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The importance of being
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DEBATE**

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the healthiest?

CAROL ALT

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fit and fabulous as long
as I can.”

WINTER 2007

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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 Paraflex™ 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 Pollyscreens, Peel off Paraflex™ 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.
 6. Separate crackers & store in airtight container
- Recipe appx: 36 Crackers
3 -15" X 15" Excalibur Dehydrator Trays

More recipes available online at www.drying123.com or for dehydration questions e-mail Chef Steph at ChefSteph@drying123.com

What You Can Use an Excalibur Dehydrator for:

- Create Sprouted, Seasoned Snacks - like sunflower seeds, pumpkin seeds, tamari almonds and more
- Create Crispy Crunchy Flax Crackers and chips
- Create Pizza Crusts, pie crust, cookies, cakes and more!
- Speed Up Marinating of vegetables
- Thicken Sauces
- Warm Food to above body temperature
- Slow "bake" sprouted breads
- 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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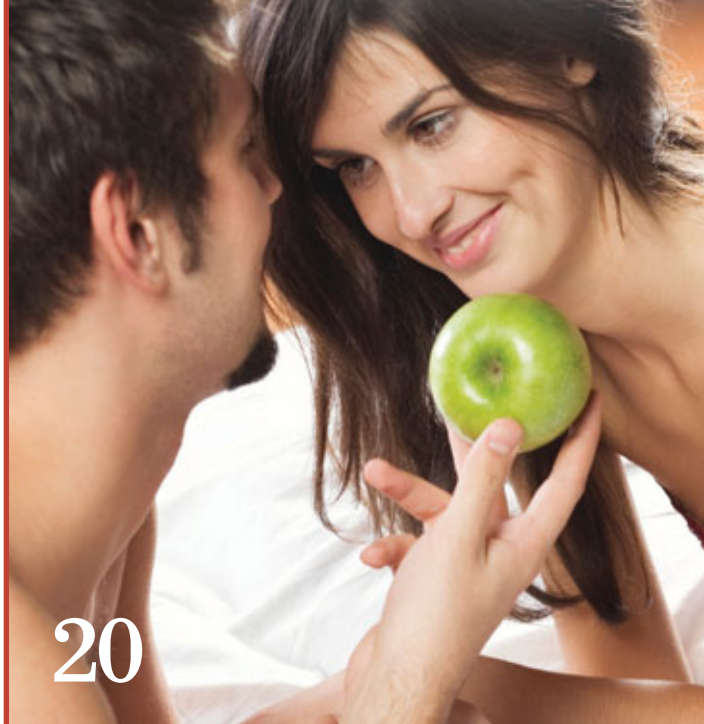
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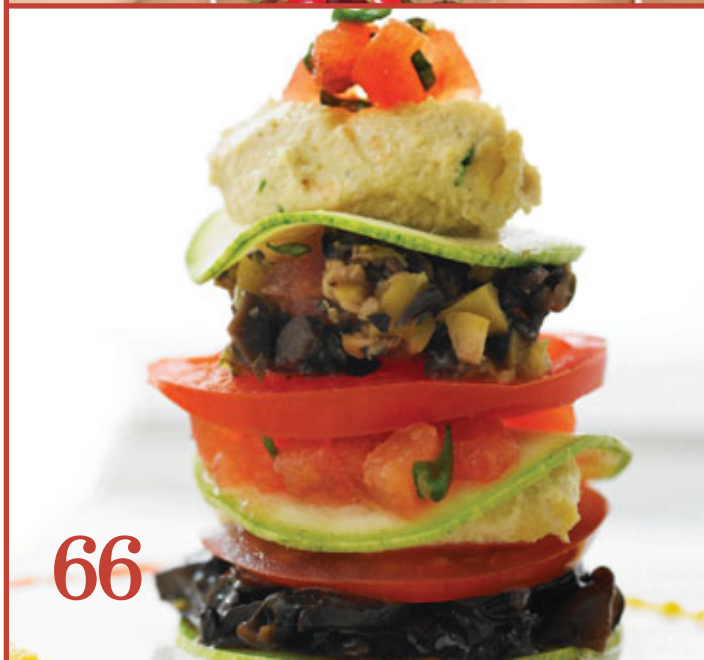
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Get Fresh!

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SEE PAGE 7 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.

Welcome



We live in a time when most of humanity still does not recognize any substantial link between health and lifestyle choices. Sure, it is accepted that if we eat too much of the wrong kinds of foods we won't look or feel so good, and that nutritional deficiencies exist. But come down with a serious illness and opt for mainstream treatment and the focus on what you are eating is likely to be small to non-existent. Yet most of what masquerades as food today in our supermarkets, convenience stores and restaurants has no place in the human body – and the same goes for the products we are told to put onto our bodies and into our homes.

Nobody wants to think about falling ill until it happens, but these days, what is the alternative? It's not as if contracting a life-threatening disease is a remote possibility anymore. We live in a toxic world where cancer has gone from being an extremely rare illness to one that will now afflict around 40% of people in developed nations. American males have a 50% chance of getting cancer during their lifetimes, and as the statistics are getting worse decade by decade, how long will it be before contracting some form of cancer is a more likely outcome for the average person than a cancer-free life? The figures for other diseases are just as scary – unless, that is, you have realized you can stack the odds greatly in your favour.

The single most important thing any of us can do is educate ourselves about health, and then take responsibility for our own. This is the investment that allows us to keep on doing all the things we enjoy in life, and do them to the full. If we 'get' this, everything else in our life is enhanced. If we fail to, it is all in jeopardy. As ever, this magazine is here to inspire and guide you in making choices that will serve you in making the most of what life has to offer. We hope you enjoy it!

Sarah

Sarah Best

Editor

WHAT'S NEW?

Let supplements be thy medicine

Selected products from the LifeGive range of plant-based nutritional supplements are now available in the UK for the first time. LifeGive supplements are made from natural whole foods, which means they are easily absorbed and assimilated by the body. The ingredients that make up LifeGive supplements are grown without chemicals and they're processed at low temperatures to preserve enzymes and nutrients. The range comes from the world-renowned Hippocrates Health Institute in Florida. The products now available in the UK are:

B-12 Forte

A unique vegan soil-based source of B-12 providing 400mcg per tablet. Vitamin B-12 is necessary to maintain a healthy blood cell count and nervous system. The UK government recommends that those on a vegan diet include either B-12 fortified foods in their diet or supplement on a regular basis.

BioticGuard

BioticGuard is a powerful probiotic formula containing soil-based organisms to help maintain healthy digestion and immunity. It combines pure food-derived probiotic blends with naturally occurring food source minerals, amino acids, FOS, chlorophyll and antioxidants.

Est-Toll

Derived from a living cabbage food source discovered by the Hippocrates Health Institute's Division of Nutritional Research, this Asian form of cabbage has a higher content of indole compounds than any other vegetable source in the world. The extract used in this supplement delivers the highest standard, up to 25%, of naturally occurring and stable indole 3-acetic acid compounds. Clinical research has determined that indole compounds can help to balance hormones, regulate sleep and enhance mental acuity and brain function.

HHI-Zyme

A formula containing full-spectrum, plant-based digestive enzymes. Also provides essential nutrients, vitamins and minerals in a proprietary blend designed to support healthy digestion and assimilation of foods.

Ocean Energy

This vegan formula helps to maintain vibrant health, energy and endurance. It contains a naturally occurring soil-based source of B-12 together with nutrients



from the land (green kamut) and ocean (kelp, algae) with added probiotics. Organic and wild-crafted.

Systemic Enzymes

A blend of proteolytic enzymes, vitamin C and selected botanical antioxidants chosen for their ability to combat oxidative stress and provide all-round systemic support.

Turmeric+

A powerful whole food, balanced and naturally-occurring vegetable source of active curcuminoids from organic turmeric extract. Turmeric has long been revered in the east for its healing and protective properties and there is now growing evidence to support its multiple health benefits.

For details of stockists see page 27.

Probiotics plus living whole foods

There are a number of products on the market which combine probiotics with a whole food source, giving the double benefit of beneficial bacteria plus easily-absorbable nutrition. But most of them contain gluten, making them a no-no for anyone wanting or needing to avoid this allergenic substance.

FermPlus is a gluten-free formula, giving complete peace of mind with its official zero-gluten rating and gluten-free stamp. The product of two decades of research, it is 100% natural and contains 15 living whole foods and 13 strains of friendly bacteria.

Each of the living whole foods was carefully selected for its powerhouse of vital nutrients and the line-up is as follows: spirulina, linseeds, lentils, aduki beans,

alfalfa grass, chick peas, biodynamic whole grain rice, pumpkin seeds, fermented soya beans, alfalfa seed, mung beans, fresh ginger, agave and molasses.

As well as delivering easy-to absorb, high-octane nutrition, the whole foods in FermPlus act as a prebiotic enabling the bacteria to stay alive and healthy so they can work synergistically together to provide your body with a very powerful probiotic. In simple terms, a probiotic is a substance that favours the beneficial bacteria (or flora) in the intestines and inhibits the growth of harmful bacteria. Maintaining the correct balance between the two is essential for healthy digestion and a healthy immune system.

As FermPlus is made from naturally-occurring whole foods, it is safe for

everyone to take, including young children and the elderly. Simply mix a teaspoon with water, a juice or a smoothie. If you suffer from digestive problems or food intolerances, start with 1/8 teaspoon a day and gradually build up.



Now available in the UK from Kiki Ltd. Call +44 (0)1603 891 678 or order online at kiki-health.com.

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WHAT'S NEW?

Beauty roundup

Go native

New Isle of Skye based company Live Native has launched a range of seven hand-made 'organic skin foods', all free of unnatural ingredients and processed either raw or at low temperatures to preserve enzymes, phytonutrients, antioxidants and essential fatty acids. The range has been devised with four base ingredients which work synergistically together to protect and moisturise the skin: cold-pressed aloe vera, virgin coconut oil, shea butter and natural vitamin E with mixed tocopherols.

Essential Woman with frangipani

A skin cream for all-over face and body conditioning. Rich in the above moisturisers and blended with distinctly feminine essential oils. Great as a daily moisturiser for all skin types.

Head to Toe for Men

A spicy, aromatic multi-purpose balm ideal for all-over daily moisturising. Also suitable for and after shaving and as a natural-blend alternative to petroleum-based hair creams.

Everybody Every Day

A gentle all-over moisturiser for everybody every day – suitable for men and women, children and babies. A premium-quality, low-allergenic skin food for sensitive skin with excellent moisturising properties thanks to enhanced levels of protective vitamin E. Can also be used to soothe the skin after sun exposure.

Pure Natal

A rich, gentle and soothing all-body moisturiser for both mother and baby. Especially for delicate skin, it soothes and heals and when used regularly throughout pregnancy, may aid in preventing stretch marks. Use liberally on your baby after nappy changes and baths when the skin is most vulnerable to infection. Completely safe and non-toxic.

Love Lube

A seductively aromatic sex lubricant, totally non-toxic and free from any synthetic additives. Contains a blend of essential oils specifically selected for their combined sensuous aroma.



Deep Hair Repair

A deep-conditioning coconut oil hair treatment that actively revitalizes as it is absorbed to help reduce hair shaft protein loss for a full healthy shine. Contains rosemary, tea tree and neem to improve circulation and maintain a healthy scalp.

Fresh Feet

A balm that absorbs readily to deeply nourish and revitalise sore feet. Also contains naturally effective anti-fungal and anti-bacterial properties.

Now available: a Christmas Box (pictured – £34.99, limited stocks only) and Anytime Gift Bag (£27.99) available in three twin-pack combinations: Head to Toe for Men with Love Lube, Everybody Every Day with Love Lube or Essential Women with Fresh Feet

The Live Native range is now available direct from the company by calling 07912 978608 or online at livenative.com, or from The Fresh Network at 0845 833 7017 or at fresh-network.com.

Your Right To Be Beautiful



Late last year *Get Fresh!*'s Raw Beauty columnist Tonya Zavasta developed a luxurious natural anti-aging face cream with the above name, which has been garnering delighted reviews from customers all over the world ever since. Now for the first time the cream is available to buy in the UK.

It is an all-natural healing cream containing wild-crafted & organic essential oils and certified organic herbs that promote healing and new cell growth. With a heavenly vanilla scent and

whipped cream-like texture, it is soothing, anti-inflammatory and suitable for all skin types. The all-natural ingredients include oils of almond, coconut, mango seed, sesame seed, avocado and sea buckthorn, which aids in the healing of skin damage.

Your Right To Be Beautiful cream is available in the UK from The Fresh Network: 0845 833 7017 or online at fresh-network.com, and in the US from beautifulonraw.com or by ringing 866 782 9729.



A home facial with a difference!

Organic skin care company Raw Gaia has launched the world's first raw chocolate face pack. It is made with four natural ingredients carefully chosen for their nourishing and beautifying properties: raw chocolate powder, red clay, organic turmeric and organic amla fruit powder. It gently cleanses and helps to draw out toxins from the skin, and is suitable for all skin types and for both men and women.

Organic raw chocolate powder

A rich source of antioxidants, which benefit the skin because they absorb free radicals, a cause of cell and tissue damage as well as premature aging.

Sun-dried red clay

Rich in trace elements and minerals, particularly iron. Great for toning and cleansing and leaves the complexion looking radiant.

Organic turmeric

Turmeric has been used for centuries to bring a healthy glow to the skin and to make it soft and smooth. It also helps to promote an even skin tone.

Organic amla fruit powder

An ayurvedic herb, amla is an excellent cleanser and promotes a fresh, bright complexion.

Order from rawgaia.com or ring 01273 311 476

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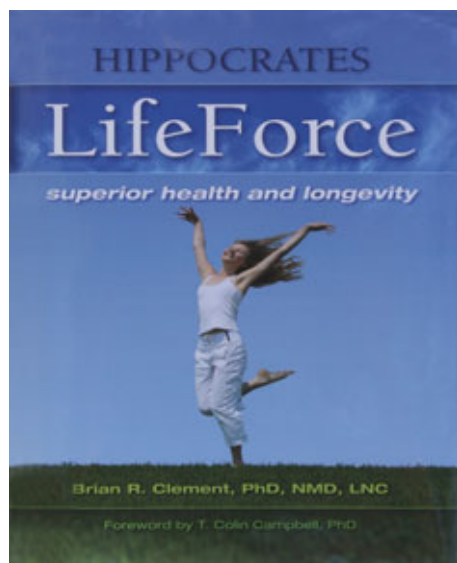
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BOOK REVIEWS



LifeForce

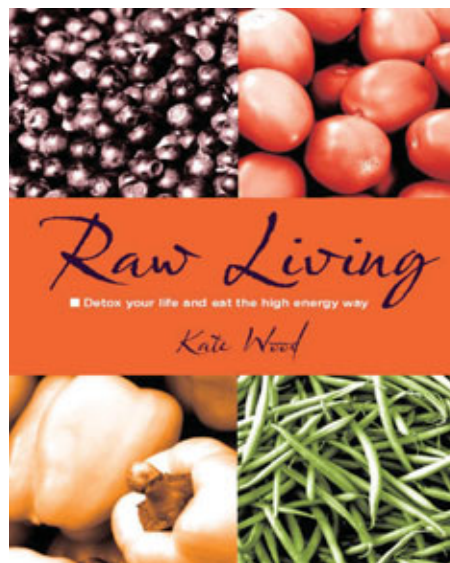
By **Brian Clement**

Healthy Living Publications, \$24.95

Brian Clement is the director of the Hippocrates Health Institute in Florida, a long-time *Get Fresh!* columnist, and author of many excellent books on health and human potential. But *LifeForce* is his best yet – 235 pages packed full of life-changing information and thought-provoking observations. It covers a lot more than just the physical, with pages of cutting-edge information on the mental, emotional and spiritual aspects to health.

Near the start of the book is a quiz to help the reader identify where they are on the 'resistance to change scale' and on page 131 Clement suggests the reader ask themselves: "Am I willing to sacrifice my long-term health to protect a single one of my toxic lifestyle habits? Am I willing to die prematurely in return for holding on to my food addictions?" Chapter 7, 'From a lead to a platinum lifestyle,' outlines four stages of transition between the standard diet/lifestyle (lead) and the ideal living foods diet/lifestyle.

The book is a comprehensive guide to optimum nutrition and holistic health, with a whole chapter devoted to the best plant-based sources of all the nutrients we need, another on medicinal herbs, a selection of recipes from the Hippocrates kitchen and a guide to therapeutic juicing which lists the specific healing benefits of some 50 fruits and vegetables.



Raw Living

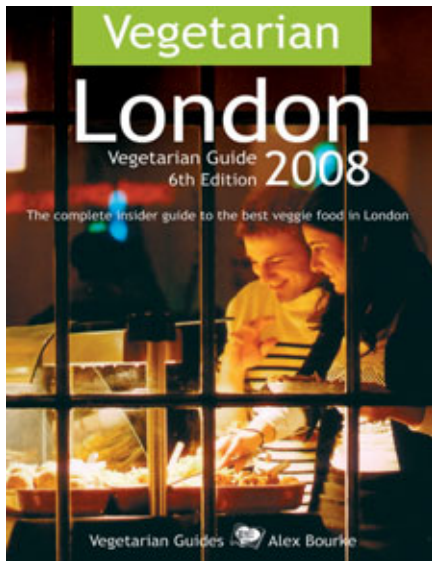
By **Kate Wood**

Grub Street, £10.99

This is Kate Wood's second recipe book and the long-awaited follow-up to its predecessor *Eat Smart, Eat Raw*, which remains a favourite of raw food fans everywhere. What people love about Wood's recipes is that they work every time and they are as foolproof as it gets.

This book includes sections on dips, spreads, soups, salads, main courses, biscuits and crackers, puddings, cookies and sweets – among other categories. Recipe highlights include Thai Pumpkin Soup, Coriander Pesto, Goji and Macadamia Mincemeat Mess and some fabulous cakes, for which the author is famous. *Raw Living* contains 150 recipes from Wood and a further 10 contributed by other well-known raw food promoters, including Shazzie, Jill Swyers and Mike Nash.

The book also includes a comprehensive resource section, covering subjects such as stocking your kitchen with the right equipment and ingredients, a mini-guide to the non-food aspects of an optimally healthy lifestyle and sections on superfoods, sprouting and aphrodisiacs. It is a must-have resource for health-conscious parents or parents-to-be with its sections on conception and pregnancy, breastfeeding and making healthy food appetizing to children. A chapter on catering for children's parties, and two weeks worth of sample menus complete the mix in a book that is sure to become another classic from this popular raw food author.



Vegetarian London 2008

By **Alex Bourke**

Published by **Vegetarian Guides, £6.95**

This new edition of the guide that has been around since the 1990s is well worth having in your pocket if you visit London and essential if you live there. It lists over 100 vegetarian restaurants in the city, with prices, opening times and sample dishes, all of which are vegan, including salads and juices. However the most useful listings for raw fooders are the street markets and 100 independent whole food stores, telling you which ones are specialists in organic and sell fruit and veg.

Skimming the listings, and there are almost 300 pages of them, it is clear that the availability of raw food is increasing everywhere except Indian restaurants, and juice bars are popping up all over. Whilst London doesn't yet have a 100% raw food restaurant, it does have places with a lot of raw dishes on the menu, such as Vita Organic in Soho and Madder Rose in Primrose Hill. The publisher's favourite London raw caterer of all is Rainforest Cuisine, who run a very popular 100% raw buffet and cake stall in Spitalfields Market on Sundays and at other locations throughout the week.

This year, for the first time, the guide boasts a section on raw food, with tips for getting started and advice on finding resources in the capital. The book features 12 separate indexes, including vegan and organic, and the only thing that would improve usability would be a raw index in the next edition.



In short, it's raw and it's alive.

Although technically, it's also organic, vegan and fair-traded, and made with unrefined or unpasturised ingredients, which have been carefully sourced from around the world for either their raw extraction or low temperature processing methods. All of the ingredients are then raw-blended without heat, so that your body, both inside and out, benefits from an exceptionally rich recipe of naturally occurring enzymes, phytonutrients, antioxidants, essential fatty acids and active healing plant phytochemicals. There are no animal products (or testing), mineral oils, artificial perfumes, colourings, preservatives, parabens, phthalates or petroleum by-products, hydrogenated oils or unnatural stabilizers in any Live Native product.

...we just call it skin food.

Live Native is a new collection of 7 premium quality hand made Organic Skin Foods – raw blended skin care – using nature's most proven, effective and living moisturising agents. Each of the range has been individually scented with exotic aroma therapeutic essential oils, chosen exclusively to compliment our deeply nourishing and cleanly absorbing moisturising skin foods for men, women and children, mums and babies.



Our introductory range of life loving all-over moisturisers, remedial balms and sex lubricant are now available on-line in 30ml sizes from www.fresh-network.com and www.livenative.com or simply call us up here on the Isle of Skye on 07912 978 608

Raw restaurants opening in Munich...

The German city of Munich will soon have a raw restaurant that is part of the Saf chain. Saf means "pure" in Turkish and also stands for "Simple Authentic Food". As in all Saf restaurants, the executive chef is the world-renowned Chad Sarno. The venue is the city's only vegan restaurant, Zerwirk, which in its new incarnation will be named 'Saf at Zerwirk'. The location is off Marienplatz, Munich's main drag. The new restaurant will open its doors to the public in early 2008 and this will be followed by a 'Grand Opening' on February 1.

The Saf chain is owned by Turkish-based Lifestyle company The LifeCo. Like its

other city centre venues it will be more than just a restaurant, also featuring a takeaway, an organic wine bar, a shop, catering services and 'lifestyle education' classes. The restaurant menu will include raw sushi and ravioli, a selection of innovative salads, a 'Taco Trio', a Lavender-Berry Sundae and a Citrus Tartlet. As well as starters, mains and desserts guests will also be able to indulge in a cheese course, with all of the choices raw and dairy-free.

Meanwhile, work continues on the company's flagship London branch of Saf restaurant, now scheduled to be opening its doors some time in spring 2008. For more details see safrestaurant.com.

...and Boston

Meanwhile, Alissa Cohen, the popular *Get Fresh!* columnist, raw food teacher, *teacher of teachers*, TV personality and author is opening a restaurant in January 2008. The name? Grezzo (raw in Italian). The location? Boston's North End, also known as 'Little Italy'. There are no further details available at the time of going to press, but like everything Alissa does it's sure to be fabulous!

New UK raw delivery service

North-east England based company Purely Raw has launched the first UK-wide and international raw food home delivery service. Shipping is on Mondays and Thursdays and the choice includes four side dishes, two main dishes, a soup, a dessert and two sauces. Order online or read more about it at purelyraw.com or ring 0844 770 3344 (or +44 (0)1925 290 436 for international orders).

In the papers...

A group of eminent cancer experts recently issued the strictest dietary guidelines ever. The recommendations came as a result of the most exhaustive and authoritative review ever done on the link between cancer, diet and exercise. A panel of 20 cancer specialists spent a decade sifting through more than 7,000 studies dating back to the 1960s. They found clear patterns linking certain foods with increased risk of certain cancers, and substances on the avoid list included: alcohol, salt, junk food, sugar and processed meat. The panel departed further from the mainstream by recommending a largely plant-based diet and warning against the dangers of being even slightly overweight. All of the guidelines were perfectly in harmony with eating a high-raw vegan diet and when more research has been done into this area, expect to hear experts recommending that too!

For all the latest news be sure to check our blog regularly – fresh-network.typepad.com – or better still subscribe to it so that you'll receive updates automatically.

Happy Christmas from Yaoh!

UK-based hemp company Yaoh wants to wish *Get Fresh!* readers a very merry Christmas by offering some fabulous prizes. Just send in your answer to the question below and you could soon be in possession of:

- **FIRST PRIZE:** A Yaoh hemp milk maker (one lucky winner)
- **SECOND PRIZE:** Yaoh hemp protein powder (two to give away)
- **THIRD PRIZE:** A 250g tub of Yaoh dehulled hemp seeds (three to give away)

The Yaoh hemp milk maker (pictured) can make fresh hemp milk in seconds and also makes other raw vegan milks including sunflower, cashew, hazelnut and almond.

To enter the prize draw just email your answer to the following question to info@fresh-network.com or post it to: Yaoh competition, *Get Fresh!* magazine, Chequers House, 9 Stratton Road, Hainford, Norwich, Norfolk NR10 3AZ.



QUESTION

Yaoh Hemp Products are rich in:

- Protein
- Essential fatty acids
- Minerals
- All of the above

Why not also take advantage of one of the special deals the company is offering: half price on 125g dehulled hemp seeds until the end of December and then half price on Yaoh hemp oil for all of January and February 2008. For more information see yaoh.co.uk.

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 15 and
Sunday 16 December

Your Best Raw Self For 2008 With Karen Knowler

Newmarket, Suffolk

The perfect pre-Christmas weekend treat and retreat, 16 hours of “playtime”, two nights accommodation and five delicious raw meals. £229. For more information see TheRawFoodCoach.com

Early 2008

Bringing Alissa Cohen's Teaching Programme to Germany!

As the first teacher of Alissa Cohen's “Living of Live Food” in Germany, Nelly Reinle-Carayon gives raw food preparation courses and workshops and runs a raw catering service. She also teaches and certifies others on Alissa Cohen's Certification courses (Level I and II). From the beginning of 2008 she will organize raw food events with a famous German raw food caterer. Visit her website at www.rohkoestlich.com or email her at nelly@rohkoestlich.com.

Saturday 5 January

Level 1 Living on Live Foods Chef Certification With Anna Marcon

South London

11am to 3.30pm, £70
For more details and/or alternative dates contact anna@therawlife.co.uk, call 07939 531092 or see therawlife.co.uk

Sunday 27 January Raw Food Workshop With Catherine Parker

North London

10am to 4pm. Learn how to make easy, healthy and delicious raw vegan dishes. All food made is to be eaten on the day, so arrive hungry! Recipes available to take away with you. Menus at rawteacher.com/catherineparker
For more information (including dates for further workshops) call 07734 294548, email reallivingfood@yahoo.com or see cathparker.wordpress.com.

Saturday 2 February

Raw Food For Beginners 1-Day Class With Karen Knowler

Cambridgeshire

Now in its eighth year, Karen's most popular class is packed full of food demos and priceless tips, tools and information – perfect to get you started with raw foods, or re-inspire you. £70. For more information see rawbeginnersclass.com

Sunday 9 to Friday 14 March

Karen Knowler's Raw Coach Training

Cambridgeshire

Are you ready to turn your raw food passions into your dream vocation? This fully-residential 6-day training will give you all the knowledge you need to create a raw coaching business to suit YOU! £1,499 plus VAT
For more information see RawCoachTraining.com

Friday 21 to
Sunday 23 March

The Second Annual Raw Lifestyle Film Festival

Los Angeles

An examination of what sustainability really means, from how we raise children, to the homes in which we live, to how we deal with illness

and how all this is reflected in how we feed ourselves, and the impact of that choice on all spheres of life on Earth. The film-makers whose films have been chosen will be on hand to answer your questions and offer their perspectives on why they believe their films were important to make. For further information visit serenityspaces.org or call +1 310 854 2078.

Tuesday 25 March

Life Force: An evening with Drs Brian and Anna Maria Clement

London

This evening is a rare opportunity to hear the directors of the world-renowned Hippocrates Health Institute speak in the UK. For more information ring The Fresh Network on +44 845 833 7017. Full details to be posted soon at fresh-network.com

Late March 2008

RAWQuest Experience

Comox Valley, British Columbia, Canada

Featuring internationally acclaimed health educators and speakers, holistic practitioners and healers, workshops, demonstrations, exhibitors' booths and raw food! Full details to be announced in Spring 2008 issue of *Get Fresh!*. For more information contact janette@zenzero.ca

Saturday 26 April to
Friday 2 May

Elaine Bruce – UK Centre for Living Foods

Ludlow, Shropshire

Practitioner Training applications now invited for this course – closing date January 28. 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. See livingfoods.co.uk for details and application form.

Saturday 31 May
and Sunday 1 June

6th Annual Bristol Vegan Fayre

Ampitheatre & Waterfront Square, Central Bristol

Entertainment, education, inspiration and excellent shopping opportunities. Visit bristolveganfayre.co.uk or contact organisers Yaoh for more information: 0117 9239053 or info@yaoh.co.uk

Saturday 31 May and
Sunday 1 June in Brungshof
(near Düsseldorf)

Saturday 23 August and
Sunday 24 August in Speyer
(near Heidelberg)

Rohvolution 2008, The Raw Food Event of the Year in Germany

The first event of its kind in Germany for all who are interested in healthy raw food. Two days of raw food preparation demos, lectures, workshops and shopping opportunities. This event will be followed by a separate “Dinner - nouvelle cuisine crue” on Saturday evening. Exhibition space still available. For more information and booking see rohvolution.eu or email event@rohvolution.eu

Friday 12 September to
Sunday 14 September

Raw Spirit Festival 2008

Sedona, Arizona

The world's largest raw vegan gathering, this year's event attracted hundreds of attendees, the biggest and best selection of vendors at any raw food festival ever, and featured lectures by many of the world's leading authorities on raw foods and holistic health. Check rawspirit.com for details of the 2008 festival and see pages 78-79 for our review of the 2007 Raw Spirit Festival.

To enquire about advertising your class, workshop, festival or other event in a future issue of *Get Fresh!*, contact sarah@fresh-network.com or ring +44 845 833 7017.

Salvation by green shake

Sarma Melngailis on falling in love with raw all over again.



Since it's impractical for me to drop everything right now and run off to an Ashram to find myself, I had to see how I might be able to conduct the search locally. How do I do this, in my "spare" time? What spare time? How do I find solitude in New York City for some good self-awareness? And when? This is an ongoing exploration.

I've also kind of yearned for a return of that 'honeymoon' excitement that I felt when first going 'raw'. Raw and I have been married (though we have a pretty open relationship) for over four years now. Isn't four years the point at which most marriages are said to go stale? If you make it beyond four years, you're solid, but it's also a pretty common time to break apart? Am I making this up?

Sometimes things just appear and then resonate for one reason or another at a particular time that feels like perfect timing. Charlie, who is in charge of Product Development (an understatement of her role for sure) at One Lucky Duck, had a few books under her desk. One caught my eye and I picked it up. Victoria Boutenko's *Green for Life*. I'd seen this book around, but it was published after my first summer of being raw, so I'd not devoured it then like I did every other raw food book I could get my hands on. I read the inside flap of the book, which references how closely related chimpanzees are to humans, and asks why then do we not take a closer look at what they thrive on in the wild. So, I borrowed the book, took it home, and devoured it. In fact, I haven't given it back to her.

Reading this book took me back in time, with a bit of a familiar experience. Everything in it just makes sense...perfect sense. The way the whole concept of raw made perfect sense to me when I first read about it. For me, right now, this seems like a perfect healer – I'm full of renewed hope. And what she is talking about is not a pill, nor a bunch of dried up herbs, nor a previously unheard of berry or root from a far away mountain top snacked on by some ancient civilization which then allowed them to live long, disease-free, great-sex-filled lives. Think maca, goji, acai, noni, to name a few. I love these too and consume plenty, as well as many supplements, but still one must admit there's a bit of leap of faith involved with anything in a pill, or

known as a superfood. However, this is so basic: just eat *lots* of greens. And to make it all easier on yourself and so as not to consume your entire day perched on a branch chewing and chewing and chewing, *blend* them.

I felt a bit like I had just decided to enter the graduate studies program of raw foods. At the time, I'd already been making myself green shakes – but only now and then. I began with fruit and cucumber based shakes to which I'd add cilantro, and then slowly was starting to add more and more greens. But I wasn't really putting much thought into it or why I was doing it. However, as I read this book, it all made sense to me. This is what I was going to do. And I was not going to turn it into a puritanical fast. I was simply going to amp up the contents of my green shakes, as well as the frequency of my consumption of them, in place of other things. And I was going to do this without putting restrictions on myself. Just happy and warm knowing that I was going to really enjoy doing this, and that it would do me well.

Well, do me well it has. I am in a full blown love affair with dark leafy greens. Rainbow chard is miraculously beautiful, with the bright dark pink, red, yellow and orange stems delicately bleeding up and into the green leaves. Dinosaur kale, all sturdy and dark is just somehow vigorousness in a vegetable. Parsley and cilantro I can't get enough of. And my shakes have become darker and thicker and thicker and darker. When I can get good sprouts, I add those too. Or spinach, or collards.

It's like the opposite of the horde of clowns spilling out of the teeny car – one can't imagine how I could possibly get that volume of greenery condensed into one blender. I have mastered the art of making them just the way I like them, adding things in a certain order. For example, I add peeled limes at the very end, not blending it too thoroughly afterwards, so that I get little bites of the pith that explode lime flavour into my mouth when I bite into them. I eat them very thoughtfully, and crave them. I am comforted by them, calmed by them, excited when I'm making them. I eat them with a spoon and chew them slowly. I can appreciate the flavour differences when I use different greens, like different grape

varieties in fine wines. And they fill me in the most satisfying way. Yes, I am in love with green shakes.

But what was this business about going to an ashram in the first paragraph and how is that relevant? Well, this has just been a bit like my first experience with raw foods all over again. I feel much better, and I'm even having some funny detox symptoms just like the first time around. But it's the dissipation of brain-fog that is so liberating, yet also often just difficult. The emotional detox. The scariness that comes with increased clarity. Because these green shakes are far from sedating, the way food can often be, and yes, even raw food if you're inhaling it mindlessly and quickly – which was a tendency I'd fall into easily. Alcohol, drugs and 'food' all have a way of numbing you, or at least acting as a buffer keeping the scary stuff at bay.

But when I walk into my restaurant with my mason jar of green shake (or "swamp sludge" as the staff call it), and see all the pretty dishes flying by, all the more tempting because they are so good, clean, organic, raw and lovely, and our brightly colored sake cocktails, that jar is like someone tightly holding my hand. When I feel bombarded and exposed, it feels like a safety blanket. And when I'm eating my green shake, usually straight from the jar, I don't ever want anything else. Yes, some nights I will eat a lovely dinner, have some wine or a bright pink prickly pear and pomegranate tini, and dessert. Yum! And that's all good and fine. But for now, I'm also too fascinated by all the things that I'm finding inside now that all the lights are turned on much brighter. Things that do me no service that I'd like to toss out. It's like cleaning out your closet. What? What is this dusty pile of guilt back here crumpled in the corner next to a box of insecurity? Do I need these? I think not!

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. The One Lucky Duck range is available in the UK from fresh-network.com, along with the book Raw Food, Real World.

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Hail wheatgrass

Juice Master Jason Vale sings the praises of nature's most health-enhancing elixir.

One of the most popular new super drinks of the 21st century is wheatgrass. I say 'new', but what I mean of course is new to most. Wheatgrass shots have in fact been around for centuries. The famous Swiss doctor Bircher-Benner was using powerful green juices as far back as the 1800's and it is reported that as far back as the 16th century green juices were used to help treat all kinds of disease. And of all the green juices on earth, none is more nutritionally powerful than wheatgrass. In fact, it has been said that just one little shot of wheatgrass has the same nutritional value as 1kg of other leafy green vegetables. Whether that stat is actually true or not (after all how can one ever really know?) one thing is for sure: a tiny amount of this super green liquid can have a tremendous impact on every aspect of your health.

Dr Ann Wigmore was perhaps the most famous pioneer of wheatgrass juice. Her amazing work in nourishing terminally ill patients back to health with the king of green juices at her Hippocrates Health Institute is well documented. Just a single 1 ounce shot of wheatgrass contains 20 amino acids (the building blocks for protein). It has all the B group vitamins including B12 and even the often elusive vitamin B17 – a vitamin which has been reported to help prevent and fight cancer. Wheatgrass also contains vitamins C, E, K, folic acid and beta carotene as well as being packed with a multitude of vital minerals including calcium, zinc, selenium, magnesium, phosphorus, potassium, sodium and sulphur. On top of all this, wheatgrass juice is one of the richest sources of chlorophyll on earth.

'Concentrated sunlight'

Chlorophyll has been described by many as 'concentrated sunshine' or 'liquid sunshine' and this is about as accurate a description as you can get. Chlorophyll is literally just that – the natural sunlight energy trapped within the fibres of the plant. When you separate the juice from the fibres you effectively release that liquid sunlight energy: liquid energy which improves the functioning of the

heart, the vascular system, the intestines, the uterus and the lungs. The same liquid energy which can help assist the body to clean the blood and liver, strengthen the immune system and reduce high blood pressure.

Chlorophyll has strong antioxidant properties and it can act as a natural defense against free radicals, which are a damaging by-product of metabolism. Free radicals encourage an acidic cell environment and contribute to all diseases and the aging process. The chlorophyll molecule itself is structurally very similar to the iron-carrying component of haemoglobin.

Enzyme rich and gluten free

You are never truly rich unless you are enzyme rich. Enzymes are life and wheatgrass juice is highly active chemically and contains over 80 enzymes. These are used for digestion, but also to detoxify harmful substances, and are involved in the many chemical changes in the body necessary for the maintenance of good health.

Because it is called 'wheat' grass many people believe that it must contain gluten, a compound found in certain grains. Many people have difficulty with it on the digestion front, which is why we have seen an explosion in 'gluten free' foods over the past few years. Wheatgrass juice is from the sprouted grain and therefore, as well as all the other nutritional advantages of this super drink, it is also completely gluten free.

But it's grass – that just can't be natural!

Clearly it is completely unnatural for humans to eat grass – the strong cellulose makes it too woody and fibrous for our intestinal tract to deal with efficiently. However, one of our most instinctive acts as children is to pick blades of grass and suck on them – a practice which I have since found out is incredibly good for ulcers, teeth and gums. The grass in a field is very different to that sprouted in organic soil in a tray and although it could be argued that normal grass is for cows, it can easily be argued that wheatgrass juice is just as natural for humans.



The taste of a new generation

Last year I opened a Juice Master Juice 'n' Smoothie bar in Leeds University. I realised of course that a shot of wheatgrass would be about as appealing to the students as a night out in Baghdad so something was needed to make it attractive. Then I thought teenager and thought the best way to attract them would be to have the word GRASS quite large! So we had the strap line:

GRASS

Cow's Eat It – Dopes Smoke It – But Only The Enlightened Slam It!

The concept is the same as a tequila slammer, but with wheatgrass. Students have a little rock salt on their wrist, slam the wheatgrass slammer and eat a slice of orange straight after. Who would have thought you could ever make wheatgrass trendy? We also help to promote with the strap line of...

Say 'high' to nature!

One of the unexpected benefits of a little shot of wheatgrass is the almost instant 'wheatgrass high' that is experienced by many people just after they take the shot. It has been described as a similar hit to caffeine, but without any of the negative side effects. Even if you don't experience the immediate natural high, you can be sure that a little dose of this liquid sunshine will be the finest health insurance you will ever invest in.

The saying that health is the most important thing in the world is so over-used it has become a cliché, but few do anything to protect their health until it is too late. Wheatgrass juice isn't just a 'fad'. There is something truly wonderful about this wonder drink whose benefits are being felt by more and more on a daily basis as people start to take the prevention of disease as seriously as the treatment.

Join the wheatgrass revolution and try a fresh shot today at your nearest juice bar, make your own at home or add a good quality wheatgrass powder to your juice or smoothie.

For more information on wheatgrass and all things juicy visit JuiceMaster.com or call 08451 302829.

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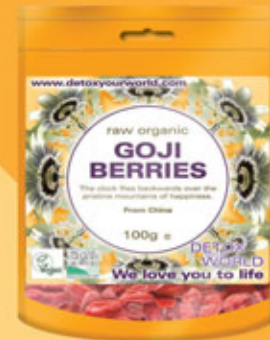
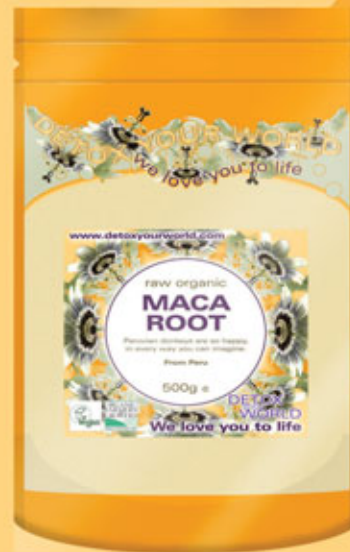
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Inspiration online



Heidi and Justin Ohlander of popular website Raw Food, Right Now on how blogging has helped spread the news about raw food far and wide.

When you first discover raw food, one of the things you really want is support. You want community. Most importantly, you want to know that there are people out there just like you. Since the introduction of the virtual universe called the World Wide Web, people have connected in many ways, including online forums and chat rooms. Those were great at the time, but things have changed.

Perhaps you have heard of Web 2.0; if not, the word “blog” (short for weblog) has probably crossed your eyes or ears at some point. Blogging has become one of the most powerful ways to connect with other people online. Don’t believe us? At the time of this writing, we have identified nearly 200 raw food blogs.

When we first started, there were only a handful of online raw food journals. During this early time, most of these journals were people’s personal journeys into the world of raw food.

Given the blog explosion in the last few years, and with the availability of many types of free and paid blogging tools, the power of raw food to change

people’s lives was destined to be chronicled across the Web.

But why? What is so intriguing about blogging? And why blog about raw food? In fact, just what is a blog, anyway? Even now, most people are still unfamiliar with what, exactly, a blog is and why they should care.

Here is our way of explaining the world of blogging: Have you ever visited your favourite website multiple times, just hoping there was an update? Most of the time there isn’t, and we can feel the frustration build up inside of us each time we visit that favourite site. “What is up with this site!? Are they alive?” we ask ourselves. The blog is there to solve that problem.

So we are going to define a “blog” as: a frequently updated website. That’s all there is to it. Even though it is really that simple, there are as many uses for a blog as there are for regular websites. But with a blog, there are certain features that make it easy to navigate for the user. For example, blogs are generally laid out so you get a “snapshot” of the entire website right

there on the main page. There are rarely separate web pages. You will find each blog is basically a site designed with links and information on the side, along with the coveted news updates in the middle.

Ok, so what about raw food blogs? What would a raw food blog be about? The possibilities, of course, are endless, but all raw food blogs seem to fit into one of the following categories (ordered by popularity):

- Personal journeys (what people are eating, struggles and triumphs, daily food logs, etc.)
- Raw food news and going-ons in the raw food world
- Raw business blogs (what’s new with a business, news updates, new products)
- Raw experiments (people eating only green smoothies, health goals, personal challenges)
- Raw lifestyle specific (raw cycling, raw athletes, fruitarian, even raw models!)
- Raw food product and recipe reviews
- Raw recipes made by blog authors
- ...or like our blog, a combination of everything

When we started eating raw food in 2004, there were only a handful of raw food blogs. The most well known at the time was Shazzie's journal – the popular UK raw food author and promoter detailed her journey into raw food publicly and in great detail on her website from 2000-2006.

Soon followed other raw food blogs such as ours (Raw Food, Right Now) and We Like it Raw, that were designed to inform their readers about raw food news, events and happenings, as well as to inspire, inform and educate.

Yet most of the raw food blogs you will find are ordinary people detailing their personal journeys. Most posts are about what they are eating on a daily basis, problems they might be having, amazing results they may be experiencing, dealings with their family and friends and many other things that are involved in this lifestyle. We believe the largest benefit of blogging is that a wide variety of people with a diverse range of health issues and raw lifestyle goals are all talking about their personal experiences – online for all the world to see!

Raw food blogs give everyone a voice; a voice that could potentially reach the whole world. Before blogs, it was difficult for people to connect and share their experiences easily with other like-minded people, perhaps in other countries or even continents. Now anyone can start a blog, right now, for free and be sharing whatever they wish in seconds, with people all over the world. It requires literally no knowledge of website design and takes minutes to get started.

Because there were very few people online sharing their experiences with eating raw food when we started eating raw, we had to take the word of authors who lived far, far away; some authors didn't have a decent photo, let alone a website. We also had to rely on our intuition and logic to guide us. Eating raw food was basically trial and error for us. How things have changed! Now there is such a wide variety of personal, online and public experiences to tap into that no one has to feel alone when they start going raw!

We are pleased to say that most raw bloggers are very personable and will answer comments, feedback, and are always looking for new perspectives and fresh ideas for their blogs.

Another surprising side-effect of raw food blogging is how raw food news is spread. When something happens in the raw food world that people want to know, it generally hits the blogs first. People can trust that their favorite raw food news blog will have the latest scoop...perhaps before anyone else! When juice feasting got big thanks to Angela Stokes' blog about her three-month

experience with it, we watched the raw food world spread their love for juice feasting. Since that time many people have started their own juice feasting blogs. And Angela loved blogging about her juice feasting experience so much she has continued blogging to this day! And where did many raw foodists first find out about the spinach scare in the US? From raw food blogs.

Thanks to updated technology, people no longer need to remember to visit their favourite blogs and websites. Users can subscribe to RSS feeds or through their email program and never have to worry about searching for raw food news on the web – it's delivered to them!

“Raw food blogs give everyone a voice; a voice that could potentially reach the whole world.”

In addition to blogging, there are other popular ways of spreading raw food information that are directly related to blogging. Two popular types are podcasting and vlogging (or video logging). Examples include the renowned podcast Raw Vegan Radio and the online video blog (or vlog) called Freshtopia.

These tools add another entire dimension to raw food news, updates, and information. Raw Vegan Radio has interviewed many of the leading voices in the raw food movement, and continues to add more all the time. Freshtopia's creativity, humour, and divine recipes have even non-raw people all over the globe drooling in delight!

As the list of raw food blogs continues to grow, the raw food world has wider exposure and certainly more and more first-hand experiences of people on their raw journeys.

It is our hope that these hundreds of online personal journeys will help validate the incredible benefits of the raw food diet to the rest of the world, skipping right around boring technical scientific papers on health and diet, and getting right to what really matters: real world results.

Time for Twitter!

Got no time to start a blog? Why not Tweet instead? Twitter is a simple tool that lets you post short messages of 140 characters or less which visitors of your site can read to find out what you have been up to. This is a great way to highlight that smoothie you made this morning, or what you picked up from the farmer's market. Many raw foodies are doing it...some who blog and some who don't! Getting an account is quite possibly the easiest site to sign up for – just visit twitter.com and sign up in less than two minutes. Then you too can start Tweeting on Twitter!

OUR PICK OF RAW FOOD BLOGS

If you are eager to jump on your browser and catch up with the raw blog world, we recommend you get started with the following blogs:

* **We Like it Raw** – Run by Dhruvil Purohit and his team, this is a popular raw food blog covering news and other happenings in the raw food world. Readers of the blog are often profiled and perhaps the most popular feature of all are the guest posts from Sarma Melngalis. welikeitraw.com

* **Karen Knowler** – Karen uses her blog for happenings with her business, for personal entries, and also helpful articles on how to eat a raw food diet. karenknowler.typepad.com

* **Green Smoothie Experiment** – This blog has recently ended, but the site is still up. This blog is a great example of the personal journey blog. The author, Valerie Winters, started this blog with a goal: to lose all her excess body weight by consuming only green smoothies. By the time she ended the blog, she had lost 125 pounds. greensmoothieexperiment.blogspot.com

* **The Fresh Network** – *Get Fresh!* editor Sarah Best covers nutrition news of interest to raw fooders, explores issues related to going or staying raw, and also posts recipes and other useful resources. fresh-network.typepad.com

* **Raw Food, Right Now!** Our raw food blog. We provide raw food news, recipe and book reviews, interviews (podcasts), personal experiences and more. RawFoodRightNow.com

* And finally, the ultimate guide to the world of raw blogging: our continually updated list of every raw food blog in the world: RawFoodRightNow.com/ultimatebloglist.html



Raw food, **hot sex**

Raw food *does* make you sexier says Roe Gallo, but don't forget the importance of attitude and confidence.

So many of you have asked me if a raw food diet makes for better sex or perhaps makes you sexier. And, because I have a PhD in Human Sexuality and I advocate enhancing raw food, I should be in the position to answer that exciting, widely-asked question. So let's satisfy your curiosity right away. Yes, you can have that fabulous, fulfilling sex life. And yes, being sexy is absolutely within your grasp. What does it take to make this happen?

Energy is definitely the essence of sexy. Having great energy is vital to having great sex and being sexier. Being lethargic or sick does not make you sexy or give you the energy you need to have great sex. This is where diet and exercise come into play. Who is sexier, a person full of energy or one who is sick and tired?

Therefore, when I get the question, "*Will eating raw food improve my sex*

life or make me sexy?" my answer is a definite, "*maybe.*"

Why? Eating a diet of mostly enhancing foods (raw, organic fresh fruits and veggies) will help create energy in your body and energy is one of the key factors to great sex. Also, eating mostly enhancing foods will help you eliminate fat and create a body that can add to your confidence, and help you feel sexier. But having great energy and a great body are just not enough. You need to feel comfortable in your body and have that great attitude. All three are equally important: attitude, confidence and energy.

Being sexy and having great sex starts from the inside of the body and works its way out. It develops in beliefs and moves into thoughts, attitudes, feelings, and finally shows up in behaviours. So let's look at what I call ACEing your sex life: Attitude, Confidence and Energy.

Attitude

A great attitude toward life and a sex-positive attitude are crucial for great sex that starts before and lasts long after the climax. A powerful attitude includes a positive, fun disposition, an intense passion for living and an awareness of, a love for, and a connection to, life. This type of attitude will continue in the bedroom and positively affect your sex life. And, who is sexier? A happy, positive person or someone who is miserable? Genuine interest and passion are a must for great sex. Also, if you are genuinely interested, you will be more interesting. Again, who is sexier? Someone who is passionate and interested or someone who is boring and bored?

Along with a great attitude, sex-positive thinking is essential for great sex. If you think sex is bad or wrong, you won't enjoy it. Neither will your partner and it certainly won't make you sexy.



Think about it, who is sexier? Someone who thinks that sex is dirty and should be done under the covers with the lights out or someone who thoroughly enjoys it? It is important to look at sex as positive and natural. This is a big step for most of us living in "sex negative societies." What's funny is that most of the media, especially advertising, use sex appeal to sell TV shows, movies, books and almost all products. Yet, most of us are not inclined to admit that we like being sexually aroused, let alone arousing the sexual desire of another person, nor even that we like sex.

Having sexual desires is as natural as having an appetite for food or a thirst for water. Wanting to be sexually desired, to be sexy and to be sexual is also natural. Having sex with a great attitude about yourself, your partner and sex in general has the potential to make you sexier and your sex life sparkle.

You can develop a great sexy attitude by:

1 Looking for the best in everything that happens. Remember, life is full of moments and we can choose to make them great. Ask yourself: "What could be great about this?" "What is the gift in this?" "What lesson can I learn from this and how can it help me be a better person?" When you continue to ask empowering questions, no matter how bad things may look, the answer will come. People who

are optimistic, positive and joyful are sexy. Negative people are not. Negativity does not make for great sex.

2 Developing empowering self-talk. Asking empowering questions and talking to yourself with love and respect is something that does not come naturally to most of us, and therefore, something you must consciously be aware of and develop. Self-hatred is not sexy. And, if you don't love yourself, you probably won't know how to love your partner, either in or out of bed.

3 Be passionate. Without passion for yourself, your life, your partner and sex, there is no sexy and there is certainly no great sex. Without passion you cannot have a great attitude. Doing what you enjoy, expressing your enjoyment and not being afraid to let your partner know what you enjoy are a great start for becoming more passionate.

Confidence

Confidence is the belief in your ability to succeed, to be the best you can be. This belief about yourself will affect every aspect of your life, including your sex life. Being happy with yourself and comfortable in your body will dramatically influence how sexy you are. Who is sexier: a person who believes in themselves or someone who is insecure?

Let's not make the mistake of confusing confidence with arrogance or conceit, because arrogance and conceit come from a place of self-doubt and insecurity. True confidence comes from a place of self-love. Being sexier is just one benefit of confidence.

Being confident will also help you communicate more with your partner. Good communication about sex, both in and out of bed, will have a positive impact on your sex life.

You can develop the confidence to be sexier by:

1 Seeing yourself as the best you can be – what you look like, how you feel, what you say to yourself and others, how happy you are, what you contribute to the world, how much love you have in your life. How you see yourself is what you will move toward. And it's all about where you are going, not where you have been. How sexy is that? Very!

2 Expecting success and happiness. Expect the best in yourself, in your relationships, your career and your life in general. This includes your sex life. Expect it to be great, put the energy into making it great and it will be great.

3 Celebrating all wins – no matter how small. Honouring yourself for everything you do. Even when what you do does not turn out all that great, you can look for the lesson and celebrate how

it is a win by getting you closer to your best self. And your best self is certainly your sexier self.

Attitude and confidence start from a positive and empowering belief system. If we have any disempowering beliefs, it's time to consciously change them. In my books, I dedicate a significant focus toward changing beliefs and I'll give you a brief exercise here on how to change a negative disempowering belief to an empowering one.

1 Think of a negative belief you have about yourself, life or sex.

2 What is this belief costing you right now? What are you missing out on? How much pain do you create in your life by believing this?

3 What would your life be like over the next five years if you did not change this belief?

4 Change this belief to one that will empower and enhance your life.

Here's an example:

1 What if you had the belief, "*I am not comfortable with my sex partner because I hate my body*"?

2 This belief is costing you joy, happiness, love and fun. You are not only missing out on having a wonderful sex life, but this belief will negatively affect your health and it's affecting your relationship with your partner. You create pain and stress on a day-to-day basis because you are not happy with yourself. This is not healthy – physically, mentally or emotionally.

3 Over the next five years this belief causes you to become more and more miserable. Your relationships, your health and your life have suffered because of this belief.

4 A more empowering new belief is "*I am taking care of my body and see it becoming the body I love. My body makes me feel great and sexy and totally comfortable with my partner.*"

With this new belief your life changes. You create the body you want, you expect to be sexy and you become sexy. Everything in your life improves and continues to improve over the next five years.

Energy

A healthy mind coupled with a healthy body equals unstoppable energy. Can you have great sex if you are unhealthy, in pain and/or lethargic? I don't think so. At least not consistently. Your body creates energy through food and exercise. Exercise gives you energy because it delivers oxygen and nutrients to your cells. Recent studies have shown that exercise also improves:

- muscle tone and bone health
- cardiovascular health
- mental acuity
- mood

The evidence for the positive effects of exercise is overwhelming and absolutely important as a foundation for having great sex. But the most important thing about exercising is doing it. And you won't do it until you love to do it. Make exercise fun. If you find a variety of ways to stay active doing the things that you enjoy, such as hiking, dancing, or gardening, you'll keep up the activities that form the basis for your exercise programme.

Also, it is important to remember that you don't have to go to a gym or even leave your home to get in great shape. Movement is the most important thing, just keep active. There are effective exercises you can do at home or on the road to create and maintain extraordinary energy throughout your busy day.

The second way to create energy is through what you eat. (Finally, it's about food.) The standard diet has adverse effects on health and energy, and that directly affects sex drive and self-image. It's difficult to feel sexy when you are fat, sick and always tired. When you eat the right foods, you provide your body with the nutrients it needs to get and stay healthier. Healthier equates to having more energy and energy is one of the key ingredients to being sexier and having better sex. Healthier also means having our bodies functioning properly. Physiologically this can translate to lubrication for women and erections for men. Psychologically, being healthier makes us feel better about ourselves – our sense of power, positive attitude and confidence – these are key ingredients for being sexy.

Eating mostly enhancing foods (raw and fresh organic fruits and veggies) will give you the nutrients to build energy in your body. You may be able to create energy in the short term while ignoring your body's nutritional needs, but it won't last long. Certainly not a good plan when your goal is to have great sex. Eating enhancing food has so many benefits. It helps you:

1 Get and maintain a healthy weight without excess fat. Eating this way naturally lowers appetite. Your body creates appetite when it needs nutrients to create energy. When you eat foods that do not supply easily usable nutrients, your body will continue to create appetite until it gets the nutrients it needs. Eating only compromising foods is one reason why most people are fat and obese and so undernourished. Getting fit helps you feel and look sexy.

2 Keep your body healthier. The majority of disease is caused by lifestyle-induced toxicity – mostly through the way we



eat. A report released on March 16, 2007 from the Center for Disease Control (CDC) on not eating enough fruits and veggies states: "A diet high in fruits and vegetables is associated with decreased risk for chronic diseases." It continues about weight management, "In addition, because fruits and vegetables have low energy density (i.e., few calories relative to volume), eating them as part of a reduced-calorie diet can be beneficial for weight management." A healthy body is a sexier body. A special note for men: Being overweight can contribute to impotence by upsetting hormone balance and interfering with circulation. Also, toxicity can cause circulatory problems that interfere with sexual performance. Regular exercise and proper nutrition can help maintain male hormone levels, improve blood flow, and boost mood, which are key to enhancing sexual performance.

"The standard diet has adverse effects on health and energy, and that directly affects sex drive and self-image."

3 Increase your natural energy level by providing more easily digestible, and easily usable nutrients to your body. Enhancing raw fruits and vegetables are the fuel for a great sex drive.

Notice that I'm talking about enhancing raw food and not raw food. Why? Just because food is raw does not mean it is healthy! Enhancing foods are easy to digest and high in nutritional value. They get in, give you the nutrients you need and get out without a lot of fuss. Foods that are considered part of a raw diet also include nuts, seeds, dehydrated foods, badly combined foods (nuts and/

or seeds mixed with fruits). These foods and combinations of foods don't provide nutrition in as easily digestible forms as enhancing raw foods. Eating a mish-mash of food combinations, even if they are raw, will give you indigestion, create toxicity in your body and gas, and you will not assimilate the necessary nutrients from your food. Flatulence is neither healthy nor sexy!

With raw enhancing foods, the ideal is to eat only one food at a time. More common practice, however, is to combine several fruits or have a simple green salad with one or two additions.

However, that does not mean that there is no room for compromises. That's why most diets are dead-ends. No one likes to feel restricted or guilty about what they eat. The experience of most people who increase their intake of enhancing foods is that they naturally reduce the amounts of compromising foods they eat. More enhancing foods means more nutrients, less hunger, less eating and natural weight loss. More energy for better sex, and a body that makes you feel sexier.

Perhaps it's more than a definite maybe then. I believe that following these tips and incorporating the benefits of ACE (attitude, confidence, energy) will get you to being sexier, having a great sex life and a great life overall. And I think we might agree that it is certainly worth trying for, isn't it?



Roe Gallo is an author, motivational speaker and life coach. She has a PhD in Human Sexuality and she lectures and writes on health, fitness, sex and personal power. She is the author of *Perfect Body*, and co-author (with Stephen Zocchi) of *Overcoming the Myths of Aging and the*

soon-to-be-released Mainstream Raw. For more information see roegallo.com.

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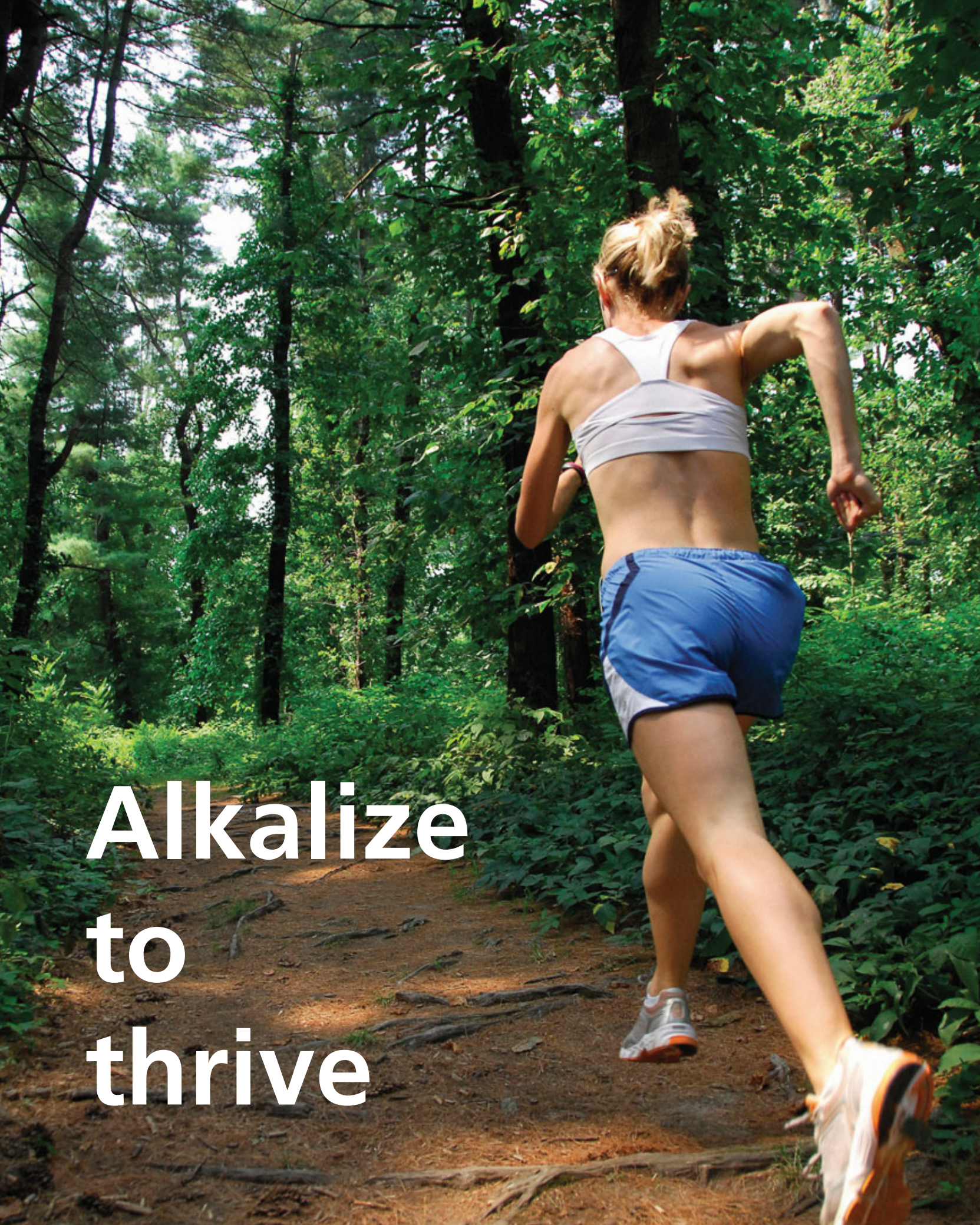
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**Alkalize
to
thrive**

Brendan Brazier on why balanced pH equals speedier cellular regeneration and reduced risk of disease – and why athletes may be especially prone to running into pH problems.

When I began running track in high school I knew that I wanted athletics to be a regular part of my life. Soon after, I picked up swimming and cycling. It was at this point that I decided I wanted to become a professional Ironman triathlete. It was 1990 and I was only 15, but right away I began working towards making it happen.

Since an Ironman triathlon consists of a 3.2 mile swim, a 112-mile bike ride and a 26.2 mile run (a marathon), I realized that there wouldn't be much spare time in my new life. Knowing that I had a huge amount of training ahead of me, I wanted to make sure that I began with the most effective training programme possible. I looked at training programmes of some of the top professional Ironman triathletes in the world with the plan of mimicking their routine. To see what separated the best from the typical, I also looked at training programmes of average-performing amateur triathletes. What I found surprised me. The average athlete's programmes differed very little from the elite. If training discrepancies were minimal, what then caused some athletes to become great while others remained average?

As I discovered, training wasn't the only factor – far from it. In fact, the most significant difference between the upper echelon of elites and the basic moderately-performing amateur had nothing to do with training, but rather recovery times. As I learned, the difference between average and breakthrough performances hinged on the rate at which the body could recover from physical training. On reflection, this stood to reason. It makes perfect sense that since training is really nothing more than breaking down muscle tissue, the one who can restore theirs the quickest will have an advantage. The quick-recovering athlete will be able to schedule workouts closer together, therefore enabling him to train more than his competition. Over the course of a few months the extra workouts will translate into a significant performance gain. Having solidified this in my mind, recovery became my focus.

What has the greatest impact on recovery, I wondered. Diet was the answer. As I learned, food choices can account for up to 80% of the total recovery process. Having this new-found appreciation for diet, I decided to take

mine more seriously. I had never had any particular interest in nutrition before, but I now had a reason to learn about it.

Quick cellular regeneration is reliant on pH balance

A diet of predominantly alkaline-forming foods will keep the body in a considerably more alkaline state, and therefore one that promotes regeneration and healing. An alkaline state is essential for the repair and regeneration processes that need to take place on a daily basis for health to be optimized. If not dealt with, stress-induced acidity from physical exertion, general anxiety, or acid-forming food consumption can lead to, among other things: sleep impairment, mental and physical lethargy and the accumulation of body fat. If an acidic system becomes chronic, it can precipitate signs of aging, causing the blood and cellular tissue to degenerate at a more rapid pace.

When acid-forming food is consumed, it produces toxins that the body must deal with. This process starts with digestion and continues until elimination. Denatured foods are toxin producers; as a result, they have the greatest negative impact on pH balance within the body. These highly refined and processed foods are devoid of any usable nutrients, yet retain their calorific value – the worst combination. Toxins in the body lead to premature aging through cell degeneration. Aside from bad food choices, most prescription drugs, artificial sweeteners and synthetic vitamin and mineral supplements are extremely acid-forming.

As the body carries out normal functions such as movement and digestion, it becomes increasingly acidic. In fact, the formation of acid is a natural by-product of healthy metabolism. This is not a cause for concern, unless overeating causes this normal biological function to be taken to excess. This is yet another case for eating more nutritionally dense food – optimum nutrition with minimum metabolic activity needed. Not only do denatured foods instantly create an acidic environment within the body due to their chemical composition, but also due to their digestive shortcomings.

Natural, whole foods are the athlete's best, most alkaline fuel

It amazes me how little attention the value of balanced pH has garnered from the mainstream medical world. Positive acid/alkaline balance is one of the most important factors in athletic performance. In my opinion, by disregarding this fact, sports supplements manufactures have

significantly reduced the effectiveness of their products. In fact, some of the 'energy bars' currently on the market are the worst offenders. Processed for maximum shelf life and convenience, and consequently denatured and acid forming, many energy bars are recommended by their manufacturers to be consumed after exercise to aid in recovery. Although some of the better-quality bars now available provide several of the nutrients needed for recovery, almost all are highly acid-forming. The lower quality ones are really nothing more than disguised junk food and act on the body as such.

Numerous sports supplements touted as post-work-out recovery agents contain highly processed, manufactured proteins usually in the form of denatured isolates, which are also highly acid forming. Suggesting they be consumed soon after a workout will certainly fulfil the body's need for protein, but completely neglect its need for pH balance.

Athletes in peak training are the most affected when it comes to acidosis. Vigorous exercise creates stress in terms of muscle trauma caused by the workout. Physiologically speaking, hard exercise is the stress. Equally important is the rest. The correct balance of these two contrasts are the combination needed for growth. Of course, as well as being physically stressed, many athletes also must deal with various types of performance anxiety. A higher metabolism is yet another factor athletes are met with, further lowering pH. Compile this with the fact that athletes require more food in general, with an emphasis on protein to aid muscle recovery. For recovery to be expedited, alkalizing foods, such as those rich in chlorophyll, need to be consumed soon after a workout. Protein must also be consumed to help repair broken down muscle tissue.

Protein quality is key

Based on personal experience combined with extensive research, I don't believe that we need as much protein as conventional guidelines would have us believe. Quantity can be greatly reduced, so long as quality remains first-rate. Whole, non-isolated, raw and plant-based of course are the parameters of what constitutes quality.

However, the conventional paradox is this: most protein sources are highly acid-forming, yet the highly alkaline-forming foods are generally low in protein. This can be simply overcome if protein quality is observed. Raw, unrefined, natural, hemp protein, for example, measures at

about 50% protein, yet is substantially less acid-forming than common denatured proteins such as whey and soy. Hemp's higher pH level can be attributed in part to its chlorophyll content, responsible for its green colour. Chlorella is another one: it is almost 70% protein and highly alkalizing. Raw, sprouted legumes such as lentils, beans and seeds are also an excellent source of alkalizing protein in the form of amino acids.

'Pseudo-grains' (technically seeds but often referred to as grains) are also a prime source of protein in amino acid form; they include amaranth, buckwheat, quinoa and wild rice. Daily consumption of these protein sources will supply the body with the building blocks it needs for regeneration, in addition to maintaining a healthy, alkaline internal environment. Also, a diet high in leafy green vegetables will ensure the system remains alkaline even when stress is elevated. In my book *The Thrive Diet* I include 100 recipes that follow this principle. They are ones that I've made for myself for years and work exceptionally well. They are all plant-based, wheat, gluten, soy and corn free.

A pH imbalance is a common trigger for many ailments

Those who maintain an acidic environment within their body are prone to fatigue. Since acidity is perceived as a physical stress, cortisol levels rise resulting in impaired sleep quality and therefore greater fatigue. The onset of fatigue will almost always result in cravings for sugary and starchy foods with the subconscious hope of them providing energy. Cravings of this type are a result of fatigue that has been brought about by more stress than can be physically tolerated. "Hunger" is often not really hunger, but rather fatigue.

Additionally, stress and the over-consumption of acid-forming foods and supplements is what leads to most cases of poor bone health and eventually osteoporosis – *not* failing to consume enough calcium, as is commonly believed. The blood itself will always remain neutral; this is imperative for survival. If the body is consistently fed acid-forming denatured foods and supplements, or encounters stress from other sources, it must take measures to ensure a neutral blood pH is maintained. One way in which the body does this is by pulling the alkaline mineral calcium from the bones. Of course, over time the bones will become weaker as a result of this survival mechanism.

The conventional way of treating low calcium levels and osteoporosis is to simply suggest the person "take" more calcium, usually in the form of tablets. The calcium source in tablets is generally derived from materials such as oyster shells, bovine bone meal,

coral and dolomite (rock), all of which are extremely hard and unnatural for the body to assimilate. The large size and recommended daily number to be consumed is a testament to their poor availability. The body must work very hard to get calcium from these sources – another reason this method of boosting calcium stores is inferior.

Low-grade metabolic acidosis, as it is termed, is another symptom of an over acidic body. It has been cited as a leading cause of several health concerns such as the development of kidney stones, loss of bone mass, and the reduction in the production of human growth hormone (hGH), which in turns leads to a loss of lean muscle mass and an increase in body fat production.

Since low-grade metabolic acidosis affects the body at a cellular level it is also responsible for an increase in the fabrication of free radicals, and a loss in cellular energy production. In addition to these serious concerns, viral and bacterial growth is able to thrive in an acidic body, possibly leading to a wide variety of diseases. For example, cancer cannot develop in an alkaline environment; it just is not possible.

Beyond diet, there's more that can be done to balance pH

Diet has the greatest impact of all on the body's pH level. However, there are other factors to be aware of. Air quality is one. Personality type is another. Some just seem to be intent on creating an environment for diseases to flourish. You know the ones: those who worry about things that they have no control over – weather for example. And those whose philosophy seems to be, "If there's not a problem, there's a problem."

Setting time aside to do an enjoyable activity on a regular basis will further instigate pH balance within the body. Taking time out of a busy schedule to do something pleasurable yet seemingly unproductive can actually be a key ingredient to improved health and longevity.

Other ways of creating alkalinity within the body are:

- deep breathing exercises
- yoga
- light stretching
- meditation

Regular exercise that gets the cardiovascular system pumping, but is not so taxing that it causes excess cellular damage, can also significantly reduce stress and therefore promote a more alkaline system.

If you think it's stressful, you're right!

Recreational activities are only beneficial

if you enjoy them. Enjoyment is, of course, a perceptual choice. This being the case, be aware that the way in which you perceive your chosen activity is of the utmost importance. If, for example, you don't like yoga, performing it in an effort to get healthy will have little value and, in fact, can actually create more stress that it alleviates. I enjoy running: that being the case, it benefits me more than someone who doesn't.

When selecting an exercise, consider your likes and dislikes, and aim to find one that suits your personality. This sounds like basic advice, and it is. Yet, many people participate in exercise programmes they don't find enjoyable, slogging their way through their workouts. If you force yourself to do daily exercise that you don't like, it will deplete your will power, making various challenges that crop up in life harder to deal with. Will power is finite and if you force yourself into an exercise programme that you don't enjoy, it will make meeting challenges in other areas of your life more difficult.

If you want to use exercise to clear your mind after a challenging day at work, a run or walk by yourself might be a good choice. If you want exercise to be your time of the day, away from others, solo activities are the way to go. If, however, you like the camaraderie and social aspect of exercising, choose an activity such as an aerobics class or circuit training. If you need motivation to exercise, arrange to work out with a friend: this will help get you into an exercise routine and encourage you to stick with it.

There are other considerations, too. Ask yourself if you would like a vigorous activity, such as boxing, or are you more suited to gentler movements, such as yoga? Do you prefer competitive activities to keep you motivated or is competition a turn-off for you? If you flourish with head-to-head competition, try tennis or squash. Do you like team sports and if so, do you prefer indoor or outdoor? There are as many activity choices as there are personality types. Check with your local recreation centre to see what it offers. You will be amazed at the diversity of activities available.

*Brendan Brazier is a professional Ironman triathlete, author of the bestselling book, **The Thrive Diet** and the creator of an award-winning line of whole food nutritional products called Vega, available in the UK and Europe from fresh-network.com and in the US from many health stores. He is also the 2003 and 2006 Canadian 50km Ultra Marathon Champion. In 2007 Brendan was named one of "The 25 Most Fascinating Vegetarians" by *VegNews Magazine*. For more information see BrendanBrazier.com and *ThriveDiet.com*.*

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What you need to know about water

Water is the single most important substance we consume yet few of us drink enough of it, and fewer still drink the right kind. Tap, bottled, filtered, distilled, ionized, reverse osmosis...there are many varieties to choose from and confusion abounds about which is best. Lewis Montague and Sarah Best investigate the options and reveal which kind comes out head and shoulders above the rest in scientific research.

Thanks to poor eating habits, stress and not drinking the right fluids, most people go through life chronically dehydrated. Proper hydration is one of the most important factors in keeping the mind and body healthy. The human body is between 50% and 70% water and the variation is mainly dependent on age: in general the older someone is, the less water they have in their body. But is this inevitable? No – like most of what is referred to as ‘aging’ it is caused by lifestyle choices.

The human body can survive without food for a few weeks, but organs in the body start to fail within days without water. The brain has priority for water and if it’s dehydrated people will feel tired, irritable, nauseous and even delirious. In fact, without adequate hydration the brain will take water from cells throughout the body, resulting in chronic cellular dehydration – also known as aging and ill health.

Drinking the correct amount of water will help to curb appetite and can increase the strength of the metabolism. It can also prevent internal infections and lower high blood pressure, which in turn can reduce the risk of cardiovascular disease. Water is even important to the mouth as it stops decay and infections. So, one can view water as the ultimate barrier from illness and the liquid that sustains good health.

One common excuse for not drinking enough water is not liking the taste. This is especially understandable with tap water and bottled water is just so inconvenient, expensive and not necessarily much freer from contaminants (see table).

Another reason people often give for not drinking enough water is that they have to go to the toilet too often! But more frequent than average urination is a sign of adequate hydration – remember,

most people are dehydrated. People forget that the major function of urination is to eliminate toxins from the body.

Many people choose to drink tea, coffee, carbonated drinks or alcohol, all of which have a diuretic effect – meaning they pull water from the body, increasing the state of dehydration. These drinks are not only not good hydration – they are *negative* hydration. Many natural health practitioners state that for every glass of these you drink in a day, you need an extra glass of water. Research suggests these drinks have played a role in the diabetes epidemic thanks to their high levels of acidity and sugar. Visits to the doctor’s surgery or time off work could be reduced just by properly hydrating the body every day and not drinking substances that undo the good work.

Messages in water

Water is absolutely fascinating to learn about. You get to hear about people

like Victor Schauburger: a man of many talents, but certainly one thing he will always be remembered for is his quest for the ultimate knowledge of the power of water. This is the man who discovered why fish are able to 'climb up' waterfalls and why logs traverse log flumes much lower in the water at night than during the day.

Then there's Dr Masaru Emoto and his incredible research into water crystals. He found that water reacts to messages written on the side of glass bottles, with positive words producing beautiful, symmetrical crystals and negative words producing chaotic, contorted ones. It sounds far fetched, but seek him out online or get hold of one his books and check out the photos. Emoto also established that water is affected by the mental disposition of the humans that handle it – a finding shared by others, including Dr Richard Gerber. What do you think that might mean for the reservoir of water we carry in our bodies, a reservoir in which every single one of our cells bathes? No wonder our thoughts and beliefs affect our health in such profound ways.

Yes, water is extraordinary. It is the single most important substance we put in our bodies, yet it is all too often neglected. Water is involved in every chemical reaction in the body and when you understand water, you are no longer surprised at how much ill health there is on the planet. You are amazed at how little there is, given the fact so few people drink enough of the right kind of water.

By the way, how much is enough? Forget about 'eight glasses a day' – there is no 'one size fits all' prescription. We all need different amounts, depending on our weight. The World Health Organisation recommendation is: take your body weight in pounds, halve the figure, and this is the

number of fluid ounces of water your body needs per day. So, for example, someone who weighs 180 pounds needs 90 fluid ounces, or 4.5 pints.

Which water is best?

If you have looked into the many choices, chances are you are pretty confused. As well as plain old tap water, there is bottled water (including spring, mineral and table), filtered water (including reverse osmosis and distilled), energized water, vortexed water, magnetized water and ionized water, among others.

We've all heard the concerns about the safety of tap water. Tap water is partly recycled water – water that goes around and comes around and in between is treated with all sorts of chemicals. Yes, unfortunately it contains water that has gone down the sewer, into the treatment plant and back into the pipes again (the ones in your home and, if you drink it, the ones in your body). About two thirds of the other water comes from above the ground (reservoirs, lakes and rivers) and the other third comes from the water table under the ground. Imagine what ends up in the water supply from non-organic, chemically saturated farms.

This is where the debate really starts: are those contaminants going to harm us in the long run? And, more to the point, are you prepared to wait and see? That is purely a personal decision. At the end of the day, it is much better to drink tap water than no water at all; even though the consequences of drinking tap water long term could be detrimental to health, not drinking water at all is just slow suicide.

Many people boil their tap water before drinking it. This does kill most bacteria but it doesn't remove the other contaminants. In fact they just build up,

increasing the concentration of those contaminants in the cooled down water you drink. So if you decide you're not going to take the risk of drinking tap water, what are your options?

The one requiring the least thought is bottled water. It's readily available in stores and requires no upfront investment in a filter or other machine. There are two types of bottled water: spring water and mineral water (that is, if you ignore the category known as table water, which can literally come from anywhere). Spring water is collected directly from the spring and mineral water emerges from under the ground where it has flowed over rocks and is therefore high in mineral content. This is not a good thing though, as the minerals are inorganic, meaning the body cannot absorb them. Spring water must be treated to meet certain standards while mineral water is often only treated to remove grit and dirt.

Bottled water is often acidic (while tap water in most areas is alkaline), it has no proven health benefits and some argue that the environmental damage the plastic bottle industry causes is reason enough to find a better source of water. The amount of plastic created for the bottles is disturbing, especially as it is estimated that it will take at least 450 years to decompose.

There is also the question of plastic leaching into the water you are drinking. Recent research suggests this is cause for concern as chemicals called phthalates (which disrupt testosterone and other hormones) can leach into bottled water over time.

The longer the water has been in the bottle, the more likely it is that harmful substances from the plastic will have leached into the water. Some brands

Tap versus bottled water in the US

The difference between EPA (Environmental Protection Agency) tap water and FDA (Food and Drug Administration) bottled water

Water type	Disinfection required?	Confirmed E. coli & faecal coliform banned?	Testing frequency for bacteria	Must filter to remove pathogens or have strictly protected source?	Must test for Cryptosporidium, Giardia, viruses	Testing frequency for most synthetic organic chemicals	Must report violations to state	Consumer right to know about contamination
Big City tap water (100,000 people or more)	Yes	Yes	Hundreds/month	Yes	Yes	1/quarter (limited waivers available if clean source)	Yes	Yes
Bottled water	No	No	1/week	No	No	1/year	No	No
Carbonated or Seltzer water	No	No	None	No	No	None	No	No

Source: National Resources Defence Council

have labels that tell you when the water was bottled, and remember that most bottles are designed to be used once only, and with repeated use, leaching of chemicals from the bottle into the water will increase.

Although there are regulatory standards limiting phthalates in tap water, there are no legal limits for phthalates in bottled water. In fact, the reality is that there is much greater regulation of tap water than bottled across the board. Although these waters tend to come from a cleaner source, the reality is you rarely know exactly what you're getting when you drink bottled water. Spring waters are the safest bet, but even they don't have to publish the results of their testing. It comes down to this: the only way to be sure of the quality of the water you're drinking is to treat it at your home.

If you've ever really taken the time to study the different types of filter out there, you will have discovered it's a minefield. How much do you want to spend? There are some incredibly expensive filters costing well over £1,000 and even more. Or there's the simple jug. Filters also vary in their composition – some are ceramic, some are various forms of carbon, and some have different layers, each having a different function. Different compositions of filters often deal with different contaminants so if you have a particular concern or know of something in your water that troubles you, then you should find the right filter for the job. Filters are normally as good as their age, so don't flinch on spending on that replacement.

Now the filters mentioned so far are the ones that tend to leave in most of the minerals. But there are also reverse osmosis filters and – the ultimate in water purification – distillation machines. They tend to remove virtually everything from the water – yes, everything! There is a body of research showing that both distilled water and reverse osmosis water are in fact acidic when consumed – not conducive to the creation of a healthy pH environment in the body.

Using distilled water for a quick detoxification experience can be effective because it leaches many of the toxins out of the body, but strong research suggests that it can also leach out minerals, from the organs and tissue. So if none of these is the best water to drink, what is?

Alkaline, pure and antioxidant-rich

Mounting evidence suggests it is ionized water. For starters, ionized water is both highly alkaline and free of contaminants. Water ionizers work using electrolysis to split many of the H₂O molecules into H⁻ (a negative hydrogen ion) and OH⁺ (a hydroxyl ion). When the water is

electrolysed, negatively and positively charged water is produced: two flows of water coming from the machine at the same time. The negative is alkaline water and the positive is acidic. The term used to measure the change (the ability to gain or lose an electron) is called Oxygen Reduction Potential (ORP), measured in millivolts (mV). In plain English, the alkaline water is a powerful antioxidant and the acidic water is an oxidising astringent and is used for this purpose in Japanese medical centres, for example dealing effectively with ulcerations caused by diabetes. In other words, you drink the alkaline water and put the acidic water on your skin, particularly any areas that need disinfection or healing.

Water ionizers can be purchased online and require quite a sizeable upfront investment, though some companies allow you to rent the machine first, or even try it out free of charge. Although the machines might seem an expensive luxury (they are often in the range of £500-£1,000), considered next to the cost of keeping a household supplied with bottled water, not to mention the health costs of drinking less than optimal water, they are actually a very reasonable investment.

“For optimal health and hydration treat your water in your own home.”

Water ionizers change the clusters that make up water. The filter removes most of the contaminants in the water, thus reducing the size of the water. Then the majority of the minerals in the alkaline water such as calcium and magnesium, having been given the same negative charge, become more evenly spaced to one another, which means the water clusters become condensed. Using a method called NMR spectroscopy, scientists have proven that the process of electrolysis does change and condense water clusters. The result is that the water becomes easier to absorb.

Minerals in water are inorganic and difficult for the body to absorb, but ionization turns minerals into a colloidal form giving them a passport to be absorbed more easily by the body. All of this makes ionized water healthier and easier to drink than other water. Ionized water shares many properties with mountain water high up in the glaciers – this kind of water also has a high mineral content and is ionized as it rushes down the mountain side, and it also has a

naturally high pH level, making the water very alkaline.

Water from a water ionizer is generally free of contaminants, which are either removed by the carbon filter, or diverted into the acidic (non-drinking) water. The pH of the drinking water can be as high as 10, which means it's very alkalizing to the body and assists with detoxification. It will not oxidize the body and it will produce water that's full of antioxidants and oxygenation.

Antioxidants are probably the most talked about subject in the consumer health world today. It is now universally accepted that excess free radicals in the body are the cause of most illnesses and diseases, including cancers. Overproduction of free radicals caused by a poor diet, stress, chemicals and pollution are clearly having an adverse affect on human health, and antioxidants are the number one antidote to all of this. Ionized water contains a powerful antioxidant, H⁻ (remember the negative hydrogen ion), which is much more easily absorbed than most kinds, because it has an atomic weight of about 15, compared to around 170 for the antioxidants in vegetables and fruit.

The late Dr. William Kelley who founded the College of Metabolic Medicine used ionized water in his treatments and Dr. Theodore A. Baroody (author of *Alkalize or Die*) wrote, “After years of very positive continuous clinical use of ionized water, it is my opinion that this technology will change the way in which all health care providers and the public approach their health.”

Ionized water can help the body fight many common ailments, including fungal disease, skin conditions, high blood pressure, digestion problems, over-acidity, arthritis and osteoporosis. Used externally, the acidic water has powerful beautifying properties. Because it's an astringent, it can reduce the signs of lines on the face and will not damage your hair like normal tap water does. Acidic water has been extensively researched across the world. Only recently, tests at a UK university established that it killed over 99% of most known forms of bacteria including *Staphylococcus Aureus* (MRSA) and *E.Coli*. A research project just started in the USA is working on the effectiveness of acidic water on burns.

So, for optimal health and hydration treat your water in your own home. Ideally, invest in an ionizer; as a second best choose a good filtration system. Whichever kind of water you choose, remember to drink plenty of it and to accompany that with fresh vegetable juices and a diet rich in hydrating raw plant foods.



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Carol Alt “Raw food has worked for me and I’m in awe at the power of it.”



The American supermodel and actress, and author of the books *Eating In The Raw* and *The Raw 50*, tells Sarah Best why she is on a mission to spread the raw foods message.

On a January day in 1996, at age 35, Carol Alt found herself on location in Venezuela with a young and up and coming model. The reason? A high-profile 'Save The Rainforest' campaign. One of the most famous faces in the fashion and beauty industry, Alt had graced over 700 magazine covers and appeared in over 50 movies. But despite years of strict dieting, weight was starting to creep on and when she looked in the mirror, the woman staring back appeared alarmingly tired and worn out. Alt had become accustomed to travelling with an assortment of over the counter medications in order to manage her many symptoms. "I was on Afrin for sinus infections, Tums for indigestion, Sudafed for allergies, NyQuil to fall asleep and caffeine to wake up," she says.

She was the headlining name for the second instalment of the Rainforest Campaign in Venezuela, but it soon became apparent she wasn't the star of the show. Everyone had their eyes on the unknown 25-year old model, toned and fresh-faced. "I watched her captivate the entire set with her energy and happiness," remembers Alt. "I kept looking at this girl and thinking, 'What happens between that and this? She's firm, she looks good, she has energy and sparkle, *joie de vivre*. I used to have all of that. We're only 10 years apart. What happened?'"

Alt was clearly not the only one asking this question. Her agent was quietly informed by those running the shoot that his client was "not in bathing suit condition." What to do? Alt was the most famous face at the booking and had to feature. Eventually the decision was taken to use *just* her face: they shot her standing behind rocks or in the sea.

The humiliating experience over, a miserable Alt left Venezuela at the earliest opportunity, retreating to a relative's house in Palm Springs where nobody could find her. "I'm just like my father," she says. "He always loved his job, and always loved going to work. I was the same. But when he got ill he told me that he should have realized something was wrong the minute he didn't want to go to work. Here I was doing the same thing and instinctively I knew something was very wrong. I was falling apart. I decided, 'There's got to be a better way. If I'm like this at 35, what will I be like at 50?' I was literally on my knees praying: 'God, you brought me a little bit of celebrity and I haven't even been able to use it for

anything. I haven't even bettered one life. Please give me that chance'".

Alt not only discovered the key that would restore her to health and happiness: the raw food diet and lifestyle. She is now a leading advocate for it, having written a best-selling book on the subject with another one newly released. She is also in the process of launching her own range of raw foods, snacks and supplements: "I want raw food to come to the average eater," she says. "At 46 I feel so much better than at 35. My health is never an issue now. I'm never tired, I never have a headache, I'm never sick. It's a miracle – an absolute miracle."

When I went to interview Carol Alt in the summer of this year, I expected there to be a bevy of assistants and PR people presiding over the meeting, but in fact when I arrived at one of Alt's private offices, this one in the New York City district of Tribeca, there was no one there but the interview subject herself. I was expecting her not to look quite as good in person as she does in pictures, but in fact she looks better. (It may surprise you to know that the photos in this feature and on the cover are not from the heyday of her career; they were all taken this year.) I arrived at the interview with a long list of questions, but quickly realized it wasn't needed. Her response to my first question lasted well over two hours. As she commented later, "I am so passionate about raw food that whenever anyone asks me, a Pandora's Box of information comes out."

"At 46 I feel so much better than at 35. I'm never tired, I never have a headache, I'm never sick. It's a miracle – an absolute miracle."

I was expecting to meet a supermodel who was superficially pleased that raw food had given her career extra longevity; "one up" on the competition. Instead I met somebody who had truly suffered through poor nutrition and who now suffered watching others go through the same, often frustrated at their refusal to make the changes she did. While telling me about strangers who'd beaten cancer and other serious diagnoses as a result of reading her books, her eyes well up with

tears. "I see too many people in pain. I give thanks every day that I'm not going through it anymore. Raw food hasn't only changed my life; it literally saved my life."

It is clear that Alt is as passionate about others' health as she is about her own. She informs me that when friends come round she bans them from drinking tap water, telling them, "Not in my house! We drink clean clear home-made water I make myself!" At the end of the interview she insists on fixing me food and a drink for my trek uptown and calls from the kitchen, "I'm putting your water in a glass bottle," – a reference to the conversation we had had earlier about the dangers of storing liquids in plastic. Although she still works as a model and actress, these days she spends much of her time sharing her health and nutrition knowledge with others. For example, the night before the interview she travelled to the home of a friend who was ill, spending hours there counselling and encouraging her.

"I'm not a doctor and this is just my opinion – I always say that first thing out," she says. "But my life changed, and the only thing I changed was the food that went in my mouth. I thank God every day on my hands and knees not only that I got this information but that I was forced onto my knees so that I had to listen. Had I not, I wouldn't be here today. I'm so grateful I was humbled to the point where I'd do whatever it took. So I've been compelled to talk about it. I couldn't not do it. I made a promise 12 years ago."

From feast to famine

Alt grew up in a close-knit family in a little town on Long Island, the daughter of a New York fire-fighter. In her childhood there was no hint of the punishing dietary regime that was to rule her life later; in fact, she lived at the opposite extreme. "I ate everything as a child," she remembers. "Food was my entire life. I would gorge on the bread off the table before dinner came and then be too full to eat the rest of the meal. As a teenager, my friends and I would devour entire pizza pies, greasy tacos, burgers, French fries, sodas, pretzels, brownies covered in chocolate sauce and ice cream sundaes. Then go eat dinner!" she laughs.

Alt's first jobs were all around food. At age 13 she worked in a bakery where the highlight of her day was being allowed to eat hot cinnamon buns straight from the oven. By age 17 she was working part time as a waitress. One day a photographer dining in the restaurant approached her to tell her she should be a model. She was unimpressed;



at the time she had her sights set on a prestigious military career. "Growing up in the Alt household it was all about brains, not looks," she laughs. But when she worked out that she could earn in a day of modelling what she took home in a month of waiting tables, she saw it as a way of making some money to help pay her college tuition.

Before long she realized it was a career she wanted to pursue – despite the harshness of the industry. "At one early casting I was told, "You're too fat, your hair looks like s*** and who the hell plucked your eyebrows?" she remembers. The grooming issues were easily taken care of, but before long the pressure to lose weight had led to an obsession with dieting that was to last the next 17 years of her life.

"I lost the weight the only way I knew how. I stopped eating – literally – and I didn't eat properly again until I was 34," she says. Pressure to be thin wasn't the only obstacle to eating; there was also the relentless schedule of an international supermodel – seven days a week, 16 to 20 hours a day. "At the time, I saw the

impossibility of eating proper meals as helpful in losing weight," admits Alt. "But it's amazing what happens to the body when you're starving it. My skin became like plastic – make-up would slide off it. You can be slim and nourished, but I was starving and I looked like I was and acted like I was. Now, if I see two models next to each other, one of whom is thin and nourished and the other thin and starving to achieve that, I can tell which is which in an instant. It's written in their skin, hair, nails and attitude."

On the wall of the living room is a framed, poster-sized enlargement of a *Sports Illustrated* cover: Alt at age 22, wearing a swimsuit, 5' 10 and a mere 115lb. The starvation regime served its intended purpose for a while but by her early thirties Alt was gaining weight and dealing with an alarming multitude of health problems. The list included: sinus infections ("If someone coughed into their hand and then extended it to me in greeting, I would shy away as I knew that their germs could infect me for weeks afterwards. So I started becoming a diva, not allowing anyone to come in my make-up room"), headaches ("I took aspirin constantly") and indigestion ("I needed eight Tums a night, but told myself, I'm the highest paid model in the world and an award-winning actress who is in high demand. Stress is par for the course; I have to put up with a few ailments").

Alt observes: "You can make excuses for everything that ails you and that's exactly what I did. I was moody, uncomfortable and unhappy in my own skin. At that time, I was starting the day with a Scotch coffee with whipped cream – I needed the caffeine and sugar to get me going. At 11am I'd reach for nacho chips and of course since this food had no nourishment, I would be immediately hungry again an hour later! I'd have a turkey hero for lunch and pasta with tomato sauce for dinner – all tiny portions." The tomato sauce and occasional garnishes of iceberg lettuce made up Alt's entire intake of fruit and vegetables.

Fortunately, the rainforest shoot was to change the course of her life. She

had hit rock bottom, and holed up in the house in Palm Springs she made her desperate prayer for assistance. Out of the blue her friend, Steven, called to share an amazing story. His girlfriend had been suffering from cancer and doctors had wanted to cut her open and perform a hysterectomy and radical lymphectomy. Steven knew of a holistic physician, Dr Timothy Brantley, and took her to see him. The doctor prescribed a mostly raw diet, juices, herbs and cleanses. A biopsy six months later came back clear.

"Without even knowing my situation Steve suggested I would be fascinated talking to Dr Brantley, telling me, 'You won't be able to talk to this doctor and eat the same way and you won't be able to sit with people you love and watch them eat because you'll know that they are poisoning themselves.' I was severely hypoglycaemic at the time so the idea of juicing and fasting – I don't think so. I pretended to take down the number just to keep my friend happy. But after I hung up a voice inside told me, 'This could be something – give it a chance.' I'd been asking for help so how could I dismiss this? Miraculously I remembered the number."

Raw re-birth

When she rang Dr Brantley, he didn't ask how she was feeling or what was wrong with her. His first question was: "What do you eat?" On hearing the reply, he told her: "If you eat like that, I bet you have this, this and this problem..." and went on to reel off Alt's extensive catalogue of ailments with alarming precision.

Soon after, Alt found herself sitting opposite Dr Brantley. "I'd already looked at who was pushing The Zone, who was pushing Atkins and other popular diet plans and I knew I didn't want to look like them," says Alt. "But the moment I saw Dr Brantley I said to myself: 'I want what he has!' He looked 22 but I could tell he must have been some years older because of the things he said. When he opened his mouth and words spilled out, every one of them was golden. As he started explaining what I had to eat and why I knew he was telling me the secrets of the universe. I ran to my car to grab my day book and started writing it all down. He told me I was the first person who'd done that but I didn't want to miss a word he was saying. It hit me on a fundamental, deep level in my soul. *I knew*. It was a huge moment. I understood right then that there was no going back for me.

"He told me I had to eat. This was the first diet I'd followed where the instruction was, 'EAT. But just be careful how you prepare what you eat.' As an adult I'd never eaten until I was full. The joy and sparkle came back into my life. I started to lose weight right away even though I was eating like a horse. My body was in deprivation mode before. That's why it's so common for people to hit

a plateau when they diet: it is because they're severely malnourished and it's the body's survival mechanism kicking in. In two months I got to the point where I could fast. Earlier, when he'd told me, 'I will rebuild your body and you'll be able to fast,' I was so hypoglycaemic I couldn't believe it."

Weight loss was just the beginning of the transformation. "My sinus problems went, I didn't take Tums anymore, I fell asleep without NyQuil and I didn't need coffee to wake up. No PMS, fine lines and wrinkles vanished. Soon after I went raw, people who'd known me all my life were coming up to me and saying, 'You look amazing.' Also, people started being friendlier to me. Not just people who knew me but strangers in the street. I was so miserable before but now I was happy and I was projecting something much better."

What initially seemed almost too good to be true turned out not to be. Twelve years on, Alt still enjoys exceptional levels of health and wellbeing. "From the moment I changed my food I've never had another sinus infection, never had trouble falling asleep or waking up, never suffered headaches, never taken Tums again – I function like a well-oiled machine. Pre-raw I was hungry and exhausted all the time, and doing the minimum I had to just to get through work. Now I am healthy, happy and satiated. I would love to do something to stop other models from making the mistakes I did. When I think of the career I could have had..." her voice trails off.

It is a poignant moment, but Alt clearly does not dwell on the past too much. She reveals to me that a make-up artist recently told her she has better skin than most 27 year olds. "Well, I am with a man who's 13 years younger than me and let me tell you, I feel mortal every day," she laughs. "When you hit 40, you need an edge. Botox is not the answer. I'd like to grow old gracefully and that's only possible if you're healthy. When your immune system fails, your body doesn't look after your hair, skin or nails; they are optional extras. Raw food pushes aging off into the future, but when I'm 55 I'll get that little 'something something' if I need it. In fact, I'll be first in line saying, 'Give me the deluxe package!'" she jokes.

In an industry pervaded by artificially-extended youth, Alt is all too aware of the risks associated with cosmetic procedures. She recently wrote an article for a plastic surgery magazine, suggesting raw food as an alternative to going under the knife. "So many people get plastic surgery but you never really know what the outcome will be," she says. "Have eye surgery and your two eyes can turn out different. You can cut a nerve in a face lift. So many things can go wrong with plastic surgery. People die from liposuction. I'd rather stay in shape through raw food. I will one day get old and die, but I am pushing that

off into the furthest future possible. I'm going to stay healthy, fit and fabulous as long as I can. I don't want to just survive. I want to thrive."

These days Alt is under the care of New York practitioner Nicholas Gonzalez, a medical doctor who also works as a homeopath. "Without him, I couldn't have achieved what I wanted to achieve," she says. "I'm interested in the science behind how it all works but no matter how much research I do, no matter how much information I have, I'll never be a doctor. It's much easier if you have a guide. The body is very complicated. One thing I know is that it needs good food, but people differ in terms of the specific foods they need in order to thrive."

Does Alt eat exclusively raw food these days? "When I'm hungry at games [her boyfriend is the hockey player Alexei Yashin] I eat popcorn, but I'll eat it with a lot of enzymes. Popcorn is something you cannot get raw. It's my cheat. Know what your cheat is, what you can't live without, and then allow yourself to indulge once or twice a month. When I first went raw my cheat was corn chips. I was convinced I couldn't live without them but now I can't remember the last time I had one." Her other cheat? Once a year, Alt, who hasn't touched wheat for years, has pizza on a rice flour crust at Borelli's, a pizza place on Long Island. "They make it for me specially but guess what? I'm not the only person asking for it now."

"If I could prevent my friends and family from going through the pain of ill health I would lay in front of a moving railroad car."

She adds: "This is not about being 100% raw. It's about keeping the bulk of what you eat raw. My doctor says if you eat 75 to 80% raw you can cure yourself of whatever ails you, and based on what I've seen and experienced that has proven to be absolutely true. Food has the ability to give us life or take life away. Cooked food is detrimental; it pulls nutrients out of the body. Only all raw, or mostly raw, feeds you. If you're not getting food containing enzymes, your body has to make them using valuable resources. There are only so many times you can go to 'the bank' and make a withdrawal without putting something back in, and not go bankrupt. So many people insist on the best quality cold-pressed olive oil, and then they cook it! Why? Small changes can make all the difference. Put it on your food afterward without cooking it and eat it raw instead!"

What advice does Alt have for those who think it would be impossible to exist on only or mostly raw food? "Try things," she says. "Everyone has different tastes. If you like making stuff, there is amazing stuff to make. If you don't, and if you don't have the right stores nearby, get on the freaking internet!" Alt admits she has never been one to spend hours on food preparation. A typical New Yorker, she prefers to either dine out or pick up the phone and order in. But Alt went raw at a time when there was little available in the way of prepared foods, and remembers: "I lived the first five years of eating raw making my own foods – it was that easy! Like cooked foods, you might like one thing but not another. There's something for everyone, but it just might not be the first thing you try, so give it a chance. You don't love all cooked foods either."

What does she have to say about the social stir this dietary choice can cause? "People are always staring at my food and asking me what I'm eating," says Alt. "So what? Do you have to be a sheep? I don't get it. I like being different! I don't want to be the same as everyone else. I tell people: 'Try it for 30 days and the changes will be amazing.' I got some of those changes after three days. But many people don't want to give up stuff that they love. There is more information available now than when I was growing up, but people don't want to be told what to eat. There's this attitude of: 'If I get sick – if "lightning" strikes me – I'll deal with it then.'"

Like many whose lives have been changed by raw food, Alt's biggest challenge has been watching those around her continue to suffer needlessly. "Sometimes the people closest to you are the most threatened by the changes in you," she observes. "It's a delicate thing. People's food is sacred; their own decision, and under their own control. Everyone has to walk their own path. A lot of people don't want to hear the information, because this information can threaten everything they believed to be true. Most people are not open to it. Like everyone else, I've experienced that in my circle. If I could prevent my friends and family from going through the pain of ill health I would lay in front of a moving railroad car. Some people appreciate my passion about this, some don't. For some it's because they don't want to be told what to do, but these aren't 'my' rules, they are the body's rules. I always preface what I say with the proviso that this is just my opinion but my opinion has served me very well. My body responded."

She adds: "At times I've had to say to a family member or close friend, 'I've been really rather patient with you, but if I have to, I'll put you over my shoulder and carry you to see my doctors.' Fortunately, my mother was smart enough to look at me and say, 'If it worked for her...' She cut



out wheat and her bronchitis went away. She had high blood pressure – she now no longer needs the pills. She tells me all the time, ‘I look at my friends...’ I know exactly what she means. They’re sick, tired, miserable, growing old, freaking out. Old age starts with a little something, then something else, then something else, then a waterfall of stuff ‘all of a sudden’. We are the accumulation of everything we do to our bodies. People are not brought up to know how powerful food is.”

Living in the raw

Alt’s office is a treasure trove of holistic health paraphernalia. Air ozonators – she later tells me she has two in her apartment running 24/7 – water filters, books, natural beauty care products, jugs of enzyme pills... “Everything in here is about health,” she informs me, adding with a laugh: “Yes, I’m a cuckoo bird! I eat raw food, I drink only water I make myself, I breathe air that’s been filtered and ozonated, and everything I use, right down to toothpaste and dental floss, is as natural as possible. And I am the happiest and healthiest I have ever been!”

Having noticed that the fumes pervading New York’s streets and avenues on hot days make the air in London seem like a fresh country breeze by comparison, I am curious about her decision to continue spending so much time in the city. She replies that she only goes out if she has to, and has a plug-in ozone machine in her car. “If you’re eating raw food at least you’re not polluting your body by what you eat, which I believe leaves you better off than someone living in fresh air but eating the standard diet. Whatever you do that’s good counteracts the things you can’t control that are bad.”

Although Alt often travels when working, home is still where her heart is

and her heart is with Yashin, who years ago switched to a very healthy high raw diet thanks to her subtle influence. “When we started dating, I didn’t say a word about my eating habits or my health,” she remembers “But he noticed what I ate and how well I was. At one time early on in the relationship, I was in Toronto shooting a series, working 18 hours a day, 22 on Fridays, and I’d fly to see him and get off the plane happy and full of energy. He saw the difference between me and other women and started wondering how I did that. Six months into the relationship, at New Year’s, he finally said, ‘I don’t get it! Explain this to me!’”

Alt wrote her first book, *Eating In The Raw*, just under a decade after transitioning to raw food. And it came to be in the most unorthodox way, says Alt: “I was originally selling another book called, ‘The Sophisticated Woman’s Guide to Survival’. I wrote the book because people assume that as a supermodel you go from being nobody to being on the cover of *Vogue* in a seamless transition. They don’t realize everything you go through on the way. There is a learning curve. This in the end is a business. I decided to write this book to share my experiences of mistakes and pitfalls in this and any other business for young girls just coming out of school.” The book finished, Alt’s agent started shopping it to potential publishers. “What I went through with my eating was one of the chapters. There was such passion in this chapter that the publisher rang me and said, ‘This is the book you should write.’”

It’s easy to see why Alt calls raw food ‘the best kept secret in the world’. Although her enthusiasm hasn’t always rubbed off on those around her, it is not unusual for friends, family, and even

friends of friends to approach her for advice when a health crisis hits. “I’ll give my time and energy to anyone who asks; I’ll clear my schedule for them,” she says “When people with health problems consult me, I say, ‘Go to a doctor who knows how to do this if this is the way you want to go. But remember, nobody cares about you or your health as much as you do. The only way is to educate yourself, let go of your ego and become willing to give up the things that are bad for you.’ When someone calls me and I start imparting this information, they’re usually resistant at first. But if they start asking questions, if they become interested and then fascinated, like I did – once they have that, they have an engine that will propel them.”

She adds: “Health is more important than possessions, it’s more important than career and it’s more important even than relationships, because you can’t enjoy any of those things if you’re unhealthy and worried about it, and it makes you fearful every day. Since the moment I realized that it’s never changed. The older I get and the more complaints I hear from others my age, the more thankful I become. I want to look and feel better at 50 than at 40. The only way to do that is through a diet that has that specific effect on your health. Most diets don’t even mention health; they’re solely about shrinking.” A mischievous smile appears on her face as she adds: “I now watch *VH1*’s ‘101 Best Bodies’, which is all about the efforts celebrities go through to get and stay thin while reclining on the couch with a tub of raw ice cream.”

For more information see RawNutrition.com and CarolAlt.com. Carol’s books are available in the UK and Europe from fresh-network.com.

For photo credits see page 5.



The ultimate goal

Although high raw is essential for optimum health, all raw is not necessarily better – for body, mind *or* spirit. When you're hung up on '100%' it's all too easy to lose sight of the bigger picture, says Natalia Rose.

One of the questions I am asked most often is, "How long did it take for you to become 100% raw vegan?" I always pause when someone asks me this – for two reasons. First, because I am surprised that anyone who has read my books thinks I am 100% raw vegan (or that I strive to be) and second because it tells me that this person, like so many others (newbies and veteran raw food enthusiasts alike), has misinterpreted the original point of "raw" to mean that eating an exclusively raw food diet is the goal. This could not be further from the original point. Does this shock you? Good, that's a start.

After taking a moment to remember how misguided and impatient I was to become "100% raw vegan" when I took my first raw steps over a decade ago, I come back to the conversation and explain that while raw fruits and vegetables are the mainstay of my dietary intake, my goal is not to be a "raw vegan." In fact, while I eat very little "non-raw vegan" food, the inclusion of some high quality non-raw food is usually essential to the success of the more admirable goal which is clean cells. That's right, clean cells are the key, not "raw."

Why clean cells? Your body is a composite of electromagnetic waves made up of Life Force Energy Intelligence. This is an electromagnetic force which materializes in your physical form as little waves of energy currents we call "atoms." You are a great system of intelligent larger systems that all start with atoms. Atoms, at their essence, are waves of light energy that carry a positive (proton) charge on one end and a negative (electron) charge on the other end. Everything in your body is activated by these little waves of materialized energy moving in an electric current-like flow. Take a moment to imagine your body as a massive being of tiny little waves of electricity.

The next level of intelligence in your body is the cells. The cells combine to make the next rung up: the tissues, which make up the organs, which make up the ultimate intelligence that we know of as the system of the body. Most people learn this in grade school.

What you don't learn in school – even in medical school – is that the body's function depends on the effectiveness of its sub-atoms: those little electromagnetic waves. If there are blockages that impede the life force energy of the atoms then the electrical current will not flow as it was intended to. It is at this level that we must concern ourselves when we contemplate the care of our body. Whenever electromagnetism is impaired the whole system degenerates. It's like pulling out the bricks of the foundation. The walls tumble down.

So how do we ensure our electromagnetic circuitry is pulsing along nicely? We need the rung above it to be functioning flawlessly: our cells. Cells are highly intelligent and function perfectly when they are clean. But they can only be clean if they are not overburdened with material entering the body that they cannot manage to process quickly enough (metabolize) or that is not easy enough to remove because it was not intended to be ingested. Either scenario forces waste residue to stick in the body, throwing a wrench in the electromagnetic current and blocking the critical flow of life.

Stagnation is the opposite of flow and is the harbinger of all the undesirable things that wind up befalling the body. So like dominoes one after the other the systems are knocked over: overburdened, over-clogged cells create a sluggish pace in the body that creates stagnation which creates a traffic jam of intake that the sluggish system cannot hope to overcome.

The problem is compounded with every meal as the stagnant environment becomes a breeding ground for unsavoury bacterial overgrowth, ransacking digestion, which ultimately clogs up the entire system. A clogged eliminative system means the body becomes a walking septic tank which cannot support life and is therefore quite truly dying whether the individual in the body realizes it or not.

Okay, folks, here's the rub: Just because your food is raw does not mean you are going to avoid this. Many raw

foods like raw nuts and their butters, sprouted grains, beans, oils, the fermentation of poor combinations of fruits, nuts and grains – despite their 'raw-ness' – can create this stagnation just as readily as any cooked food can. You are not immune to the systems of your body falling down like the "dominoes" I described above by virtue of being a raw foodist.

The only way to be immune to this situation is to keep our cells clean. The only way to ensure our cells' cleanliness is to eliminate that which we eat. It's that simple. This means we need to eat foods that make an easy, quick exit once they are consumed. We need to couple this with eating far less than we are accustomed to eating. Clean cells are developed and maintained through systematic under-eating and thorough elimination of what is consumed. This is the key to health and longevity.

Notice that I say that clean cells come from years of right eating. Therefore, for the diet/lifestyle to work it must be sustainable over the long haul. This is only possible if it is physiologically, emotionally and socially viable. You can't trick the body into thinking it's happy eating nuts, dried fruit and alfalfa for very long before one of these parts of your being starts to cry out in agony (usually starting with your emotional body!) Cooked vegetables, baked sweet potatoes and other roots are all metabolized extremely easily on the other hand and make eating for clean cells for a lifetime extremely easy.

So many people who are trying to be exclusively "raw" are working so very hard to convince themselves that they are not suffering in any of these areas (emotionally, socially, physiologically). This can only be repressed for so long before your festering displeasure gets the better of you. I've seen it so many times! You should not have to convince yourself that you are enjoying food in a diet/lifestyle that you really don't enjoy. When you transition gently from your old eating habits to a new set of habits that support clean cells without the pressure

to keep within the 'raw' box, you will do much better.

The idea is to transition gently enough that the cleaner food is really your true preference (which will happen) so you are not suffering to maintain it. You know you've done this when you feel liberated from the "diet-head" mentality – when you've broken the prison doors wide open and are free of food issues and health concerns once and for all! Enjoy the cooked food – despite the fact it's lost its enzymes, it will exit quickly and your cells will get cleaner. Enzymes are not the only factor worth considering but they seem to have jumped to the front of the line nonetheless. If there is any one factor that is most worthy of considering it is the rate of exit from the body. Steamed broccoli and a baked sweet potato will exit the body long before nuts and dried fruits.

That's right, high quality non-raw vegan foods actually help you cleanse and revivify rather than hinder the process! Cooked foods ensure you do not cleanse too quickly and aggressively that the waste that is drawn up re-circulates and resettles before the body has a chance to remove it. Keep in mind that detoxification only occurs if the matter leaves the body, not if it's merely drawn up; that only means it had the *potential* to be cleansed. Cooked food is also a salve to the soul during the transition and to reiterate, many cooked foods are much easier to digest and eliminate than complicated combinations of dense raw foods.

I still enjoy cooked vegetables on a regular basis, particularly baked beets in their skins which are like candy for the palate and heaven for the intestines. I don't know many people who are as careful about what they put into their bodies as I am nor who have attained the levels of health and vitality I have, yet I would much sooner enjoy a plate of cooked veggies over a meal containing raw nuts and the dense foods most raw recipes place together.

There are many things I've omitted from my diet as my cellular sensitivity increased and demanded greater levels of dietary purity, but I can tell you that cooked vegetables were not the things to go. The things which I virtually never touch today are grains (yes, including raw, sprouted grain), beans (yes, including raw, sprouted), nuts and seeds. These are very useful for many people for as long as they desire them. But the cleaner one becomes, the more obvious right diet becomes. Veggies in raw and cooked form always feel good in a clean body but grain, nuts and seeds do not. Remember this before you reject all cooked food because it is not raw.

But even achieving clean cells, we must realize, is secondary to the ultimate goal, which is re-alignment with the Source light (a.k.a. the one true source of limitless power) so that we can become, to borrow from the great modern-day mystic Almine Barton, "like a hollow bone – the flute for the music of God."

The act of eating raw foods is just one tool among an arsenal of tools that can be used (ideally synergistically) to restore our being to its pure truth. This alignment with our true essence and power is what gives us the gold at the end of the rainbow; the freedom that comes as we reunite with the deep peace and omnipotence of our being. From here we can access all we will ever need from our very being – we can create the nutrients that sustain us, move our energy around and even manifest our external experiences – all from within.

"Steamed broccoli and a baked sweet potato will exit the body long before nuts and dried fruits."

The goal is to realize that we are All That Is and we can rule our experience in this material dimension from that knowingness. From here we realize that wonderful saying, "You already have everything you will ever need." This is an altogether different aspiration to being 100% raw vegan, is it not?

The downside of all the popular, admirable modalities for achieving this state of being – be it meditation, the various disciplines of yoga or anything else that comes to mind – is that the practitioner or enthusiast can become caught up in the "doing" of the specific act instead of keeping their sights on the higher goal: realignment with Source.

When the discipline that they have put so much of their faith in falls short of delivering the satisfaction of expected enlightenment (such as in the case of a raw foodist who is not actually feeling well and experiencing perfect health and weight despite a 100% raw vegan diet), growth and healing stop. Typically, he will have a tendency to act in one of the following three ways:

1 He will cling to his modality with dogged determination – after all, he invested too many of his resources in it to abandon it. He may be concerned about what everyone around him will say after all the sacrifices he made known to them

and all the proclamations he believed in and echoed? Such a one privately becomes self critical and in so doing can become even more staunch in his practice of the modality despite feeding his internal emotional and physical turmoil. Externally, he will emphatically continue to extol its virtues and act as though it is serving him in all the promised ways. However, this kind of preaching comes off as dogmatic and militant because it is not rooted in peace, liberation and joy but in the frustration that the follower has been left with. This is a sad place to be and we all know some fanatics who deal with this in various different areas of life.

2 The other way one can go is to find another "cure" to try on for a while until that one fails and thus the cycle is virtually never-ending unless the person in question is fortunate enough to eventually uncover truth.

3 The final way is the individual who simply joins back with the mainstream flow and gives up, relinquishing his hopes to the dustbin of history.

Of course none of these outcomes is what I wish for you, which is why of all the subjects I could write to you about today I have chosen this one.

The most important thing health seekers need to know right now is that without exception of modality – raw foods, macrobiotic diet, superfoods, fasting, etc – doing things in a vacuum and missing the greater point will make your quest for truth, health and reaching your full potential forever elusive like a mirage. However, you could not imagine perfect health and deeply enriching possibilities if they didn't exist somewhere where you are accessing them – either from memory, community consciousness or your own higher consciousness. Yes, you have pursued it for good reason. It does exist.

To be in that zone is to be in the sweetest place imaginable. One has no needs; only deep abiding peace. But to get there we need to clean our cells so the light can pour and flow through us. When we listen from this place we will see the foolishness around us and want to tear up the blueprints, programmes and fears that we have been living with – including the ones that come from seemingly enlightened places.

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.



Calcium in a nutshell

Listen to most doctors and mainstream dieticians and you would think it impossible to get enough calcium on a raw vegan diet. The reality? It's easy as long as you know how. By Betty Favot.

In the past 50 years calcium has probably become the best known mineral for health. Anyone will be able to tell you that you need calcium for strong bones and teeth. Most people will also tell you that dairy products are essential in order to achieve a good intake of calcium. While dairy products are a possible source of calcium, the reason they are touted as the 'best' source has more to do with heavy advertising from dairy producers and manufacturers than solid scientific research. In fact, we can get our calcium from plant foods just like the dairy cow does. And this is not only a possible way to meet our calcium needs – it is the best way!

Dairy products (and all animal products for that matter) can create an acidic environment in the blood which is corrected by mobilizing calcium from the bones. Therefore, dairy products can increase both calcium intake and calcium excretion, meaning that net calcium gain can be low. In addition, dairy products can also be high in saturated fat and contain natural growth factors.

All in all, the amount of calcium contained in dairy products is just not worth everything that comes with it! Fortunately, there are many plant sources which are easily accessible and can be eaten raw such as:

- kelp
- carob flour

- dulse
- collard leaves
- kale
- turnip greens
- almonds
- figs
- sunflower seeds
- sesame seeds
- walnuts
- Brazil nuts
- sprouted soya beans (edamame)

As a simple rule, all dark green leafy vegetables, with the exception of spinach, are a good source of calcium and should be eaten often. The same rule applies to nuts and seeds – almonds in particular. If you suspect you are running low in this essential mineral, sprout them first for a serious calcium infusion.

While taking care to increase those plant foods which are rich in calcium, it is of equal importance to decrease or eliminate those acid-forming foods or drinks which can leach calcium from the bones. These include:

- **Caffeine and sugar** just like animal protein, caffeine and sugar create an acidic environment in the body which is then offset by displacing calcium from the bones.
- **Fizzy drinks** can contain relatively high levels of phosphorous. In order to balance phosphorous levels in the body, calcium is drawn from the bones and teeth. For the above reasons caffeinated fizzy drinks are particularly harmful.

- **Alcohol** due to its diuretic action, alcohol promotes calcium and magnesium loss.
- **Salt** like alcohol, sodium chloride acts as a diuretic and increases calcium loss.
- **Spinach and rhubarb:** Both vegetables are high in oxalic acid which bonds with calcium and hinders its absorption.
- **Smoking and aluminium**-containing antacids also have a negative impact on bones.

Even when enough calcium is present in the diet and the above anti-nutrients are kept to a minimum it is nevertheless important to remember that stomach acid is vital to allow proper absorption of it. Because the production of stomach acid often declines with age, especially in women, using apple cider vinegar as a dressing or in water (15ml) during meals can create an acidic stomach environment which aids in the absorption of calcium.

It is also important to remember that the following nutrients are all vital for bone health because they work synergistically with calcium to allow healthy bone regeneration: magnesium, boron, zinc, vitamin K, vitamin C, and vitamin D. These nutrients are available through a varied vegan diet and adequate daily exposure to sunlight. Supplementing with a herbal preparation containing *urtica* and silica can also increase calcium uptake.

Betty Favot Dip ION is a practicing nutritional therapist and a member of the British Association for Nutritional Therapy. She can be contacted at favot@hotmail.com

Beating diabetes

There is a cure for diabetes – and it is live foods and the ‘culture of life’, says Dr Gabriel Cousens

Diabetes is a symptom of the Culture of Death. The healing of diabetes emerges out of the Culture of Life with its live food cuisine and lifestyle. As Ralph Waldo Emerson said, “Society is always taken by surprise by any new example of common sense.” Within the live food community it is common knowledge that type-2 diabetes is a curable condition. It has been known since the 1920s when Dr Max Gerson healed Dr Albert Schweitzer of type-2 diabetes with live foods, and built upon in other live food healing centres over the last 80 years.

In the Culture of Death of allopathic medicine, diabetes is still considered incurable and a slow death sentence. This is what is taught in medical school and by diabetic associations around the world. Since the 1940s, with the introduction of refined carbohydrates, white sugar, white flour, and corn fructose into our diet there has been a worldwide outbreak of diabetes. There are now 246 million people worldwide with diabetes and approximately twice that many pre-diabetics.

How did this come about? The key work in answering this question was done by Dr. Thomas Cleave, who found that the introduction of refined carbohydrates into cultures around the world was directly correlated to the incidence of type-2 diabetes in all cultures, and showed that there seemed to be a period of twenty years between the introduction of refined carbohydrates and the outbreak of diabetes in a society. This twenty-year rule has been confirmed by other researchers as well.

Although refined carbohydrate intake is the primary cause of type-2 diabetes, animal fat and dairy are important contributing causes. Others include: agrochemicals, heavy metals, vitamin D deficiencies, mineral and vitamin



deficiencies, hormonal imbalances, obesity, inadequate sleep, low fibre diet, lack of exercise, number of hours watching TV, emotional stress, caffeine, alcohol and vaccinations. This is the lifestyle and diet of the Culture of Death. Considering that many people have a genetic predisposition to type-2 diabetes, genetics loads the gun, but the Culture of Death diet and lifestyle pulls the trigger.

The cure on the most profound and obvious level is to move away from a global and personal Culture of Death to embrace the Culture of Life, which is emerging on the planet. On a personal level this means choosing to live in a way that promotes life and well-being for oneself as well as for the planet. Individually this means a diet that is 100% organic and vegan, 80-100% raw, low glycaemic, low insulin index, well hydrated, individualized to one's constitution, with moderate calorie intake, high in mineral content, 15-20% plant-only fat high in omega-3 essential fatty acids, high in fibre, and made with love.

Collectively it means creating a world culture where all people have access to healthy, organic food, water, shelter, an environment free of heavy metals, chemicals, pollutants, and access to information and training which allows people to learn about and which supports people into the Culture of Life. Healing diabetes in this personal and global context is an act of love for oneself and the living planet. This love is both an expression and cause of the Culture of Life.

Over the 35 years I have been working as a holistic medical doctor I have seen many who have been healed of type-2 diabetes with a live food diet and herbs, but the most dramatic healings have occurred in our spiritual green juice fasting retreats at our Tree of Life centres in Patagonia, Arizona and by the Dead Sea near Qumran in Israel. These rapid healings seemed to be a regular occurrence for people. For example, one person in Israel with diabetes for 20 years on 30 units of insulin per day came off their insulin in 3-4 days and reached a normal fasting blood sugar within a week.

The final decision, however, to write my upcoming book, *There is a Cure for Diabetes*, came from the inspiration from a movie on diabetes and live foods that was made at our centre in Arizona. The idea was to take "McDonald's culture" individuals and put them on raw food for 30 days. Based on my three and a half decades of experience healing diabetes with motivated patients, it seemed reasonable to try it with people totally unfamiliar with a live food cuisine and way of life. The results were surprisingly positive. All improved significantly and one of the guests who was a type-1 diabetic came off his insulin in 4 days and went to a normal fasting blood sugar of between

70-85 in 2 weeks. This is really considered "not possible" in allopathic medicine.

Based on my clinical experiences and the results in the *Raw For 30* movie, I designed a programme that includes four components necessary to heal diabetes which is called our 21-Day+ One Year Follow-Up Programme. The first part is one week of green juice fasting. Fasting is an accelerated live-food approach. In this week, most people can be safely taken off their insulin and/or oral hypoglycaemics.

"Although refined carbohydrate intake is the primary cause of type-2 diabetes, animal fat and dairy are important contributing causes."

The second phase is to return to what we term a phase-one diet (green-only, 100% live food cuisine with no fruit), medicinal herbs and enzymes, and the Zero Point Course. Zero Point is a four-day psycho-spiritual course designed to help people let go of their addictions to the Culture of Death diet and lifestyle as well as show them how to let go of their dysfunctional personal and interactive patterns. The third phase is our Tree of Life Conscious Eating one-week course to help empower people to use the skills of live food cuisine. The fourth phase is the one-year follow-up with support groups and teleconferences. This is a most important aspect.

The 21-day programme returns most people to a normal physiology away from their pathogenic diabetic physiology. It gives a clear experiential message that diabetes is healable and gives people a direct knowing of the wellbeing and clarity of mind and body that in some cases even connects them to the pleasure of the Divine in their lives. The one-year follow-up helps them break free of the lingering shadow of the Culture of Death that tends to surround and consistently engulf people in our world society. It can be a motivating factor to know that type-2 diabetics are likely to die between 10-19 years earlier because of diabetic complications. Yet information alone is not as strong as the joy of being, which one receives from the wellbeing of a live-food lifestyle and cuisine.

The results documented in my book, *There Is A Cure For Diabetes*, with the first 11 individuals have been impressively positive. The average starting fasting blood sugar (FBS) was 247 and the average drop was 161 points by the end of the

programme to an average fasting blood sugar (FBS) of 86. The American Diabetic Association considers 100 or below non-diabetic. There was an average drop of 67 points in the LDL cholesterol (a 44% drop) to an average LDL of 82. An LDL of 88 is considered normal and safe by orthodox medical standards. The CRP (C-reactive protein), which is a measure of inflammation, dropped 70% and most of the people ended the programme within normal limits.

So how is it that a live-food approach can have such a profoundly rapid healing effect on diabetes? The deep secret of a properly eaten and organized live-food cuisine is that it turns on the healing genetic expression of our anti-diabetogenic, anti-inflammatory, and anti-aging genes. Just as a high sugar and refined carbohydrate, high animal fat, high-glycaemic index, high insulin index (flesh food and dairy raise the insulin index equal to their weight in white sugar) diet degrades the genetic expression into a diabetic expression (especially if there is a genetic predisposition), an organic, vegan, live-food, low-glycaemic and low insulin index cuisine will reverse the degenerative process and turn on the anti-diabetogenic genes. The power of a live-food cuisine and lifestyle to heal diabetes could be one of the great gifts that our live-food movement offers to the world.

Our Culture of Life lifestyle and cuisine is offering a direct solution to a worldwide pandemic of diabetes. The next phase of our work in bringing this to the world is to create funding for a study of 100 people at both of our diabetes programmes presently being offered at the Tree of Life in Arizona and at the Tree of Life at the Dead Sea. Following the trend we have seen, the wisdom of a live-food diet is suggested in Genesis 1:29 as the spiritual and nutritional blueprint for the healing of diabetes and the planet, and gives the choice offered by Moses in Deuteronomy 30:19-20: "I have set before thee life and death...therefore choose life, that both thou and thy seed may live." The only question remaining is: does one love themselves and the planet enough to elect to make the choice for life and to heal from type-2 diabetes?

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But, if you already know this – what are the practicalities of getting an ioniser to produce your very own ionised water? All you need to know is that a water ioniser can be installed in minutes and the cost of ionised water works out at around 5p per litre.

Jupiter ionisers are the worlds most trusted brand – selling more than any other manufacturer - and have been manufacturing ionisers for over 20 years. Aviva are the exclusive distributors for Jupiter in the UK, offer great service, and have a model on sale for every budget, with prices from £400.

Getting started with ionised water couldn't be simpler – visit www.avivawater.co.uk to learn more, or call us on our hotline 08000 336200.

Stretch your benefit

Yoga and the raw foods lifestyle will both give you great results, but if it's superior health you're after, practice them in tandem, says Tonya Zavasta

Dancing... Since earliest childhood dancing was, for me, pure magic – light and joy itself. But I never did dance. For me, there was never that first junior high school dance. No senior prom, no father-daughter dance, no wedding waltz, no... Hey! Enough already, with the bleeding heart and the violins!

Fact is, I do have advantages. Most people are entirely human. Not me. I'm special. I'm the Bionic Super-Raw-Vegan. I'm 15 per cent weapons-grade titanium—the result of two artificial hips. And, come to think of it, I'm 15 per cent immortal. It's a strange life. I walk through an airport scanner and I light up every machine for yards around. Bored security personnel rise from their semi-slumber. German shepherds leashed in nearby back rooms begin to twitch. Homeland Security goes to DEFCON 4. While they're busy frisking me, my husband Nick smuggles all our raw food through security. He's bulging with organically grown coconuts, mangoes, and plantains. (Where he conceals them is our little secret).

We have a saying in Russian. When a person can't seem to do anything right with her hands, we say: Her hands grow from the wrong place. Okay – it doesn't translate so well in English. But then, neither do I, at times. My legs grow from the wrong place. It had to be – during my

hip replacement surgery, my shiny new titanium components were positioned where existing bone structure allowed, not where they're supposed to be on you entirely mortal humans.

My doctors told me I'd never be able to stand on one leg, my balance being forever impaired. I'd never be able to bend more than 90 degrees at the hip, they said. And I'd definitely have a "bad back," said the doctors, because of the severe limp I'd endured for 45 years of my life. "Go watch General Hospital," I told them. (Other phrasings came to mind. But this one seemed gentler.) I cancelled my health insurance and started taking yoga.

The more I learned about yoga the more convinced I became that yoga practice has to be an integrated part of a raw food lifestyle. For example, if ligaments or other fibrous connective tissues are shortened as a result of injury or inactivity, raw food will definitely make stretching easier. But get real: your food

won't do your stretching for you. On the other hand, there are many people who do yoga regularly yet still struggle to achieve their optimal weight. Adopting a raw food diet will make a world of difference in that situation.

Both practices – yoga and the raw food lifestyle – have their limits. Great as the benefits of each may be, they're finite benefits. For the best possible results, use them in tandem. Raw food will make your constriction less rigid, but it is yoga that will stretch your tissue. Raw food furnishes the body with the best material for optimal health. Yoga helps the body to make the most of it.

Yoga and the raw food diet are similar in the ways they make you feel. Yoga books describe the same euphoric experiences I have found in the raw food diet. Yoga and raw food diets are alike – liberating, energizing, and exhilarating. Each practice complements the other, multiplying the same physical and mental benefits.



While reading the book *Light on Life: The Yoga Journey to Wholeness* by famous yoga teacher B.K.S. Iyengar, I was greatly impressed by the numerous parallels between the practice of yoga and the raw food lifestyle. Both purify and heal the body. Both offer powerful therapeutic effects in dealing with physical and psychological problems. Both promote radiant health.

So many things Iyengar describes about yoga relate directly to raw food experiences. He says: "What we are really doing is infusing dense matter with vibrant energy. That is why good practice brings a feeling of lightness and vitality. Though the mass of our body is heavy, we are meant to tread lightly on this earth." This attitude easily translates to the raw food diet. Another analogy between yoga and raw foods that I learned from this book is that "you are fully within yourself, not outside yourself looking in." As with yoga, the raw food lifestyle initially asks us to exert ourselves more as the resistance is greater. At some point, you reach the state where effort becomes effortless.

I lived for 45 years with my right leg shorter than my left. I was fused like a badly sewn dress. When I began practicing yoga, my legs simply wouldn't meet. My pelvis was askew, so that my left hip stuck out. I had lived like the Leaning Tower of Pisa for so long that when straightened, I felt as though I would topple. My yoga practice was not about rehabilitation to restore something that was once there. My body had to create a symmetry that had been shifted at birth.

Some muscles in my legs had atrophied from many years of inactivity. The soreness persisted for many hours, even days, after each session, but it was a promising pain. At first I could only make one class per week. I knew that for real results my stubborn muscles needed more. My happiest moment was when my hips finally allowed me to do yoga every day. I attribute this remarkable healing to the raw food lifestyle I have been following for the last ten years.

But physicality was only part of the whole new experience. Asanas pushed me beyond my core being, through darker places and into a comforting light, expanding and healing my emotional self. Tight, inflexible muscles had limited not only my motion but my emotions as well. What was crooked gradually straightened. What was weak strengthened. What was tight relaxed. Waves of new feelings surfaced. My body was a bunker holding me rigid while it held my shattered dreams and unfulfilled expectations

captive. As I expanded my mobility, I released my fears. All of the deep-seated insecurities trapped inside me vanished. New possibilities exploded around me.

Initially in yoga and in the transition to raw foods, there is discomfort. But it is a 'good' pain. When you begin yoga, the unrecognized injuries come to the surface. When you begin the raw foods diet, hidden problems resurface.

Detox symptoms are only the birthing pains of upcoming health and rejuvenation. If detox symptoms are hard for you, then you are in fact fortunate to experience the journey when your body consciousness extends and expands beyond its present state. It is your limitations that allow you to work on the frontier of the known toward the unknown, expanding your body's awareness as you learn about your body, about yourself.

"As with yoga, the raw food lifestyle initially asks us to exert ourselves more as the resistance is greater. At some point, you reach the state where effort becomes effortless."

Pain teaches. It is through struggle that we learn. We learn to see good in pain. Do not avoid the inevitable pain that is part of all growth and change. As raw foods and yoga take you back to health you will develop greater tolerance of body and mind so that you can bear stress more easily. When we purify our bodies, then the pains disappear, and problem areas heal.

Yoga teaches you to find comfort in discomfort – not to run from pain and limitations, but face them head on and move gradually through and beyond them. Raw foods teach us the same thing: you feel bad before you feel good. This develops tenacity and perseverance: precisely what you need to get to your best state possible. There is no easy way to health! If drugs, supplements, or surgeries could do it, we would be a society of healthy individuals. Unfortunately, this is not our reality. But you can achieve your rawsome health and beauty because you know the way!

Yoga and raw foods are both meant for purification of your body as well as for refinement of appearance and clarification of mind. You'll find startling

the resulting enhancement in your looks, improvement in your posture, and your better skin and muscle tone. Yoga practice will lift your vitality to a new lofty height. Since I had a double hip replacement surgery several years ago to correct my hip problem, I have walked quite deliberately. "Like a slow-mo Charlie Chaplin," as a friend put it.

I have taken Bikram yoga classes for the last 18 months, and my disability is never more obvious than when I start a yoga class! So yoga studios make me especially self-conscious (talk about getting out of the comfort zone!) I always warn the instructors before class to keep them from having cardiac arrest from sheer horror at my limitations. I am very careful to prepare them for my atrocious poses!

When I am on the road giving presentations, I go to a new Bikram yoga studio every few days. Recently in Oregon, I duck-walked into a new class. I started arranging my mat and towel, when the owner came up. Before I could recite my warning, she asked me, "Are you a dancer?" I startled, as if she had slapped me. A dancer? Me?

Is she kidding? I thought. How could anyone be so cruel? But I saw this young woman's face was absolutely innocent. It dawned on me: She really means it! I also realized that I had a choice of responses: "No." Or "Of course not!" Suddenly I decided on a third: "Yes. I'm a BDIIT," I said. "A Belly Dancer in Training. Just watch these moves, baby!" Imagine, if you will, The Wizard of Oz's Tin Man doing a hula. That is when I realized I really needed to learn some "hip bumps" to be sure my metal joints don't rattle.

From gimp to suspected dancer, yoga worked a miracle on my body, evening out my gait. Artificial hips require a very deliberate walk because I have to be absolutely aware of every step. The two factors combined gave a total stranger the impression of a dancer's walk. Raw foods and yoga practice had already helped me achieved every other dream I ever had. Why not this one? I am signing up for a belly dancing class! It is time I learn some dancer's moves to go with my dancer's walk!

Pain and adversity can give you unexpected choices. Have the courage to take the leap or even the jeté. Never give up on your dreams; even the ones you didn't know you had! I promise: when you combine a raw food lifestyle with yoga, everything becomes possible!

*Tonya Zavasta is the author of **Your Right to Be Beautiful: The Miracle of Raw Foods**; **Beautiful On Raw: UnCooked Creations**; and **Quantum Eating: The Ultimate Elixir of Youth**. For more information see BeautifulOnRaw.com*



Heart to mouth

So you know what to eat, but you're still not doing it. Maybe you're not even completely sure why. Or perhaps you're well aware that your emotions are ruling your diet more than your head but you just can't seem to break the pattern? Ready to ease the pain and get healthy? Karen Knowler clears the path.

Like the majority of the clients I work with, Susan (name changed), 41, had no problem at all sharing with me from the get-go that emotional eating was at the core of her weight and energy issues. "I just can't seem to help myself," she sighed. "It doesn't matter if my head is busy telling me it's no good for me or that it will make me gain even more weight; in that moment I really don't care. I'll just open the fridge and wolf down whatever looks good at the time... and then of course I just feel fat and sick afterwards. It's been going on for way too long now. I hate the way I look and feel. I've really had enough!"

While for Susan her reason for compulsive overeating was mostly around the loneliness she felt after her mother (also her best friend) unexpectedly moved away, for another client, Sarah, 35, her regular weekend binges were mainly around boredom and a general lack of life direction along with some emotional hangover from a long-term heartbreak that hadn't been fully healed. For Miranda, 25, it was mostly about self-sabotage; quite simply she didn't want to stop bingeing because dropping the excess weight would equal "slim", and slim would mean being sexually attractive. Having been sexually abused as a teenager, slim was not something she therefore aspired to be and food had come to provide the perfect layer of protection – both emotionally and physically. This, to her mind at least, was guaranteed to keep her "safe" – a price she was willing to pay even if she didn't necessarily love what she saw in the mirror.

For Natasha, 32, something completely different again. For her it was all about fear – fear of people, fear of being seen and fear around any new experiences; as we delved deeper we discovered that essentially this came down to a fear of feeling fully alive in her own skin as well as fully engaging with life. By overeating on a daily basis, usually at night after dinner, she could very easily keep herself credibly occupied, thus finding herself "mysteriously" devoid of the time or energy required to engage with the world or to face any of those fears that were increasing steadily by the day. Why deal with our stuff when eating is so much easier?

I would estimate that at least 98% of the people I have worked with eat for emotional reasons, and I feel confident that this figure would be just as applicable to any group of people interviewed randomly on any street, in any town, on any day of the week, during any week of the year. Whether it's for boredom, tiredness, lethargy, depression,

sadness, grief or any other negative emotion you care to name, food has become, it seems, the universally applied band-aid for just about every emotional malady conceivable.

But why should this be so? Many believe, myself included, that this almost unstoppable drive to "eat our pain away" all stems back to babyhood when, as soon as we cried – be it from hunger, tiredness, fear, isolation or whatever upset us at the time – we would automatically have a breast or bottle thrust into our cupid's bow and all would suddenly be well in the world. Sweet, warm, creamy... Mmmm! Immediately transported, rescued and loved all in one magical, hypnotically dreamy move!

When the world seems like a big scary place, to switch your focus completely towards the pleasures coming in, and having your basic human need of feeling "nourished" met instead (and certainly a lot of that nourishment would have come from the sense of close human contact rather than the actual milk), it's not hard to see why this connection between food and comfort has become so tightly bound into our subconscious since as long as we can remember.

Of course, this "loving" approach to making it all better continued for all of us well beyond those first few months. If we hurt ourselves, were sad, lonely, bored, disgruntled, unaccountably blue or had had a bad day at school, then a hand-held trip to the sweet shop, or a "special treat" from the cupboard, fridge or freezer, and whatever our issue was, with a few hungry bites of our food of choice it would all soon be history and our problem solved. Well, for at least five minutes anyway.

In the light of this obviously it's no wonder that almost all, if not entirely all, of us have continued employing this coping pattern well on into adulthood where it has remained an almost automatic response that kicks in during times of stress, pain or worry. This seems to remain no matter who we are, how "evolved" we consider ourselves to be, nor any other variable we may throw in to the mix. If we're human and breathing, we're very likely doing this to some degree on a fairly regular basis, whether we consciously realise it or not.

For clients coming to me with this issue, essentially of not knowing how NOT to eat for comfort, or indeed what to do instead, because of the niche I work within (raw foods coaching) I am usually gifted with the wonderfully useful head start of them having toyed with raw foods, even

if only for a while, and this is how their awareness usually began. For many, just like me, until they tried to "go raw" they had no clue just how often they were eating for emotion, and so when they tried to repeat old patterns and quash their pain with an apple, banana or salad rather than with their usual comfort food of choice, it simply didn't happen. At this point, it becomes abundantly clear: To create a truly happy, nurturing adult relationship with food, we have to find alternative genuinely uplifting and healing ways of getting our emotional needs met – because food never has and never will heal our pain. It can only, ultimately, increase it, along with our waistline. So where on earth do we begin?

STEP 1 Our first step is to recognise that our body, the "theatre stage" where all of this action and drama occurs, houses all of us. And by "all of us" I don't just mean the tongue, stomach, bones, arteries and all of the other visibly physical aspects that make up our body, but absolutely just as importantly, our heart, our mind and, to varying degrees depending on your own beliefs and personal philosophy, our soul. Recognising that we are more than just what we see is the first step, because we know when we eat for emotional reasons we are driven mostly by something intangible and for many that is the problem. For some it never seems fully real.

STEP 2 Know and understand that every part of you has a voice and each part needs to verbalise differently in order to be healthy. For example when you have a brilliant idea, do you jot it down in a flurry of grateful excitement or run screaming into the kitchen, fling open the fridge door and frantically throw together a jam and salami sandwich? How about in that amazingly lucid and connected moment when you feel you have been blessed with every feeling of contentment, peace and harmony you have ever hoped or longed for and heaven is in your heart? Do you breathe it all in and savour every second or jump in the car and make haste to secure a Big Mac and fries asap?

Depending on how emotionally driven you are, in both cases – mind and soul – you would (hopefully) naturally and joyfully be moved to do the former rather than the latter. This is because in order to be fully functional and vibrantly healthy the mind loves to create or "dump" externally while the soul, a more subtle but significantly more profound creature, yearns to be enjoyed and experienced as

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deeply as it possibly can be internally. As for the heart, ah, an interesting one! The heart could very easily be referred to as “feelings central.” There is so much going on in here that it very much yearns to be experienced as much internally as externally, very probably in roughly equal measure – so much to give, and yet so much to gain! Truth be told it wants nothing more than to have its whole range of emotions to be fully felt and expressed in both directions without radical censorship in order for it to feel well and truly alive and beating.

Alas, of course, as we have already learned, this natural desire has been perpetually smothered, drowned or shunned ever since the day we were born. And if it hasn't been with food then it's more than likely been with words or even violence. It's really no wonder that many of us grow up to be emotionally suppressed, stifled or feeling inadequate with no roadmap ever given to us for getting into authentic, joyful, fear-free emotional alignment.

And this is where the magic of raw foods comes in. One of the major things that “raw” calls us to do is to step fully into our power, our energy and our truth – on every level. No mean feat at the best of times! And when it comes to accessing Truth, most if not all of us will agree that when we intuitively know something to be true, we feel it deep within our heart usually before we know or feel it anywhere else.

When raw food meets the body, it is commonly reported that the whole experience of eating raw foods versus cooked intuitively feels “right” and “good” and “true”. By eating raw foods on a consistent and as-close-as-we-can-get-to-exclusive basis we automatically find that more truths start to emerge for us, inside and out – this is where it starts to get really interesting! To fully explore and understand how we can release our pain and heal our heart we're going to have to talk “energetically” now rather than black-and-white physical, because it's in the unseen, the place where many of us rarely go, that the answers lie...

Those of you who are familiar with the concept of chakras will know that the heart chakra – our fourth (and middle) chakra of the seven each of us has within our body, is located in our chest and is said to be the centre of our truth; the door to what really is – not what we think should be there, not what we hope for, but what is really real. Our truth: our real, live, honest-to-God, whichever-way-you-look-at-it-there's-really-no-denying-it, truth. It is commonly depicted pictorially and energetically as being green – the colour of peace, balance, harmony and nature.

The next chakra up, our fifth, just north of our heart lays our throat chakra. This is where, in an ideal scenario, we would consistently be speaking our truth and showing up as we really are. When

we refuse or resist speaking our truth for whatever reason, we can often find throat-related illnesses or symptoms manifesting in the body's bid to draw attention to the problem. Essentially it reminds us that if we don't express our feelings verbally then the body will draw our attention to it again and again, often to very painful degrees until we finally do (or say) something.

Now, with both locations in your mind, imagine a tunnel or channel forming between the throat and the heart, with the movement heading south. What springs to mind? What activity do we experience in our physical body that starts at the throat and then goes down? The act of swallowing perhaps? The journey of food? Or drink? Or drugs? Or cigarette smoke? Yes, that amazing “portal” that is the throat is there for one purpose only: To accept positive nourishing energy from the outside world and to bring it into the body. Doesn't it seem such a shame that we instead choose to fill it with things that essentially overwhelm, undernourish or poison us?

So when we swallow foods, drinks or other substances that really aren't that good for us (and we know it!), what do you suppose might happen within our heart? Do you think it might retreat, energetically speaking? Might it feel muffled, drowned out, suffocated somehow? More than likely it will feel the need to protect itself and shut down. Yes, I really do believe it does. Such is the effect of comfort eating. Even though on some level we may feel as if we are giving ourselves a gift, deep down we know that this couldn't be further from the truth. We are keeping our tears and pain inside when they very much belong out in the open.

“I would estimate that at least 98% of the people I have worked with eat for emotional reasons.”

So when we transition to eating increasing amounts of fresh, pure, raw and living foods, the channel between the throat and the heart most definitely starts to become increasingly clear. Not just because a much purer and healthier environment is being created physically, but just as importantly because a mutually beneficial energetic relationship is being formed between the two. As we take in more authentic foods, the pathways begin to clear all over the body – after all, that is the nature of cleansing. But this cleansing occurs especially energetically around the heart, where the communication becomes increasingly harmonious and the heart's “voice” can finally start to

grow and expand, eager, ready and able to make audible all that it longs to share. Providing that the owner allows it to do so, out it comes through the heart, up the “channel” and out of the throat into audibility and into the world.

Now while this scenario is all rather poetic and wonderful, the reality for most people is that they don't always want to voice what their heart really feels – especially if they perceive it as negative. And this can be for any number of reasons, such as fear of rejection, fear of hurting others, fear of asking for something they won't get, fear of not being heard, and so on. And of course many of us don't want to own up to our truths to ourselves either – they have been buried for far too long and far too well underneath the barrage of chocolate chip cookies, burgers, fries, cheese, potatoes, bread and cake or any other emotionally numbing or highly stimulating food that you care to name (anything to distract us from the real work).

And while this isn't always why we eat, it certainly comes into play at least, I would say, 75% of the time we eat for reasons not related to hunger. So when we go raw, the channel starts to clear and often we don't want to hear what's trying to come up. So this is where support and guidance are needed, because we need to learn how to deal with these issues as they arise – as is the natural flow of things – without reaching for food or doing the complete opposite and getting angry and verbal at the world!

Because if we don't deal with whatever is coming up effectively then we absolutely will be driven to do something to make it all go back down. As it's all energy, and energy needs to move, it has to move one way or another – so let's go for the best case scenario and aim to make it a good, healthy, productive flow! Bear this in mind if you've hit a wall with raw. It might just be that you're on the verge of a major breakthrough – a whole new level of self-awareness, compassion, connection and understanding. I have found that often the biggest binge or eating backlash signposts that a huge shift is so close you can practically touch it – which is why you suddenly get panicky for no apparent reason and run, run, run to the larder! You sense how close you are and it's feeling a little uncomfortable in there getting so close to the truth finally. Needless to say, “unexplainable” eating rampages can be upsetting and confusing, especially when we don't have this information, so they can be incredibly challenging to try and deal with alone. The good news for you is that you don't have to. This takes us neatly on to step three.

STEP 3 If any of what I've discussed so far rings bells for you, then if you're ready to face your truth here's your opportunity

to do things differently. Break the pattern, take off the shackles and free yourself from inside. Where else is there to go anyway? We are now clear that you can't eat your way out of sadness – not now, not ever – and this will remain. You deserve more than that. We all do. Break free. And the only way to freedom is up and out.

If you are anything like the majority of people addressing emotions properly for the first time, chances are you may not be ready to verbalise your true feelings to the world just yet, nor even to your partner or best friend. But there *is* something you can do right now, completely privately, that is guaranteed to bring you increasing levels of peace and clarity for you. This is the next step I advised for Susan, Sarah, Miranda and Natasha as well as to untold other clients whose emotional pain had them running around in circles for decades, and this is the next step I am going to recommend for you. It's a timeless classic, anyone can do it, and it costs nothing!

The Journaling Journey

I too had my fair share of emotional detox when I first got into raw food. Back then, I had no language for my experience, and no explanation nor understanding of what was going on inside me. In fact, I didn't even know the two were related, but regardless of that I knew on some level that holding the negative feelings inside me was certainly not going to help me on a "whole person" health level, whatever diet I was eating.

Intuitively I very soon found myself writing pages and pages of thoughts, feelings and emotions into a sparkling new diary I'd felt compelled to buy. Journaling every day and night suddenly felt like something I just had to do; it became my lifeline, my confidant, the only way I could get rid of those feelings that were making me feel confused, sad and miserable, even though I had no clue why they were there. All I knew was that I had to get them out of my heart and out of my body, and as there was no one I could speak to about it at the time, the only place left to expel them to was the pristine pages of my new best friend, my journal.

Years down the line the penny finally dropped as to why journaling is such a powerful force for healing and I'd love to share this with you now. Returning once again to the more subtle or energetic way of seeing our amazing body, it is not so difficult to see that if we do not feel we can speak our truth through our throat at any given time, what we CAN do instead



is to channel those emotions that need to be heard up to our throat THEN along to our shoulder, all the way down our arm, along through our hand, down into the pencil and out onto paper. By writing our feelings out (literally) in this way we give our heart an alternative pathway to channel this much needed emotional detox along.

Well for me and all of the clients who have followed my suggestion, journaling has proved to be one of the most useful tools for freeing the burdens of the heart that has ever, and will ever, be invented. It is absolutely vital that we give our emotions at least *one* fully viable way out

of our body, and for most of us that is going to mean through the throat or hand.

So, as far as your next step and what you can do alone, my top piece of advice for starting to break the pattern of comfort eating is of course to journal, journal, journal. Pour your heart out onto paper. Write, scribble (and weep if you need to), but keep writing until you've struck the real truth that you can no longer deny. Keep digging until you just know that you've been completely and brutally honest about what's bringing you down.

As long as you are prepared to show up fully on paper, safe in the knowledge that it's for your eyes only and your only

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assignment is to be 100% honest, then you will be giving yourself one of the biggest gifts you will ever give yourself: the gift of listening to your own heart. And for some of you this may be the first time ever. Once you've got that far, that vital first step has been taken. You've opened up, if only a little, and you've started to excavate. Obviously from here there is further to go. This is just the first step towards your new-found freedom.

STEP 4 is all about the owning. Once you have your thoughts and feelings out on paper then you'll need to take full ownership of what's real for you – but entirely without judgement or fear. When you know what you are dealing with, when you have held it up to the light and seen it for its good, bad and ugly, then, and only then, can you deal with it. At this point there is yet another very real danger of people thinking “Yikes! There is way more here than I thought!” and automatically the drive is there to self-medicate with food or drink again in order to go back to sleepy inertia and “blissful ignorance”.

But wait! There is one fool-proof way to move beyond this that really works, and will work no matter what your situation, pain or stress – and that is to take ACTION. To be clear, it doesn't matter what the action is, nor how big or small you perceive it to be. To take any kind or size of action puts an even bigger space between your heart and the painful issues that have been bringing it down. When you take action you are quite literally moving towards what you DO want and therefore by default moving away from what you don't want.

As I say, this is the point where people traditionally can have the tendency to turn tail and run, but here we have not only the potential to continue this incredible emotional detoxification process right until its end, but also the opportunity – the amazing life-changing opportunity – to learn first-hand that life really can and will support you when you go after your heart's calling and move towards your own growth and joy. This is something that was an incredible relief to me to discover.

Sceptical at first of what is commonly known as “metaphysics”, taking on the belief that all things are connected and that “what you are seeking is also seeking you” was a bit of a hard pill to swallow at first. But ever the student I tested the theories on myself and my life just as I had done with raw foods and my body, and I found that no matter what I wanted, as long as I got clear in my head, and genuinely excited and enthused in

my heart, and then took action to move towards it, it would happen. (And this is why most, if not all, long term raw foodists love metaphysics, because they have figured this stuff out and know it's vital for them to live this in order to stay inspired, stress-free and on track...).

With this door now wide open, it becomes a lot safer and generally more magical to blaze a trail towards emotional freedom. After all, if we can have what we want and get rid of what we don't then life doesn't have to be the struggle we thought it did, right? This new knowledge, and putting this theory to the test, is therefore absolutely pivotal; after all, why would you bother to find out the secret longings and pains buried within your heart if you felt you did not have the power or opportunity to fully secure or free them? Well, if you didn't already have this knowledge under your belt, then I am here today to tell you that you do. You have the power to have or let go of anything you want. You are infinitely more powerful than you even realise (and ironically this can be yet another reason why we overeat or binge – fear of all that personal power coming up!).

“If we don't deal with whatever is coming up effectively then we will be driven to do something to make it all go back down.”

When we learn how to work with our body via eating raw foods; how to free up the voice of our heart via journaling, speaking our truth, or even singing; and then allowing this new emotional energy to emerge out of our heart and then show up anew throughout the external fabric of our life, creating so-called miracles, well, it really doesn't get any better than this.

Because this is “woo woo” to some and yet I am utterly convinced that it's simply quantum physics (like energies attract like, so align yourself with what you want internally so you can have it show up externally), I highly recommend that you invest in a copy of *The Game of Life and How To Play It* by Florence Scovel-Shinn. This tiny little book, rather amazingly written in 1925 and a metaphysics classic, speaks in such easy to understand terms that it makes metaphysics look like plain common

sense – but what a difference this shift in understanding can make to our lives! Life isn't out to get us after all...

STEP 5 then is to move into what you want as an ongoing lifestyle choice and let go of all that doesn't support you. Learning to be good to yourself is vital at every stage of this process, but this should never end and in fact ideally should improve consistently the further and further you go. It may seem hard at first, but I can assure you it will get so much easier. As you “get this” more and more experientially, you will find that your entire life will continue to upgrade as your diet, thoughts and emotions do the same.

And so, taking into account all of the five steps we have walked through together today, it's hopefully now clear to see how and why we have the potential here to transform a former dysfunctional pattern of binge eating into something completely and utterly different – our potential. As I said earlier, energy needs to move and does so regardless. This is a fact that will remain. Likewise, overeating or bingeing has never solved a problem, but only made matters worse. This is a fact and will remain.

Taking into account these two facts, hopefully the path is now clear enough for you to see that the only way to freedom is the “up and out” approach, which means understanding the subtleties of the issue, getting clear, getting real, taking action, and keeping the positive heart-led movement going. Now, while I'm ever the optimist I'm also very much a realist, and so I'm not saying all of the above will necessarily be easy (we are great at getting in our own way once things start going well, aren't we?!)

BUT it's definitely more pleasurable than continuing the pattern and getting deeper and deeper into disorder. Besides, really, what is the alternative? A lifetime spent drowning your heart in chip fat? I think we've all been there, done that! And you don't need me to tell you that it's more fun to live a life fully alive (even if it does take a bit of effort to get there) than doing the slow waltz of the living stifled! It's time to pull up your bootstraps, put your food back in the fridge and write your happy little heart out. This way freedom lies and so does your radically different future. You go get it!



Karen Knowler is The Raw Food Coach. Visit her web site for masses of free raw food recipes, food demos and life-changing information at TheRawFoodCoach.com or call 01353 723133 for more details.

COMING NEXT QUARTER



GUIDE TO WILD FOODS

INTERVIEW WITH GABRIEL COUSENS

ELECTROMAGNETIC POLLUTION

The invisible threat to your health

WHAT DO YOU NEED TO BELIEVE?

How your mind can lock you up or set you free

PLUS

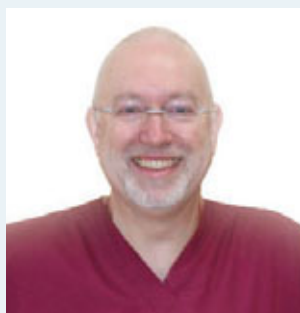
- * THE LOW-DOWN ON ENZYMES
- * RAW GUIDE TO LOS ANGELES
- * HOW MUCH SLEEP IS *REALLY* ENOUGH?

SPRING ISSUE ON SALE FROM MARCH 1

Consulting Room



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.



John Roberts is one of the UK's leading holistic dentists. He qualified at Leeds Dental School in 1981 and set up the Integrated Health Practice in Huddersfield in 2003. John was jointly responsible for setting up the British Chapter of the International Academy of Oral Medicine and Toxicology (IAOMT), a scientific organisation dealing with the mercury issue and other aspects of biologically safe dentistry. John is currently secretary of the IAOMT and chairman of the British Biological Dental Society, which incorporates the Holistic Dental Association. For more information see IntegratedHealthPractice.com.

Around four weeks ago I moved from a typical western junk food diet onto an 80% raw, 100% vegan diet. I do feel slightly lighter and more energetic, but I am terribly bloated and also very gassy. This is making me feel extremely uncomfortable. Even though I felt quite groggy on my old diet, I never felt this uncomfortable. Any ideas what is going on?

Don't fear – this is to be expected! I would say that this happens to 99% of people that make the type of transition that you have made. The reason that you are experiencing these symptoms is that your body is going through many profound and beneficial changes.

Let's start from the beginning. The diet you consumed before (based upon the assumption that it was indeed the typical western diet) will not have been the ideal for creating an environment within the gut that will allow beneficial flora (micro-organisms that have a symbiotic co-dependent relationship with us) to flourish. It would most likely have encouraged the growth of the less desirable organisms that can often be present within our digestive tract, enabling them to gain a stronghold. Now, these nasties may not have necessarily caused a noticeable problem for you, but if the time came when they had to leave, they certainly wouldn't go without a fight.

Whole, raw, plant-based foods have a powerful prebiotic action. This means that they often promote the growth of good bacteria. There are certain types of complex sugars that contribute to the overall structure of a plant's tissues, and that can act as a food source for the good bacteria that will always be present in the gut. These structural compounds will be present in plant foods that are raw or very lightly cooked. These sugars are equivalent to giving a group of teenagers champagne and viagra – it will cause a reproductive rampage. These sugars (an example of which is FOS, or fructo-oligosaccharide) stimulate beneficial flora to reproduce en masse. When this happens they will demand a space upon the gut wall to adhere to – a new home!

To get this they have to kick the bad micro-organisms out, which involves a series of

quite powerful chemical reactions. One of the side effects of these chemical reactions is the production of gas!

Once the good bacteria start to reclaim their rightful place, they will then begin to feed happily upon certain gut contents. This will usually be large proteins that are not digested further up in the gastro-intestinal tract, short-chain fatty acids, and complex sugars (remember – champagne and viagra!). When these bacteria feed on such substances, again they will produce gas. A perfect demonstration of this is when we consume certain beans – they contain proteins that are harder for us to break down in the stomach, and are instead broken down by colonic flora, producing gas as a by-product. However, any long-term vegan will vouch for me when I say that after a while, this will subside as our body gets used to these types of food.

Which leads me neatly on to another important point...

A change of diet requires our bodies to undertake a re-think of its enzyme production. If you have consumed a fairly fixed group of foods on an ongoing basis, digestive enzymes that are specific to the digestion and absorption of these foods will be the ones the body regularly produces in the pancreas and other areas of secretory gut tissue. Now, if we are to suddenly change our diets, then this will cause these tissues that are perfectly capable of producing any enzymes to suddenly change course, which often will require a certain degree of catch-up time. Let's remember at this point that although the body is adaptive it will produce only what it needs on an ongoing basis, and won't produce everything just because it can! Whilst the body is making this transition, the enzymes being secreted may not fully break down specific food groups, thus handing over a greater proportion of this work over to the gut flora. Hence we are back to flora + feeding = gas.

Just a final word on feeding flora. When these micro-organisms feed upon certain things, they will release substances such as butyric acid that will stimulate the healing of the inner lining of the gut, thus improving its functioning.

So, in short, don't worry too much about this difficult stage. It's one that I went through and one that is a necessary evil. **DP**

Over the last few weeks I have been having some unpleasant sleep issues. I am able to fall asleep without a problem but, I wake up after around three hours and my mind is racing and I cannot seem to calm it down! It is like my body is physically tired, but my mind is alive with chatter. Do you know anything that may be able to help me out here?

This is an incredibly common phenomenon, and one that I see in my practice over and over again. It is a sure sign that your body is stuck in a stressed state.

When we are under any kind of stress, be it emotional, physical or environmental, specific hormones such as adrenaline and cortisol are released into our bodies in order to cope with the perceived stress. Now, this response is indeed very useful if we need to swerve out of the path of an oncoming car or run away from a threatening or dangerous situation. These hormones allow us to have that extra little bit of energy and physical edge in order to escape the threat. However, when we are not really under threat, and do not have the opportunity to “run away” then these hormones can accumulate and cause a great deal of negative issues – one being nervous tension leading to insomnia. Thankfully, with the right nutritional and herbal support, alongside stress management techniques, this can be easily managed.

The big ones from a nutritional perspective are the B vitamins. These vital, and easily destroyed, nutrients are used in the regulation of adrenal function and adrenal hormone release. They also help to prevent adrenal exhaustion. I would recommend finding a good whole food supplement that supplies the full complex of B vitamins. Taking one of these during the early part of the day, with food, will give you greatly enhanced adrenal support.

There are two herbs that can also be of great use to you. The first is Siberian ginseng. This is one of the classic ‘adaptogenic’ herbs. Adaptogens help your body to adapt to stressors, and essentially cap the stress response. This means that the level of stress hormones released at any one time will be greatly reduced, thus preventing a build-up of them, and the myriad negative effects associated with this. Take a Siberian ginseng capsule each morning with breakfast.

The second herb that I feel is vital for the immediate relief of your symptoms is skullcap. This beautiful herb is an effective yet gentle central nervous system sedative. It has the ability to calm the excessive electrical activity across the two hemispheres of the brain, which leads to this ‘racing mind’ that you are experiencing. Take around 40 drops of a strong skullcap liquid extract about 20 minutes before going to bed. This should certainly enable you to get a full night’s sleep. Once you caught up on some sleep, with the aid of the B vitamins and the ginseng, you should soon find that you can get into a natural sleep cycle once again. DP

I’ve been getting steadily more raw and feeling good except for my teeth: I’ve had to have two extracted in the last two months and my dentist tells me I am in danger of losing more. I eat a lot of fruit (but hardly any citrus or dried) and am unsure about whether this could be the cause? I felt so much better after cutting back on bread and cooked pulses but now it seems these foods (together with soaked grains and vegetables, but I already eat a lot of these) are the only really safe foods from a dental perspective. I have mercury fillings so wheatgrass juice is presumably not a good idea? I feel much better on raw food but I need to find a diet that also works for my teeth. Even more crucially, I have daughters aged five and two and want to know what diet is best for them.

Although you state that the fruit you are eating is mainly raw as opposed to dried, raw fruit is still very high in sugar, as are vegetables like carrots and beetroot. In fact most people would be shocked to know that even fruit teas, for example apple and cinnamon, can be acidic enough to cause decay or erosion.

Children given raisins and sultanas as snacks often have worse decay than children given sweets. I’ve seen it again and again in my practice. These dried fruits are not only very high in sugar, but the sugar sticks to the teeth, and this is

what causes decay. Does this mean these children should eat sweets instead? No. It simply means that no matter how healthy the diet, good dental hygiene and care are still essential. Even breast milk will cause decay if teeth are not properly cared for. We’ve seen children as young as three who have had to have teeth extracted because of decay caused by breast milk.

In babies, children and adults alike, bacteria which live in the mouth, on the gums and on the teeth cause sugar to be fermented into acid and this is what causes decay. The answer is prevention through proper cleaning and regular visits to a dental hygienist. I would suggest that you find a caring practitioner who can show you how to care for your teeth in a different way – for example, better brushing techniques using interproximal brushes (flossing is old hat these days).

How often do you and your children eat? We are designed to eat three times a day, and this is certainly much more optimal from a dental health perspective than frequent snacking and grazing. When do you clean your teeth? People often instinctively clean their teeth after a meal, but before is the right time so you minimize the amount of bacteria lurking around in your mouth ready to convert incoming sugars to acid. This is why brushing soon after a meal is not a good idea unless you also brushed before – you’ll be brushing the acid into your enamel.

Bear in mind that it’s natural for teeth to wear down – in fact, this is inevitable when humans eat their natural diet, which involves a great deal of chewing. Remember also that fillings don’t last forever, and white fillings wear a lot more quickly than mercury ones. Why? Because mercury fillings are so toxic, containing 50% mercury and 35% silver, that it’s difficult for bacteria to live around them. But bacteria can live around white fillings quite happily and this is why they don’t last nearly so long.

That aside, white fillings are infinitely better for you than mercury. You are clearly aware of the fact that wheatgrass juice has the power to pull mercury out of the teeth and into the body. But it’s not the wheatgrass juice that is contraindicated! Wheatgrass juice is good for everyone. I would suggest you have your mercury fillings removed as soon as possible by a good holistic dentist. Why leave them in your mouth dripping mercury into your system? It is easier to replace them than to sacrifice an optimally healthy lifestyle for the sake of keeping metal fillings. JR



Putting profits ahead of people

The classification of nutritional supplements and other natural remedies as drugs, bringing them under the control of the pharmaceutical industry, is just one of a catalogue of serious threats to our health freedom. The time for action is now, say Drs. Brian Clement and Gabriel Cousens.

Legislation to drastically restrict the availability of supplements has already pervaded European countries and is on a march to take over healthcare and food systems throughout the world. In Europe, there is a serious risk that the amount of beta-carotene present in two carrots or the selenium in three Brazil nuts will soon be regarded as medicinal and therefore only available by prescription from a doctor.

In our opinion, the agenda behind this lunacy is not scientific but political: to suppress all beneficial, high-potency nutrients and limit the alternative health marketplace to low-quality, low-dose (and therefore ineffective) products. In our opinion the drug industry, recognizing the

growing preference for natural remedies over pharmaceutical ones, wants these supplements either forbidden or under its control. Some fear that once this legislation has run its full course, the only supplements left will be synthetically made by 'Big Pharma'.

In the early 1960's, two United Nations organizations – the Food and Agriculture Organization and the World Trade Organization – established the Codex Alimentarius (Latin for 'food code') Commission. In recent years this set of guidelines has moved from a voluntary ideology to a mandated rule affecting any and all members of the World Trade Organization. This little-known international body wields immense power over the global

food market. Its alleged goals are to uphold international standards for food quality and safety, to protect the health of consumers and to ensure fair practices in international food trade. But trade, as you must know, is about profit, not people. Today, you can peruse the pages of the United Nations publication on this issue and be made to believe that Codex is on a do-good lifesaving mission. The reality is it has been working for years to regulate or outlaw herbs and nutritional supplements and it is seemingly putting profits in front of health on many other fronts too.

Codex consists of around 300 official food standards, some of which have been in effect since as long ago as 1966. The one attracting most concern currently is

the European Union's Food Supplements Directive, scheduled to go into full effect in the region on December 31, 2009 and likely to spread apace to all Codex member states, including the US. Health-conscious Europeans have already observed the removal of important nutrients from the shelves of their local health stores but some suggest they should be taking photos of those shelves now, as things are about to get a lot worse. The next step is to reduce any available nutrients to an almost immeasurable amount so that they have little to no effect on the consumer. Behind this looms the fact that pharmaceutical drugs are not under the jurisdiction of Codex.

Additionally, all new food supplements could be banned unless tested and approved in a drug-like manner. Since drug testing costs millions and is normally the sole domain of the cash-rich pharmaceutical giants, this legislation, if enforced, would inevitably present a serious obstacle to the small and medium-sized companies that predominate in the natural supplements market.

In the United States over the last 14 years, since a congressional ruling came into play, all citizens were able to freely purchase and use nutritional supplements. There was a liberal trend in food and nutrient cultivation and distribution. Now there are five separate bills hovering over congress that are specifically sparked by Codex in hopes to remove these democratic laws and "HARMONize" vitamin and mineral guidelines. If these bills are passed, jar by jar our access to the natural remedies we depend upon will disappear.

The Natural Solutions Foundation, under the powerful leadership of Dr. Rima Laibow and Major General Bert Stubblebine, contacted each senator and congressman's office petitioning them to state their stand on Codex. Alarming, they only found one government leader who was aware of this unsettling movement. Worldwide, most government officials are naively grasping sound bites from this plan and supporting it under the belief that it will be helpful to their country's citizenship. It is clear from The Natural Solutions Foundation's survey that there is certainly massive naïveté on this life threatening matter.

The legislation regarding nutritional supplements is just one area of our right to choose a healthy lifestyle that is now in jeopardy. In the US, the standards that must be met for food to be labelled 'organic' could also be lowered, leaving the consumer with no way of knowing what they are really buying and eating. Worse still, Codex standards even threaten our right to grow our own organic food. Yes, you read that right. One piece of legislation currently being mooted would force citizens to follow the Codex regulations in any food they grow, leaving them with only two choices

in the food they cultivate: it will either be contaminated or illegal.

Additionally, the Codex commission wants each dairy cow to be treated with the antibiotics and exogenous growth hormones, and all foods, including organic, to be irradiated. The American food supply is already laced with genetically modified and irradiated foods but this is just the beginning. People who eat healthy food are much less likely to become sick than people who eat denatured and degraded food, making them bad customers for the pharmaceutical industry. As a secondary benefit to the multi-nationals who control world food supply, farmers will buy more antibiotics, insecticides, chemical fertilizers and genetically-modified seeds.

"People are becoming sicker every day yet if this unthinkable agenda is employed, we will look back on these times as the good old days."

In addition to these pervasive and dangerous rulings, Codex captains have their hands in the pollution pie. 176 nations looked at the chemicals in their environment and established that there were 12 persistent organic pollutants, nine of which are pesticides, all known to cause human disease. These nations determined that they would target the reduction in such chemistry to protect their citizens. Codex has manipulated these mandates via the chemical industry and has advised that seven of these twelve should once again be allowed. As you know, this could save the petrochemical, pharmaceutical and agricultural industry trillions of dollars over time.

In our combined eight decades of practice, we have never seen an assault upon the human race of this magnitude. Being moderates who are far from the conspiracy theory, our views are significantly altered when contemplating this issue. Economics seemingly is more important to a small group of misguided "leaders" than the future health and viability of the human race. People are becoming sicker every day yet if this unthinkable agenda is employed, we will look back on these times as the good old days.

Why would any country sign on to this? If two countries went to the World Trade Organization for a trade dispute, the country who is Codex-compliant automatically wins the dispute, regardless of the case. Most European and all

North American countries have used common law for their practice of food and nutritional supplementation. Under common law, anything not forbidden is permitted. This new contorted paradigm appears worryingly Napoleonic; i.e. anything not permitted is forbidden.

We petition each of you to thoughtfully and thoroughly contemplate what the world would be like if the food we eat, the nutrients with which we nourish ourselves and the environment that protects us were all completely controlled by corporations. In the United States, the Department of Agriculture has now ruled that all almonds coming from their source in California must be cooked before national distribution, making them nutritional voids. Many effective herbs throughout the European Union have already been removed with many more to come. When will it stop?

Codex can be defeated if enough money is raised to create an international lobby to vote against it, which is under UN control. For example, the African nations know they will be hit hard if Codex is put into effect. Through proper education – and we know only \$200,000 is needed to create an inter-African conference – Codex can be conquered. The Natural Solutions Foundation estimates that we need between \$2 and \$3 million to win this battle and save the world.

There is no more important subject than health freedom. Those of you reading this must be provoked to action. When your elected leaders receive a letter, they consider each correspondence as thousands of members of the general public. In the United States, if a single person writes, legislators perceive it as being 17,000 people in the society interested in the addressed subject. Write to your political representatives and to food manufacturers and distributors. Boycott any foods that are not organic, and encourage as many people in your family and community circle as possible to participate in the halting of this insane agenda. Get on the internet and find organizations local to you that are fighting Codex, then fund, support and donate time to them.

For more information:

USA: *The Natural Solutions Foundation – HealthFreedomUSA.com*

Europe: *The Alliance for Natural health – alliance-natural-health.org*

Dr Brian Clement Ph.D., N.M.D., L.N. is director of the Hippocrates Health Institute in Florida. For more information see hippocratesinst.com.

Dr Gabriel Cousens M.D., M.D. (H) is director of the Tree of Life Rejuvenation Center in Arizona. For contact details see page 41.



Raw food helped me beat M.E.

Jess Michael used to be one of the UK's 250,000 sufferers of chronic fatigue syndrome, also known as M.E. Thanks to raw food, she turned her health, and her life, around. She tells her story here.

It was Monday morning and as usual I didn't feel awake enough to get out of bed. In fact, I still felt as though it was the middle of the night. As I lay there my body ached all over, and my eyes struggled to open as the light shone in through the curtains. I knew it must have been about 8am, as I could hear the university friends I was living with in my second year getting ready for lectures. I told myself, 'It's Monday morning, and everyone feels like this on a Monday morning, right?' The problem was that I'd been getting the 'Monday morning feeling' every day for the last 2 weeks.

I was starting to get behind with my university work, and my lecturers had told me that I had got to go and see the college doctor if I wanted an extension. Knowing that I had to leave the house in time for my doctor's appointment, I sat up in bed, only to lie straight back down again. I felt like death warmed up. I had felt pretty grim for the last two weeks, but nowhere near as bad as this. I couldn't even sit up without nearly passing out. An hour passed and I still didn't feel any better. I tried to cancel my doctor's appointment, but they said that they couldn't fit me in for another two weeks. I knew that this would be too late for the coursework deadline, so I had to drag myself there.

When I arrived, the doctor seemed a bit short with me and pushed for time. He asked me what my problem seemed to be, and three minutes later I was being ushered out his office with a prescription for anti-depressants. I tried to explain how I felt, and that I was by no means depressed. Sure I didn't feel my normal self, but who would with zero energy levels? He made it quite clear that he was the 'expert' and feeling so weak and ill, I wasn't in a position to argue.

I called my mum outside the surgery and she ordered me to rip up the

prescription whilst I was on the phone to her. It did cross my mind to try the drugs, as I felt so out of sorts and just wanted to get back on with my life. With hindsight, I'm so thankful that I didn't opt for the 'unhealthy' quick fix solution, as it's so much better to treat the cause, not just the symptoms, no matter how bad the problem seems to be.

A few months went by and I didn't seem to be getting any better. Just when I thought that I might be, after having a good day, I would feel burnt out and back to square one. The average day for me was spent in bed, drifting in and out of sleep, taking paracetamol [a painkiller] around the clock. If I knew that there was somewhere I had to go, then I would spend a couple of days saving up energy to prepare for it. As everyone was being so good to me whilst I was ill, I would try and give something back. At this time I had been with my boyfriend Nick for two years.

The recording of his dad's TV show 'Parkinson' was every Thursday, through a season of me being at my worst. As I knew it meant a lot to Nick for me to be there, I would drag myself into the waiting car, watch the show all spaced out, and then feel like curling up in the green room afterwards, as everyone enjoyed the hospitality around me.

I was called into a meeting with the head of my course, who was quite a firm man. We needed to discuss why I was getting so behind, he told me. I honestly thought that he was about to send me packing, as I knew that he had previously asked at least five students to leave on the grounds of absent coursework. I sat down in his office and blurted out the name of my condition: chronic fatigue syndrome. In that moment his hard expression vanished as he informed me, to my utter amazement, that he had also been a sufferer for the past 20 years. We

talked for about an hour and a half, and he was very kind and helpful. He told me not to worry, and to hand in course work whenever I could, which was a far cry from what I was expecting him to say!

I had to see the college doctor every month to satisfy the university board. It was always the same three-minute routine: enter doctor's office, briefly sit down, explain my ailments, be prescribed antidepressants, try and argue (which was like talking to a brick wall) leave office, rip up prescription, go home.

Discovering the role of diet

I had turned vegetarian at the age of 10, when one of my best friends declared herself meat free. I regrettably turned back to meat during my first year of university, the year before I started suffering with M.E. Asif, a male student who lived in my flat, made my life hell for being a vegetarian. He must have had underlying issues that he needed to vent but it got worse and worse, as he recruited as many people as he could muster to join in with his name-calling. Eventually it became too much for me and I found myself eating meat for the first time in around eight years. It was as if my morals had been thrown out the window. When Asif saw me eat meat for the first time, he looked astounded and speechless. His bullying stopped with me, but unfortunately he cruelly moved onto another girl.

I carried on eating meat for nearly a year, until I transitioned onto the '10 magic foods' which helped me regain my health. I now believe meat to be detrimental to humans. I don't regret any of this happening, although my stomach does turn as I write this and think about the entire ordeal. As a result of the bad health I suffered I've gone on to help thousands of people gain high levels of energy. I wouldn't change that for the world. Due to

“The raw food way really works for me, and I feel great on it.”

six months of verbal abuse, I'm now a much stronger person. In fact no amount of abuse would make me change my ways today, and I choose my friends very carefully. I've learnt the lesson about what happens when you compromise your ideals.

During my illness I divided my time between staying at my parents' home in Buckinghamshire, Nick's place in Berkshire, and the university in Birmingham. When I was really frail I would have my fantastic family looking after me, and I spent much of my time at home with them. When I was away in Birmingham I never had the energy to do any cooking, and we all ate at different times. Funnily enough it was for this reason that I would just eat my vegetables in their raw state, along with fruit and a pot of hummus. Over time under this repeated practice, I noticed changes in my energy levels occurring, and improvements in my overall state of health – the main ones being that I could stay out of bed for longer and my head would feel clearer.

I began craving a simple diet of no more than 10 foods, consisting of bananas, satsumas, apples, mangos, broccoli, carrots, cucumber, mini sweet corn, bean sprouts and hummus. Whenever I ate these foods I would see improvements, whereas other foods such as bread, pasta and milk chocolate left me physically hurting in pain. It's not that these 10 foods are necessarily superior to any other raw fruit or veg, but just that my body could digest them easily, so I had energy left for healing.

Raw vegan instinct

When I was about 8 years of age, my dad had given me some money to spend at a car boot sale and I'd picked up a book about healthy eating. I never read it; it just stayed on my bookshelf collecting dust. One day, when I was home resting from university, I was sorting through some books as I was running out of space. This book leapt off the shelf and hit my head. As I picked it up off the floor I read the title: 'Raw Energy Recipes by Leslie and Susannah Kenton.' I couldn't believe it, as I had already started healing thanks to my '10 magic foods.' I was intrigued, and it was this book that really provided the missing link between why I had started to feel better, and what I had to do to get fully better.

My diet and lifestyle today are so different from in my university days. As I write this I am 100% raw vegan and have been for six years. The raw food way really works for me, and I feel great on it. When I used to go back to a cooked vegan diet I would feel tired and my glands would swell up whenever I ate wheat. I made it my goal to run a 26.4 mile marathon when I had recovered from chronic fatigue syndrome. I went on to complete it, about a year or so after I had cured myself, in just over four hours.

I now live with Tom, my boyfriend, and the director of the business I founded when I was 23 years old, Total Raw Food Ltd. Our house in Brighton is a raw vegan home and there is no cooked food, dairy or meat to

be found within. Instead you'll find two fridges full of raw, organic, biodynamic food, plus massive bowls of fruit and tons of superfoods like maca, goji berries and mesquite. We have an oven that we use as an extra cupboard, as it's never been used since our kitchen was re-furnished. I don't even know if it works! It just so happened that Tom was already raw when we met, so I was very fortunate with that.

We also only use products that are free from dangerous chemicals, as you'd be surprised at what some manufacturers add. I use Raw Gaia's range on my face and coconut butter on my body. We both try to exercise every day, although it can sometimes be tricky with the demands of running a business. I conduct my Raw Lifestyle Coach practice from home, whilst Tom works with our team members not far from where we live.

At this moment in time I couldn't be more content, knowing that I have found not only health but also my direction in life. The one piece of advice I would give to anyone and everyone wanting the best out of life is this: Don't think too much about going raw – just go for it. It could be the best decision you've ever made....

Jess Michael is the Raw Lifestyle Coach and co-director of Total Raw Food Limited. She can be contacted on 01273 248697. More information at JessMichael.com and TotalRawFood.com

Microbes: the good, the bad and the very ugly

Never has it been more important to ensure your immune system is functioning at its optimum level, says Pete Vincent.

Our bodies play host to millions and millions of microbial forms. Many of them are good for us and many others are completely harmless if we are healthy at a cellular level and our immune system is working as it should be. There are, however, microbial forms – viral, fungal and bacterial – that are becoming more prevalent and more pathogenic and most worryingly of all, more resistant to conventional drugs and treatments. It also seems that more humans are becoming more susceptible to these infections and less able to fend them off and completely

remove them from their systems. If you have health issues and nothing you do seems to help then microbes could be ruining your day!

It is believed that by the age of 20 the average person already has between one and two diseases infecting them, between four and six by age 40, and between eight and twelve by the age of 70. Just think of every single microbial spore or viral particle as another hungry mouth to feed.

The strength of your immune system and the state of your internal environment dictates how well you fend off microbial attacks in the first place,

and determines how fast microbes are allowed to replicate should they manage to penetrate the various defence systems. Microbes are absolutely everywhere and are transferred by talking, on our food, in the air we breathe, carried by insects, from objects, fired at us when people sneeze and are transferred when people touch us, especially when various parts of our anatomy enter various parts of other people's anatomy for various reasons.

Some microbes like it hot, some like it cold, some salty, some alkaline, some acidic; some need oxygen, others thrive without oxygen; some get killed in

sunlight, some like particular nutrients (which is why they will be found in certain organs of the body), some feed on what others would call waste, some produce toxic by-products, some can make us healthier and some of them have the potential to kill us if given half a chance.

So let's take a closer look at these invisible life forms...

The good

Without bacteria nothing on the planet earth would survive or ever get broken down. They are quite simply nature's recyclers. Name any natural substance and the chances are that there is a microbe out there that loves living in it or feeding on it. Many bacteria live harmlessly on our skin and inside of us helping to maintain balance, like the hundreds of different varieties of bacteria in our colon that perform so many different beneficial functions. Some bacteria serve to keep more unfavourable bacteria in check which actually helps our immune system to stay on top of things.

Being exposed to microbes is important as it allows your immune system to build up a natural resistance to the microbes that surround you in everyday life. In nature when everything is in balance, microbes help things function, cause no trouble and happily set about keeping everything naturally clean. When the external environment and our internal environment become imbalanced, and when alien microbial forms are suddenly introduced from other places (i.e. through travel), that's when the problems begin....

The bad

The common cold, food poisoning, measles, mumps, pneumonia, chicken pox, candida, tooth decay, sore throats, athlete's foot and a whole host of sexually transmitted diseases all have specific viruses, bacteria, yeast or fungi behind them. Most people are able to fight them off, but if you have a compromised immune system they can all be potential killers. Think of them as uninvited guests who turn up to your house party without any drink (your immune system is the bouncer on the door by the way), get drunk on your booze, leave their mess all over the place, break your valuables, upset all your guests, and then refuse to leave at the end of the night and hang around for the rest of your life watching you clean up after them.

Bacterial infections are usually treated conventionally with antibiotics, which unfortunately kill all the good microbes too, and more and more infections are becoming more resistant to antibiotics anyway. So how do you know if you are being affected? Symptoms can include energy loss, weight loss, poor

digestion, boils, acne, itching, spots, dandruff, coughs, sore throats, achy joints, headaches, urinary tract infections, body odour, bad breath, diarrhoea, foul smelling flatulence and a whole host of other unwanted, undiagnosable, hard-to-pin-point and usually ignored symptoms.

The very ugly

The 'super bugs': think ebola, rabies, Marburg Virus, MRSA, nvCJD (the human version of BSE), gangrene, meningitis and most recently E. coli, which is causing hundreds of deaths due to infections contracted in hospitals, and is resistant to all but one type of antibiotic. The establishment answer to them at the time of writing is to remove flowers from hospital wards! Due to genetic engineering all of these super bugs have the potential of becoming even worse, making Dustin Hoffman's film *Outbreak* seem like a walk in the park!

"These new strains of pathogens laugh in the face of conventional drugs, poke fun at hospital cleaners, and they most definitely split their sides watching governmental infectious disease outbreak containment measures."

Environmental change, both internal (through diet) and external (through industrial pollution), is also thought to be a factor behind microbial mutations (the pleomorphic theory), as the microbes are simply changing when exposed to hostile surroundings in order to "fight to survive", just like the bacteria and viruses that mutate to become resistant to antibiotics and vaccines, making the drugs almost redundant before they have even been manufactured and marketed. These new strains of pathogens laugh in the face of conventional drugs, poke fun at hospital cleaners, and they most definitely split their sides watching governmental infectious disease outbreak containment measures!

So how do we beat them? The biggest problem for conventional doctors is the fine balance between using enough drug to kill the infection fast before it can gain any resistance to the drug, and not killing the patient in the process. At best drugs often only slow down the infection

enough to allow your own immune system to catch up and regain control.

It is interesting to note that scientists often have trouble trying to grow some strains of bacteria away from the body in order to study them because they cannot get the environment right in order for them to grow successfully. It is a shame that they do not focus their attention on trying to find ways of creating an internal environment in the human body that the bacteria wouldn't grow in. Consider these chilling words:

"We are facing a relentless increase in antibiotic resistance across all classes of drug. The age of infectious disease control is coming to an end, and most governments are asleep at the switch. By 2010, antibiotics will be effectively useless." Professor George Poste, Head of Biodesign Unit, University of Arizona, Expert in Epidemiology, April 2005.

Many scientists and doctors believe that the biggest threat to human health in the very near future will come from infectious disease. Genetic engineering has already meant that certain microbes have mutated and have become not only super resistant to drugs, but also have become transgenic which means that they have begun affecting species that they usually would not infect.

The time to act and to begin strengthening your immune system as much as possible is now. Microbial problems are like fire. The more they are allowed to spread, the more damage they can cause and this damage can't always be repaired. The process of fighting fire once it has started is also far harder than preventing fire from starting in the first place, and often the process of putting the fire out can cause additional damage.

Will removing the flowers from hospitals really help reduce hospital deaths due to resistant bacterial strains? Will washing car tyres really contain infectious disease outbreaks? Will eating five pieces of unripe poor quality fruit or five portions of cooked non-organic tinned vegetables a day really be enough to fully arm your immune system against them? Will loading your system with additives, preservatives, trans fats and poorly fed, antibiotic-laden animal flesh really help your immune system fight the super bugs? Current death statistics due to infectious disease would imply not. If nothing else this situation might cause a lot more people to question the effectiveness of the conventional drug approach to health and to ask why this is all happening in the first place.

Pete Vincent is the director of Cellular Health Investigation, where he uses a proactive approach to health, which incorporates live blood microscopy to educate and motivate. For further information see cellularhealthinvestigation.com, ring 07971 422020 or email pete@cellularhealthinvestigation.com.

Boosting immunity naturally

In the second and final part of his series on vaccination, naturopath Philip Weeks explores natural alternatives to the needle.

In the last issue I discussed some of the arguments against vaccination. I believe that whether you choose to vaccinate your children or not, it is important to be as informed as possible about the risks. If you decide not to vaccinate then you need to be aware of the childhood diseases, how to recognise them and know when it is necessary for your child to be referred to a health professional.

No treatment, either conventional or alternative, offers absolute cover. In this article I will give some general guidelines. However, I suggest that you consult an experienced local practitioner who has supported other children in this process. This article is by no means exhaustive and every case needs to be assessed individually.

There are a number of approaches that can be applied to support your child. Many people in the alternative arena of health encourage children to get childhood diseases such as measles, mumps and chickenpox. I know of a number of parents who have organised 'measles parties' so their children can get infected and then they can support them actively through the process.

There is immunological research suggesting a strong benefit to a person's immune system if they have contracted and recovered naturally from childhood diseases such as measles. Some consider it an important part of exercising the immune system to prepare a child for healthy adult life. I personally believe that if a child is carefully monitored and supported through its childhood diseases they are less likely to get problems with allergies and autoimmune disorders in adult life.

Ensuring good nutrition is one of the most important things parents can do for their children. Ideally, children are breastfed; this certainly supports their overall immunity and their ability to cope with infections throughout their life. Essentially the diet needs to be sugar free for as long as possible, and free from junk and excessively processed food. I have found that many children thrive on a vegetarian diet of wholesome food, prepared according to their individual constitution.

However it might be useful to supplement their diet with at least 50 micrograms

of vitamin B12 once a week. This is a common deficiency and not exclusively in those following plant-based diets.

An example of the key role nutrition plays is found in vitamin A. Evidence that vitamin A supplementation can prevent deaths and complications from measles comes primarily from African countries where vitamin A status is marginal. In controlled trials in South Africa, vitamin A supplementation dramatically reduced the number of deaths in children with severe measles. In the South African study, children receiving the vitamin also recovered more rapidly from pneumonia and diarrhoea, had a lower incidence of croup, and spent fewer days in the hospital than those receiving the placebo. I am sure as time goes on other nutrients will also come to light as being essential for recovery from childhood illnesses. Basic factors which I have found to be key to bringing up healthy, vaccine-free children include:



- Breastfeeding followed by good ongoing nutrition
- An emotionally stable home environment
- Low toxicity levels in the household: by avoiding polish, chemical cleaners, air fresheners, fluoride toothpaste, etc
- Administering safe, effective treatment when they get childhood diseases, such as homeopathy, herbs and acupuncture
- Regular constitutional treatment to support the child's life force and immunity

Treating like with like

For extra cover, some parents like to use homeopathic preventives. I personally use these when travelling to India. Some of these remedies are called nosodes, which means they are made from an extract of the disease itself. The understanding is that taking very small doses prepares the immune system – this is very similar to the rationale behind orthodox vaccinations.

Known as homeoprophylaxis, this method was first used by Dr Samuel Hahnemann, the modern father of homeopathy.

A famous case Hahnemann recounts is when he treated a young girl with the remedy belladonna for a particular unrelated issue. However, later when all her family fell ill with scarlet fever, it was noted that she didn't contract the illness herself. Homeopathy became famous in the 19th century for its ability to prevent cholera. In the 1854 London Cholera Epidemic, under allopathic medical care the mortality rates of the victims was 59%; under homeopathic care it was 9%.

A more recent example is from the homeopath and researcher Heisfelder. In a study conducted between 1956-58, over 6,000 children were given a homeopathic remedy called Lathyrus. The result: no side effects and not a single case of polio. In 1975, during a polio epidemic in Buenos Aires, Lathyrus was given to 40,000 people. Again, not a single case of polio was recorded.

Homeopathic remedies seem to stimulate the whole immune response; however unlike some orthodox vaccines they do not produce measurable disease antibodies in the blood. So if this is a route you would like to explore, find a good homeopath who will develop a programme for your child. Many children respond well to general health-building measures and only require support with herbs, homeopathy or acupuncture when they contract an infection. There are no hard and fast rules; however it is useful to know there are a number of approaches.

Vaccine damage

This area is fraught with more controversy than the question of whether to vaccinate or not. In the past 10 years vaccine damage has come into the public arena more than ever before, through people like Dr Andrew Wakefield. It is widely recognised that vaccines can and do cause side effects and that they can cause permanent damage and even disability. On the UK's government public information and service website www.direct.gov.uk is the statement: *'If you're severely disabled as a result of a vaccination against certain diseases, you may be able to get a Vaccine Damage Payment, a one-off tax-free payment of £120,000'*. So although it is officially recognised that disability can occur, there is still denial of its links to other conditions such as autism, inflammatory bowel disease, autoimmune conditions, cot death, chronic fatigue and cancer. In my practice I have personally seen and treated many cases of vaccine damage.

I sometimes get a call from a parent whose child has just been vaccinated and is having some kind of reaction – often a high fever or a skin outbreak. Usually the prescription of a homeopathic antidote of the vaccine, or a remedy such as Thuja Occidentalis, can take away the immediate distress. More often than not glue ear in children is related to a toxin residue from the MMR or DPT vaccine.

However, in many cases the symptoms of vaccine toxicity only manifest years, and often even decades, later. One clear case of chronic damage was an air hostess who was suffering from chronic fatigue and colitis. Through testing I detected that she had a large amount of toxicity from vaccines. In fact because of her career and extensive travelling she had had boosters for all of the vaccines annually for the last 10 years!

The toxic burden was so great that her immune system was no longer functioning properly. I gradually antidoted the toxicity with remedies made from the samples of the vaccines. I also used the herbs burdock, chaparral and red clover, all of which have blood purifying properties. It took six months for her to fully recover and become well again. Whilst the remedies started to take effect she would get aches and slight swelling at the original injection site of the vaccines.

Another patient had low-level backache for a number of years. I traced it to toxicity from the polio vaccine and within a few days of this being removed the backache went and five years later hasn't reappeared. Not everyone notices such tangible improvements, of course, but

Healthy Travel

When travelling I personally use a nosode of the particular illness I want to prevent (or reduce the severity of if contracted). However, the first rule to observe when in developing countries without adequate sanitation is that food should be served piping hot to prevent infections such as polio and hepatitis A. Tap water must also be avoided.

Here is an example of a schedule I use when I travel to India:

- Malaria Nosode 30c once a week
- Hepatitis A & B 30c once a week
- Tetanus Toxin 30c once a week
- Cholera/Typhoid 30c once a week

There are other remedies I might also use for malaria such as Chinese Wormwood or Artemesia Annu (available as Wormwood complex).

Keeping healthy when travelling is a huge subject so I have just cited some initial pointers to start you off with your own research. There is much information available online and, as ever, the best route of all is to consult a qualified practitioner who can develop a programme tailored to your needs and constitution.

the overall toxic burden is reduced which will support immune response, potentially preventing health issues in the future.

Although removing the toxicity from the vaccine is sometimes enough, in some cases the overall constitution of the individual has been so eroded that it is also essential to support that person by making sure their nutrition is optimum and that their lifestyle is in harmony with their constitution.

The controversy over vaccination is here to stay. The decision is a complicated one and people need to make a truly informed choice whatever they decide. However I think that the full impact of vaccination toxicity has yet to be fully known and understood.

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.

Secrets of a raw culinary artist

Leading raw chef Cherie Soria (pictured right) shares the tricks of the trade.

Raw vegan culinary arts is arguably the most exciting new cuisine on the planet and it is here to stay. The number of raw food restaurants in the world has tripled in the past year and people from all walks of life are starting to request organic raw food dishes in mainstream restaurants and taking classes to learn how to make them at home.

For over a decade and a half, I have been sharing the science and alchemy of raw culinary arts with thousands of students from around the globe who want to learn how to make fabulous, health-promoting raw food for themselves and their families, as well as those who want to become chefs and teachers of raw culinary arts. Many students have gone on to write popular recipe books and open food service businesses, and others are content to make great-tasting, health-enhancing meals for their friends and families.

I love teaching and inspiring creativity in students as they begin to understand the basics of raw culinary arts, starting with flavour dynamics (how the five flavours work together to create a harmonious choir of delicious taste combinations), then exploring the science of creating textures and contrasts that mimic the flavours and textures of the foods they have come to love. Creating familiar foods is important because food provides emotional comfort as well as physical nourishment.

My goal is to teach people the science and alchemy of raw culinary art so they have the tools to reproduce the familiar, favourite foods they love. This requires a knowledge of how to create a balance of flavours and variations in texture and mouthfeel, and of how to utilize a variety of ingredients and techniques that many people are unfamiliar with, in order to replicate cooked foods.

It is very difficult to teach a feeling, so one must provide the principles behind the alchemy in order to be truly free from the shackles of following recipes. It is important to learn how to read recipes and follow them to a successful outcome, but understanding the science behind the recipe is essential to being a good chef.

Once you understand the science, you'll be amazed at what can be created using simple guidelines and formulas that will empower you to create dishes you never thought possible.

In this series of articles we will be exploring:

- * The importance of flavour balancing and flavour dynamics
- * Using different techniques to alter texture and achieve a cooked "mouthfeel" and appearance
- * Which binders, thickeners and emulsifiers are best to use in different situations
- * Which sweeteners are best for various reasons
- * Which fats are best under which conditions
- * How to convert cooked recipes to raw recipes
- * The role of presentation and appearance on our culinary experience
- * Recipe development
- * Menu planning

Let's start at the beginning...flavour dynamics and flavour balancing

Flavour is affected by many things: past experience, appearance (including colour), fragrance, mouthfeel or texture (including contrasts), and taste. If taste is balanced with many flavours in harmony, we are pleased. Of course balance is subjective, since everyone has their own past experiences that dictate what they consider balanced flavours. Some of us have a sweet tooth, while others do not; some enjoy the taste of sour foods, while other people can't stand it.

It is the goal of a good culinary artist to bring balance to the flavours of sweet and sour, so the flavours are harmonious. That is also true of the other three flavours we will explore: salty, spicy or pungent, and bitter. Altogether, we will

discuss five basic flavours – think of four "S's" and a "B" to make remembering the flavours easier:

- Sweet
- Sour
- Salty
- Spicy (pungent)
- Bitter

Most people are familiar with foods they would characterize as sweet, sour, and salty. The other two: spicy (pungent) and bitter may be more difficult to understand. We're using the term spicy here because the word is more memorable to most people than the word pungent. This category includes chilli, ginger, horseradish, mustard, onion, garlic, etc. Foods in the bitter category include dark leafy greens, spices like cumin, turmeric and clove, and aromatic herbs such as oregano, basil and thyme. Many foods that are tart also have a secondary bitter quality.

In fact, most foods have more than one flavour component. Tomatoes are usually sweet, and secondarily sour (acid). Limes are usually tart first, then can be bitter or sweet, or both. Tasting foods individually to understand the layers of flavour, or flavour profile, each one has, then tasting them in combinations with other foods, can help bring awareness of which flavours they possess.

Certain flavours will soften or even cancel out other flavours. For example, adding spicy flavours will reduce sweetness and bitterness, but not affect sour or salty flavours. That is why understanding the dynamics of each flavour component and how it affects the other flavours is essential to creating a successful and harmonious taste combination without a lot of trial and error. At The Living Light Culinary Arts Institute, we conduct flavour/ingredients tasting, similar to wine tasting, so students can begin to understand flavour dynamics and play with how they influence each other. Once understanding is achieved, one can start to combine the five flavours with an end purpose in mind.

The challenge is to include all five flavours without any of them taking centre stage (unless that is desired). Sometimes we want a sauce to be primarily sweet, or salty, or spicy, or sour, and we allow



more of those flavours to come to the forefront. However, by adding a balanced amount of each of the other flavours, we will bring out the best of the dominant flavour and add harmony to a sauce or an entire dish.

Learning to make a great sauce is essential to being a great culinary artist. The elements of sauce-making are the same elements that go into balancing flavours in all ethnic traditions, because the flavour profiles that work to bring balance to sauces are the same universally. Together they act as a choir, with each voice (sweet, salty, sour, spicy, bitter) barely distinguishable on its own. They merge together to become one harmonic chord. Each of the flavours is influenced by each of the others and all are

influenced by the inclusion of fats.

Fats subdue the flavour and add a foundation for the others to gather and form the choir. Fats also provide depth, adding balance to the higher notes of the sour and spicy (or pungent) flavours. Finally, fats add richness, comfort and luxurious mouthfeel.

There are times when we want one flavour to take centre stage and be the star of the show and other times when we want them to merge together as one voice. Be cautious about having any one flavour taking the starring role – encouraging balance is usually the best approach. A very important thing to remember, which is specific to raw cuisine, is that pungent foods and herbs

must be used sparingly, since they will not be mellowed through the process of cooking. This is especially true of things like onions and garlic, which are not only powerful flavours, but also medicinal herbs that can cause digestive discomfort in many people. Also remember who your audience will be – children and elderly people, for example, will not be able to tolerate the more pungent foods, like hot chillies, garlic, and even ginger.

Here is a chart of how the flavours affect each other and overleaf is a simple sauce recipe that can help illustrate how the five flavours work together harmoniously. Flavours are also affected by texture and consistency and in the next issue we will explore how and why!

The Choir of Flavours

Flavour and purpose	Examples	Balance it with ...
Sour/Tart/Acid <ul style="list-style-type: none"> Adds balance to the choir Adds pleasure 	lemon, lime, tamarind, grapefruit, orange, berries, vinegar (not recommended)	Sweet, salty, fatty, bitter
Salty <ul style="list-style-type: none"> Universal flavour enhancer Adds depth and fullness 	sea salt or crystal salt, tamari, miso, sea vegetables, celery	Sweet, fatty, sour
Spicy/Pungent <ul style="list-style-type: none"> Adds drama, brilliance and intensity 	ginger, garlic, onion, hot chilli, mustard, horseradish	Sweet, bitter, fatty
Sweet <ul style="list-style-type: none"> Adds balance to the "choir" Increases pleasure 	dried and fresh fruit, evaporated cane sugar, agave, maple syrup, stevia, dried tomatoes, honey (not vegan)	Sour, salty, bitter, spicy, fatty
Bitter <ul style="list-style-type: none"> Builds strong constitution Alkalizing 	dark leafy greens, fresh and dried herbs, spices (nutmeg, cumin, turmeric)	Sweet, salty, sour, spicy
Fatty/Rich <ul style="list-style-type: none"> Subdues flavours Emulsifies ingredients 	oils, avocado, coconut, olives, nut/seed butters and creams	Sour, increased liquid/fat-free bulk
Bland	lacking flavour	Aromatic herbs, sweet, salty, sour, spicy

Teriyaki Stirred, Not Fried

Teriyaki Sauce

Ingredient	Flavour Component
¼ cup tamari	salty
¼ cup raw sesame oil	fat
2 Tablespoons evaporated cane juice or maple syrup	sweet
1½ Tablespoons lemon juice	sour
1 Tablespoon onion powder	spicy/pungent
1 teaspoon grated fresh ginger	spicy/pungent
¼ teaspoon toasted sesame oil	fat, "depth of flavour"
¼ teaspoon pepper	spicy/pungent
3 cloves garlic, crushed	spicy/pungent

Vegetables

- ¾ cup snow peas, halved lengthwise
- ¾ cup sliced shiitake mushrooms (sliced ⅛ inch thick)
- ¾ cup thinly sliced baby bok choy
- ¾ cup Asian bean sprouts
- ½ cup broccoli, including stems, cut into very small pieces
- ½ red bell pepper, finely julienned
- ½ cup thinly sliced celery (sliced crosswise)
- ¼ red onion, finely julienned
- ½ carrot, finely julienned
- 6 six-inch skewers
- ¼ large pineapple, peeled, cored, and cubed

For the marinade

- Combine all of the ingredients in a blender and pulse to blend. (Do not over-blend; this will incorporate too much air.)
- In a shallow baking dish, pour the marinade over the pineapple, toss, and allow it to sit at room temperature while you prepare the vegetables.

For the vegetables

- Prepare the vegetables as directed.
- Remove the pineapple from the marinade and place 4 to 6 pieces on each skewer, leaving one end free to use as a handle.
- Combine the vegetables in a large bowl, and toss with the marinade. Place the marinated vegetables in an unsealed glass jar, and put it in a dehydrator set at 125 degrees for 30 minutes to 2 hours, or in a warmed oven (preheated to warm and turned off) for 30 minutes prior to serving.
- Place the pineapple skewers on a nonstick dehydrator sheet in the same warm dehydrator for 1 to 2 hours.
- Serve the warm pineapple skewers on top of the warm vegetables.
- Leftover vegetables and pineapple can be dehydrated for 24 hours at 105 degrees and served as crunchy snacks.

Note: Use leftover marinade for sauces and salad dressings. Store it in a sealed glass jar in the refrigerator for up to one week.



*Cherie Soria is founder and director of The Living Light Culinary Arts Institute located on the beautiful Mendocino Coast, California and has been teaching vegetarian culinary arts for more than 35 years and gourmet raw vegan cuisine for 15 years. She is known to many as "the mother of raw gourmet cuisine" and has trained thousands of accomplished chefs and instructors from over 25 countries – many of whom have gone on to write recipe books, open restaurants and other food service businesses, and teach the joys of "not cooking". Chad Sarno, Roxanne Klein, Elaina Love, Renee Underkoffler, Vinnette Thompson, Valya and Sergei Boutenko, and many other authors and celebrity chefs are graduates of the Living Light Institute. Cherie is the author of *Angel Foods: Healthy Recipes for Heavenly Bodies* and the upcoming *Raw Food Diet Revolution*, scheduled for publication in May 2008.*

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First Course

Family Style, On Long

Antipasti

Marinated baby vegetables, fresh citrus olives, pickled garlic and sweet peppers, hemp crostini

Marinated Baby Vegetables

If baby vegetables are not available, simply slice chosen vegetables to desired size.

- Baby whole carrots
- Baby courgettes (zucchini) or baby patty pan squash
- Baby beetroots (beets), peeled and quartered

Italian Marinade

- 1½ cups olive oil
- ½ cup apple cider vinegar
- ½ cup lemon juice
- ¼ cup agave syrup
- 6 cloves garlic, finely minced
- 2 small shallots, finely minced
- 2 Tablespoons fresh oregano, chopped
- 1½ Tablespoons fresh thyme, minced
- 1 red jalapeño or Serrano chilli, seeded and fine minced (optional)
- 1½ Tablespoons sea salt, fine
- ½ Tablespoon cracked black pepper

Whisk all marinade ingredients together well. Place baby vegetables in a large sealable container then pour marinade over. Seal container and place in refrigerator overnight to marinate. Once marinated, strain and serve. Use leftover marinade as salad dressing.

Fresh Citrus Olives

- 2 cups whole, large green Sicilian olives
- 1 Tablespoon fresh orange zest, fine (use microplane zester)
- 2 cloves garlic, finely minced
- 2 Tablespoons oregano leaves, coarse chopped

A New England holiday feast

Chad Sarno on the comforts and tastes of growing up in north-east America

The days have shortened and the mornings have begun to get colder. In these times the holidays have been hijacked by corporations and have mutated into something unrecognizable and unhealthy. Every corner of our day is filled with multi-nationals spewing their annual holiday myth. Consumers swarm to every oversized toy store to gobble up the latest violent video games and electronic toys to avoid at all cost personal time with their children. Cart traffic crowds the aisles in every food store, each vehicle dripping with as much saturated fats, animal products, pesticide saturated Franken-foods and boxed dinners as it will hold. Even the generic restaurants are filled with screaming kids and drunken relatives getting together for the annual intimate meal as a big happy family.

Yup, it's that time again, the holidays are here. Growing up, going to my Italian Grandma's home outside of Boston for the ultimate New England feast was a day to look forward to all year round, to reconnect with

distant relatives, and most of all share in a good home-cooked meal without the chaos of the crowds. This will be my daughter's third holiday experience, and second outside of the US. The ultimate way I would like to share this season would be preparing a feast for my family to celebrate this wonderful life together. This year, finally my little girl Amaya will be old enough to help me out in the kitchen (well, make a mess I should say). The honour of spending all day in the kitchen, preparing a meal for my family is the most fulfilling gift I can offer for them and myself. Food preparation and the sharing of a long meal is, in my world, the best way to reconnect to the lost meaning of the holidays and to show my love to the people closest in my life.

Here is a course menu I would like to offer you that will be sure to bring some warmth and joy to your holiday season, without the headache of toxic foods or the holiday crowds.

Bon Appétit!

Platter

- ½ Tablespoon dried chilli flakes
- ½ lemon, squeezed
- 3 Tablespoons olive oil

In a small bowl, toss all ingredients. Serve with antipasti. These are best if marinated overnight. Will keep over two weeks in the refrigerator.

Pickled Garlic and Sweet Peppers

- 2 red peppers and 2 yellow peppers, cored and sliced into ¼ inch juliennes, or cubes
- Small handful of garlic, rough chopped
- 3 cups apple cider vinegar
- 1 cup water
- 1 Tablespoon sea salt, fine
- 1½ Tablespoons mixed peppercorns
- 4 bay leaves, dried or fresh
- 1 dried chilli pepper, whole
- 2 whole sprigs of fresh oregano
- 1 Tablespoon dill seed

Slice the peppers and coarsely chopped garlic and set aside. In a quart-sized mason jar, combine all the spices and herbs, and pack in the peppers and garlic. Top the peppers with the tablespoon of sea salt. Continue to pour apple cider vinegar in the jar until 2/3 full. Fill remaining space in the jar with water. Tightly close the lid. Shake and leave in a dark space for at least 48 hours to allow pickling. This recipe is best if left for one week. It will keep in the fridge for one month after pickling.

Hemp Crostini

- 3 ripe pears or sweet apples, peeled and chopped
- 1½ Tablespoons almond butter
- 3 Tablespoons shelled hemp seeds
- 1 Tablespoon agave syrup
- ½ Tablespoon sea salt
- ¼ teaspoon white pepper
- 2 Tablespoons onion powder
- 1 Tablespoon onion flakes
- 1 Tablespoon dried thyme
- 1 cup flax meal, coarse
- ½ cup mix of dried coconut flour and almond flour*

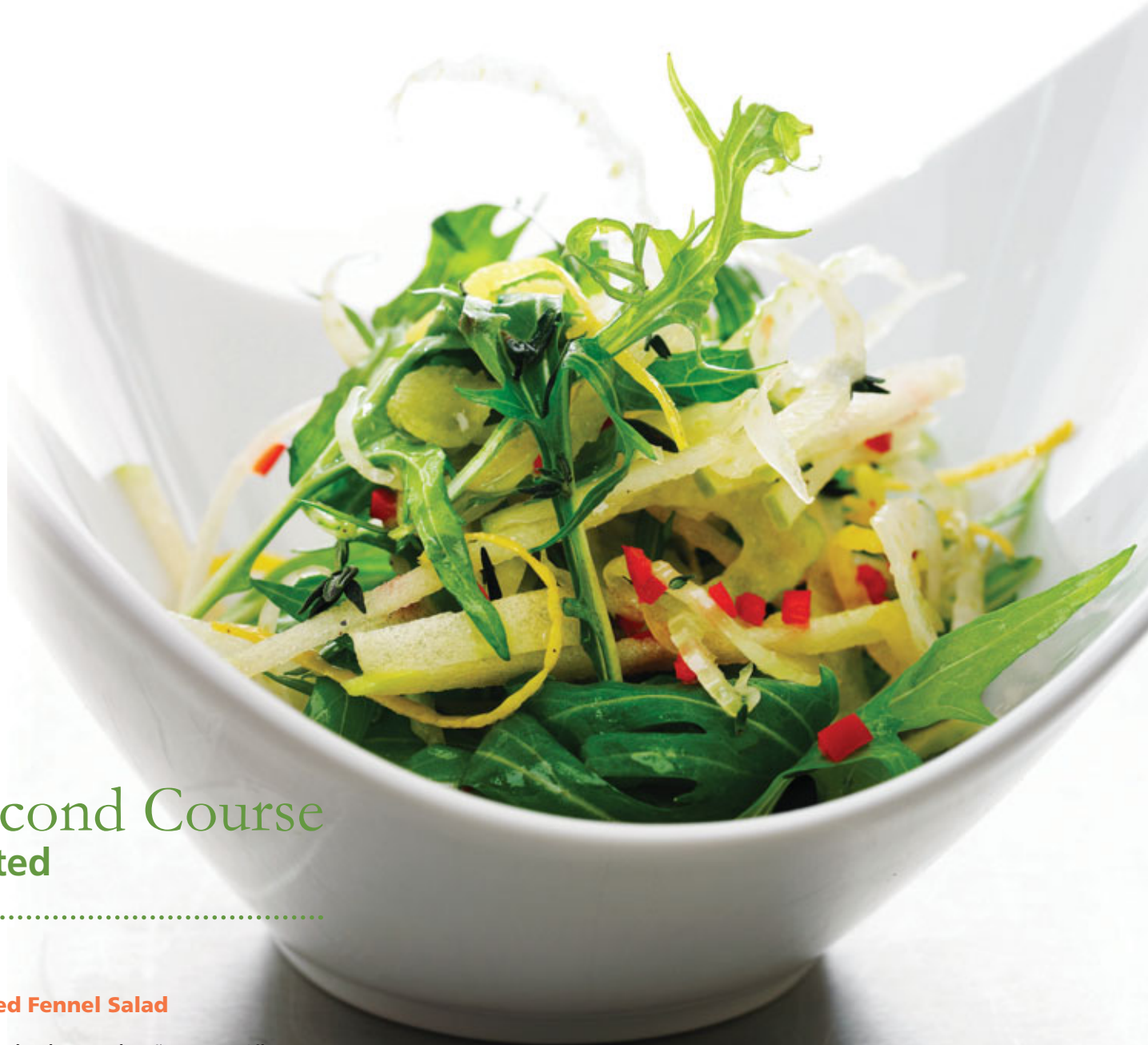
In a food processor process the apple or pear, almond butter and spices to a smooth consistency. Continue by pouring in a tablespoon at a time of the flax meal and coconut/almond flour while processing, until mixture forms a ball. When mixture can roll into a ball by hand without sticking, no more flour is needed. Form in a small baguette size, and slice thin. Place pieces of hemp bread on dehydrator screen and continue to dehydrate at 110 degrees for 1-3 hours,

or to desired texture. Bread will keep in the refrigerator for one week. If dehydrated completely, over 8 hours, bread will keep for a month.

**Coconut flour is made by grinding dried, shredded coconut in a high-speed blender for 10-20 seconds, then straining through a fine sieve. Coconut flour adds a subtle sweetness to the bread.*

**Almond flour is made by dehydrating the pulp left over from making almond milk. Once dried, use a high speed blender to grind into a smooth flour.*





Second Course Plated

Shaved Fennel Salad

Sour Apple, Thyme, Jalapeño, Lemon Oil
Serves 4

- 1½ cups fennel bulb, shaved thin
- 1½ cups sour green apple, shaved into thin batons
- 1 cup baby arugula
- 1 Tablespoon fresh lemon zest
- 3-4 Tablespoons lemon oil (see recipe)
- 1 Tablespoon thyme, fresh and minced
- 1 Tablespoon red jalapeño, seeded and finely minced
- 1 teaspoon sea salt, fine
- fresh cracked black pepper to taste

Using a mandolin, slice the fennel bulb and apple into paper thin strips. To ensure the crispness of this salad, right before serving in a medium mixing bowl toss all ingredients gently. For a great variation, omit the apples and add tangerine or clementine slices.

Lemon Oil

- ½ cup fresh lemon juice
- ½ cup organic high quality olive oil
- 1 clove garlic, finely minced
- 1 teaspoon sea salt, fine
- 2 Tablespoons lemon zest, fine

In small mixing bowl, whisk all ingredients well. Or pour all ingredients into a glass jar with sealable lid and shake well. This will keep for one week in the refrigerator.

Third Course

Plated

Garden Lasagne

Pine Nut Ricotta, Olive Relish, Wild Mushroom, Sweet Pepper Coulis

Serves 6-8

Lasagne

- 3-4 round green courgettes (zucchini) sliced into thin rounds, or long courgettes sliced thin in strips lengthwise
- 4-6 black plum or Roma tomatoes, sliced into thin rounds
- 1 cup sliced mushrooms (portabella, chanterelle, baby oyster), tossed with
- 2 Tablespoons nama shoyu and 2 Tablespoons olive oil
- 1 cup Pine Nut Ricotta (see recipe)
- 1/2 cup seeded tomatoes tossed with 1 Tablespoon olive oil
- 1 cup Olive Relish (see recipe)
- 1 cup Sweet Pepper Purée
- coarse sea salt, smoked (for garnish on each plate)

Pine Nut Ricotta

- 1 cup cashews, soaked 10-12 hours
- 1 cup pine nuts
- 2 Tablespoons flax or olive oil
- 2 Tablespoons lemon juice
- 1 teaspoon sea salt
- 1 clove garlic
- 3 Tablespoons water
- 2 Tablespoons fresh chives, minced
- 2 Tablespoons sage or oregano, minced

In a food processor, process all ingredients except the chives and sage until smooth. Hand mix in the minced chives and sage. Serve as a layer in lasagne, or top crostini with this as a spread.

Fresh Olive Relish

- 2 cups Sicilian green olives, pitted and coarsely chopped
- 2 cups Kalamata olives, pitted and coarsely chopped
- 2 cloves of garlic, finely minced
- 2 Tablespoons tarragon, finely chopped
- 2 Tablespoons black truffle oil

For best consistency, coarse chop all ingredients by hand. Finish by drizzling truffle oil and tossing mixture well. Serve as layer with lasagne or with crostini.

Sweet Pepper Purée

- 1 cup fresh sweet peppers seeded and chopped
- 2 Tablespoons olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon smoked salt

In a high speed blender, blend all ingredients until smooth, then put through a fine strainer for optimum consistency.

Service

Assemble individual lasagnes right before serving, by layering in the following order: sliced courgette, ricotta, sliced tomato, marinated mushrooms, courgette, olive relish, sliced tomato. Finish the top layer with a small spoonful of ricotta. Garnish plate with pepper purée and diced tomatoes.



Fourth Course Plated

Maine Blueberry Flan

Hazelnut Maple Cookie, Candied Citrus, Warm Cinnamon Syrup
Makes 6-8 flans

Cookie (base)

- 1¼ cups hazelnuts
- ½ cup maple sugar, fine
- 1 teaspoon cinnamon
- 1 Tablespoon coconut butter
- ½ teaspoon sea salt

In a food processor, process all ingredients until finely minced and beginning to stick. For service, on the plate you will serve the flan, using a hollow cylinder, press 2-3 tablespoons of the mixture to form a round cookie base for the flan.

Blueberry Flan

- 3 cups fresh blueberries
- 1 cup young Thai coconut meat (or ¾ cup cashews, soaked)
- 4 Tablespoons coconut butter
- 2 Tablespoons agave
- ½ lemon, juiced
- ½ teaspoon fresh nutmeg, ground
- pinch of sea salt

In a high-speed blender, blend all ingredients until smooth. Now using small flan cups, pour 1 Tablespoon agave to coat the sides of each cup. Pour blueberry mixture into each cup, filling to the top. Place flan cups on tray and refrigerate overnight to set.

Syrup

- 1 cup yacon, maple or dark agave syrup
- ½ Tablespoon freshly ground cinnamon stick
- ½ teaspoon freshly ground nutmeg

In small bowl stir ingredients together. Either place on a burner to warm on low heat prior to serving, or place bowl in dehydrator on high to warm. Drizzle on flan right before serving.



Candied Citrus

- 2 oranges
- ½ cup agave

Using a small ring zester, zest long strings of the orange peel. Dip long zests into agave and place on Teflex sheet in shape of choice. Dehydrate for 4-6 hours or until crisp. Gently remove candied zest from Teflex when dry and store in freezer prior to serving so it remains crisp.

Service

When flans have set, using a toothpick drag around the sides of each flan to loosen up. Place hazelnut cookie in middle of each plate, flip flan cup over onto cookie, and slowly lift, releasing the flan. Garnish with a drizzle of warm cinnamon syrup and candied citrus.

Fifth Course Plated

Cashew Cheese

Candied Pecan, Honey Comb, Pumpkin Seed Oil
Serves 6-8

Cashew Cheese

- 2 cups cashews soaked 12-14 hours
- ¾ teaspoon New Chapter Probiotics dissolved in 1 cup warm filtered water (or 1 cup fresh rejuvelac)
- 2 Tablespoons nutritional yeast, small flake
- ¼ teaspoon fine grated nutmeg
- ½ teaspoon stevia powder
- 1½ teaspoons sea salt, fine

In a high-speed blender (or Robo Coupe Blixer), blend the soaked cashews with probiotics and lukewarm water, or rejuvelac, until smooth. Allow to sit in a glass bowl covered with a towel in a warm place for 14-16 hours to culture.

When finished culturing, hand mix in the remaining cheese ingredients: nutritional yeast, fresh nutmeg, stevia powder and sea salt. Press cheese into a small springform pan. Allow to chill for 1-2 hours to firm up. While still in the pan, sprinkle the crushed candied pecans and coarse salts on top, creating an even crust, and press down slightly.

Candied Pecans

- 3 cups pecans, soaked for 8-10 hours
- 1 Tablespoon cinnamon
- 1 teaspoon nutmeg
- 1 cup maple sugar or raw sugar, finely ground
- ½ Tablespoon sea salt

Toss all ingredients well in mixing bowl. Spread on dehydrator trays, leaving room for air circulation. Continue to dehydrate for 12-14 hours.

To serve

Unlatch pan, remove cheese, and using a cheese slicer or thin knife, slice desired wedge per serving. Garnish plate with a drizzle of pumpkin seed oil and a thin honey comb slice, or half a fresh honey date. Serve with thin sliced fruits.



*Chad Sarno is one of the world's leading chefs specialising in raw and living foods. He is currently executive chef at The LifeCo's Saf chain of exclusive raw food restaurants. He is also director and founder of Vital Creations Culinary Services. Through his consulting work he has assisted in establishing some of the world's premier raw food restaurants and spas. For more information see rawchef.com. Chad's book, *Vital Creations*, is available from fresh-network.com.*

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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 becoming a regular on American TV. For more information visit alissacohen.com.

Dear Alissa,

I attend a lot of parties with family and friends over the holiday season and I would like to stay committed to eating raw. Are there any tips that you can give me to make it easier for me to stay 100% raw this holiday season?

Thank you,

Eva

Hi Eva,

The holidays can be one of the most celebratory times of year. Joyous events with family and friends often centred on food can pose challenges to those committed to staying raw throughout the year. I do have some tips for you, though. Hopefully you will find these helpful.

Host a party Invite friends and loved ones to your home. Hosting a party allows you to control the food options available.

Start the evening off with my creamy sweet **eggnog** (all recipes overleaf). This mouth-watering drink is a guaranteed crowd pleaser and takes just minutes to prepare. Have fun and serve it in a punch bowl as traditional eggnog would be served. Top with raw chocolate and grated nutmeg to complete the presentation. For the main course, follow up with my **calzone**: a wonderful soft gooey inside is complimented by a crisp, warm outer shell. This dish is a complete meal in and of itself; perfect for this time of year.

And how about a delectably sweet treat for dessert? Finish the meal off with a slice of my **carrot cake**. Made with seasonal ingredients, it's sweet and scrumptious. Go over the top and decorate it with frosting and flowers for a knockout presentation. Both the calzone and the carrot cake can be made a day in advance to ease the pressure of entertaining.

Bring food If hosting a party isn't an option for you, this may be the most practical route of all. Plan to bring an appetizer, main course or dessert. All of the recipes mentioned above are portable and will blend in easily at any event. Having something raw with you can help you feel more sociable while you mingle with the crowd. Don't just hope there will be crudités or something else you'll want to eat; bring a favourite recipe of your own. My advice is to bring more than what you normally would bring for yourself as many people enjoy raw food. I've enjoyed many a party where I bring my favourite dish only to turn around and find it has disappeared!

Eat before you go Alright, this one may seem obvious but prepare yourself by eating before you go out to an event! Filling up on raw foods that stick with you for a longer period of time before heading out of the door can help you feel satiated well into the evening. Eating something filling, yummy and warm can really hit the spot, make you feel satisfied and cut down on any nervous party cravings that may pop up.

Drink plenty of water Often we are dehydrated and mistake that feeling for

hunger. Staying hydrated with plenty of fresh clean water can help stave off hunger. If you find yourself in a situation where you begin to get hungry and are tempted, grab a bottle of water and drink up. Holding a glass or bottle of water can also keep your hands busy, helping you to avoid emotional eating. At times, we may grab for food when we are nervous or bored. Holding and sipping your bottle of water can be a good distraction and a comfort when meeting new people.

Exercise regularly A fit body and a fit mind go hand in hand. Maintaining a regular exercise schedule not only keeps your body fit but keeps your mind sharp. By keeping up at the gym, yoga studio or whatever exercise regimen works for you, you can work out any mental or emotional hurdles which can seemingly come up out of nowhere when you find yourself standing in front of the buffet table at a party. Keeping your mind focused on your goal of being healthy can help you avoid emotional eating or "peer pressure" eating. Regular exercise can help you maintain the confidence and self esteem you need to say, "No thank you" and really stick to it when you get into these types of situations.

The most important thing to remember is why you're with your family and friends this holiday season, rather than stressing out about your food. You can enjoy the holiday season with the people you love if you just plan ahead a little. Happy holidays!

Best,

Alissa

FOOD

Eggnog

- Water from 1-2 coconuts
- 2 bananas
- Cinnamon to taste
- Nutmeg to taste

Blend well and enjoy!



Calzone

Of all the recipes in my book *Living On Live Food*, I admit to being proudest of this one. Not only does this look like the real Italian thing; it tastes like it too! After making this for friends, I was dubbed 'The Raw Queen!'

This is a combination of three other recipes in the book: Burger Buns (doubled and altered a bit), Spinach Dip, and Mozzarella Cheese.

Dough

- 4 cups sprouted buckwheat
- 1½ cups soaked flax seeds
- ¾ - 1 cup olive oil
- 1½ cups carrots
- 2 cloves garlic

- 1 teaspoon curry powder
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 2 teaspoons sea salt

Mozzarella Cheese

- 1 cup macadamia nuts
- 1 cup cashews
- 2 Tablespoons Bragg liquid aminos
- 1½ Tablespoons lemon
- ½ cup water

Spinach Dip

- 4 cups spinach
- 1 large avocado or 1½ small avocados
- ½ Tablespoon lemon juice
- ½ teaspoon Herbamare seasoning

Marinated Veggies

- 1 cup broccoli, diced
- 1 cup mushrooms, diced
- ¼ cup olive oil
- Dash of sea salt



For the Dough

- 1 Grind the 1½ cups of carrots in a food processor.
- 2 Add in the other ingredients and blend well until a dough-like consistency is formed.
- 3 On a Teflex sheet on top of a mesh dehydrator screen, form half of the dough into a semi-circle about ¼ -½ inch thick.
- 4 On a separate Teflex sheet form the remaining dough into a half circle about ¼ -½ inch thick.
- 5 Dehydrate at 105 degrees for 3 to 4 hours; then turn over and dehydrate for another 1 to 2 hours.

For the Mozzarella Cheese

In a food processor, blend all of the mozzarella cheese ingredients until smooth.

For the Spinach Dip

In a food processor, blend all of the ingredients for the spinach dip until smooth.

For the Marinated Veggies

Marinate the broccoli and mushrooms in the olive oil and sea salt for 20 minutes or until dough is done in a few hours.

To Assemble

- 1 Remove one sheet of crust (the dehydrated dough) from dehydrator and spread the entire mixture of mozzarella cheese on top of the crust.
- 2 Place the spinach dip on top of the mozzarella cheese that is now on top of the crust. (These layers will be thick!)
- 3 Drain the marinated veggies and place these on top of the spinach dip.
- 4 Remove the other "half" of the crust from the dehydrator. With a very large spatula and with your hands flip the crust onto the top of the "loaded" crust.
- 5 You will have to push this down a bit and may have fillings seeping out. That's okay.
- 6 With your fingers, go around the sides of the calzone and pinch together the crust. You may have to wipe away any filling that is leaking out as you pinch. Just be sure to close the sides well.
- 7 Dehydrate your assembled calzone at 105 degrees for 14-18 hours.

If you see the crust breaking or splitting, try to repair that before it goes back into the dehydrator by using your fingers and a bit of water to smooth it out. You will have to remove a few trays to fit the assembled calzone into the dehydrator. You can re-warm your calzone by putting it back into the dehydrator for an hour or two before serving. Alternative serving suggestion: Slice into many pieces and serve with marinara sauce.



Carrot Cake

Smooth and satisfying, with a deliciously creamy frosting. Decorate this cake by sprinkling cinnamon over the frosting.

Cake

- 7 carrots
- 1 cup walnuts
- 1 cup dates, pitted and soaked
- ¾ cup raisins, soaked for at least 1 hour
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon nutmeg

Frosting

- 3 Tablespoons honey
- 3 Tablespoons orange juice
- 1 cup cashews, soaked

For Cake

- 1 Blend carrots in a food processor until well ground. Set aside in a large bowl.
- 2 Blend walnuts until fine, remove from food processor and place in bowl with carrots.
- 3 Place dates in food processor and blend until smooth.
- 4 Add the cardamom, nutmeg, cinnamon, and ginger and blend well.
- 5 To the mixture of dates and spices in the food processor, add the carrot and walnut mixture.
- 6 Blend the entire mixture until smooth.
- 7 Remove from processor and stir in the raisins.
- 8 Place in a pie or cake pan

For Frosting

- 1 In a blender or vita-mix add the frosting ingredients and blend until smooth.
- 2 Spread the frosting over the cake.

Energy soups

by Elaine Bruce

Energy soups go back a long way, back to the 1960's in fact, when Dr. Ann Wigmore was starting to help people recover their health with wheatgrass juice and an-all raw, all-live diet of largely green plants and sprouted seeds. In the original home of her first centre, on Exeter Street in Boston, simply referred to as 'The Mansion', she experimented with ways of finding more and more green salad foods for her guests. They had to be of high nutritional quality, full of vitamins and minerals, and they had to be so fresh that they contained as many of the plant enzymes as possible. Plant enzymes deteriorate very quickly when the plant is stored, wilts, or worst of all is cooked, which destroys all enzymes. So Dr. Ann used three ways to get the most out of the top class plant foods she chose. They were juicing, sprouting seeds and energy soups.

A lot goes into a good energy soup, and there's quite a lot to find out about the whole subject of why they are so life supporting. So before we get to some recipes, I want to explain how and why juices and sprouted seeds form such a big part of the Living Foods Programme, because the same plants are used in the soups and for the same reasons.

First was juicing: the way she wanted people to have their juice was absolutely fresh, before it has a chance to oxidise, and that is the way we do it now; sip and "chew" your juice before you even clean up your juicer! That way you get all the vitamins, minerals and enzymes, and as well as a great taste and energy boost, you know you are getting a glass full of antioxidants, and helping to get yourself less acid. The quickest way to rebalance your system, especially if you have an established disease process, is to take a few days on juices only. If you plan to do any longer than that, take advice.

So we can see why Dr. Ann emphasized good quality, absolutely fresh, plant juices. She found that fruit juices could work, but have other disadvantages, and she found, above all, that the GREEN juices worked faster, more thoroughly, and more deeply than any fruits or coloured vegetables. Yes, you need a few of these for complete nutrition, but a surprisingly small proportion of carrots, beetroot and the like are needed for good balance.

The marvellous thing about juices made from as many dark green leaves as

you can find is that they will nourish you while you detox and get well. You can flavour the green drinks with herbs like fresh mint or lemon balm, add a carrot, and a bit of beetroot for balance, and add a small segment of whole lime or lemon with the zest and pith, to give a sharp taste which nicely offsets the heavy green flavour if you are not used to it. You can also lighten the green taste by using some cucumber or celery, but whatever you choose, make sure it's organic, and collect it as fresh as possible from the farm shop.

Find some weeds

Don't forget whatever weeds you can find. Nettles and lambs quarters; wild sorrel and Good King Henry (poor man's spinach); dandelion leaves and goosegrass are easy to find. If you enjoy foraging you've probably already got a well thumbed copy of Richard Mabey's *Food for Free*.

All of these greens for juicing can also go in the energy soups in smaller quantities, but first let's look at Dr. Ann's second method of feeding essential fresh nutrient-rich, water-rich, alkalizing plant foods to her guests.

Sprouted seeds

Most people have at least tried mung bean sprouts, and many people sprout regularly at home, anything from chickpeas, aduki beans, radish, clover and fenugreek to alfalfa.

The main thing to say about them is that eating freshly sprouted seeds at a very young stage gives you vitamins, minerals and enzymes in a very tasty form which is easy on the digestive system. In themselves they are an essential part of raw salads, but the most nutritious one, alfalfa, with its chlorophyll rich leaves, was the one Dr. Ann added to her energy soups.

Dr. Ann decided that it wasn't enough to rely solely on bought in green leaves like chard, spinach, beet greens, carrot tops, kale and so on. She wanted large quantities of well grown fresh greens all the year round, so she invented 'indoor greens', which is the name she gave to the trays of very young seedlings she nurtured in the mansion. She sowed sunflower and buckwheat seeds on top of trays of mineral rich compost, kept them indoors, and when they were a few inches high put them on window racks in daylight so that they would form chlorophyll. Then

in about 10 days, when the leaves were a strong, rich green, they were harvested immediately before they were eaten. Like sprouted seeds, you can't get fresher food than that.

Nutrition starts in the soil

It's worth mentioning here that the mineral value of all these plant foods depends on the quality of the soil you grow them in, so for long-term healthy nutrition, pay as much attention as possible to making your own compost as you do to careful choosing of anything you buy. Commercially grown wheatgrass and sunflower greens will not be anything like as nutrient-rich as the ones you can grow for yourself. Commercial firms could not afford to enrich the soil with rock dust and expensive seaweed meal.

You can do this however on a small scale and you'll have the satisfaction of knowing that when you recycle the spent root mats through your compost bins with any raw scraps and peelings, the worms will rapidly turn it all around for your next batch of planting medium. Dr. Ann did all this in her flat in the mansion, and it was a delight to visit. Daylight filtered through the vibrant green plants at the window, and dewdrops sparkled on the tips of the wheatgrass. The compost bins, one for planting, and one to receive the spent mats, stood in the kitchen area, and gave not the slightest odour. And no, the worms did not escape! Why would they? They had everything they wanted inside the bins!

It is only if you put cooked food or animal food in the compost that it will smell nasty. Raw vegetable scraps are eaten quickly by the worms, which process and enrich the compost still further, and the whole cycle is repeated for years, growing more nutrient rich all the time. From time to time the big bins would be trundled down in the lift to the warm basement of the mansion, where the used root mats would be left to mature until ready to use for planting again. This was where the guests learned to soak the seeds and plant the trays of greens for themselves in the rich moist compost.

I want to emphasize the importance of doing all this for yourself at home, because the soil in general is very depleted in minerals, compared to only 50 years ago. Some minerals have declined by 50%. So concentrate on your own veggie patch, which hopefully



you will be enriching year by year by top dressing with rock dust, and adding seaweed meal when you spread the compost in spring before you plant out your seedlings. Compared to that quality, anything you can buy in, certified organic or not, is probably grown in relatively mineral poor soils.

Most small scale organic growers will try to put back what they take out, so it is worth talking to them at the farm gate. There is a big gap between the quality of supermarket organics using some accreditations we don't know much about, bringing in produce from all over the world, with all the delay that involves, and what you grow yourself or collect from a good smallholding picked the day you buy it.

Sunflower greens, buckwheat lettuce and snow peas

Dr Ann's original choices were sunflowers, sometimes now called baby sunflowers, and buckwheat greens, which she christened buckwheat lettuce. They are still the staple salads, grown in many living foods kitchens all over the world. They are delicious to eat, easy to digest, go well with seed sauces and tasty salad vegetables like tomatoes, grated carrots and beetroot, shredded courgette, sliced white of leeks or salad onions, and as many herbs as you like. I have been adding baby young snow pea greens to the menus here recently for variety, but we still use mainly the original indoor greens all year round both for salads and for living energy soups.

Dr Ann's Original Energy Soup

The first thing to say is that these soups aren't meant as a polite first course! They are jam-packed with greens and other things and make a complete meal in themselves. Big handfuls of freshly cut sunflower greens are briefly blended in a powerful blender, then handfuls of buckwheat lettuce, again briefly blended. The third ingredient, alfalfa sprouts, is even more delicate, so it goes in last, and again the blending is minimal. Finally a few spoons of seed sauce, for protein and oil, is quickly blended for a rich smooth

texture. Alternatively this can be stirred into the dish before serving.

The crucial point is to use a really powerful blender so that the tender plants can be blitzed very briefly into a soup without battering them to death! This is really important as over blending will destroy the enzymes and start the oxidation much faster, which contradicts the whole point of making an energy soup.

This simple recipe was the original energy soup, but it had many variations over the years. An interesting development was when patients with M.E. and Aids starting coming to Dr. Ann for help in the early 1980's. Both conditions involve damaged and lowered immune systems, and need every ounce of enzyme activity to fight the condition. Dr. Ann began to use ripe papaya in the soup instead of the seed sauce, because of the ability of the papaya enzymes to aid digestion. At the Ann Wigmore Foundation in Puerto Rico this form of the soup was served exclusively, at breakfast lunch and supper. Nothing else during the day except for as much wheatgrass as you could use!

You can in fact add lots of things to the basic soup. A banana or soaked dried figs give a deep, sweet flavour, vegetables like carrot and beetroot, or an apple, add some extra texture and flavour, and a big spoonful of seed sauce or some nut milk turns it into an extra protein-rich and satisfying dish. If you scatter the top with some crunchy sprouts or chopped veggies, add some seaweed flakes, and serve with some savoury dehydrated crackers, believe me you won't have room for anything else and it will keep you going all day. Unless your digestion is very weak, in which case use the simplest version, think of it as a complete meal and add whatever extras you enjoy. Here are a few ideas, including two of my own favourite soup recipes.

The Complete Meal

- a large serving of each of: sunflower greens and buckwheat lettuce
- a handful of alfalfa sprouts
- plus any other seasonal fresh green leaves you like.

Blend and then add some soaked seaweed (dulse, arame, hijiki, etc) and a big spoonful of seed sauce. Blend these ingredients too, if you wish, then pour the energy soup into a bowl and add:

- a big spoonful of sauerkraut
- a handful of mixed crunchy sprouts
- a small amount of each of grated beetroot and carrot
- and a little chopped onion.

Garnish with a generous amount of the seasonal fresh herb of your choice and a flower or two and serve with crackers.

My English Energy soup

First blend three medium carrots and half a beetroot, all roughly pre-chopped, with a little water. Follow this with a couple of chopped apples; the sharper tasting ones are good in this version. Then, if you have them, add some indoor greens and alfalfa sprouts as in the classic recipe above. If you haven't grown your baby sunflowers and buckwheat yet, use some washed and chopped kale, and a smaller amount of spinach instead. The quantities are up to you. The dark green leaves are strong tasting, so use a small amount the first time you make this. If you are using alfalfa sprouts put them in now, for the briefest possible blitz. Finally blend in a couple of ripe avocados for a rich creamy soup.

Beginner's Energy Soup!

This recipe crosses the line between a classic energy soup and a smoothie, as it is not only lighter but has more fruit in it too. Start with a couple of chopped apples in the blender, and then add some green leaves – not too many the first time. Spinach or chard is fine, then half a chopped cucumber, with peel. Then if you want a light fruity dish, blitz in some berries. Raspberries or blueberries go well with the greens. They are also a good combination with the apple so will be easy to digest. If you want a thicker and sweeter blend add a ripe banana instead of the berries, but not both! Banana also combines well with apple but not with the berries. Either of these is a good start to working up to a really nourishing energy soup, and kids will just accept it as a fruit smoothie. You can gradually increase the greens!

Elaine Bruce is the founder and director of The UK Centre for Living Foods. An experienced naturopath, Elaine has lived and taught the Living Foods Programme for over 25 years. She also offers Practitioner Training, Living Foods House Party Weekends, and Emotional Freedom Technique. For those who cannot attend a course she has written the definitive reference book Living Foods for Radiant Health. More info at livingfoods.co.uk. Photograph courtesy of Rhio.



Raw Spirit Festival 2007

In a *Healthy Breaks* special, Sarah Best reports from the 2007 Raw Spirit Festival, held in Sedona, Arizona.

It was the biggest and most spectacular raw food gathering ever: over 1,000 raw food fans attended and well over 100 vendors. The location was magical Sedona, with its unique landscape of red earth and towering rock formations. Speakers included Viktoras Kulvinskas, Dr Jameth Sheridan, Dr Brian Clement, Dr Thomas Lodi, Patricia Bragg, Matt Monarch, Cherie Soria, Markus Rothkranz, Mike Adams, Victoria Boutenko, Tonya Zavasta, Karen Knowler, Steve Meyerowitz and many other leading experts on raw and living foods and related subjects.

The event ran an action-packed three days, from a Friday to a Sunday in mid-October, and the venue was Sedona's Radisson Poco Diablo resort. Most of the action took place outside, against a backdrop of stunning views and postcard-perfect photo opportunities. Conveniently,

the main stage had all the vendor booths within earshot, meaning that if you wanted to pack the maximum amount possible into the weekend, you could multi-task and listen in on the lectures while working, networking or indulging in non-stop retail therapy. Of course, those who had attended to really get the benefit of the world-class speakers sat transfixed and took notes, but the set-up was nonetheless a huge bonus for those of us who didn't have that option this time.

As well as all the lectures, workshops and shopping opportunities, attractions included food demos, exercise classes, conscious speed dating, live music and a mini raw film festival. Also included in the admission price were three sublime, life force-filled meals per day, courtesy of raw chef Bruce Horowitz, and Keri and Debbie Crick of Sedona's Café Raw Bliss, plus a large team of dedicated volunteers.

This event offered the best selection of raw, ethical, green lifestyle products I have ever seen, anywhere. Many of the companies present were not only producing amazingly fabulous raw, plant-based products but also doing so in the most conscious way possible, with no ethical detail overlooked. These companies are both a symptom of the growth in raw and living foods and a huge driver of it. In short, they make it fun, easy and cool to be raw! At the time of going to press, the list of 2007 vendors is still posted at RawSpirit.com and is well worth checking out for the links to the respective websites.

An event like this is a great barometer for measuring growth of interest in raw foods: not so long ago this annual festival was attracting around a tenth of the huge number of visitors who travelled from all over the world to be there this year, and no more than a handful of exhibitors.



Markus Rothkranz addresses the crowd on day one



Viktoras Kulvinskas, 'Father of the living food movement'



Paradise for the health-conscious shopper!

So here is yet more proof that interest in the raw food diet and lifestyle is indeed exploding at an exponential rate!

The location the organizers chose for the festival made the whole experience extra-special. Sedona is considered by many as the most beautiful place in America. And then there's its other claim to fame: it is home to America's most talked-about, written-about, theorized-about invisible tourist attraction, or rather attractions: its energy vortexes. If you believe in this sort of thing, vortexes (vortices if we were splitting hairs, but let's call them what the locals do) are areas of swirling energy rising up from the earth which have the power to re-charge and energize you if you stand in them. Whether or not this sounds plausible to you the scenery is breathtaking and there are some great hikes in and around Sedona. The town also possesses one of the best raw eating spots anywhere in America: Café Raw Bliss.

Congratulations and thanks to organizer Happy Oasis and the entire Raw Spirit team for putting together such a

first-class event, and to all the volunteers who worked so tirelessly to keep it running smoothly. As Happy told the crowd on the last night, the one complaint the organizers consistently get about the festival is that it is not long enough.

The next Raw Spirit Festival will be from Friday September 12 to Sunday September 14 2008, and – at the time of going to press – is slated to be held in the same location. If you are interested in raw foods, holistic health and ethical living it's a gathering you probably won't want to miss, no matter where on the planet you reside. An event like this is worth travelling half way around the world for, and to make the most of it why not tack on a few days soaking up all Sedona has to offer, or do what many did this year and make a pilgrimage to that Mecca of the raw foods world, nearby (in US terms!) Los Angeles?

For more information see RawSpirit.com or ring +1 928 776 1497 or +1 928 776 4337. Tickets for 2008 now selling at Early Bird prices. Book before December 31 and get your full pass for \$250. Photos courtesy of Matthew Knoefler.



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A Day In The Life Of... **Ani Phyo**

Ani Phyo is the author of the internationally acclaimed bestseller *Ani's Raw Food Kitchen: Easy Delectable Living Food Recipes*. More than a vegan cookbook, Ani's recipes and insights are a guide to a greener lifestyle. She is also the founder of SmartMonkey Foods, and is the host of the popular YouTube uncooking show *Ani's Raw Food Kitchen*.

Not too long ago I used to be an urban night owl who slept in until 10am, but these days it seems no matter what time I go to bed, I wake up between 5 and 8. This shift was brought about by my recent move from San Francisco to the Southern Los Angeles area, and my 10-day Vipassana silent meditation retreat. Vipassana changed my life.

My morning routine used to be waking up and jumping onto my computer and the phone for an hour or two. Now, I roll out of bed and meditate for anything from 60 to 90 minutes. Then, I take a walk with my canine companion Kanga in the park across the street. After our walk, I return home and nourish myself with a green smoothie. I make it by placing a large leaf of kale or chard in the blender with half an apple or banana and some blue green algae and maca. Depending on how hungry I am that morning, I may also enjoy a piece of seasonal fresh fruit.

If it's a 'work' day, I now begin to check my voicemails and emails. My motto is not to 'work', but rather to focus on doing what I love. I'm lucky; the 'work' has become effortless play for me. And, I always have my bottle of water on my desk. I drink at least a litre, if not 2 or 3, of reverse osmosis water daily.

If it's a day off, I may go to the farmer's market, meet a friend for a hike, bike ride, or rollerblade, go to a museum or design show, or just lounge around and read for a while.

I get hungry for lunch between 1 and 2 and enjoy leftovers from the day before, or whip up a new paté, a green salad, or a simple wrap made with collard greens,

avocado, tomato, and sprouts. My goal for this year was to develop a new recipe every day so I don't often eat the same dish twice.

If I have errands to run, I like to get them done in the afternoon sunshine during the nice part of the day. I prefer walking to driving whenever possible. Sometimes I've got too much on my plate to get out in the afternoon, and I stay tethered to my computer. Yes, I'm a geek, but love it!

My snacking varies. When I'm working out a lot, I get hungry more often. I love doing intervals: running for 45 to 60 minutes, jogging five to ten minutes, sprinting as hard as I can for a minute, recovering for four to nine minutes, then sprinting again. I love to pump up my heart rate, to huff and puff, and to sweat!

I'll enjoy snacks every two hours or so. I'll drink a protein smoothie with hemp, maca and algae, or a green smoothie, or eat some fruit or wakame. I used to eat more nuts, but over the years my intake has decreased substantially. I love high water content foods because they keep me hydrated after sweating so much. Plus the algae helps my body's regeneration and sea vegetables replenish my electrolytes after a hard workout.

Vipassana has slowed me down for now though. These days I may snack around 4 or 5pm on an apple with almond butter or blend up an acai smoothie with a piece of kale. Then, Kanga and I will usually go out for another walk or run or I'll go to the gym and lift weights. I try to do at least 20 minutes of yoga every day

to focus on my breathing and to keep my body flexible.

Dinner is usually around 7pm, sometimes a bit later, though I like to eat dinner early when possible. I'll enjoy a green salad and a soup, or if I'm motivated, I'll develop a recipe to enjoy. Sometimes I'll go out to meet friends, maybe at one of the raw restaurants here in Southern California, which tends to go on late. The last time, a bunch of us ended up at a friend's house where we played music, danced, and sang until midnight. Dancing is my favourite pastime, and when I'm in an urban city, you'll find me out dancing to drum and bass or break beats until 2am.

After dinners at home, I'm usually back on my computer writing articles or books, working on my shows or websites, or preparing for an upcoming retreat, class, or event. Kanga and I will go on another short walk before winding down for bed anywhere from 9pm to midnight.

I sometimes do a shorter meditation before bed, or do a bit of reading to unwind. If I'm having a stint of insomnia, which I seem to have from time to time, I'll take a hot bath filled with Epsom salt and essential oils to relax my muscles before getting into bed. Vipassana taught me how to relax my body and mind and this helps me feel rested the next day, even when I can't sleep. And, the raw foods help with my mental clarity and focus.

Visit AniPhyo.com to watch Ani's uncooking shows, for recipes and lifestyle tips, and for more information on her books, DVDs and raw food products.

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