundings. The eyes not only send images to the brain but also stimulate the hypothalamus gland, which secretes serotonin, the mood and sleep regulator for the body.

Get your exposure early morning or late evening, when the sunshine is not so bright you have to wear sunglasses. At this time if you can find your way around the block safely, do not wear your contacts or prescription lenses. As the old Fifth Dimension tune goes, "Let the sun shine in." Treat sunlight as an important *non*-food factor in your raw foods lifestyle.

Healthy humans need vitamin D, for whose manufacture the body uses sunlight. Actually the label *vitamin D* is a real misnomer. D is not technically a vitamin, but a hormone produced by the body. It is this ability to produce its own D which allows the body to fight, and in some cases prevent, degenerative and infectious diseases. The body is better able to use D which it produces itself rather than D it ingests (as in popular vitamin pills). The sun's ultraviolet rays activate the body's production of this hormone, which in turn is necessary for growing healthy teeth and bones, and for a healthy immune system. In the final analysis, we are much more likely to get sick from too *little* sun than too much.

The mainstream medical and cosmetic advice for your face is: "Protecting it from the sun is of utmost importance. So, avoid the sun and apply a good sunscreen – the most important product to use." I agree with the first point. I quite disagree with the latter.

Manufacturers promote sunscreens as a public health measure for preventing skin cancer. But there are actually good grounds for *avoiding* sun blocks. The idea behind sunscreen is that the SPF (sun protection factor) permits a person to stay in direct sunlight in direct proportion to the SPF marked on the label. You multiply the number on the product by 10 to get the number of minutes ➤➤

“In the final analysis, we are much more likely to get sick from too little sun than too much”



you are supposed to be safe in the sun if you apply it. Suppose in a given setting you'd sunburn in, say, an hour. An SPF of 15, we're led to believe, allows you to stay out as long as 150 minutes before burning. But there is evidence that prolonged exposure of this kind may actually *increase* the risk of both melanoma and non-melanoma skin cancer. Why? Because layers of sunscreen actually reduce the production of vitamin D within the body.

What's the best possible sunscreen? Common sense. Do not over-expose. Instead, build up your exposure *gradually*. Your skin will darken naturally. Give your skin a chance to adapt slowly, and it will release the proper amount of melatonin to adapt to healthy exposure without burning.

Plentiful fresh fruits and vegetables help your skin to adjust to sun exposure, making sunburn less probable. High-lycopene foods – tomatoes, for example – will aid your body in managing sun exposure, as will foods containing antioxidants.

But be careful! Don't expect to make a sudden switch to your new raw foods diet and then two weeks later bake beside a Las Vegas hotel pool with utter impunity. Hip you may be, and totally simpatico with your new botanical buddies, but you are *not* a saguaro cactus!

Human beings thrive on *partial* sun. No matter how well we eat – which for us means: how raw, how simple, how close to nature we eat – we still do eat. We breathe. *Whatever* we assimilate, the body will produce metabolic waste. Too much exposure to UVB radiation will bring these toxins into play. We release toxins through the skin. Sunlight accelerates this process. Toxins get drawn to the surface, and if there are too many of them, they will get fried. That is what “cancer caused by the sun” actually is. And if not cancer, the result will still be what we call premature aging.

I make sure I get at least 12 to 30 minutes of direct sun exposure every sunny day. Usually I get just a dash of light sunbathing early in the morning when I have my wake-up vegetable juice outside on the patio.

As for you ladies and your faces, I dare say a return to the fashion of ladies' hats would be a boon! When you wear a hat, your eyes will still get enough indirect sun. But you'll avoid squinting, which for many raw food people remains a major cause of facial wrinkles.

Your mother actually gave you some pretty good advice way back. A little sun is good, she said. Get out in the sun and have some fun. But she always made you take a hat, didn't she?

Here is my secret: I eat simple raw foods and I don't block the sunlight, but when I go out in the sun I sport the most stylish head wear I can find! ■



Tonya Zavasta

is the author of *Quantum Eating: The Ultimate Elixir of Youth, Your Right to Be Beautiful* and *Beautiful On Raw*. For more information see BeautifulOnRaw.com

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How to sparkle inside and out

Is your detox the real deal or are you just rearranging your toxins? **Natalia Rose** shatters some popular myths.



When I was a kid, my Dad used to tell me that the food I ate would show up on my body. This thought intrigued me as I would sit down to a platter of pretzels and wait for that pretzel to suddenly reappear – this time sticking out the side of my leg. My Dad, bless his heart, was not trying to make me food-phobic; he was a heavyweight boxing champ and just wanted to pass some knowledge on to his eight-year old girl.

I watched out for that pretzel to somehow reappear, but it never did wind up sticking out of my body like he said it would. Instead it seemed as though my mouth was something akin to those nifty new garbage disposals that were put into all the new-construction homes around that time (1984ish). I would eat and the food would just disappear – where it went nobody knew.

That lasted a few more years and then I discovered exactly what my Dad was talking about. It was the winter of 1989 and I had just spent my first semester at boarding school. It was the day I was supposed to go home for winter break and I was getting dressed. Then suddenly, it happened. The food was sticking out all over my body! I could not get my clothes on. My favourite jeans felt 10 sizes too small and the van was about to leave for the airport. This was my first encounter with the inconvenience of non-human food. There would be many more.

It was not until many years later that I understood what my Dad meant. It was actually a profound but little understood concept. Allow me to explain:

Human food is fruits, vegetables and mother's milk for babies – that's all. Anything else is a compromise which means the body has to jump over hurdles to try to process it. There is a hierarchy to the compromises, of course. Raw almond butter is better than margarine; sprouted grains are better than marshmallows. But anything that is not a fruit or a vegetable is, in my opinion, not human food and can't be expected to be released. In fact we can only hope to pass about 60% of non-human food.

Furthermore, because the human body has a negative ionic charge, like anything that's natural, clean and clear, non-human foods which are acidic and positively charged stick to our negatively-charged tissue like a magnet. Animal products, alcohol, pollution, wall-to-wall carpeting, bad emotions: all are

highly positively charged. When a chicken sandwich enters a body (positively charged) it sticks. Imagine years – no *decades* – of this sticking and you'll get an idea of where all physical, mental and emotional imbalances come from.

The intestines, in an effort to keep the centre clear, push the accumulated waste through the intestinal walls and into the tissues and organs where they nest, impede bodily functions and block our natural electromagnetic current (life force energy).

However, because the body is so capable of jumping over hurdles when it has a lot of *chi* (in the early years) one won't necessarily notice anything at this point. This is why I seemed to survive being a human garbage disposal until I was 14 without seeing the food show up on my body.

As non-human food enters the body from birth (when the intestinal passage is open, clear and light), the body reacts with disappointment but still attempts to deal with it. This matter keeps going in and sticking multiple times daily (breakfast, lunch, dinner, snacks) over months and years. But because the intestinal tract is so big and strong and capable of holding, one doesn't notice it is being compromised.

As the years pass, young children will start to show the first signs of this compromised state of the intestines, if they have been given food unfit for human consumption: infant formula, soy products (the most overrated harmful foods in the health business), pasteurized dairy, wheat and other non-digestible stuff. This first comes in the form of symptoms like ear infections and fevers. Ear infections are the first sign a child is being poisoned in the intestines. If this is the case for young children, just think about the degree of poisoning that exists in an older person. Make no mistake: there is depth to the accumulated matter.

Most of you reading this are at least somewhat aware that this consistent poisoning is what causes illness, excess weight, cellulite, under-eye circles and depression. Now, I want to point out what happens when a person eating non-human food for a couple of decades decides to go all raw without proper bowel cleansing.

As the raw veggies, juice and fruits come through, they pull up the acidity. Once all that poison glues to the good stuff it awakens it. This awakening of poison can feel terribly uncomfortable because the acidic waste is hitting the nervous system and moving through

the bloodstream. At this point, the move is for the matter to leave. If it does we have a perfect detoxification scenario.

However, because the body is not meant to pass the chicken sandwich you ate three months ago or last month's pasta, it does not leave. The body is designed to pass yesterday's mulch (chewed up fruits and vegetables) – that's all.

So here's the rub: cleansing is not a successful venture until what it stirs up *leaves the body!* If the alkalinity hits the old matter and causes some movement but it doesn't exit *it's not a cleanse*. The good food can go in and attract the poison but that's the easy part of the equation – getting the matter out the door is another story entirely. It's like hitting a great drive off the tee in golf: you can be brilliant with your Big Bertha, but if you can't pitch and putt you're still going to lose.

This is why most people get really bloated when they start to awaken the old stuff. That's what putting human food on top of non-human food will do! Awakening the old matter is only part of the equation. The key to success is to awaken and **release**, loosen and **remove!**

This is also why so many people get really neurotic when they do lots of raw food but no bowel cleansing: all the old waste being awakened hits the nervous system (which runs through the middle of the colon). Then, it starts to go back into the body because the body wants to keep its centre clear. This is not cleansing, this is self poisoning. I'll say it again: detoxing only occurs when the waste leaves!

So when you see people fasting with boils on their forehead and they say they're detoxing they are not detoxing; they are drowning in their own waste. The matter is much worse awakened than it ever was asleep. It's like rousing a lion. You are not "home-free" until you get it out.

Most people attempting to cleanse today are only awakening matter but not passing it. This is a state of constant self-poisoning or what is known as auto-intoxication. What's more, most people attempting to cleanse are also eating loads of non-human food and calling it "cleansing food" or "health food" or even "live food" when it is not.

Nuts and grains, no matter how long you soak and sprout them are not, in my opinion, ideal human foods. "Superfood" powders are not remotely alive. The life force of a plant is in its fluid – in its blood, if you like. It is always tempting to look for the "easy way out"; the "short cut." Know this: there are no short cuts where non-human consumption over the years is concerned. You have to do the work and do it right if you want the best results. I know I'd be much more popular if I had a more "convenient" message but I love you and I want to see you succeed.

The three elements of cleansing are:

- Pure, fresh vegetable juices daily
- Quick-exit foods, and
- Gravity method colon hydrotherapy

People are always asking me about another new colon cleansing product or supplement on the market claiming to radically detoxify the body in a short time and I keep replying, "No. No.

"Cleansing is not a successful venture until what it stirs up leaves the body! If the alkalinity hits the old matter and causes some movement but it doesn't exit, it's not a cleanse"

No." These are all just the result of the popularity of "detoxing", and businesses (some well intentioned) trying to get on the bandwagon and make money out of people who want to cleanse. Some of these products will work the first time on some people (not all – for many they have the reverse effect) because they shock the body into releasing waste.

There is but one tried and true way to detox successfully and it does require patience and consistency but it wins the race in the end.

Forget the minutiae of nutrients and the so-called, "miracle foods" and "super nutrients." They are not going to get out the residue of the piles of non-human food that are stuck in your body. A sensible transition diet with the support of colon hydrotherapy will and with time you will have everything you want. So stop chasing the latest cleansing fad and just do the work every day. This is a lifestyle, and those who are already on it will chime in with me to say that it is well worth every effort.

Our dietary goal is one thing: to eat so that the matter doesn't come in and stick anymore and simultaneously, to help get out what we have put in. From this perspective, you can see why we don't focus on the nutrients or protein content of the food we eat because we're not eating it for what it will give us – we're eating it for what it *won't* do to us! Do you see the difference? If you get that you've understood the most important piece of the puzzle.

For example: people eat sprouted grains because the body is addicted to the stimulation of starchy grain-based foods and as they transition they need something to mimic the taste, stimulation and experience they used to get from regular starchy foods. Sprouted grain products provide something analogous to that and they are also much easier to digest. If we know what we desire to eat and then find a way to get that sensation in a higher quality food item then we are supporting our cleansing. But sprouted grains have nothing in them nutritionally that we can't get in more ideal foods.

We don't need to eat fish to get omega-3 fatty acids nor to reach some protein requirement. If we eat fish it is because after being accustomed to eating flesh foods, fish offers a flesh option that is so easy to digest it won't stop us from cleansing.

I love what my colleague Gil Jacobs says: *"What this life is about is two things: what do we do to prevent this stuff from going in and how do we get what we did before out? That's health and that's all. Health is not about some nutrient in Japan, running after some berries in Mesopotamia or what's on the side of the cereal box. We don't concern ourselves with the nutrients. It's not important. If it's in that category of alkaline-forming, negatively ionic charged food we take from it. The specificity of "Which is better than which" is superfluous."*

Human food is a funny thing in today's human. While perfect for ancient man, it is tricky territory for modern man. We need to look at all the non-human food that has gone into our body over a lifetime and then determine just how much human food we can take to enable the acid waste to leave and not re-poison us. And then, as the poison leaves we can enjoy more and more of that luscious, heavenly human fare! ■

Natalia Rose is a certified clinical nutritionist practicing in New York City. She is the author of *The Raw Food Detox Diet*, *Raw Food Life Force Energy* and the e-book *The New Energy Body*. For more information see TheRawFoodDetoxDiet.com.

Struggle versus challenge

My road to completion

Not in the happy zone about your health regime? Change your perception and you change everything, says **Dhruvil Purohit**.

A challenge may not be easy, but it can be joyful. A challenge is something that can be embraced even from the beginning of the journey. A challenge, while it can be difficult, does not include the added dimension of resistance.

A struggle is being in one place and needing to be in another. A struggle is not only difficult, but it is a burden. A struggle is a challenge that is filled with resistance. A struggle is no fun at all.

How do you know where your journey stands? All you need to do is simply ask yourself, “Am I complete where I am?” One of the greatest gifts that I’ve been given is the gift of completion. It didn’t start that way and I’ve had many bumps in the road but now that I’ve discovered it, I want to help others discover it too.

My journey begins

My journey into the world of raw foods, like many journeys, started off with a lot of excitement. In August of 2001 I met a deep soul who went by the name of Nature Love. Nature was a modern shaman who just happened to be working as a buyer at a local co-op.

A year earlier I had heard Ingrid Newkirk, the President of PETA, speak at a conference and it inspired me to embark on a vegan diet – primarily out of animal rights concerns. I had been shopping at the co-op since then for my soy this and soy that and had seen Nature almost every other day. Nature was a fit gentleman with a kind smile and very bright eyes. I always knew something was special about him, but we never exchanged words until that August.

“Hey bro. My name’s Dhru,” I said, “I see you here all the time and I’ve always wanted to ask you, what is it that you do? Like what do you eat and stuff?” Although I wasn’t sick or overweight, I didn’t feel energized on my processed soy diet and knew there had to be a better way.

“Hey man, I’m Nature. Pleasure to meet you. Yeah, I see you here too... And, well, I actually eat raw foods.”

“Raw foods?”, I replied. And so the journey began.

“Nothing in my external world changed; it was only my internal world that transformed. I dropped the need to be anywhere other than where I was right now”



Discipline and excitement

Nature and I stood in the snacks aisle of the co-op for over 45 minutes while I got an intense download of information on the lifestyle known as raw foods. While what Nature was saying was new information, it resonated so deeply that I knew I must have intrinsically known it. It was then that I knew this was a journey I wanted to embrace. I was ready for raw foods.

I jumped into raw food overnight and ate totally raw day after day. It was fun making food, I was learning about health and my body was transforming. I got rid of all my acne, I was sleeping six hours a night and had more energy than I knew what to do with. I wasn't even 20 yet and I felt I had discovered the fountain of youth.

Then, about eight months into it, I felt a shift. Slowly, the initial excitement and discipline started to wear off. Something was changing and I didn't know what it was. I didn't feel as fulfilled with my simple foods any more and I was getting bored with my day to day routine. Although I "believed" in 100% raw, I started having cravings for cooked foods and satisfied those cravings by indulging in the old vegan foods that I was used to.

I was still eating a high amount of raw foods and maintained a high quality of health, but every day was a yo-yo battle of desires and wanting to be somewhere else - somewhere where I wasn't right now. My initial journey, which started off with much discipline and excitement, had turned into a daily struggle.

What's wrong with me?

When I did have time to reflect on my journey, I would often ask myself what I was doing wrong. Did I not have enough will power? Was a totally raw food diet inherently flawed? Was it the food choices I was making? Was my diet not alkaline enough?

Of course there is nothing wrong with the questions I was asking and, in fact, they were totally valid questions. Especially the nutrition questions. When it comes to health there is so much false information out there that we must really evaluate what we are getting into. But I had felt the power of raw food first hand. I knew it worked and I felt and looked good. I just wanted to be 100% raw. That was the goal, that was the ideal and anything else was failure. Anything else wasn't for me.

Since I felt that the yo-yoing I was experiencing was a small bump in the road, I didn't bring it up to any of my mentors, including Nature Love. It had been almost a year since I got started on raw food and I had a fear that if he knew he might look down on me. Of course he never would, but that was a way that my mind played up the drama and kept itself feeling small. Finally, after a particularly challenging day, I reached out to Nature. Over the course of the next few days I asked him about his journey and just how he stayed on track.

"Oh man, I've had challenges too," Nature started. "Many years ago when I was a vegetarian in the army there were a few days where all they had to eat was chicken. As you know I had been vegetarian since I was 15 and felt I didn't want to eat it. But I knew I had to do the best I could with what I had. Now, people could say that's wrong, that's bad and although I felt it wasn't the best situation, I did it and didn't feel guilty about it afterwards. Why feel guilty about it? What's that going to do? I just saw the situation as it was and after a few days I went back to eating a totally vegetarian diet. I wouldn't put myself in that situation again, but at the time that's what it was."

"Oh yeah?" I replied.

"Yeah." Nature continued, "And there have been times that I've wanted steamed vegetables since I've been raw and I have no problem having them. It's not that I crave them, I just enjoy them. It may be once a week, but even if I wanted them more often I would

have no problem with that either. And if I wanted anything else that'd be fine too."

"You don't feel bad that you're not eating 100% raw?", I asked. "But that's never been the goal for me. The goal is to have a beautiful relationship with food and to feel joy. And I feel because I do, that's why I've been able to come this far without a struggle. I'm healthy and happy. Food isn't my focus, it's my nourishment."

Right then it hit me. Nature didn't struggle, ever. His journey could be challenging at times, but it never contained an element of resistance. I took the next few weeks to go deeper into Nature's teachings and reflect on my own journey.

From struggle to challenge

Over the next month my journey transformed from being a hard struggle to a beautiful challenge. I found the joy in my health journey again. And the funny thing is my diet stayed the same way it had been for the past few months. Nothing in my external world changed; it was only my internal world that transformed. I dropped the need to be anywhere other than where I was right now.

I still read and continued to learn and grow, but I didn't do it with a "seeking" mentality. I did it out of the joy of play; there was no attachment involved.

Over the next few months I also made some practical shifts in my diet, including more green smoothies and learning more recipes, but all these additions were secondary to my internal shift. I embraced them because I wanted to, not because I felt I had to. A few months later I realized I had been eating almost all raw without even trying to. I was doing it without discipline.

My breakthrough

I didn't realize it fully at the time, but after my conversation with Nature I had a small awakening: I was identified with this arbitrary goal, of eating 100% raw, as a means of completing some "incomplete" aspect of myself. Because I felt incomplete I thought that when I finally ate and stayed totally raw, life would be better. That I'd finally be where I needed to be. I was treating raw foods as a destination rather than a vehicle of health and consciousness. I was always hoping that the next bit of information, next dish, next guru, next product would fulfill me in a way that I wasn't currently fulfilled.

A Course in Miracles says that the ego's mantra is, "Seek, but do not find." That was my de facto health mantra; de facto because it came from a place of unconsciousness. After my conversation with Nature, and a few months of reflecting, I was able to transcend my seeking relationship with health by bringing my ego's true goals to the surface.

Regardless of where you are in your health journey, the most important thing is that you are complete as you are. Of course it's okay to have health goals and to make practical shifts in your diet, but if it is done out of a place of seeking than your ego will always find a reason to resist.

Transitioning to a primarily raw diet is challenging, but it doesn't have to be a struggle. Embrace completion and let everything else be a decoration to your already beautiful world. ■



Dhrumil Purohit

is editor and team leader of the web's most popular raw food blog, *We Like It Raw*. He is also the man behind *Give It To Me Raw*, the rapidly growing online community for people who love raw food. For more information see WeLikeItRaw.com and GiveItToMeRaw.com.

'I LIVED ON JUICE FOR 35 DAYS'

Heidi Ohlander of popular blog Raw Food, Right Now summarizes her experience of a month on massive quantities of raw juice.



Now that juice feasting is the latest phenomenon in the raw food world, it is amazing to think that the concept of juice feasting did not have the same worldwide exposure only a few months ago.

What is juice feasting? In case you are not familiar, juice feasting is a programme created by John Rose, and was made popular by David Rainoshek and his wife Katrina with their informative website JuiceFeasting.com. Juice feasting is a cleansing and rejuvenating programme where people consume four or more quarts of juice made from a combination of fruits, vegetable and greens, as well as various supplements every day for up to 92 days.

Juice feasting is different from juice fasting, which often requires the faster to undertake supervision from a health professional while consuming only 1-2 quarts of juice a day. With juice feasting, the average person is getting enough calories and nutrients to live their day-to-day lives, while still getting incredible cleansing on a deep level.

I researched juice feasting for over a year before I decided to take the plunge. Right before the start of my juice feast, my love Justin (who now goes by the name of JS) and I had

the opportunity to take a look at the entire JuiceFeasting.com membership site. After fully understanding the programme, I thought it may be interesting to try someday.

Someday ended up being only a few weeks later! An immense calling flowed through me. I knew I had to start a juice feast. Not next week, not next month, I needed to start *right now!*

I gave myself 24 hours to prepare, and I jumped right in. I think the timing was right for me because I knew so much about the juice feasting experience from David and Katrina Rainoshek, as well as from Angela Stokes, who was the first person to publicly blog about her full 92 day juice feast. I also had been juicing on a regular basis, so it seemed like as ideal a time as any time could be.

Before I started my feast I wrote down my goals of what I wanted to accomplish during my juice feast. Some of those goals were physical, including losing weight and having radiant skin. I also felt like I was ready for a good hearty detox. I've done so much water fasting and juice fasting that I was interested in knowing how juice feasting was different. One of the biggest goals I had was to increase my enthusiasm for making raw food. It was January and after the holidays I felt burnt out from making delicious raw creations. I needed a break. I needed a change.

Modified juice feasting by JS Ohlander

When I first found out about the concept of juice feasting, I was intrigued. Then when I started to follow Angela Stokes's blog while she was juice feasting, I was hooked.

I knew that I wasn't ready for a full juice feast, but when Heidi did her 35 day juice feast earlier this year, I started to add more juice to my diet; something I have had very little of since going raw in 2004. I noticed immediate benefits.

At the end of April, I knew I was ready to try my own juice feast, but I also knew I may not be committing to a full 92 days.

I started out with a full eight days of only juice. I'm a big believer in "following your body" and at this time, my body told me to break the feast and go into what I call a "modified juice feast": somewhere between 1-4 quarts of juice a day – still a very large quantity – combined with raw foods.

Shortly thereafter, my body started asking for more juice again. I felt called to juice feast three days a week, and combine large amounts of juice with raw foods the other four days.

My point here is that you don't have to do a full 92 days on just juice in order to get the benefits of this incredible technology.

If you are interested in juice feasting, be it a full juice feast like Heidi or a modified juice feast like I am doing, here is my advice: Read everything on JuiceFeasting.com. Saturate yourself with information. If you feel an inner calling to juice feast, go for it, but also leave yourself some room to break it when you feel you are ready. After that, listen to your body.

To get even more help, I recommend consulting with David Rainoshek or any of their recommended juice feasting consultants.

Follow JS's modified juice feast at JSOhlander.com.

Even though I didn't feel 100% ready to juice feast, I knew that I would never feel 100% ready. As long as I had enough basic information and basic equipment, I was ready to begin my journey.

From that point forward, I celebrated every day of juicing as an accomplishment. I watched as my skin started to glow and become silky soft. I looked outside myself and saw changes, as well as looking inside myself and finding a new perspective on the world.

I had decided from the start that I would blog about my journey. It was my hope that by blogging about it, I could help show others what a juice feast is like from an honest perspective. I did not expect to inspire so many others who have contacted me, telling me that I was the first one to introduce them to the concept of juice feasting, and to show them that it is possible to live on juice for a period of time!

A few days after I began my feast, I increasingly turned inward into my thoughts. As a bold extrovert since birth, this was the most startling experience of all. I have never been inward in such a way. I felt so bad for Justin - he kept worrying that I was sad or depressed, when in fact I was really happy inside. I was just very quiet! Justin had never seen me "quiet" before. Well, neither had I.

After the quiet phase, at around 25 days into my feast I started to move outward again. I felt like a flower blooming in the springtime. I felt each part of myself spread out like a flower petal. Then began a surge of energy flowing through me. I felt enthusiasm for the future. My life was ready to begin again.

This blooming happened so fast that I was not ready for it. I expected this transformation to happen at around 80 days. Oh no... I was ahead of schedule!

Each moment passed, and I felt this passion to create. Create raw food, create new friendships, create art, create music, and re-create myself. After 30 days of juice, I did not know how much longer I could maintain this experience. The juice feast was happening out of my control. My body was telling me that this journey was coming to an end.

Sure enough, my final day of full on juice feasting happened at 35 days. When I announced it on our website Raw Food Right Now, the response was varied. Some people were happy for me, other people were very angry that I did not "finish 92 days".

Had I continued my feast, my 92 days would have ended at the end of April instead of in early March. Now I look back and I see how much I have accomplished since that time. I have learned about myself and I have clarified what I want to do with my life. Juice feasting brought me on an unexpected vision quest. I was just planning on losing weight and feeling good; I didn't expect it to change my entire outlook on life. But it did, and I am filled with gratitude for it.

The ideal juice feasting programme is intended to last for 92 days. I went on a juice feast for 35 days. Some have told me that I have failed. No one can tell someone else when they have failed. I feel great. I accomplished so much during my time juice feasting. Even now, I continue to juice on an almost daily basis in addition to my daily smoothies and salads. Juicing has become a larger part of my life than it ever has before.

I feel like I took a train ride on the "Juice Feasting Express". It went by so fast, yet I was able to see all the regular sights along the route of juice feasting. I learned so much about juicing and about myself. And as with any successful journey, I left the experience with fond memories.

I plan to take another trip on the Juice Feasting Express in the near future. Perhaps someday I might take the full 92 day trip of juice feasting, but no matter how many days I juice feast, I will always make sure to enjoy the ride. ■

The top 8 things juice feasting gave me

- 1. Weight loss** For those who want to lose weight, juice feasting made it happen for me. The weight loss felt gradual and satisfying. I lost 13 pounds in 35 days during the feast, and I have continued to lose weight after the feast thanks to a raw food diet with lots of green juice during the day!
- 2. Clear skin** My skin was glowing, and it continues to be soft and clear. I even cleared up a small scar that had been on my cheek for the past four years!
- 3. Clear mind** Juice feasting gave me a very internal meditative experience unlike anything else I have experienced.
- 4. Gentle detox** I have tried other methods of detoxification, and juice feasting is by far my preferred choice due to how gentle it was on my body.
- 5. Mental vacation from food** Food usually takes up so much of my mental energy throughout the day - after all it's part of my work! Juice feasting was able to give me a mental vacation away from "What am I going to eat". In its place it took less time to answer the question: "What am I going to drink today?"
- 6. Hydration** I have spent my entire life being dehydrated. Eating raw food has helped me, but juice feasting took that hydration to the next level. I finally knew how good it felt to feel "juicy" inside every part of my body.
- 7. Love of juice** I stopped my feast at the right time for me because I continue to love juicing nearly every day. I have fun experimenting with new combinations, as well as knowing my favourite recipes when I'm crunched for time.
- 8. Passion for raw food!** At the end of my feast my love for raw food was unparalleled. It strengthened my belief in the power of raw foods. Juice feasting gave me a hidden gift of gratitude for salads and smoothies and fresh strawberries - yum!

Heidi and JS Ohlander are the team behind Raw Food, Right Now, a frequently updated blog which is a constant source of great information, ideas, reviews and tips. The site also contains the most comprehensive list of raw blogs in the world.

ARE YOU GETTING ENOUGH B12?

Vitamin B12 deficiency is a silent epidemic with devastating consequences. **Philip Weeks** has advice on how to avoid this common problem.



I believe vitamin B12 to be one of the most important factors to consider in health and disease. It is often not taken seriously enough by either orthodox or alternative health professionals. I will explain why it is so vital that you get enough of this vitamin, why I believe it is best to get tested regularly and why, if you are deficient, it is essential you take steps as untreated B12 deficiency can cause irreparable damage.

What is B12?

Vitamin B12, also called cobalamin, is needed to create red blood cells, to enable folic acid absorption and for a healthy nervous system and brain. It also acts as a coenzyme, enabling healthy DNA replication to take place, as well as the metabolism of amino acids and fats. It is essential for the maintenance of the myelin sheath, which is the layer that surrounds the nerves. The

body can store B12 for a period of two to five years, and 80% of storage is in the liver. Its presence in the body is vital for the breakdown of homocysteine, therefore essential for healthy detoxification.

There are a number of sources of B12. It is present in meat, fish and dairy products; it is also present in some yeasts and in bacterially-rich environments such as soil. Vegetarians and vegans are at a greater risk of B12 deficiency than the rest of the population, as B12 is almost exclusively obtainable from animal products. Grains, vegetables, fruits, pulses, nuts and seeds do not contain any B12.

However, in many parts of Asia vegetarianism has been practiced successfully for thousands of years. People relied on fermented foods, which were created in an environment where B12-rich bacteria dominated. These included

foods such as tempeh, miso and soy sauce. Because of strict hygiene standards, fermented foods commercially produced in the West have virtually no naturally-occurring B12. Many manufacturers have realized this and more recently have started supplementing their products.

It's not how much you eat; it's how much you absorb

Even if you are consuming enough B12, deficiencies can occur if the body is not absorbing enough of it. In order for B12 to be absorbed through the small intestine, it needs to be combined with a protein called "intrinsic factor", which is produced in the stomach. Some people are unable to create intrinsic factor and they become B12 deficient. This leads to a condition called pernicious anaemia.

Reasons for impaired B12 absorption

- A lack of intrinsic factor, which is believed to be caused by a hereditary autoimmune disorder.
- Deterioration of the stomach lining, including ulcers (more common in the over 50's).
- Age: as we get older our ability to absorb B12 usually decreases.
- Irritable bowel syndrome, inflammatory bowel diseases or unidentified coeliac disease.
- Bacterial infections in the gut.
- Certain drugs can interfere with absorption, such as antacids and the diabetic drug metformin.
- Mercury and anaesthetics can interfere with absorption, as can parasites such as fish tapeworm.
- Gastric operations, such as removal of sections of the gut.

Symptoms of pernicious anaemia are the same as those of iron-deficient anaemia and include fatigue, pale skin and breathlessness. A blood test in this instance would usually reveal enlarged red blood cells. If someone has the classic signs and symptoms of pernicious anaemia, effective treatment can prevent them from a whole collection of serious and debilitating health problems. Pernicious anaemia is usually easily detected and treated either through B12 injections and/or high doses of oral supplementation.

There is a big “but” here. A third of people with B12 deficiency never develop the usual blood abnormalities of large red blood cells or anaemia. A full blood count from your doctor doesn't include testing for B12 levels in the blood. Usually B12 is only tested when the red blood cells are unusually large. Someone can have low B12 without this sign being present. Symptoms are often misdiagnosed, leading to potentially devastating consequences. If someone's levels are low then they have probably been depleting their reserves for a number of years.

The effects of B12 deficiency

B12 deficiency can exhibit itself with a dull pale or yellow tint to the skin. It can begin with subtle symptoms like occasional tiredness and apathy and can gradually develop into irreversible psychiatric and nervous system degeneration, dementia and eventual death. In the box overleaf is a list of some of the potential symptoms of B12 deficiency. However, just because someone has a number of these symptoms doesn't

necessarily mean they are caused by a lack of B12. It is important to also investigate other possible causes. Equally, B12 deficiency can mimic the symptoms of Multiple Sclerosis and Parkinson's Disease so it is often far from straightforward to diagnose without doing a blood test.

Sources of B12

Because B12 is not found in plant foods, it is vital to supplement the diet daily. I have come across many people who have been vegetarian for 10 or 20 years and then start to crave meat, reporting that they feel better after they go back to eating animal products. I find that this is almost always caused by B12 deficiency and that once levels are restored they can continue to follow a vegetarian diet and be healthy again.

It is a common misconception that spirulina, chlorella and blue green algae, despite having important nutritional components, are a good source of B12. They contain B12 analogues which when tested mimic true B12, however when these superfoods are taken to treat B12 deficiency they are not effective. Nutritional yeast, however, does contain true B12 and can be useful as a non-animal source.

Have you heard the old adage, “Eat a peck of soil before you die”? A peck sounds like a tiny quantity but in fact a peck is a medieval dry measure of about nine litres! Considering that some soil is rich in bacteria and B12, there is no doubt our modern day obsession with cleanliness has contributed to the epidemic of B12 deficiency and other health problems. To make sure intake is sufficient,

my recommendation is to take a B12 supplement every day. The RDA (recommended daily allowance) of B12 is about 1.5 micrograms a day. I suggest that this is rarely enough, and as discussed, it is all about absorption. With my patients I usually recommend a minimum daily dose of 50 micrograms, in the form of tablets or in liquid form, which is 5000% of the RDA. However some people need as much as 2000 micrograms a day. Getting a blood test will be a good indicator, giving you valuable information as to the levels you personally need.

There is also a B12 skin patch which is reported to deliver 1000mcg into the bloodstream. I also use these with patients and have found them to be useful. High-dose injections of B12 (1000 to 2000mcg daily) are effective with some people, even in patients with pernicious anaemia or those who have had gastric surgery. Some people need injections, especially if deficiency is severe and has been present for a long time. This is the quickest way to restore levels in the body, and is sometimes clinically necessary. In extreme cases it may be necessary to have an injection every day for a month, gradually tapering down to once a week and then once a month before normal levels are achieved.

B12 is also known for its energising effects. Margaret Thatcher was famous for having regular B12 injections to keep her energy levels high. Many athletes and music artists use them to prevent getting adrenal burnout. Some famous chess champions are known to take them on tournament days to improve their concentration. There is no known toxicity dose of B12 and excess >>>

“Even if you are consuming enough B12, deficiencies can occur if the body is not absorbing enough of it”

A Case History

Janet came to see me complaining of fatigue, depression, menstrual irregularity, poor memory and phases of hair loss. She had been vegetarian for 20 years, but had recently been craving meat. Tests by her doctor had shown her full blood count to be normal, with no anaemia detected. She was referred to a psychiatrist. When I first saw Janet, she had a number of other health issues, including a fungal infection in her gut. However I suspected that she was low in B12. She had a blood test with her GP and it came back within normal limits, although, at 206ng/l it was at the lower end of the normal spectrum.

As well as tackling her digestive issues, I suggested a large amount of B12 taken in liquid sublingually every day, and a re-test in 3 months. Fortunately her next blood test showed an increase to 350ng/l. She reported that her energy had increased dramatically, hair loss had stopped and she was feeling less depressed. However, because she had been depleted for possibly many years, I suggested continuing with the high levels of supplementation for another six months, followed by another blood test. It might be that she will need high-dose supplementation for 18 months or more to replenish her reserves. She continues to improve.



levels are easily broken down and excreted from the body. There is a rare genetic condition called Leber's optic neuropathy where B12 in the form of cyanocobalamin is contraindicated. In this circumstance a form called hydroxycobalamin is usually given.

Getting Tested

Some people think that as long as they're taking a B12 supplement every day they are fine and protected. However this isn't always true. I suggest that everyone, especially vegetarians, vegans and those on a living food diet, have an annual B12 blood test. In the UK this is usually as straightforward as requesting this test from your doctor or practice nurse, explaining that you are vegetarian. Remember that a full blood count is *not* sufficient, as many mistakenly believe that B12 deficiency only shows up as large and misshapen red blood cells.

The UK guidelines for appropriate blood levels are 200 ng/l to 800 ng/l. Some researchers have discovered that symptoms and nervous system damage can begin to develop when levels are below 300 ng/l and

symptoms don't always disappear until levels are in excess of 600 ng/l.

A small percentage of people need a higher than average level of B12 to function normally. This can mean that although blood tests reveal adequate levels, they in fact need much more and can benefit from extra supplementation. I have seen a number of patients who have recovered from chronic fatigue through taking large amounts of B12, even though blood levels were well within the normal range.

There is a further test, which measures urinary MMA, or Methylmalonic Acid, levels. This test measures B12 activity at the tissue/cellular level, since MMA levels are directly related to a B12-dependent metabolic pathway. If there is elevated MMA, then there is B12 deficiency even if blood plasma levels are normal.

If in any doubt, I suggest that you consult a health professional who is fully aware of all the issues involved with B12 deficiency. There are many thousands of people eating a vegetarian or a meat-based diet who are unaware that they may have a health time bomb ticking away inside them. Some think they are just suffering from the effects of old age, or feeling unusually tired and lethargic. Others may already have neurological symptoms or have developed mental health disorders. Could *you* be suffering from a B12 deficiency which, if treated in time, could prevent untold suffering?

This subject is much vaster than I have been able to cover here so for further information, I would recommend:

- *Could it be B12?* by Sally M. Pacholok and Jeffrey J. Stuart
- *Healing with Whole Foods* by Paul Pitchford
- www.b12d.org

"I have seen a number of patients who have recovered from chronic fatigue through taking large amounts of B12, even though blood levels were well within the normal range"

SYMPTOMS OF B12 DEFICIENCY

MENTAL / PSYCHOLOGICAL

- Apathy
- Confusion
- Delayed development in children
- Dementia
- Depression (including post natal)
- Deterioration of mental health, mood swings, paranoia and other personality changes
- Memory loss
- Violent and irrational behaviour

NEUROLOGICAL

- Abnormal neurological sensations, numbness, tingling and weakness
- Balance problems
- Incontinence
- Pain
- Paralysis
- Restless legs
- Tinnitus
- Tremors
- Vision loss

OTHER SYMPTOMS

- Chronic fatigue
- Disturbed appetite
- Gastrointestinal issues, constipation and diarrhoea
- Insomnia
- Sore tongue
- Susceptibility to viral and bacterial infections
- Tiredness
- Vitiligo

Low levels of B12 increase the levels of homocysteine in the blood. High levels of homocysteine have been associated with an increased risk of:

- Cardiovascular disease and strokes
- Cancer
- Osteoporosis
- Alzheimer's disease



Philip Weeks

is a master herbalist, naturopath and licensed acupuncturist. He sees patients from all over the world at his clinics in Hereford and London. For more information see PhilipWeeks.org or telephone 01432 265565.

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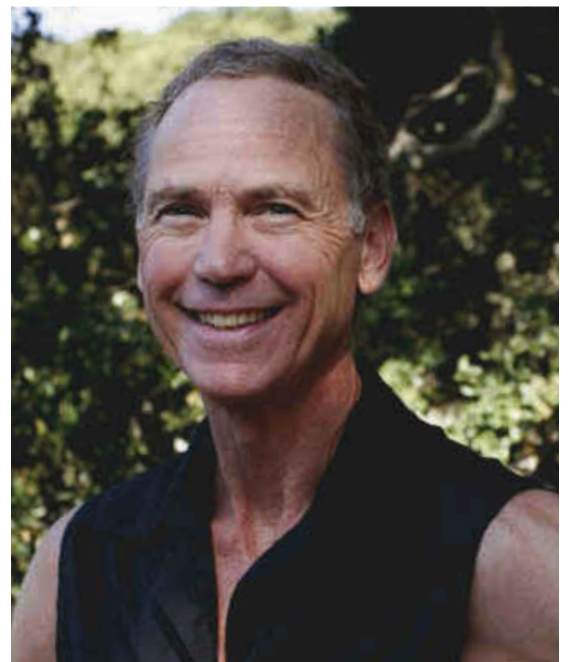
How to live sustainably

An interview with
John Robbins

For the last 20 years, John Robbins has been a world-renowned authority on sustainable living. While many in the “green” movement gloss over the *real* inconvenient truths, Robbins works tirelessly to raise awareness of those truths. While most who claim to care about the environment have carbon footprints that are nothing to be proud of, Robbins and his wife Deo started treading lightly on the planet back in the late 1960s.

Robbins became a household name after the publication of his book *Diet For A New America*, a groundbreaking work which lifted the lid on the cruelty involved in the factory farming industry and also the health and environmental hazards this industry has to answer for. The book went on to become an international bestseller. In the 2001 book *The Food Revolution*, he expanded on those themes, including the far-reaching environmental implications of the modern, meat-based, processed diet.

Here he talks to Sarah Best about the challenges facing our planet and the easiest steps each of us can take to ensure we are part of the solution not part of the problem.



For those readers who may not know your story, could you briefly describe your privileged upbringing and what led you to turning your back on that lifestyle in early adulthood and passing up considerable wealth in the process?

My father and uncle started Baskin Robbins, the “31 Flavors” ice cream company, in 1945, two years before I was born. As I grew up, and it became the world’s largest ice cream company, my Dad groomed me to succeed in it. I was the only son – I had sisters but no brothers – and my father was an old-fashioned guy so his expectation was all on me. As a kid I worked in the company in many different departments learning all about it. We even had an ice cream cone shaped pool in our back yard!

By the time I was into my late teens I was starting to think for myself. I began to question whether the path my father had paved for me was in fact the right one for me. It was extremely appealing financially of course, but it seemed to me to run counter to my feelings about myself, the world and social responsibility.

So at 21 I not only walked away from the place waiting for me in the company; I also told my father I didn’t want to benefit from his wealth anymore. I knew I wasn’t strong enough then; that my values were not developed enough to withstand the temptation, so I had to make a clean break. I couldn’t be tethered to the ice cream company either through working there *or* through accepting my father’s money.

How did it come about that you moved so far in the other direction and started living the ultimate in sustainable lifestyles, decades before most people even had any concept of why that might be a good idea?

I needed to separate myself from the Baskin Robbins empire and my parents’ expectations of me and how they wanted me to live. I wanted the opportunity to send my roots down into the earth and to live on, with and for the earth, appreciating the seasons and rhythms and the way those interconnect with the rhythms of our own bodies.

I met my wife Deo when I was 20 and she was 19. We’ve been married for 41 years now. We both grew up in cities and felt pretty divorced from the natural world. We had a desire to see if we could live a lifestyle that was truly sustainable and, if so, whether that could be fulfilling. So in 1969 we moved to an island off the coast of British Columbia and built a one-room log cabin which we lived in for 10 years. We grew 95% of our own food, everything we grew was entirely organic, and we lived very simply. It was very beautiful. Although the phrase “carbon footprint” didn’t exist back then, ours was very small.

We didn’t have a lot of land so we couldn’t graze cattle. We probably could have had some chickens but we didn’t want to; we wanted to experiment with a vegan diet. It was an experiment in a form of agriculture that was as non-resource-dependent as possible.

We were redefining what success meant. We didn’t use money to measure the richness of our lives. I would suggest that when you use money as the only way to do that, that is actually a deeply impoverishing way of experiencing life.

A few years after leaving the island I wrote *Diet For A New America* and that book came out of my experiments in living sustainably.

Was your initial decision to experiment with a vegan diet for compassionate reasons as well as environmental ones?

Yes. I’ve always loved animals. I connect beautifully with cats and dogs and any animals I get to experience. I have known animals who’ve felt like family to me and those relationships have enriched me as a human being.

Why is it that we call some animals “pets” and treat them as a member of our family and get so much back from them, and call others “dinner”? Why is it that if animals are on the wrong side of that arbitrary line we feel justified in treating them with *any level of cruelty* so long as it lowers the price per pound? It is a profound disconnect.

You don’t have to be a vegetarian nor even a particularly compassionate human being to be appalled at the level of cruelty that is involved in modern meat production if you actually see it. You don’t have to be a wild-eyed animal rights activist to just cringe from it. It is a violation of the human-animal bond. It is a violation of something in our spirit. We are more connected to the web of life than we realize and when we do that to our fellow creatures, it does something to us too.

Very few people actually favour animal cruelty. Yet each time we buy something we are sending a message to the producer that we approve; we are saying “Do it again”.

Isn’t it also interesting that the ethical arguments around not eating meat are so strong yet the environmental ones are equally strong? Neither needs the other to prop it up; each stands on its own as reason enough to follow a plant-based diet.

Yes, and they are also totally congruent. It is rare in life that something is this clear; usually there’s at least some trade-off. But what’s best for animals is also best for us and for the planet. The whole discussion regarding the environmental impact of modern meat production was something I brought forward in *Diet For A New America* and have been working to raise awareness of ever since then. It has had quite a boost in the last few years.

In 2006, the Food and Agriculture Organization (FAO) of the United Nations released a report entitled *Livestock’s Long Shadow*. It looked at the direct impact of meat production and also at the impact of the feed crop agriculture required for meat production.

“As an American who grew up as heir apparent to the Baskin Robbins company and walked away from that because I saw what it was doing to the planet and couldn’t support that, I gave up extreme wealth because I didn’t want to give up my soul”

The report stated that meat production is the second or third largest contributor to environmental problems at *every* level and at *every* scale, from global to local. It is responsible for land degradation, air pollution, water shortage, water pollution, species extinction, loss of biodiversity and climate change. Henning Steinfeld, a senior author of the report, stated, “Livestock are one of the most significant contributors to today’s most serious environmental problems. Urgent action is required to remedy the situation.”

Al Gore, in his documentary *An Inconvenient Truth*, ignored this whole issue completely. He hasn’t changed his position since, despite the UN coming out with this massive report. When is Gore going to get it?

The FAO report is considered the most definitive, comprehensive and reliable assessment we have. And it states that livestock >>

Is 100% raw the ultimate in green living?

By Sarah Best

If eating a plant-based diet is the surest way of turning your carbon footprint into a tiptoe, is a *raw* plant-based diet the most sustainable choice of all?

Make no mistake: the carbon footprint caused by humanity's acquired habit of cooking food – something no other species does – is colossal. If cooked food makes up a large part of your diet, be aware that the cooking you and your family personally do at home likely represents a small fraction of the heating that goes into your eating.

It's easy to forget that all packaged food products (other than fruit and veg) are almost certainly cooked unless they are clearly labelled raw. And many common foods are cooked more than once before you even crack open the pack and toss them in the pan. For example, wheat is cooked in the process of turning it into flour; it is cooked again when it is made into pasta, and that pasta is cooked a third time before it ends up as dinner. If it's a ready meal involving pasta, make that a fourth time. Leave half of that ready meal and microwave the leftovers the next day and you're eating at least one ingredient that has been cooked *five* times.

So a plant-based raw diet is in theory a very earth-friendly choice. But there are other distinctions too. High on the list is whether the food is organic or conventionally produced. Also: is it packaged and if so how is it packaged? And whether you're buying packaged goods or loose produce, food miles are a very good thing to be aware of. Where possible, choose food that is both locally produced and in season.

The most sustainable meal of all is a meal of organic plant foods you grew in your own garden, eaten raw. Next best is that meal, lightly cooked. But even if you bake your prize potatoes for two hours, that is still a more earth-friendly choice than a raw smoothie containing mango, banana and avocado, unless you happen to live in a place where these foods grow! It is also a more earth-friendly choice than a pack of dehydrated cookies flown across the Atlantic.

If something requires ten hours or more of dehydrating time, low temperatures aside, it's safe to assume that is using far more energy than five minutes of steaming. So it's not as simple as saying that the raw diet is the ultimate in sustainable eating. It depends on *what* you are eating and where it came from.

But this is not about achieving top marks for sustainability at every meal. Unless you have at your disposal an extensive area of land for growing your own food, you'll have to live with some compromises, no matter how dedicated you are. The important thing is to be aware of the things you can do to lessen your impact on the earth each time you sit down to eat.

Eating as much as possible of your food raw is a great thing to do, however much that happens to be for you at this point in time. But the most important thing you can do to consider the planet is actively seek out locally-produced, natural, unprocessed, plant-based ingredients and decrease your consumption of everything else!

production generates a staggering 65% of the nitrous oxide produced by human activities, and this greenhouse gas has an even more staggering 296 *times* the Global Warming Potential of carbon dioxide. The FAO concluded that overall, livestock production is responsible for 18% of greenhouse gas emissions, a bigger share than that of transport. What that means is meat production contributes more to global warming than all the trucks, cars and planes in the world combined.

The Live Earth concert handbook stated that, "Refusing meat is the single most effective thing you can do to reduce your carbon footprint." Even Environmental Defence, a group which has justifiably been called Bush's favourite environmental group, calculates that if every meat eater in the US swapped just one meal of chicken per week for a vegetarian meal, the carbon saving would be equivalent to taking half a million cars off the road.

In 2006, a University of Chicago study found that a vegan diet is far more effective than driving a hybrid car in reducing carbon footprint. "Vegetarianism is the new Prius" is a phrase I heard recently. But it's actually *more* effective than driving a Prius. If you're going to drive a car a hybrid vehicle is the way to go, there's no doubt about it. But as the FAO report stated, all the SUVs, Hummers, trucks, ships and planes in the world contribute less to the problem than meat. The meat-eating Prius driver has a bigger carbon footprint than the vegan Hummer driver, not that there are probably too many of those!

So isn't it frustrating to see well-intentioned people go to all sorts of lengths to live a "greener" lifestyle, when the single most effective thing they could be doing is so easy: get as close to a plant-based diet as they can?

It comes down to this: if we are really committed to saving the environment we need to know where our leverage is; where we can get the most benefit. Eating lower on the food chain pollutes so much less and uses so much less.

The raising of animals and the growing of feed crops uses 80% of all agricultural land in the US and a third of all fossil fuels. Every stage of meat production involves heavy pollution, massive wasting of resources, and the emission of large quantities of greenhouse gases.

So the question is, are we going to become sustainable and do things that take the earth's needs into account or are we going to indulge our appetites without any regard for the impact we are having on the environment? If we do that we are condemning our children and grandchildren to an inhospitable world. If we do that we will have committed a crime of stupendous proportions.

What would you say to those who believe consuming fish is a more sustainable food choice than consuming land-based animals?

It's deeply troubling how fast fish stocks have been decreasing. Most of us think of fish as a renewable harvest resource, like wheat, rather than species that are endangered, like panda or tiger. But as the technology used to vacuum every last fish from the ocean has become increasingly sophisticated, species after species has been pushed to extinction. Today, nearly all of the world's fisheries are depleted or in steep decline. And half of all fish species are considered to be vulnerable to or in immediate danger of extinction.

Some look to fish farming as an answer. But the farming of shrimp, salmon, trout, bass, yellowtail and other carnivorous species has actually increased demands on marine production. It takes five pounds of wild ocean fish to produce a single pound of farmed saltwater fish or salmon. The dismaying reality is that aquaculture, or fish farming, is now a contributing factor to the collapse of fisheries around the world.

Let's touch briefly on the question of organic, free range, grass-fed and/or locally-produced meat, dairy and eggs. These are characterized by those who produce them, and those who consume them, as perfectly ethical and responsible choices. Are they?

If you're going to eat any animal products, if you can get humanely-raised, locally-produced and organic that is definitely the way to go. But a bigger

With wife Deo preparing vegetables on the deck at their home in the hills outside Santa Cruz, California



step would be to eat less of them or better still not eat them at all. Although grass-fed organic beef is on the whole a much better choice than factory-farmed, and is certainly much better for the animals, in some ways it is actually worse for the environment. It uses a lot more grazing land and the cows take longer to grow to weight so emit more methane, another massive contributor to global warming.

I haven't eaten beef in decades and I don't miss it at all. I feel energetic and light and I feel good about the fact I can have a bumper sticker on my car that talks about living lightly on the earth and know that is something I'm actually doing.

If you're going to eat eggs, get a hen. The second best is buying from a neighbour who has a hen and the third best would be a local, small-scale, free-range producer. When you buy eggs in a health

“The meat-eating Prius driver has a bigger carbon footprint than the vegan Hummer driver”

store or supermarket and see the claim “Free Range” on the carton you never know how true that is. Very often it's nothing more than deceptive marketing.

Near where I live, in a town called Hollister, California, is the “Happy Hen Egg Ranch”. The cartons have a picture of a hen singing in a field with the sun shining overhead. Well, I visited the “Happy Hen Egg Ranch” and the hens were in cages. The cages were a little larger than the industry norm but that's a very low bar to compare it to and certainly not what was depicted on the carton. As consumers become less tolerant of certain industry practices, companies are under pressure to mislead with their marketing so what is on the label is no guarantee you are buying a more ethical product.

Even the best forms of animal husbandry are polluting, not to mention cruel. There is an economic obstacle to it being any other way. If you want to do the right things as a meat producer you can't compete at price point with people doing it the standard way, including the standard organic way. The products would cost four to five times as much so who can afford to buy those? Only the very wealthy few.

There is a big part of me which feels if something is only available to the very rich and I have the opportunity to have it, do

I really want it? I have this deep instinct that we have too much of that in our world. Too many people are left behind and not even seen let alone valued. They don't even have a seat at the table. It makes me think of the quote by Anatole France: “The law, in its majestic equality, forbids the rich as well as the poor to sleep under bridges, to beg in the streets and to steal bread.”

The need for social justice is, for me, as imperative as the need for environmental sustainability. I actually don't think we can have one without the other. Those of us in affluent countries have a tremendous opportunity to take a stand that what we consume must not contribute to the impoverishment of other countries.

Meat consumes a lot of resources that could have been used to feed people in the world who don't have food to eat. I don't want to live in such a way that I can't meet someone with fewer financial resources and look them in the eye as an equal.

This brings us onto another inconvenient truth most people are unaware of: the link between meat consumption in the affluent west and starvation in poor countries.

About a billion people alive today don't have enough to eat. A third of children in the developing world don't have enough to eat.

Everyone needs to eat and it is not efficient to cycle grain through animals. The production of 1lb of feedlot beef requires 16lb of grain. 1lb of whole wheat bread requires 1lb of grain. If you're growing feed grains you're wasting most of what you grow.

The price of food is escalating rapidly now. We are draining water tables globally. Food production depends in almost all cases on the ability to irrigate so this is likely to push food prices higher. Meanwhile, the world grain harvest per capita has been declining since its peak in 1984. There are lots of reasons for that, including the degraded, eroded, nutrient-depleted state of the world's farmland. All this means there are serious concerns as to our ability to grow enough food in the future.

Two-thirds of agricultural land in central America is used for meat production, either directly or indirectly. Yet the poor majority can barely afford to buy grain to eat. A plane takes off every day from Bole International Airport in Addis Ababa, Ethiopia, carrying beef that's being exported to the European market and when I think about that, something in me just screams.

That is water and grain and other resources that should be used to feed the poor of that country. The exploitation and abuse of impoverished people and their ecosystems in order to produce >>

cheap food for us – it’s just obscene to me. The day that hunger is eradicated from the world will be the greatest spiritual explosion this planet has ever seen.

What can each of us do to hasten that day and in the meantime ensure this is a problem we are not a part of?

It has been calculated that if everyone in the US ate 10% less beef that would save enough grain to feed 60 million people a year. 60 million happens to be the number of people expected to die of starvation or other hunger-related diseases on the planet this year.

noticed by those around you and will make them reflect on their own lifestyles, values, choices and actions.”

There is an illusion in our culture that the rich and famous determine things, but they are actually followers. This is about each of us doing our bit. What I’m talking about is the human spirit coming alive in response to our collective problems and challenges. These problems are not confined to any one place; they are global. The phrase “Think globally, act locally” has never been more appropriate.

When we widen our circle of compassion we don’t restrict our concern to people we know or to people like us. We reach out



With son Ocean, and grandtwins River and Bodhi

“Are we going to become sustainable and do things that take the earth’s needs into account, or indulge our appetites without any regard for the impact we are having on the environment?”

That doesn’t mean all we have to do is eat 10% less beef and we’ll have ended hunger, because there’s no guarantee that that food would reach the world’s hungry. At current prices they couldn’t afford it and the way the world economy is set up right now, if you can’t afford to buy food, you don’t eat.

But it is guaranteed that the food won’t reach those people if we continue to cycle it through the animals we eat. I say to audiences, “There are a lot of people who won’t lift a finger and that can make the problem seem too overwhelming. But cut down by 20% and you’re covering for one of those people, cut down by 30% and you’re covering for two, and cut down by 100% and you’re covering for 9.”

People often feel helpless in the face of the enormity of the problem and say, “That person has a really big oar because he’s rich and famous. I only have a toothpick so what can I do?” And I say, “If that’s all you have to use, row with your toothpick. Just by doing that you become a bigger person and who knows how that will play out and what influence you could soon have. Even if you only have a toothpick, the way you live is having an influence on everyone you interact with and when someone is doing everything they can to live sustainably, that sends a very powerful message. It will be

to people of different nations, classes and colours and also to animals. That requires that we realize all of life draws breath from the same source and that we are interconnected, and the day we grasp that is the day we awaken.

It is so important we each realize our own power. It’s easy to be overwhelmed by the problems and the economic clout that goes into perpetuating those problems. But the fact these problems are so big is the reason as many of us as possible need to stand up as examples of just, sustainable living.

At this point, do you think we’re moving in the right direction collectively?

There are so many ways now in which consumers are becoming more conscientious. I love that people are starting to ask, “How was that meat produced”, “Are those grapes sprayed,” “Was that rug stitched together by a child forced to work horrific hours in terrible conditions due to the destitution of his or her family?”

People are starting to do things like switching off lights, changing to energy-efficient light bulbs, learning to insulate their homes more efficiently, and just generally greening up their lifestyles. This is based on a deep understanding as a culture that our lives have become very earth-unfriendly.

At a time when more and more people are living more consciously, an extremely worrying statistic from the FAO is that meat production is on course to double from its level of 229 million tonnes a year in 2000 to 465 million tonnes by 2050.

Yes, and a lot of that increase is coming from changing dietary patterns in less developed countries with large populations, namely China and India. India at least still maintains some vestige of its

vegetarian roots but China is going the whole hog. KFC is making more money in China than in the US and McDonald's is opening a new restaurant in China every day.

But it's not just happening in China; it's happening everywhere in the developing world. People who become able to purchase meat and fast food seem to want to and this is thanks to the influence of western consumerist culture. We're exporting hamburgers and ice cream into cultures that have had simple, unprocessed, largely plant-based diets. These foods are tasty in an instant gratification sense, but people are not aware of the devastating health and ethical implications of eating these foods.

Much of my work now is to try to say to people in those countries, "As an American who grew up as heir apparent to the Baskin Robbins company and walked away from that because I saw what it was doing to the planet and couldn't support that, I gave up extreme wealth because I didn't want to give up my soul. Think about what you are doing taking on these western consumerist values."

Given the pollution already caused, the vast areas of forest and rainforest already destroyed, and the other finite resources already guzzled by global meat production, if the FAO's prediction comes true, what kind of a world will we be living in in just a few decades? Is it even possible do you think; can the planet even sustain animal agriculture on that scale?

Obviously not. One strong possibility is that oil could become so expensive that food transportation ceases to be financially viable and then we're back to locally grown food. There are other ways it could play out, but my preferred way is that people wake up to the fact we have huge problems which are demanding our urgent attention. If everyone just did what they personally could, we'd get there.

This is not even a political issue. Once the facts are understood there is general agreement on the urgency of the situation. When I am talking to someone who doesn't share my views, someone from the meat industry perhaps, I might say: "We disagree on a lot of things but we can agree on something. If we were both in a car crash on our way home tonight and found ourselves in intensive care and dependent on those support systems our prayers would be with each other and we would be deeply committed to those life support systems working properly. Well, we are deeply dependent on the life support systems of the planet yet the way we are living is abusing those support systems."

You touched earlier on the fact that where our leverage is greatest is in the food we choose to eat. That is where we can have the most impact with the least effort. What are the other things that make a really big difference and that are relatively easy for anyone to do?

One of the most important things is buying less of everything. Buying a green version is a step forward, but buying *less* is a much bigger one. If you do this, you're not causing the production of more new stuff, using resources or exploiting less advantaged people.

Ask with every choice you make, "Does this enhance the earth or does this degrade the earth?" Vote with your life. Vote by the way you treat people. If you can live with respect for yourself and others you're taking a huge step. You're doing your part. If enough of us do our part we will turn the tide.

What are some other things that you personally do that may inspire readers who feel moved to tread as lightly as possible on the planet?

We've covered our house with solar panels which generate electricity from the sun. You can't do this if you're renting, so unlike the other things I've talked about this is not something everyone could do, but it is something a lot of people could do. It is a completely maintenance-free operation once it's installed, in time it pays for itself and from then on you're saving money.

We grow as much of our food as we can and the rest we buy from local farmers' markets. Almost everyone can grow something and growing your own food is a joy. It is key to reinstating your connection to the earth and reminding you what real food is.

We live in a three-generation household. Our 35-year old son lives with us, along with his wife who has lived with us for 14 years now, and our grandtwins who are seven. There are four adults in the house but we only have two cars, one a Prius. We try to minimize our car trips. If we need to go to the store we all talk and we make a list together so that rather than going once a week we can go once every two weeks. No car is "My car"; both cars are "Our cars". This forces us to communicate, otherwise someone may not have a car available when they really need one.

We develop, cultivate and appreciate our relationships with one another. We take each others' needs and feelings seriously and do what we can to uphold, affirm and cherish each other. The feelings of vitality and peace that come from being loved and knowing that your love is important to another person; when you have that in your life you are so much less susceptible to advertisers convincing you that their product is what's missing.

We define success as a culture almost exclusively in extrinsic, materialistic terms. The American dream is understood as limitless consumption but I believe there is a deeper, universal yearning and that is for limitless compassion. To me, a real success is someone who has beautiful relationships with other people. A real success is someone whose compassion makes a difference to those they interact with. A real success is someone who changes the way they live to make it more sustainable for the planet. ■

To lend your support...

Charity begins in the home, and the earth is the one home we all share. This is our list of the top five organizations working to protect the environment and create a more just world.

EarthSave

Founded by John Robbins, EarthSave promotes food choices that are healthy for humans and for the planet. It has 40 chapters in the US and many others throughout the world and exists to continue the educational work that *Diet For A New America* began. EarthSave.org

Viva!

Vegetarians International Voice for Animals is a UK-based charity which has done outstanding work publicizing the link between meat consumption and environmental problems, most recently through its "Hot!" campaign. On the Viva! website, check out the report "Diet of Disaster" – a detailed analysis of the specific effects of animal agriculture on problems ranging from global warming to antibiotic pollution. Viva.org.uk

YES!

Youth for Environmental Sanity (YES!) was founded by John Robbins' son, Ocean, when he was 16 years old. YES! educates, inspires and empowers young people to join forces for social justice and environmental sanity. YesWorld.org

Vegfam

While many charities providing aid to the world's most impoverished still see sending livestock as a good idea, Vegfam funds only sustainable plant-food projects which do not exploit animals or the environment. Vegfam provides seeds and tools for vegetable cultivation and fruit and nut tree planting. It also provides emergency food in times of crisis, often helping people who are out of reach of the major charities. VegfamCharity.co.uk

Fruit Tree Planting Foundation

FTPF has installed orchards in schools, homeless shelters, low-income neighbourhoods, rehab clinics, international hunger relief sites and animal sanctuaries. As well as providing nutritious food, fruit trees heal the environment by cleaning the air, improving soil quality, preventing soil erosion, creating habitats for animals and sustaining water sources. The president of FTPF is well-known raw food promoter David Wolfe. Ftpf.org



OUR TOXIC WORLD

Dr Brian Clement considers the pollution of our world and our bodies, and looks at two toxic food additives we should avoid at all costs.

In the last 100 years, much of food production has fallen into the hands of the profiteers leading the food industry. Their objective is to economically gain as much as possible, neuter the foods so they have long shelf life, and advertise the food for social, sensual and sexual reasons rather than for sustenance.

The leader's cohorts are the chemists. Corporate chemists have led the average person to believe that their field has made our lives better and that without them we would have mass starvation. This group notably created such offspring as DDT, aspartame, MSG and a wide array of other chemicals like pesticides, fungicides and herbicides.

A group that I have been a member of for many years, The Union of Concerned Scientists, has perpetually reported the pervasiveness of these man-made, manipulated elements within our global environment. Even in the North and South Poles, scientists have found man-made chemicals in the bodies of all creatures. When delving deeper, these substances are even found in the frozen ice. Layer by layer, we can determine when the industrial revolution began, since that is

the time the man-made chemicals began accumulating.

PPC, a known carcinogen, has never been absent when soil tests were done worldwide. Many governments have commissioned studies on their waterways, rivers, lakes, streams and brooks – and they have discovered that pharmaceutical medicines pervade all of these natural environments. Unfortunately, these pharmaceutical drugs, being in great part microscopic, often evade common filtration and people are re-ingesting them when consuming water.

Global warming, precipitated by greenhouse gases, also disseminates our overflow via the atmosphere to other parts of the world. Even our most apparently “pristine” ecosystems harbour deadly man-made chemicals. In his book, *The Hundred Year Lie*, Randall Fitzgerald explains what this abomination does to our bodies.

Over the decades of working with disease, there is no doubt in my mind that today's horrific statistics are in great part due to the body's burden of toxic chemicals. Through our food is where we receive most of our noxious waste. Those who continue to munch on other creatures and suckle their milk



receive by far the highest amount of these deadly delights, since our fellow creatures maintain high levels of these man-made toxins within their flesh.

Many of the most common beverages, (soft drinks, wines, beer) are filled with stabilizers, colourings, sugars, yeast and many forms of altered biology. Ironically, the health food industry is not always a sanctuary from these. If you read the product ingredients, you will often discover a sprinkling of

“It is conservatively estimated that two-thirds of adults in the United States and Europe consume aspartame products and nearly 40% of children up to the age of nine regularly drink soft drinks containing this artificial sweetener”

noxious elements. With the organic food movement growing in leaps and bounds, there are many in the mainstream food industry petitioning governments to weaken the standards so they can cash in on this significant trend.

There is good news on the horizon. Things have become so bad that the green movement has become commonplace and widely accepted as a necessity. For the first time the masses are moving in the right direction, albeit in baby steps. As a few of our cities submerge and the very wealthy who live on the shorelines are touched, I am sure that we will all be moving expeditiously to cure our self-created disease.

Your personal choices make the biggest difference to your health and that of future generations. How you think is essential. Ever since my four children began to walk I taught them to use a shared small paper towel to dry their hands. While walking on the beach, our family activity has been to clean up the debris spread about by the unconscious. At the core of our belief system, being bio-organic living food vegans does more to impact the environment and our (and your) health than all other actions.

Now I would like to focus on excitotoxins: a group of food additives that cause rapid firing of neurons in the brain to the point of exhaustion and then death of those brain cells. Excitotoxins have been linked with a number of serious health problems yet they are ubiquitous in the modern food supply. If you are buying non-organic processed meals or snacks, chances are they contain one or more of these health-destroying chemical substances.

SWEET POISON

First, the substance I consider to be the most horrific food toxin ever unleashed: aspartame. Sitting in my office is a 1,000-page book entitled *Aspartame Disease: an Ignored Epidemic*. In this important medical contribution, H. J. Roberts, M.D., F.A.C.P., F.C.C.P. explains how this sugar substitute, most often marketed as a non-fattening sweetener, impairs people in many ways.

To name just a few of the maladies to which aspartame is biologically connected: brain cancer, severe fatigue, addiction, hypoglycaemia, infertility, eating disorders, headaches, visual impairment, dizziness, confusion, seizures, tremors, arthritis, fibromyalgia, simulation of multiple sclerosis, Alzheimer's disease, diabetic complications, menstrual changes, skin irritations, rashes, chest pains and arrhythmia.

First I would like to explain exactly what aspartame is. It is a sweetener approved by the Food and Drug Administration in July 1981 for use in carbonated beverages, in July 1983 as an additive to multi-vitamins, and in May 1984 as a general all-purpose sweetener. It is 180 to 200 times sweeter than table sugar (sucrose) gram for gram, and has been marketed under a variety of popular brand names, notably NutraSweet and Equal.

It is a synthetic substance manufactured by combining the amino acids L-phenylalanine and L-aspartic acid with the ester of methyl alcohol. Methyl alcohol is also referred to as wood alcohol. The scientific literature refers to this compound as aspartylphenylalanine-methylester and a phenylalanine-containing dipeptide.

Of course, the Food and Drug Administration, a wing of the pharmaceutical and food industry, alleges this contorted ➤➤

mixture is safe. The FDA commissioner who approved aspartame for human use asserted that “few compounds have withstood such detailed testing and repeated close scrutiny.”

These comments were uttered on July 24, 1981. In 1985 Dr. Stanford Miller stated, “No one has yet come up with the slightest evidence to show that we were wrong in approving it.” Dr. Frank E. Young, a subsequent FDA commissioner, testified before a Senate hearing on November 3, 1987 that, “in conclusion, we do not have any medical or scientific evidence that undermines our confidence in the safety of aspartame. This confidence is based on years of studies, analysis of adverse reactions, and research in the scientific community, including studies supported by the FDA.”

The public is told that aspartame is two building blocks of protein that just happen to be in over half the foods most people eat today. Your body does not treat them any differently than if you consume a peach or string bean. This was, of course, the propaganda spread through *Newsweek* magazine in June 1986. Worldwide television ads speak about it being as natural as a banana, causing most viewers to conclude that it is derived from a natural source or that it is organic.

The medical profession has endured ongoing marketing about the safety of this chemical concoction since its inception. The Council for Scientific Affairs, the American Diabetic Association, the Center for Disease Control, the British Dental Association, the *New England Journal of Medicine* and the American Medical Association have all acted as mouthpieces for the aspartame industry.

“Most often found in Asian cuisine, and known as a tasty salt substitute, MSG is better at causing neurological disorders than feeding the body”

The reach of the product is worldwide, and it has received endorsements from regulatory, scientific and legal organizations such as the World Health Organization, the Canadian Health Protection Branch, the United Kingdom Committee on Toxicity of Chemicals, the British Toxicological Committee, the Epilepsy Institute and an assorted array of court systems, the European Commission and the European Parliament.

It is conservatively estimated that two-thirds of adults in the United States and Europe consume aspartame products and nearly 40% of children up to the age of nine regularly drink soft drinks containing this artificial sweetener. An estimated 800 million pounds of aspartame have been consumed since its inception.

In the early 1980s, many doctors observed a new level of symptomatology in their patients. Peer conversation over the years linked these symptoms to the use of artificial sweeteners. By the 1990s, many were naming these emerging disorders with catchy terms like “The Eureka Phenomenon”.

Dr. Charles Harris states, “The medical profession has a tendency to discard out of hand and despairingly, anecdotal information. Digitalis, morphine, quinine, atropine and the like are chemical derivatives that stem from anecdotal folklore remedies. After all, anecdote may be fatal, but 1,000 anecdotes can be a biography. A vital function of the medical profession is to sift anecdotes and submit them, if possible, to scientific evaluation, but it all starts as anecdotes.”

The initial reports were from patients who experienced blotchy, warm and itchy rashes over their bodies. As years passed by, increasing numbers of patients reported headaches, migraines, mental haziness, visual symptoms, slurred speech, insomnia, depression, and over time the observations became scientifically serious with the emergence of brain tumours and other forms of cancer, cardiovascular symptoms, and also implications with diabetes.

MSG

Monosodium glutamate was spewed into the public food banks decades ago. Most often found in Asian cuisine, and known as a tasty salt substitute, MSG is better at causing neurological disorders than feeding the body. Millions have reported headaches, nausea, sleeplessness, confusion, blurred vision or disrupted heart function. Additionally, the global scientific community has linked it to mutagenic tumour growth. Beyond these concerns, continued use of this chemical will impair blood cell development causing an overall anatomical weakening of the human body.

MSG is also found in some forms of textured soy protein (vegan meat substitutes), soft drinks and commercial soy sauces. There has been an ill-founded report that it is contained in Braggs amino acids (a healthy non-soy soy sauce substitute). Although this is the organic sodium extracted from a soybean, it is not the same manipulated chemical composition as MSG.

Excitotoxins, as you see, are not very exciting! As a matter of fact, all they cause is problems, concerns and disease. Today we must be independent thinkers, but more importantly, fully responsible for every aspect of our lives. We can no longer rely on others to ensure that the products they produce are health-building, rather than health-destructive.

Knowledge that is derived after healthy, inquisitive thought will enrich your existence. Scepticism is not good for you, yet positive discernment strengthens you on every level. One at a time we can bring humanity back into balance, resulting in the inevitable harmony of this planet and all the beings that live on it. From plants to animals to our fellow humans, we can recapture the vitality and strength that is our natural birthright. ■



Brian Clement

Ph.D., N.M.D., L.N. is director of the Hippocrates Health Institute in Florida. He has spent more than three decades researching and practicing living foods nutrition and progressive health care. For more information see HippocratesInst.com.



Challenging your *raw* beliefs

If you want to change your diet, first change your mind says Karen Knowler. In part two of her series on identifying whether your beliefs around food are helping or hindering you, she introduces a powerful exercise to help you find out.

Jn the last issue we looked at examples of how instrumental the mind is in our raw food journey and how it can either work for us or against us – often unwittingly! If you’ve been struggling to go raw and stay raw, and you know it’s not really about the food, then this issue’s focus using powerful coaching exercises may just help shine some light on the source of some or even all of your issues.

If you are happy with the amount of raw food you are eating then you can either skip this feature entirely or pull it out and keep for a time where there may be a discrepancy between your thoughts and behaviour.

So, if you’re ready to go, then in order to get the most out of the following exercises I’d like you to grab a pen and paper or your computer. Please only write and answer one question at a time and resist the urge to jump ahead as it could impact on the power of your results.

There are no such things as right or wrong answers here – only honest or dishonest, and you definitely need to be honest. Simply list anything and everything that comes to mind, and do not censor because the more open and honest you are, the more likely you are to discover the source of the problem.

Ready to play?

1. When I think of cooked food I think...
2. When I think of raw food I think...
3. If I lived exclusively on cooked food I think I...
4. If I lived exclusively on raw food I think I...
5. People who eat raw food are...
6. When I eat raw food I...
7. When I eat cooked food I...
8. If I had to choose between eating exclusively cooked food or raw food I would choose _____ because...
9. I believe that cooked food...
10. I believe that raw food...
11. This is my single biggest fear about going and staying all-raw...
12. This would be my very worst food nightmare if I had to eat all cooked food and no raw food at all...
13. This is my most beautiful vision of myself if I went all-raw...
14. This is my most depressing vision of myself if I reverted to all-cooked...
15. This is the worst experience I have ever had around cooked food...
16. This is the worst experience I have ever had around raw food...
17. This is the best experience I have ever had around cooked food...
18. This is the best experience I have ever had around raw food...
19. If we could turn all the negatives you have around raw food to positives would it make all the difference?
20. Of all the negatives you listed around raw food which ones, if they were to turn to their opposite (positive), would make the biggest difference?
21. Of all the positives you listed for cooked food, which ones if you could say they were also true for raw food would make a big difference?
22. If you had to give three words to sum yourself up if you went fully raw and your most beautiful vision came true, what would they be?



When you have answered the questions in full and feel happy with the depth you have gone to with each, read on for part one of a coaching case study that could help to shine light on what's been going on for you.

Susan (name changed for privacy and happy to share), 31, had been trying to go all-raw for five years. She managed this in fits and starts, sometime managing three or four months at a time without any exceptions, but frequently migrated back to cooked food in between "successes" at which point the all-raw times of any real note were sporadic. It usually took six months or more to get back to being raw for more than a month at a time.

While she didn't feel this was the end of the world she wasn't happy about it either. She knew that the cooked foods she was eating just didn't work for her any longer on any level and was getting increasingly frustrated by not being able to stay raw and fully commit to it. When she finally felt enough was enough she came to me asking the big question: WHY? And after answering the questions you've just answered it soon became clear. Read on to see how Susan's answers held the key to her raw success moving forward:

1. When I think of cooked food I think...

Comfort, Happy times, Families, Easy, Fast, Rice, Pasta, Potatoes, Warming, Satisfying, Cake, Love, Get-togethers, Eating Out, Tradition, Boyfriends, Socialising.

2. When I think of raw food I think...

Boring, Time-Consuming, Fresh, Clean, Lively, Enzymes, Colourful, Isolating, Life-Food, Lovely People, Juices, Salads, Vegetables, Fruit, Nuts, Seeds, Health Food Shops, Feel Good.

3. If I lived exclusively on cooked food I think I...

Would feel sluggish and miss raw food like crazy
Would gain weight and look pretty bleugh!
Would be depressed
Would wish I was raw
Would ultimately feel like life was not worth living

4. If I lived exclusively on raw food I think I...

Would look and feel amazing
Wouldn't know what to do with all my energy!
Would feel a bit odd, and very odd compared to most people
Would wish I knew more people who ate like me
Would be much happier and content that I finally made the break
Would be much clearer about who I am and what I want
Would want a personal chef!

5. People who eat raw food are...

Generally lovely
Some are a bit odd
Full of energy

Usually very healthy
The exception rather than the rule
On the cutting-edge
Not all like me
Extremists (sometimes)

6. When I eat raw food I...

Feel great
Feel so much happier
Lose weight (that I need to lose)
Wonder if I can make it last
Am scared in case I never get to eat cooked food again
Wish everybody ate this way
Wonder why more people don't know about it
Wonder if I will ever meet a man who doesn't think I'm odd for doing it
Feel a bit left out at parties (but can handle it mostly)
Wish people didn't keep asking me questions about it
Wake up earlier and brighter than when I don't
Have much more passion for life
Wish I lived in a raw food world so there weren't any temptations!

7. When I eat cooked food I...

Feel a bit fat and bloated, and quite quickly too - yuck
Like the taste but don't like the way it makes me feel
Like the variety but still feel crap on it
Feel more of the crowd
Am more accepted by my friends and family (mostly)
Wonder why I ate it!
Say it will be the last time (but it rarely is and I yo-yo for months at a time)
Wish there were more variety available of raw food

8. If I had to choose between eating exclusively cooked food or raw food I would choose RAW because...

I know it's the only way to go for me
I know if I ate only cooked I would feel terrible
I have come too far to go back
I do love raw food, I just get bored sometimes
I look and feel my best on raw
It makes so much sense in every way
I feel good that I'm not hurting any animals
I feel way more alive
I am overall much more kind and in touch with myself
I think it makes me a nicer person
The cooked food life is just pants in comparison!
I LOVE RAW!

9. I believe that cooked food...

Is damaging to health, albeit slowly
Is an inferior product no matter which way you dress it up
Is addictive and takes us away from who we really are
Is more of a problem than 99.9% of the population realizes
Tastes good but feels rotten
Has not a lot going for it when I think about it!

10. I believe that raw food...

Is, in my heart and soul, the way I want to eat
Is the best fuel for my body
Is the food of the future
Is something to be embraced
Is living food personified

11. This is my single biggest fear about going and staying all-raw...

I would feel alone, a little unloved and a bit of a weirdo (even though I know I'm not!)

12. This would be my very worst food nightmare if I had to eat all cooked food and no raw food at all...

That I would be force-fed offal, fried egg, corned beef and lard sandwiches made out of fried bread. Eugh! And then fed a whole birthday cake with double-cream poured over the top and the first course all over again!

13. This is my most beautiful vision of myself if I went all-raw...

I would have the body and life of my dreams because I would feel clean, beautiful, healthy and unstoppable.

14. This is my most depressing vision of myself if I reverted to all-cooked...

I would pile on weight, feel depressed, lose motivation for life and basically pine for what I had with raw. Even though it sounds over-dramatic, from what I have experienced, I don't think that my life would be worth living I ate all cooked food. I would just feel bleugh permanently.

15. This is the worst experience I have ever had around cooked food...

I was 22 and for a dare I ate six large bars of dairy milk chocolate and a litre of cider inside 30 minutes. I was as sick as a dog for a whole day afterwards and it took me

about three more to recover fully. I couldn't eat chocolate again for over a year.

16. This is the worst experience I have ever had around raw food...

It was a family party and I was new to raw and very excited by it. I took along my best raw food recipe (lasagne) and although I could tell that everyone close to me was trying to be interested and supportive, I overheard my mother saying to her best friend that she thought I had an eating disorder. That really upset me. After that I only ever ate salad around my mum and usually with something cooked.

17. This is the best experience I have ever had around cooked food...

My twenty-fifth birthday party. My fiancé (of the time) took me to a posh London restaurant where we were treated like royalty. The food was divine, the surroundings breathtaking and so much attention had been paid to every plate that passed before us. The whole experience was unforgettable.

18. This is the best experience I have ever had around raw food...

There have been a few so it's hard to say, but the two that vie for this award are my one and only trip to the gourmet raw

restaurant Pure Food and Wine in New York and attending a raw food retreat. Both experiences were life changing and the first proved to me how good raw food could taste while the other proved how good it could make me feel.

19. If we could turn all the negatives you have around raw food to positives would it make all the difference?

Very possibly.

20. Of all the negatives you listed around raw food which ones if they were to turn to their opposite (positive) would make the biggest difference?

Boring, Time-Consuming, Isolating.

21. Of all the positives you listed for cooked food, which ones if you could say they were also true for raw food would make a big difference?

Comfort, Happy times, Families, Easy, Fast, Warming, Satisfying, Love, Get-togethers, Eating Out, Tradition, Boyfriends, Socialising.

22. If you had to give three words to sum yourself up if you went fully raw and your most beautiful vision came true, what would they be?

Vibrant, sexy, strong.

By having Susan complete these exercises it became very clear to us both that there were but a few key issues she had with embracing raw food fully and ongoingly. Clearly she was passionate about raw foods but the issues of variety, time/speed, ease, comfort/love and social isolation were her main detractors.

Over the course of our next call we addressed each issue in turn and worked out a game plan moving forward so that she could genuinely feel that raw food could be everything she wanted it to be. In the next issue you can read the transcript of our call and learn how Susan went successfully raw once she had all of her "intellectual ducks" sitting in a row.

In the meantime, now that you have completed the same exercises perhaps some obvious "red flags" have appeared for you – hopefully enough to know more fully what you are dealing with and what the root causes are for you personally?

Looking at each of these will absolutely help shape things up in your mind so that you can make the changes you really want to. The next issue will inform you even more how to self-coach if you're not able to work out quite how at this time, or if you can't wait until then for personal coaching assistance with a professional you can access RawFoodCoaches.com to find a coach I have trained who could also be of great help to you.

To your radiant raw success!



Karen Knowler

Karen Knowler is The Raw Food Coach. Visit her web site for masses of free raw food recipes, video demos, life-changing coaching articles and information and the world's only Raw Coach Training at TheRawFoodCoach.com or call +44 (0) 20 3239 5737 for more details.



New body, new life

I remember feeling very uncomfortable in my body even when I was six years old. I was neither fat nor thin but there was a certain discomfort. When I was 14, I was 10 kilos overweight so my mother took me to see a nutritionist. I tried lots of different solutions including slimming centres, the Montignac diet, the Ayurvedic diet, acupuncture, the blood type diet, the Tibet diet, a food intolerance diet and so on. I lost weight a couple of times but I always gained it back. I always felt I was depriving myself and looked forward to the time when the program was finished and I would be able to eat whatever I wanted again!

I was brought up in a Jewish family in Istanbul where the food is the most important element in daily life. My mother was really good at that and it was hard to restrain myself. The traditional Jewish kitchen consists of meat three times a week, desserts on Fridays and lots of dairy and carbohydrates. But on top of that I used to drink coke instead of water, had fast food and junk food and I always ate dessert with every meal. Somehow I always managed to keep my weight around a maximum of 70 kilos (my height is 1.70m). That was in my early twenties when I also had lots of dance in my life – tango, salsa, aerobics, Israeli dance and so on.

After I turned 30 I started to think more about the future. I had a bad break-up and moved away from my family's house. I started taking quantum physics classes which made me think more deeply about what I'd been taught about life. That was pretty scary!

"I became like a garbage can and didn't even think about eating anymore, it just became automatic. It was a vicious circle that I couldn't break out of"

I started working at a telecommunications company and was pretty comfortable in my job but somehow there was no satisfaction, so each time I felt happy or sad I started eating. I wanted to make lots of changes in my life but I didn't have enough energy and courage so I started to get depressed and would eat again. I felt like it was my only pleasure and was easy to reach instant happiness.

I was gaining weight slowly and was always postponing the weight-loss programs until the day after. Because I was going to start the diet the day after, I was eating more and more during the day. I became like a garbage can and didn't even think about eating anymore, it just became automatic. It was a vicious circle that I couldn't break out of.

There was no more logic in my life, only emotions. I was eating my emotions. I never wanted to go out, my home was

When Mirey Yuhay lost all her excess weight through a high-raw diet, she gained a whole new version of herself.

my sanctuary. I often felt emotional and weak. I suffered back pain, constipation and allergies including severe asthma, and experienced breathing difficulties whilst walking. The worst part was that I acted like there was no problem at all. Of course I was just fooling myself.

I continued putting on weight until 2006 when I reached 108 kilos and it was just too much to cope with. I wasn't able to breathe properly anymore. Each time I stepped on the scales, I worried about how to lose the weight. It consumed my thoughts every moment and I honestly thought I would never be able to get rid of it. I needed to lose 50 kilos to regain my health so it felt like a whole person needed to leave my body. I was scared I would feel like this the whole of my life and didn't know how I could feel normal again. I really couldn't picture myself as ever being slim.

So, how did I manage to change my situation and get rid of it all? I fell down the stairs because my legs couldn't carry me anymore which knocked my pride and I woke up!

I decided to quit my current job and started looking for something more appropriate that would satisfy some of my personal interests which are spirituality, quantum physics, dance, music, kids, food and coaching. I took breathing seminars, coaching courses and quantum physics classes. I knew I wanted to do something which somehow involved helping people but wanted to find something tangible that people could connect with.

I then came across an article in a magazine about Ersin Pamuksuzer, a man who worked in my company. It detailed the story of how he changed his lifestyle and established a healthy living company. We'd never met before but he actually worked in the same building so I thought we at least had something in common and I told myself to go and have a chat with him. I was so ashamed of my weight I'm not sure how I found the courage to approach him and suggest I actually join his new healthy living company. I had already lost 10 kilos by myself and my idea was to suggest working in marketing and communications which was my previous field of experience.

The result of the interview was life-changing. I found Mr Pamuksuzer extremely supportive and encouraging. He advised me to initially complete a seven-day detox program at his Bodrum detox centre which resulted in me losing an additional five kilos and feeling an increase in energy for the first time in a long time. I was then sent to the Hippocrates Health Institute in Florida and attended their "Life Change" programme for three weeks eating 100% organic raw food. The programme teaches visitors how to prepare raw food and how to change their view of food. I ended up losing a further 10 kilos and gaining a lot of education.

When I returned to Turkey, I started to work with Mr Pamuksuzer in the LifeCo head office looking after marketing projects. After four months, I wanted to work more closely with the people we are trying to support so I moved away from Istanbul one year ago and headed to our detox centre in Bodrum. I completed another seven-day detox and adopted the principles



Mirey before
- top and above left

I learnt about raw food and juicing and continued to lose weight until last October when I finally felt I had reached my optimum weight of 58-60 kilos. I had managed to lose a total of 50 kilos. I feel as if I have given birth to a whole new me and a complete person has left my body.

Losing weight may be one of the benefits of fasting but it really is just the beginning of a new way of life. I didn't lose weight by detoxing alone, I made fundamental changes in my life. One of the most important things I did was to look at my relationship with food – especially the time of day I ate and the reason I was eating. I often ate without being aware of what I was putting in my mouth and I often mistook thirst for hunger and continued eating even when full. After learning about health, nutrition and my relationship with food, I am able to enjoy food without any worry knowing that I am nurturing myself inside and out.

Although I mainly follow a raw food diet and drink lots of water, I also enjoy cooked vegetables, legumes, wholegrain carbohydrates (brown rice or brown bread) and very rarely a little meat or fish (only wild/free-range and organic). I no longer eat sugar, fizzy drinks, refined carbohydrates or dairy and have



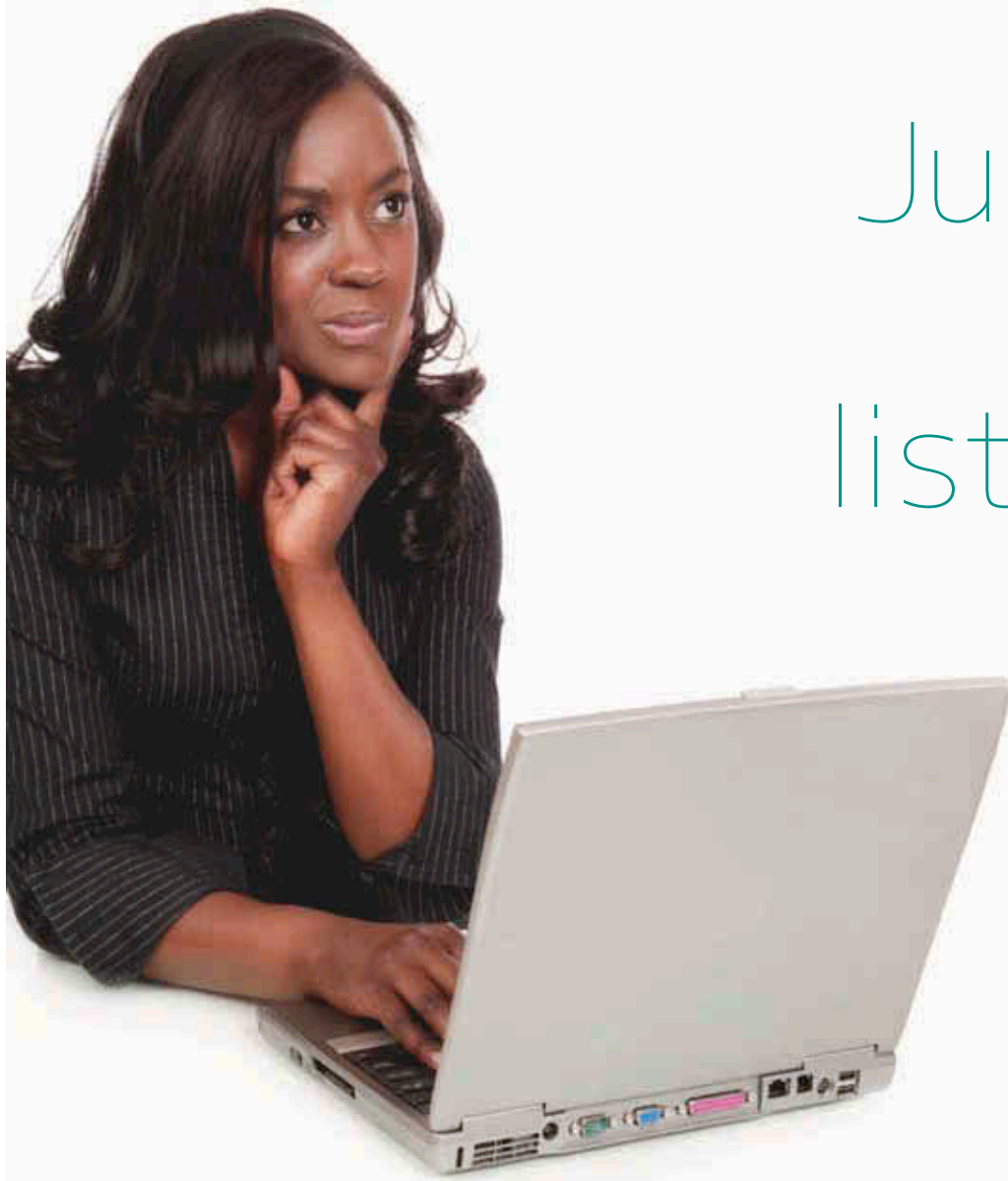
Mirey after

a much better understanding of the acid/alkaline effect that different foods have on the body.

I really have become a new person. I moved to the coast, I changed my whole wardrobe and I was given the opportunity to run the detox program in Bodrum. I am now able to share my experiences with our guests and hopefully inspire them to make changes to their own lives.

I am so happy that I feel so vibrant and full of energy. My asthma, allergies and back pain have all gone and I am now able to appreciate great health. The more live, raw foods I eat the more alive I feel. If I can do it, anyone can do it! ■

Mirey Yuhay runs the detox program and manages the customer relations service at the LifeCo's detox centre in Bodrum, Turkey. The centre is offering Get Fresh! readers a 5% discount on any detox bookings. To book, contact Mirey on **+90 252 377 6310** or via email **mirey.yuhay@thelifeco.com** and quote the "Get Fresh! 5% discount".



Just who do you listen to?

Pete Vincent
on how best to navigate today's labyrinthine maze of conflicting health and nutritional advice

Who has got the right answers when it comes to health? This is the trillion dollar question. Everyone has an opinion on health these days, and your health is big business. The truthful answer is that nobody has all the answers so one of the best things we can all do is to try our best to minimize the damage we are doing to ourselves. That means making healthy lifestyle choices.

All of this health and diet stuff can seem a bit irrelevant – right up until the point when you lose your health. Most people do not really care about their health until they've lost it, at which point they turn to others to make them better. The rate at which people are getting sick these days is very alarming indeed – no wonder that 'health' is a trillion-dollar industry. So if you want to stay healthy, who do you listen to?

Beware vested interest!

You don't make as much money giving people information to stay healthy as you do by fighting their symptoms once they are sick. This might be the reason that medicine took the "fight disease with drugs" route and not the "healthy eating and lifestyle to prevent disease" route at the end of the 19th century. Doctors and drug companies make lots of money by recommending certain drugs and injecting people with vaccines.

Watch any food advert on TV and they are all going with the health angle to sell their products, trying to make *you* believe that eating their product is the healthy thing to do, with promises of low fat, low salt, no added sugar, no artificial preservatives, whole grain, no added colourings, and so on.

Some advertisers go as far as saying things like "believed to reduce the risks of heart disease", "thought to lower cholesterol", "helps you lose weight", "gives you more energy", "helps make strong bones", "great for healthy kids", all of which leads people into believing that they are actually being healthy by eating those products, and that the companies who made those claims actually (a) care about the health of their customers, and (b) know what they are talking about.

If all this food was as healthy as the companies who produce it are saying, surely we wouldn't be experiencing the worst levels of obesity, mental illness, diabetes, heart disease, and cancer ever? Just because information comes from what you would like to think of as a reputable source, it doesn't always mean that the information is true.

If health is going to remain a trillion dollar industry it means that there will have to be a lot of sick people spending a lot of money on their health and a lot of people buying products who don't want to get sick in the first place. Have you noticed that everybody these days has "the best health product on the

market”? I have lost count of the amount of times I have been approached by companies trying to sell me the best, highest quality, most absorbable, micro angstrom sized, most powerful ORAC valued, highest content of vitamin C in the galaxy, bottled at low temperatures to preserve nutrient loss, packed in an ionized air-filtered room, unsprayed and chemical free (to avoid paying loads to say its organic), sold in a sterilized dark glass bottle to prevent leaching, most amazing, health-enhancing product in the world ever.

Whilst there *are* some fantastic products out there, the bottom line is that if *your* body doesn't need what's in a product, or *your* body can't digest it or get out of it what's in it and utilize it at a cellular level, or *your* body reacts badly to it, then none of those claims really means a thing to *you*.

Who is right... conventional or alternative?

It would be a comforting thought if you could go to anybody who has the proper certificates and be assured that you were going to get the correct advice. But you only have to look at the terrible death statistics due to medical negligence to see that even this option isn't always as safe as conventional health authorities would have you believe. If you think about it, if the conventional approach to health was working, then there wouldn't be so many sick people looking for alternative options in the first place.

Remember all the relatively healthy people who enter hospitals to have minor operations and die due to some other secondary infection that they catch whilst in hospital. Now I don't know about you, but that would make me really mad if it happened to me.

“It would be a comforting thought if you could go to anybody who has the proper certificates and be assured that you were going to get the correct advice”

However, although jumping out of the conventional health “frying pan” to avoid having the wrong organs cut off, being given the wrong medicine or catching other people's super bugs can seem like the right thing to do, you then land in the alternative “fire”, which also has its potential health dangers.

Sad but true: People get sick and die following the raw food diet. Remember there are lots of things going on underneath the surface that ultimately affect your overall health, and you are only as healthy as your weakest link. Sometimes genetics decide how healthy you are going to be, sometimes even your environment or your emotional state. Turning to the wrong person for your advice can mean a delay in getting the right advice.

What do you do for the best? Sometimes there *are* situations that *do* and *can* be treated by conventional treatments and nothing else, like emergency surgery, complications in childbirth and removing life-threatening tumours; things that a salad just can't fix. But ask yourself how many of these procedures might be avoided with earlier, preventative, proactive natural healthy lifestyle action?

So is it really just a case of going raw?

I wish it were that simple. Although this approach does seem to work for a few lucky people, I think it is a little bit more complicated than that for most of us. There is no doubt in my

mind that raw food does have the potential of providing your body with the missing nutrients that your body is unable to make itself, and of giving you the building blocks needed for your body to perform all the millions of cellular functions it has to perform all the time. But even then raw food should only be seen as the fuel for life and not life itself. Raw food doesn't always add more years to your life, but what it can definitely help you do is add more life to your years.

There are lots of other factors that make up health, and a raw food diet is just one important piece of the jigsaw. It is important to remember that there are still a lot of other things that we are yet to discover about how the human body works, and even more to discover about how we should be fuelling it.

Although scientists at the cutting edge of health science have revealed the DNA double helix molecule, and have successfully mapped out the complete Human Genome, those scientists still face years of research to now discover the “Transcriptome” which will map out the position of every single gene on our chromosomes and discover what they all do and how they do it. They will then have to work out how to go about correcting genes that are faulty. Once they have done that, maybe one of them will think about discovering what diet we should be eating to look after our genes and DNA better in the first place. So with this in mind, always remember that there are lots of things that we don't know yet, so don't buy into anyone else's approach 100 percent.

The human body is incredibly complex, so trying to work it all out and find the perfect diet might be more than you can achieve in your lifetime. To make things even harder, we often tend to forget the kind of lifestyles we've led before turning to raw food and the damage that we have done, as well as the damage that we may have already inherited from our parents. We are *all* so different, and we are *all* starting off from a different place, so we are *all* going to ultimately have to find a different road to health.

Don't just follow a guru, become your own guru

There are some health/raw gurus who want *their* way to be *the* way because ultimately it's good for business. Ego and vested interest are definitely on some people's agendas, but many would rather fund their pockets than those of the pharmaceutical giants any day. However there is always a difficult balancing act between marketing yourself sensibly in order to make a living, and creating false hype just to attract more customers. Even if someone's intentions are good, they can unwittingly give false hopes and can mislead some people into following incorrect information that can lead to further health problems. So maybe the real answer is to stop listening to everyone else and start listening to yourself more?

Whoever you decide to turn to for health advice it's a good idea to begin getting interested in your health sooner rather than later. Regaining your health is far harder than maintaining your health. Whatever you end up doing it's always a good idea to make the most of your health while you have it.

A closing thought: The more I learn about health, the more I realize that our emotional happiness is no less important than what we choose to put in our mouths. ■



Pete Vincent

is a healthy lifestyle consultant specializing in motivating people living in the real world to be more proactive with their health. He can be contacted by emailing pete@everycellcounts.com. For more information visit EveryCellCounts.com.



Thomas Lodi, MD practices integrative oncology and homeopathic medicine in Arizona. After completing his formal training 22 years ago, he worked in conventional medicine for 10 years before returning to his holistic roots in search of more effective and less toxic treatments. He continued his training by qualifying in a range of holistic modalities including homeopathy, nutrition, oxidative medicine, chelation therapy and orthomolecular medicine. In addition to the holistic modalities he offers his patients, the foundation of his practice is detoxification and teaching people how and what to eat. For more information see AnOasisOfHealing.com or call (001) 480 834 5414.



Dale Pinnock is a degree-trained medical herbalist and nutritionist. He runs a private clinical practice and health consultancy called Natural Solutions. He regularly features in national press and on radio discussing nutrition, natural healing modalities, raw foods, and herbal medicine. Dale has been following a 70% living foods diet for the past 12 years, and has been researching natural health and nutrition for the past 14 years. For more information see DalePinnock.com.

Consulting Room

Q *I am 22 years old and I have been raw for 18 months. After a few months of being raw I stopped menstruating and since then I haven't had a period. It's over a year now, yet before going raw my periods were always pretty regular. I haven't been to my doctor about this as I don't trust conventional medicine anymore but I do want to be able to have children later, so should I be worried about this? And if so, do you have any suggestions as to how I can correct the problem?*

A This question most probably cannot be answered to everyone's satisfaction because of widely conflicting views, and a catalogue of contradictory information and data regarding this topic. Furthermore, many of the earlier writers are as beleaguered by a vast array of prejudices as is the scientific community today.

As an illustration of these disparate views, it is a commonly-held notion that a certain percentage of body fat is required for menstruation to occur and be maintained. Current scientific thinking regarding this subject by the "experts" has it that approximately 17% body fat is

"It has been my experience working with women eating raw, vegan diets that the menstrual cycles become scant and few while quality of life and fertility not only persist but improve"

required for menarche (first period) and that approximately 22% body fat is required for maintenance of the menstrual cycle.

Dr. Andrew Weil states, "For a woman of 25, a healthy range of body fat would be between 21-32%. This can increase slightly with age, to 23-33% for women between 40 and 59 and to 24-35% for those over 60". Well, according to many thin females, this is patently false. There are many young girls who had their menarche at age 12 with 11%

body fat and have maintained their cycles with 13% body fat.

It is a widely-held belief by many women that they cease menstruation because of too much exercise, possibly because they are too thin. This, however, is not the case. Many athletes who exercise intensely have regular menses and several studies have shown no difference in body fat percentage between regularly menstruating athletic women and their non-menstruating counterparts.

Dr. George Starr White, M. D., author of *The Emancipation of Woman*, makes the claim that menstruation is an unnatural and pathological condition and further states that he has cured thousands of women of this "malady". He indicates that their periods were no longer associated with blood loss. He writes:

"Nothing influences a woman's monthly flow more than diet. Sometimes one who flows very profusely can be cured entirely by cutting down the diet and living on raw food. Often persons will skip one or two months when changing from heavy cooked food to raw food, but need not worry about it. The 'scanty' flow need not worry anyone as long as it is her habit. Some scientists think that if a few generations lived entirely on raw

food, in moderate amounts, the monthly period would not last more than twenty-four hours with any normal woman. This change comes about in women who take up the raw (vegetarian) diet. Proper exercise and proper diet will control the menstrual flow if the woman is anatomically normal."

Arnold Ehret states that menstruation is the consequence of a toxic condition of the blood. After many years he concluded that a low-protein diet, mainly raw vegetables and

fruit, caused menstruation to take place at progressively longer intervals until it finally disappeared. He writes: "If the female body is made perfectly clean through this diet, menstruation ceases [...] every one of my female patients reported their menses as becoming less and less then two, three, four month intermission, and finally disappeared. The cause of menstruation consists in a more or less chronic catarrh of the uterine mucous membrane, in the presence within it of polyps and in a diseased condition of the tubes and ovaries.

"The adoption of a raw vegetable and fruit diet leads to a disappearance of catarrh and discharges from the uterus, as signs of the regaining of a truly healthful condition. Ovulation then occurs without any complications, manifesting itself in the form of a few drops of blood. A diseased endometrium becomes gangrenous in the course of time and is the cause of serious diseases, especially during the menopause, and is a predisposing cause of cancer. These difficulties of menstruation are easily avoided through a raw fruit and vegetable diet which would be the end of difficulties of this nature."

Dr. Israel, M.D. writes that he has found some cases where the females do not menstruate while still being capable of conception. He writes: "It is absent in the few women who never menstruate but nevertheless bear children and show on repeated biopsies, cyclic endometrial changes identical with those of menstruating women."

Clearly, the information regarding this subject is fraught with inconsistencies. However, it has been my experience over the past eight years working with women eating raw, vegan diets that the menstrual cycles become scant and few while quality of life and fertility not only persist but improve. Several women seemingly infertile became pregnant after cleansing and eating a truly human diet.

However, amenorrhoea, or absence of menstruation can sometimes denote an underlying hormonal problem, so if you are still concerned after reading this I would suggest you consult a suitably qualified holistic physician who can carry out the relevant checks and advise you as to any recommended action based on the results. **TL**

Q *I've been eating a high raw diet for around three years now and I'm feeling very well on it, except for one problem: sugar cravings! I would like to be all raw, but every now and again I end up bingeing on cooked food. Specifically, chocolate, ice cream and other sugary junk foods. I feel so much better when I stick to a clean diet, but I can't seem to break this cycle. I eat a fair amount of fruit and I don't know whether I should be eating more, to satisfy my sweet tooth, or less, as maybe this is what is triggering the problem?*

A This is a common problem that is very easily remedied. It's all a case of blood sugar management. One of the issues with some approaches to the raw food diet is a high fruit and 'sweet' vegetable consumption. Certain fruits and vegetables are very high in naturally occurring sugars, mainly fructose. Because of the high water content and high digestibility of such foods, this sugar will be released from these foods very rapidly indeed. This will send our blood sugar

up quite high very quickly, which will energize us initially. However, high blood sugar in general is extremely damaging to health, so our body has a very tight control mechanism in place to manage this. When blood sugar goes up, the hormone insulin is released from the pancreas. Insulin will deliver a message to our cells to suck up this sugar and metabolize it to create ATP - our cells' energy currency.

Now, the higher and more rapidly that blood sugar rises, the more acute and vigorous this insulin response is. An acute response like this will result in blood glucose being used up very rapidly, leaving extremely low levels in circulation. So, what will that do?? It will send a message to the brain of course, giving us a sugar craving in order to get sugar levels back up. Hey presto, we are back to square one!

"One of the issues with some approaches to the raw food diet is a high fruit and sweet vegetable consumption"

There is one simple "rule" (sorry, I hate that word as much as you do!) to follow in order to more effectively manage our blood sugar levels and keep these dastardly cravings at bay. This is the way in which we combine our foods. Now, in most circumstances, I'm all for the food combining principles - i.e. never mix proteins and carbs. To manage blood sugar levels effectively, we don't need to give up these higher sugar foods like fruits completely. Many of these contain so many amazing health giving compounds and nutrients that it would be foolhardy to banish them. Instead, just throw in a bit of protein.

That's it! As simple as that! When you add a protein to the higher sugar foods, they behave entirely differently. The protein will actually cause the sugars to be released from the food at a far slower rate, so giving a more constant stream of glucose going into the blood. This will prevent the acute insulin response described previously, therefore preventing those blood sugar dips that cause the cravings you are experiencing. So, a breakfast of mixed berries with hemp seeds and pumpkin seeds, snacks like carrot and bell pepper crudités with almond butter or seed butters will fit this way of eating. How easy is that?

There is another little helper from Mother Nature for anyone who is having blood sugar issues, whether high or low blood sugar. The delightfully fragrant spice cinnamon has been the focal point of a lot of research in recent years, and it has become apparent that it can interact with cells in a very interesting way. It seems that compounds in cinnamon can regulate the activity of glucose transporters (GLUTs) found within cell membranes.

These intricate cellular devices control the transport of glucose from the blood, to the inside of the cell, an action regulated by insulin among other things. Cinnamon, so far, seems to have a regulatory effect upon GLUTs. In cases of excess blood sugar and insulin resistance, it can increase their activity, and in cases of blood sugar lows, it can slow their activity down. I would recommend a couple of teaspoons a day of the powder, or a decent-quality capsule taken with meals. Hope this helps. **DP**

RAW POWER

**Professional ironman triathlete
Brendan Brazier introduces a
workout for building muscle mass
and strength.**

LOWER BODY



Lunges: 3 sets of 15 reps

What it does

A good all-round exercise that helps develop the stabilizer muscles. Particularly important if you periodically run on uneven ground. Also serves as a good warm-up.

How to do it

With feet shoulder width apart and a dumbbell in each hand with your palms facing inward, take a giant step forward with your left foot so that your shin is perpendicular with the floor. Pause for two seconds. Slowly straighten your left leg. Repeat movement, switching legs. This is one rep.



Leg press: 3 sets of 6 reps

What it does

This is an ideal exercise to quickly increase overall leg strength without putting your back in jeopardy, as is common with squats.

How to do it

On a leg press machine, with feet shoulder width apart, slowly press the weight until your legs are completely extended, but without locking your knees. Pause for two seconds. Slowly lower the weight to starting position.



The following gym workout is for strength gain and is ideal for anyone who is struggling to maintain or build muscle tissue. While I devised the programme to help myself become a better endurance athlete, it is what enabled me to maintain muscle mass throughout my shift to a mostly raw diet about four years ago. It works exceptionally well for not only muscle maintenance, but also creates mobility and fluidity of movement. If you are an athlete, it will keep you lean and will improve strength-to-weight-ratio and therefore efficacy, endurance and ultimately running performance as a whole.

I perform this routine three times per week. It is extremely effective, but keep in mind that it was designed for someone who has been weight training consistently for at least a year. Tendons, ligaments and connective tissue need to adapt to a more advanced training programme such as this, so as not to cause injury. If you are new to weight training, I suggest a more basic programme to begin with that will gently allow for your body to adapt. Then you can give this one a try.

Nutrition is a vital part of physical training. Of course, what you eat becomes the building blocks used to reconstruct muscle tissue that the training has broken down. Make sure to consume a nutrient-packed, protein-rich raw smoothie after each workout. Quick and efficient recovery from each workout is key. The faster you can recover, the sooner you can train again. This is what leads to true gains and will improve your results more than any other single principle.

WORKOUT SPECIFICS Perform lower body exercises two times per week, immediately following intensive cardio training sessions. The upper body portion can be performed two to three times per week, on alternate days. Rest 90 seconds in between lower body exercises and 60 seconds in between upper body ones. You may choose to do abdominal exercise in between upper body sets. For all exercises, breathe in while lowering the weight, and breathe out while lifting it.



Leg extensions: 3 sets of 6 reps

What it does

Strengthens the knee-supporting muscles, thereby reduce the chance of developing knee injuries. Particularly important if cycling is not part of your cross-training routine.

How to do it

On a leg extension machine, slowly extend your legs completely without locking your knees. Pause for two seconds. Slowly lower the weight to starting position.



Ball hamstring curls: 4 sets of 15 reps

What it does

Builds hamstring strength and efficacy while boosting abdominal strength

How to do it

With shoulders and head on the floor, and feet on an exercise ball, tighten abdominal muscles. While maintaining tight abdominals, contract the hamstrings, drawing the ball towards you until your knee angle is about 90 degrees. Pause for two seconds. Slowly lower to starting position.



Calf raises: 3 sets of 15 reps

What it does

Strengthens them, and in doing so improves their efficiency with each toe-off.

How to do it

On a standing calf raise machine, with feet shoulder width apart, slowly raise yourself as far as you can. Pause for two seconds. Slowly lower yourself to starting position.



Crunch combined with reverse crunch: 3 sets of 15 reps

What it does

Strengthens core, and in doing so helps improve posture, form and breathing.

How to do it

Begin by lying on a mat with your left hand on the back of your head and your right hand on your abdominal area. While tightening your abdominal muscles raise legs as in picture. Slowly and simultaneously draw knees towards your head and bring head towards knees without jerking your head with your left hand. Pause for two seconds while keeping abdominals tight. Slowly return to starting position. <



UPPER BODY

Strengthens muscles, improves endurance and helps maintain proper form. In each case, do 3 sets of 15 reps.



Incline dumbbell press

Begin by lying back on a 45-degree incline bench. With a dumbbell in each hand and palms facing forward, slowly press the weight above your head, without locking the elbows. Pause for two seconds. Slowly lower to starting position.



Lat pull downs

Sitting at a lat pull-down machine, grab the bar with each hand about two inches from the end. Slowly pull down as you squeeze your shoulder blades together. Pause for two seconds. Let the bar slowly rise to the starting position as you resist it.



Dips

On a dip bar, with upper arms close to perpendicular, slowly extend your arms, pushing up. Do not lock your elbows. Pause for two seconds. Slowly lower yourself to the starting position.



Upright rows

With feet shoulder width apart, grab either a barbell or a curl bar with both hands. With your hands holding the centre of the bar, about 20cm apart (each hand about 10cm from dead centre), slowly draw the bar towards your chin, stopping at chest height. Pause for 2 seconds. Let the bar slowly rise to the starting position as you resist it.



Bicep curls

Start with your feet shoulder width apart and a dumbbell in each hand. With palms facing inward, and your upper arms remaining perpendicular to the floor, slowly curl your left arm as far as you can. Slowly lower it to the starting position. Repeat with your right arm.



Brendan Brazier (pictured) is a professional ironman triathlete, author of the best-selling book *The Thrive Diet*, and the creator of the award-winning Vega range of whole-food nutritional products. For more information, see BrendanBrazier.com and ThriveDiet.com. The book and the Vega range are available in the UK and Europe from Fresh-Network.com.



COMING NEXT QUARTER

THE REJUVENATION ISSUE

EAT LESS, LIVE LONGER

THE "FOUNTAIN OF YOUTH"
DIET AND LIFESTYLE

TONYA ZAVASTA
"WHY I LOVE BEING 50"

Too thin?
What to do if you
can't gain weight

Why does a hamburger
cost less than an apple?

PLUS

The way we used to eat
Raw kitchen essentials
The best sweeteners

AUTUMN ISSUE ON SALE FROM SEPTEMBER 1

Peachy keen

Four ways to enjoy this summer fruit,
by **Brigitte Mars**

Peaches originate from North China and were brought into the Mediterranean region along the Silk Road. The peach was known as the *Persian apple* as it developed in Persia before being introduced to Europe and America. The word *peach* is from the Latin word for Persian.

In the Taoist tradition, peaches are considered a fruit of immortality. The flowers are considered a symbol of springtime, virginity and fertility, and are often worn by brides.

Peaches are a stone fruit because they have a shell of hard wood around their seed, called a stone or a pit. There are two types of peaches: freestone (whose seed doesn't cling to fruit) and clingstone (seed clings to fruit).

Peaches are rich in beta-carotene, as well as in the carotenes lycopene and lutein. They are also rich in flavonoids, including quercetin, and in vitamin C, niacin, calcium, boron, magnesium, phosphorus, potassium, and zinc. Orange-coloured peaches will have more beta-carotene than paler varieties. Peaches are modest in calories, contain small amounts of natural sugars, are low in sodium and contain no saturated fat.

Peaches are warm, yin, alkalizing, sweet and sour. They have been used in the treatment of acidosis, anaemia, asthma, atherosclerosis, bronchitis, constipation, cough, gastritis, high blood pressure, high cholesterol, indigestion, kidney stones, nephritis (kidney inflammation), obesity, ulcers and to rid the body of intestinal worms.

Because peaches are easy to digest, they make an excellent food for the elderly and for those suffering bowel inflammation such as colitis. Peaches lubricate the intestines, strengthen the lungs, promote circulation and reduce excess perspiration.

Look for fruits free of blemishes. Tree ripened is always superior. When ripe, peaches will yield to the pressure of your fingers. They will ripen faster if placed in a paper bag and sealed for a day or two. Store ripe, unwashed peaches in the refrigerator. Bruised fruit deteriorates quickly.

Enjoy peaches alone or in fruit salads, cold soups, ice creams, jams and pies. Many dried peaches are treated with sulphur dioxide, so buy organic if you can. ■



Brigitte Mars

is a nutritional consultant and a professional member of the American Herbalist Guild. She has been working with natural medicine for more than 30 years and is author of the books *Rawsome!*, *Beauty by Nature*, *The Desktop Guide to Herbal Medicine* and *Healing Herbal Teas*, among others. For more information see BrigitteMars.com

Peach Ice Cream

Makes about 5 cups

A summer delight!

- 1 quart almond milk (see recipe on page 71)
 - ½ cup dates, soaked 20 minutes, or ¼ cup raw agave syrup
 - 3-4 fresh peaches, pits removed
 - 1 banana, peeled
 - 2 tablespoons coconut oil
1. Combine all ingredients in a blender and blend well.
 2. Chill for 1 hour.
 3. Place the mixture in an ice cream maker and process until frozen.

Peach Pie

Makes 8 servings

Healthier than what most people have had for dinner!

The Crust

- 2 cups walnuts, soaked 12 hours, then dehydrated until crunchy (about 12 hours)
- ½ cup dates, soaked 20 minutes

Combine the walnuts and dates in a food processor and pulse until evenly ground and mixed. Press the mixture into a pie dish.

Peach Smoothie

Makes 4 servings

A toast to sunshine!

- 1 cup fresh orange juice
- 2 cups pure water
- 2 cups fresh peaches, pits removed
- 1 ripe banana

Combine all the ingredients in a blender. Blend and enjoy.

Peach Chutney

Makes 4 cups

This condiment is a treat with raw Indian or Mexican dishes.

- 2 cups fresh peaches, pits removed
- 2 cups tomatoes
- ¼ cup finely chopped onions
- ½ cup chopped cilantro
- Juice of 2 lemons
- ¼ teaspoon Celtic salt
- 1 teaspoon finely chopped jalapeño

Combine all ingredients in a food processor. Pulse until thoroughly mixed, with a chunky consistency.

The Filling

- 3 cups fresh peaches, peeled and sliced
- ½ cup dates, soaked 20 minutes OR ⅓ cup raw agave
- 2 bananas, peeled
- 1 teaspoon cinnamon powder
- Juice of one orange or lemon

1. Place the sliced peaches in the crust.
2. Combine the dates (or agave), juice, cinnamon and bananas in a food processor and purée; pour over the berries.
3. Garnish with a fine grating of fresh organic orange peel.

Other properties of peaches

An infusion of the peach bark or dried leaves in hot water is effective in treating gastritis, whooping coughs and chronic bronchitis. The leaves have long been recommended by midwives as a remedy against morning sickness, but not considered as safe as raspberry leaf or ginger root.

In the Orient, peach kernels are used to inhibit cancer cells, though large amounts can be toxic. Oil from the peach seed is used in cosmetics and massages oils, as well as a liniment or poultice for traumatic injuries.

Applying peach kernel milk to the forehead procures rest and sleep particularly in sick individuals. Avoid using peach kernels as a medicine during pregnancy. And use only as many seeds as you would consider eating peaches in one sitting, as peach kernels are considered a strong remedy.

Mashed peaches can be applied as a facial for radiant skin. Peach enlivens tired, irritated, normal and dry skin. They are anti-inflammatory and help prevent wrinkles. Lovers might enjoy eating sliced peaches off each other!

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Raw food made easy

If you thought raw food preparation has to involve hours in the kitchen slaving over a warm dehydrator, think again says Jennifer Cornbleet

Raw food meals can be the quickest meals to prepare. When you use whole ingredients that don't require cooking or baking, you save lots of time spent in the kitchen and also avoid scrubbing messy pans. Often, raw food dishes require nothing more than a little chopping and mixing, or putting the ingredients into a blender or food processor.

Here is a sample menu from recipes in my book, *Raw Food Made Easy for 1 or 2 People*, so you can try out a day of raw food from breakfast to dinner, and yes, even dessert! All of my recipes are made with common ingredients that can be purchased from your local grocery store. From start to finish, these recipes are fun and easy to make, and absolutely delicious. Try sharing them with your friends or family. They won't believe they're eating raw food!



• Breakfast

• Granola

• Makes 2 servings

- ¼ cup soaked raw almonds
- ¼ cup soaked raw sunflower seeds
- ¼ cup soaked raw walnuts
- 4 pitted medjool dates, chopped
- ¼ teaspoon ground cinnamon
- dash salt
- ½ cup chopped or sliced fresh fruit (such as apple, banana, berries, kiwi fruit, mango, peach or pineapple)
- ½ cup almond milk

1. Place the almonds, sunflower seeds and walnuts in a food processor fitted with the 'S' blade and pulse briefly, just until coarsely chopped.
2. Add the dates, cinnamon and salt and process briefly to mix.
3. Transfer to a small bowl and combine with the fruit. Serve immediately with almond milk.

• Almond Milk

• Makes 2 cups

- 2 cups water
- 1½ cups soaked almonds (1 cup before soaking)
- 3 pitted medjool dates, soaked
- 1 teaspoon vanilla extract (optional)

1. Place the water and the almonds, dates, and optional vanilla in a blender. Blend on high speed until very smooth.
2. Place a fine-mesh strainer over a medium bowl and pour the almond mixture through it. Using a rubber spatula, stir and press the pulp that is caught in the strainer to extract as much milk as possible. Alternatively, use a mesh bag to strain the milk.
3. Transfer the milk to a sealed container and store in the refrigerator. Almond milk will keep for five days. It will separate, so shake well before using.

Lunch and Dinner

Stuffed Mushrooms With Sun-Dried Tomato Paté

Makes 2 servings

For Stuffed Mushrooms

- 2 portabella mushrooms
- 1 tablespoon tamari
- ¼ cup Sun-dried Tomato Paté
- ½ teaspoon minced fresh parsley, for garnish (optional)

For Sun-dried Tomato Paté

- ¼ cup soaked sun-dried tomatoes
- ½ cup soaked raw sunflower seeds
- 1 tablespoon water
- ½ tablespoon minced red or green onion
- ½ tablespoon fresh lemon juice
- 1 teaspoon minced fresh dill weed, basil or parsley
- ¼ teaspoon crushed garlic (½ clove)
- ⅛ teaspoon salt
- dash cayenne or black pepper

1. Cut the stems from the mushrooms.
2. Use a teaspoon to remove enough of the inside of the mushroom caps to create a cavity for stuffing.
3. Place the caps in a mixing bowl, sprinkle with the tamari and toss until the caps are coated. Marinate for 5 to 30 minutes.
4. To make the paté, place the sun-dried tomatoes, sunflower seeds and water in a food processor fitted with the 'S' blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.
5. Transfer to a small mixing bowl. Stir in the red onion, lemon juice, dill weed, garlic, salt, and cayenne and mix well.
6. To assemble, place the mushroom caps on a plate, with the inside of the caps facing up.
7. Stuff with the paté and garnish with the parsley, if desired. Serve immediately.

Mediterranean Kale

Makes 4 servings

- 1 bunch kale (about 16 leaves)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- 1 red bell pepper, diced
- ¼ cup raw pine nuts
- ¼ cup sliced black olives
- dash black pepper (optional)



1. Stack 2 of the kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining leaves. Chop the kale strips crosswise a few times, so they aren't too long.
2. Place the kale in a mixing bowl along with the olive oil, lemon juice and salt. Toss well with your hands, working the dressing into the greens.
3. Add the red bell pepper, pine nuts, and olives and toss gently.
4. Marinate for 10 minutes at room temperature before serving. Season to taste with black pepper, if desired.

Carrots With Moroccan Spices

Makes 2 servings

- 2 carrots, peeled
- 2 tablespoons chopped fresh parsley
- 2 tablespoons fresh orange juice
- 1½ teaspoons fresh lemon juice
- 1½ teaspoons extra-virgin olive oil
- ⅛ teaspoon salt
- dash cayenne
- dash ground cinnamon
- dash ground cumin
- dash black pepper

1. Thinly slice the carrots using a mandoline or sharp knife.
2. Place in a mixing bowl along with the remaining ingredients and toss well.

Dessert

Chocolate Mousse Parfaits

Makes 2 servings

For Chocolate Mousse

- ¼ cup pitted medjool dates, soaked
- ¼ cup pure maple syrup or agave nectar
- ½ teaspoon vanilla extract (optional)
- ¾ cup mashed avocados
- ¼ cup plus 2 tablespoons unsweetened cocoa or carob powder
- ¼ cup water

For Vanilla Crème Sauce

- 1 cup soaked raw cashews
- ¼ cup plus 2 tablespoons water
- 2 tablespoons pure maple syrup or agave nectar
- 1 teaspoon vanilla extract, or seeds of 1 vanilla bean

Additional Ingredients

- ½ cup sliced strawberries

1. To make the mousse, place the dates, maple syrup, and optional vanilla in a food processor fitted with the 'S' blade and process until smooth.
2. Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.
3. Add the water and process briefly.
4. To make the cashew vanilla crème sauce, place all the ingredients in a blender and process on high speed until smooth.
5. To assemble, place alternate layers of chocolate mousse and crème sauce in a tall, narrow dessert or wine glass, adding a few strawberries to each layer.
6. For a cold dessert, chill for two hours before serving.



Jennifer Cornbleet

is a graduate of the Living Light Culinary Arts Institute and an internationally recognized raw chef and instructor. She is the author of the best-selling book *Raw Food Made Easy For 1 or 2 People*, from which the recipes in this feature are taken. For more information about Jennifer's lectures, classes, consultations and workshops see LearnRawFood.com.

Energy in a bowl

Russell James with cooling, refreshing, revitalizing summer soups that can be made in minutes.

Summer is a great time to be into raw food: loads of great, in-season ingredients, and lots of inspiration to try new recipes and get creative with all the abundance available. It's the time of year you will find yourself looking for cooling, juicy, high-water-content foods. So, enter, the summer soups...

Both quick and refreshing, soups are perfect for lunch on a hot summer's afternoon and are best made fresh just before serving, so the portions I've created here have been made for 1 or 2 people. You can, of course, make them in bigger quantities if you have more people to serve.

Three of these recipes are very light – just what you need on a hot day – but I've also included a slightly more 'hearty' recipe in the broccoli, watercress and fennel soup. Whichever recipe takes your fancy, for best results ensure the ingredients are as fresh as possible. And as always, don't be scared to get creative and throw in a few of your own ingredients.

Pear, Cucumber & Mint Soup

3 pears
1 cup cucumber, diced
1 tablespoon fresh mint leaves
½ stick of celery
1 spring onion (green onion)
2 tablespoons of cold-pressed avocado oil or olive oil
1 tablespoon lemon juice
¼ teaspoon salt

Blend all ingredients in a high-speed blender.
Garnish with chopped spring onion.



Russell James

has been hailed as “the UK’s leading raw chef” by *The Times*, and offers raw food catering for events small and large, as well as raw food classes in West Sussex. Get your free raw recipes at TheRawChef.com

Watermelon & Cucumber Soup

- 3 cups watermelon
- 1 cup watermelon, diced small
- ½ cup cucumber, peeled
- ⅓ cup cucumber, diced small
- ½ a yellow bell pepper
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Pinch cayenne
- Pinch white pepper

1. Blend all ingredients, except the diced watermelon and diced cucumber, in a high-speed blender.
2. Stir in diced watermelon and cucumber and serve immediately.



Broccoli, Watercress & Fennel Soup

- 1 cup broccoli
- ¼ cup watercress
- 1 tablespoon fennel
- 1 tablespoon almond milk
- 1 cup cashews
- 1 tablespoon lemon juice
- 3 teaspoons agave
- Pinch white pepper
- ½ teaspoon salt

1. Blend all ingredients in a high-speed blender.
2. If you wish, garnish with a sweet cream made from a little almond milk, cashews and agave, all blended until smooth.



Peach & Ginger Soup

- 5 peaches, stones removed
- 1cm cube ginger
- ½ cup orange juice
- 2 tablespoons cold-pressed macadamia oil (or olive oil)
- 1 tablespoon coconut oil
- ¼ teaspoon salt
- ½ cup water
- 2 tablespoons coriander (cilantro)

1. Blend all ingredients, except the coriander, in a high-speed blender, until smooth.
2. Add coriander to the blender and pulse in for a few seconds. To pulse, in a blender or food processor, you simply blend or process in a few short bursts so that the ingredient added is roughly chopped and thoroughly mixed in.





Secrets of a raw culinary artist

To make raw food that tastes more amazing than cooked you need to know how to use natural binders, thickeners, gelling agents and emulsifiers, says top raw chef **Cherie Soria**

Creating gourmet raw vegan cuisine is arguably the most exciting of all the culinary arts today. The ability to mimic the flavour, texture, and appearance of traditional cooked foods without cooking is what sets gourmet raw food chefs apart from the rest. The tricks of their trade include ingredients, equipment, and revolutionary food preparation techniques that are not taught in ordinary cooking schools. Our goal at Living Light Culinary Arts Institute is to teach people how to make raw foods sizzle without heat by sharing the secrets of great culinary artistry – from A to Z. In the last issue of *Get Fresh!*, we shared the importance of texture and “mouthfeel” on the flavour and satisfaction value of foods. In this article, we explore various binders, thickeners, gelling agents, and emulsifiers: ingredients that a raw chef may use to hold foods together, and thicken or solidify them to the perfect consistency. Using these products and techniques allows us to create luxurious textures that linger in the mouth.

Demystifying binders, thickeners, gelling agents, and emulsifiers

- **Binders** help hold food together, creating form and density; binders may also make foods crunch, crumble, crack or shatter under a particular amount of force.
- **Thickeners** are used to enhance mouthfeel by providing a heavy, gooey texture. They may also make the food slide smoothly over the tongue and linger in the mouth.
- **Gelling agents** create solids from liquids and provide resilient form, smoothness, slipperiness, and gentle firmness to foods. They can also provide textural elements similar to those of binders and thickeners.
- **Emulsifiers** and emulsifying techniques allow us to bind oils and liquids so they don't separate.

Some foods, like burgers, need only minimal holding power, while others, like crackers, require ingredients to make them strong and crisp. In order to mimic a quiche (see recipe overleaf for a delectable example), you will need a binding agent that resembles soft custard, whereas a lemon pie filling requires a firm yet tender gel. One kind of thickener may be perfect for a thick, creamy mayonnaise, but it will not work for a thin teriyaki glaze.

Knowing which ingredients to choose takes a certain amount of experience (and experimentation), but once you understand the options and how to use them, you will be amazed at the infinite culinary potential of raw foods.

In the next issue we will explore another very important topic that I am often asked about. Stay tuned for creative and delicious alternative sweeteners.



Here are some natural binders, thickeners, gelling agents, and emulsifiers, and a few ways to use them:

Agar agar is a sea vegetable that can be used to create a gelatin-like effect in recipes. It is available flaked or powdered. Agar agar is not a raw product, and it must be dissolved and simmered in water prior to use in recipes. For best results, soak 1 teaspoon of powdered agar agar or 2 tablespoons of flaked agar agar in twice as much water. Whisk the mixture into a cup of water and simmer, stirring constantly, for 3-5 minutes. Allow to cool for 5 minutes, then whisk or blend the mixture into the remaining ingredients, including not more than one additional cup of liquid. Chill at least two hours to set.

Avocado is a fatty fruit with a creamy consistency. It acts as a thickener and emulsifier, replacing butter, cream, eggs, and mayonnaise in sauces, soups, dressings, dips, puddings, and dessert fillings. Avocado should not be overblended, or it will become too fluffy (unless a mousse is the desired result). Citrus juice, sweeteners, extracts, and cacao powder can be used to mask the flavour and/or colour of avocado in desserts. Use anywhere from a quarter to half an avocado to emulsify a light creamy dressing, sauce, or soup, and up to two avocados for a cream pie that serves eight.

Cacao butter is the fat in the cacao bean and is a medium-chain saturated fat, similar to coconut oil. It can be used in white chocolate-themed desserts and to replace butter and shortening in candies. Cacao butter must be gently melted by putting it in a sealed glass jar and placing it in a warm water bath or a warm dehydrator. The more cacao butter, the more brittle the final product will be, so using it in conjunction with gentler binders and thickeners like lecithin is a good idea for tender desserts. A normal ratio is 1-2 cups of product to half a cup of melted cacao butter.

Chia and flax are both small seeds rich in omega-3 fatty acids. They are mucilaginous – meaning they exude a gooey substance when soaked – and can be used as binders, thickeners, or emulsifiers. Added to wet foods, chia and flax can be used in recipes either whole (soaked) or converted to powder or meal. Soak whole seeds in 1½ parts water, or pulverize using a coffee grinder or blender. Blend the powder directly into soups and dressings, or use as a binder in cakes, burgers, nut and vegetable loaves, crackers, and crusts. A good ratio to use for crackers and flatbreads is one cup of seed meal for each six cups of processed vegetables, or equal parts soaked chia and/or flax seeds and ground vegetables. To use ground chia or flax as a binder or thickener, try one tablespoon per cup and add more as needed.

Coconut oil (or butter) is made from cold-pressed mature coconut meat. It liquefies at 78°F. Coconut butter is a raw, naturally saturated fat, containing mostly medium-chain fatty acids, which the body can metabolize efficiently. It can be used to replace shortening and create a firm consistency and rich flavour in desserts. Once chilled, it solidifies nicely. Use 1 cup of coconut oil to 1-3 cups of other ingredients, depending on their water content. More water requires more coconut oil; more nuts requires less oil. Adding a quarter cup of lecithin powder helps to create an even creamier consistency and to bind dessert fillings.

Agar agar powder, cacao butter, coconut oil/butter, flax seeds, Irish moss and soy lecithin powder are available in the US from the Living Light Marketplace RawFoodChef.com and in the UK and Europe from The Fresh Network at Fresh-Network.com.

Dried fruits and dates can be used effectively as binders due to their high concentration of pectin, a natural gelling agent. Use ground dried fruits in cakes, cookies, and pie crusts, pressing firmly to bind the mixture. Ground dried fruits will swell to approximately 3 times their volume. Blended with a minimal amount of water, dates, apricots, and figs can be used both to bind and sweeten. Blend 8 ounces of pitted dates or soaked dried fruit in 1½ cups of warm water to make 3½ cups of fruit paste. To use as a binder for cookies, biscuits, or brittle, use 1 or more cups of fruit paste for each 6 cups of product.

Fresh fruit and vegetables, when puréed, can be used as thickeners in dressings, sauces and soups, or as binders in crackers, cookies and fruit leathers. Agar agar, Irish moss, and coconut meat can be used to further thicken or solidify the puree.

Irish moss is a raw sea vegetable that, once soaked and blended, can be used as a gelling agent, binder, or thickener for soups, gravies, jellies, creams, cakes, and pie fillings. To make Irish moss gel, first rinse it several times to remove the fishy smell, soak it for 4-8 hours, then rinse it well again. Remove and discard any brown pieces. Blend in a Vita-Mix with a small amount of water to form a gel. For best results, blend 1 to 5 tablespoons of Irish moss gel to 1 cup of product (depending on the viscosity and flavour of the product you are thickening). After blending, chill at least two hours to set.

Psyllium is a plant-derived soluble fibre, available as coarse “husks” or finely ground powder. It can be used to thicken and give body to fillings, puddings and sauces, and to bind wraps, crepes and quiches. For best results, use a maximum of 1 teaspoon of psyllium powder per 2 cups of total recipe volume. Whisk or blend into recipe briefly, as the final blended item (do not overblend). For cream fillings, chill for at least two hours to set; for wraps and crepes, spread the mixture on dehydrator trays lined with non-stick sheets and dehydrate.

Soy lecithin consists of phospholipids (phosphorus-rich oils) extracted from soybean oil. Not a raw product, it is thought to have health benefits including improving memory and cardiovascular health. It can be used to produce a luscious, creamy consistency while binding and emulsifying fats and liquids in raw cheesecakes, puddings and the like. Use about 1 teaspoon powder per cup of total recipe volume. Soy lecithin can also be used in tandem with young coconut meat, coconut oil, Irish moss or agar agar in fillings made from nuts. Purchase organic, GM-free powder.

Young coconut meat or raw soaked nut meats can be blended to a cream and used as thickeners in soups, dressings, sauces and desserts. To make 1 cup of heavy coconut cream from young Thai coconuts, blend 3 cups of young coconut flesh in a blender without any liquid, until it becomes a thick, smooth cream. For nut cream, blend 1 cup of soaked nut meats in 1 cup of water. To solidify the nut cream, add coconut oil, Irish moss or agar agar.

Savoury Quiche Tartlets

Yield: 8 mini quiches (8 servings)

This delicate quiche uses a binder of ground flax to create a firm, yet resilient, crust and psyllium powder in the filling replicates the custard-like consistency of traditional quiche. Any variety of vegetables may be added to the filling. Classic favorites include sun-dried tomatoes; olives; leeks; caramelized onions; porcini mushrooms; spinach; "roasted" red peppers; and fennel. The quiche recipe was originally inspired by Elaina Love, who is an instructor at Living Light, and adapted by Cherie Soria.

Crust

- 2 courgettes (zucchini), peeled and chopped (to yield around 1¼ cups)
- 1 teaspoon Himalayan crystal salt
- 3 tablespoons olive oil
- ¾ cup almonds, soaked 8 hours, and drained
- 1 cup ground golden flax seeds

Filling

- 1 medium courgette (zucchini), chopped
- ½ cup plus 2 tablespoons purified water
- ¾ cup cashews, soaked for 2 to 4 hours
- 2 tablespoons light miso
- 1 tablespoon lemon juice
- ½ tablespoon onion powder
- 1½ cloves garlic
- ¼ teaspoon white pepper
- ¼ teaspoon ground nutmeg
- pinch of cayenne
- 1 tablespoon psyllium powder

- 1** To make the crust: put the courgette, salt and oil in a high-powered blender, and blend until smooth.
- 2** Add the almonds and continue to blend until the entire mixture is smooth.
- 3** Pour the blended mixture into a large bowl, add the flax meal, and mix thoroughly.
- 4** Shape the mixture into eight 3-inch round crust on a dehydrator tray lined with a nonstick sheet (with the edges of the crust slightly thicker than the rest), using ¼ cup dough for each crust. Dehydrate at 105 degrees for 2 hours. After 2 hours, the edges of crusts can be fluted using a pinching technique with your thumb, forefinger, and middle finger. Rotate the crust as you pinch the edge, slightly pulling upward to lift the sides as you pinch. Make sure your middle finger is always facing the center of the crust, so the flute is symmetrical, not angled. Continue dehydrating for another 18 hours, until the crust is completely dry.
- 5** To make the filling: Place the courgette and water in a high-powered blender, and blend until smooth.
- 6** Add the cashews, miso, lemon juice, onion powder, garlic, pepper, nutmeg, and cayenne to the blender, and blend until creamy.
- 7** While the mixture is still blending, add the psyllium powder through the hole in the blender lid, and blend just until mixed. (You may need a spatula to get the mixture to blend.) Do not over mix. Place the mixture in a large bowl, and allow it to sit for 5 minutes to thicken.
- 8** To make individual tartlets, combine 3 tablespoons of the filling mixture and 3 tablespoons of softened vegetables (see opposite) for each one and mix well. Fill the crusts with the mixture.
- 9** To serve, place the tartlets on a dehydrator tray and dehydrate at 125 degrees for 1-2 hours to warm. May be served warm or chilled after dehydrating.
- 10** Store in an airtight container in the refrigerator for up to three days.

Possible additions to quiche

- Porcini mushrooms, diced ¼ inch and marinated in lemon juice and salt, then squeezed gently to remove excess liquid
- Spinach, minced and tossed with salt and olive oil
- Leek, thinly sliced and marinated in hot water and salt then squeezed gently to remove excess liquid
- Sun-dried tomatoes, soaked in water to soften, peeled, and cut into thin slivers
- Sun-dried olives, pitted and slivered
- Red bell peppers, peeled, finely julienned, and dehydrated for 1 hour
- Sweet onions, thinly sliced, salted, massaged, rinsed in water, towel dried, tossed in tamari and agave, and dehydrated for 4 hours
- Fennel bulbs, finely julienned, soaked in hot water and salt, and towel dried



Cherie Soria

is founder and director of Living Light Culinary Arts Institute and has been teaching gourmet raw vegan cuisine for 15 years. Known to many as “the mother of raw gourmet cuisine,” Cherie is also the author of *Angel Foods: Healthy Recipes for Heavenly Bodies* and the newly-released *The Raw Revolution Diet*. For more information, visit RawFoodChef.com or call Living Light at (001) 707 964 2420.



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A Day In The Life Of...

Tonya Kay

Tonya Kay is a film and television actress and professional dancer using her media popularity to throw focus on raw veganism, athleticism and waste-free living. She has quickly become a household name in the US with her appearances on CBS's "NUMB3RS", Al Gore's "We Can Solve It" and NBC's "America's Got Talent". With her starring role as Creature, the fruit-eating fairy from another plane in "Who Wants To Be A Superhero", Tonya Kay became the first ever raw superhero and an overnight cult icon.

rise when I rise with dreams lucid and esoteric. I record my dreams with my non-dominant hand, my left hand, as it seems to have direct access to whatever was doing the dreaming just moments before. If there is any morsel I can pick up and use during the day, I do. By actually playing the song I woke up singing, or by wearing the necklace I fantasized I was donning, I am practicing "living my dreams" and any chance I have to symbolically or literally do that is an opportunity I shan't miss.

"To do core training with proper technique one must 'work from one's centre'. Finding my centre before rest of the day is wise indeed"

I lie in bed as long as I do listening to the birds. They are such creative creatures with a real sense of play. They remind me how to be free and I begin my day.

After a rapid ambidextrous skin brushing, I take half a litre of ionic mineralized water. Water is one thing I'm serious about. I have two 5-gallon glass water bottles filled with reverse osmosis water restructured with ionic minerals, a mineral wand hand-packed with rock dust from my friends at remineralize.org, a solar-charged quartz crystal and a living water mandala created with intention by the "magickal" artist Ollin of r6xx.com. I include their websites here solely because they are specialists in a rare metier.

After giving myself water, I give my plants water as well: wheatgrass, sprouts, germinated nuts, orchids, succulents and other air-purifying beauties that cohabit perfectly with me in Hollywood, this massive metropolitan area that always seems more like a tropical paradise than a city to me. Especially on Sundays when I go to "church", aka the farmer's market. Oh! Southern California provides the organic produce for the world and here it is exchanged with a smile from the farmer herself to me.

I throw my favourite song onto the iTunes wireless home stereo and commence abdominal workout that includes crunches, Pilates and floor barre. To do core training with proper technique one must "work from one's centre". Finding my centre before the rest of the day is wise indeed.

My food intake is liquid for the first three-quarters of the day. A shot of noni, later a shot of home-grown wheatgrass (juiced in my human-powered juicer), later a shot of thawed algae. Next I squeeze fresh, local oranges

mixed with spirulina and home-fermented kombucha to make a raw mimosa (served in a champagne glass, of course).

Later still I blend up a smoothie in my human-powered blender with a banana, local strawberries, MSM, spirulina, flower pollen (it's not a bee product) and apricot kernels on top. I serve this in a wine glass. There's something to the ritual of presentation, as well as preparation.

I then rock out on my Powerbook answering emails and submitting myself on the industry casting websites for an hour before I've got to get out of the apartment.

If the audition is in Hollywood, I ride my pink flamed Electra cruiser to the casting call. Maybe I'm acting a controversial scene in a feature film, maybe I'm delivering a one-liner for a television episodic. Maybe I'm cracking bull whips or spinning fire poi for a commercial casting, or maybe I'm learning choreography for a music video. If the audition is too far away to bicycle, I drive my waste vegetable oil-fueled Jetta and sing at the top of my lungs.

Every day is entirely different, so acting like I know what I'm doing is just an illusion anyway. I most often read scripts I have been

offered or read about elephants instead. I'll visit my agents and my manager to remind us I'm alive, or I'll visit the park to practice knife throwing (also a great reminder).

I eat lots of kale salads and local, organic fruit with the occasional Maya Bar, Go Raw pumpkin seeds or Manitoba hemp treat. No matter what I eat though, I always get a good two-hour workout in.

Being a vegetarian professional dancer for most of my life, I'm most often asked, "From where do I get my protein?". Honestly, lack of protein is not causing obesity or fragility in developed countries – lack of exercise is. Raw fooders are not exempt. So I take two dance classes or a Bikram yoga class. I take every staircase two (or three!) steps at a time and I use a Theraband and free weights while I chat on the phone.

My favourite way to work out without feeling that I've worked at all, is unquestionably a night each week at the Goth Club or the Drum and Bass party. Dancing is a potent emotional, social and physical exercise. I am well-travelled and consider myself fortunate to live in Hollyweird, host to the best dance club scene I have found in the world. Amen.

Whether it is 11pm or 4am, there is time for a de-chlorinated bath soak to resolve my day. With hand-poured palm wax candles and a final read from that elephant book, I become clean and languid, allowing the water and the day to dissolve down the drain.

Finishing the day as I began, with one last glass of water and the ritualistic placement of a DIY reused paper journal on the bed stand, I urge myself into one organically sheeted king sized bed. There, I can finally find horizontal, sleeping until rested, perchance waking with vision so I can "live my dreams" all over again.

See tonyakay.com for more information on Tonya's artistic career and kayosmarket.com for the exclusive e-book *Raw Nutrition Analysis: A Month On Tonya Kay's Diet*, as well as Tonya Kay's instructional fire/poi spinning work-out videos.

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