

Get Fresh!

For people passionate about pure food, health and living life to the full

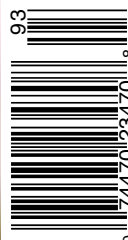
**Food that's
better than
organic**

**When you're
"alternative"
and your loved
ones aren't**

**Earn a living
doing what
you love**

**Exclusive interview
with Ani Phyo**

**Autumn
2009**
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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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Chef Steph's Featured Recipe

Dinosaur Chips (Kale Chips)

Get your kids to eat green vegetables— turn them into dinosaur chips!

- 2 Bunches Fresh Kale
- 2 ½ tsp salt
- 2 T Olive Oil
- 2 ½ T Agave Nectar (You may also use Honey)
- 1 tsp Mexican Herb Blend or any dried herbs you enjoy!

Wash and devein kale; tear into palm size pieces. In large bowl filled with water add salt & kale. With your hands firmly grip the kale to "bruise" or soften the kale; appx 30 seconds. Drain water & toss with remaining ingredients.

Dehydrate on mesh Polyscreens @ 115 degrees for appx 6-8 hrs or until crispy.

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



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Living Light Culinary Arts Center



Setting the Standard for Excellence in Raw Culinary Arts



Culinary and Nutritional Science Courses

Living Light Culinary Arts Institute, the world's premier organic raw vegan chef school, attracts people from all walks of life—we welcome everyone from novice to professional chef! We offer a variety of practical yet fun and life-transforming trainings to suit every student, whether they plan a career in the fast-growing arena of raw living foods or simply want to prepare meals for family and friends. Our courses inspire students to create healthier, more conscious cuisine without sacrificing taste, presentation, or the emotional satisfaction of food.

RawFoodChef.com
Making Healthy Living Delicious!™

Living Light Culinary Arts Center, a state-of-the-art facility located on the beautiful Mendocino Coast in Fort Bragg, California, is designed to provide the latest advances in raw culinary education and services. Dine on raw vegan cuisine at Living Light Café, find healthy products for the raw kitchen at Living Light Marketplace, and stay at the nearby eco-friendly Living Light Inn for an experience you will never forget! Visit our website at **RawFoodChef.com** for more information about our 2009 class schedule, tuition, registration, and lodging.

707-964-2420





Welcome

Recently my 7-year-old son and I hunkered down to watch a wildlife documentary about the problem of Nevada bears finding their way into towns and raiding bins. As the screen showed footage of the animals ripping open packages and chowing down on leftover pizza and chips, the voiceover solemnly stated: "Human junk food doesn't give them any of the nutrients they need from their natural diet and does them more harm than good."

This reminded me of a sign I once saw in a wildlife sanctuary: "Please don't feed the animals. They eat a natural diet and human food may harm them." I remember looking around me and observing that I couldn't actually see any human food – just things like hot dogs, crisps and chocolate bars.

Today around 90% of the money the average Westerner spends on food is spent on processed foods. Given that neither our bodies nor our brains can function normally unless they get the nutrients they need, doesn't this alone explain an awful lot of what is wrong in the world today?

The following quote from the brilliant book *Left In The Dark* by Graham Gynn and Tony Wright sums the problem up rather well. "If someone set out to devise the worst possible diet with which to build a huge-brained tropical primate [that's us, folks], a junk food diet of white bread, crisps, pies, chips, jam, toffee bars, biscuits, sweet fizzy drinks and burgers would be it."

As more and more people around the world are discovering, "natural diets" aren't just for *other* animals. When we start nourishing ourselves as nature intended, life becomes a different experience altogether. We begin to enjoy a level of health, energy and wellbeing we never dreamed possible. That is what this magazine is all about and we hope you enjoy this issue.

Sarah

Sarah Best
Editor

Get Fresh!

Autumn 2009

Published by



thefreshnetwork

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SEE PAGE 14 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.

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Menu

Welcome cocktail

Lavender & Ginger Lemonade

Fresh lemon and lavender, sweetened with raw agave nectar



Savoury canapés

Beetroot Ravioli

Taco Mexicano

Vegetable Maki

Pesto Au Poivre

...and more

Salad bar

Baby Gem Caesar Salad

Spinach, Tomato and Basil Salad

Thai Papaya Salad

Dessert canapés

Chocolate and Orange Marble Torte

Raspberry Geranium Cake

...and more

Please join us at

The Fresh Christmas Party

Place: Saf restaurant, London EC2A

Date: Sunday December 6th

Time: 5pm to Midnight

The agenda

5pm: Doors open for pre-party shopping

6pm: Cocktail time - party begins

7pm-9pm: Enjoy the food

9pm-11pm: Music and dancing

Midnight: Doors close

Ticket price: £50

Buy two or more tickets and pay just £45 each

Early bird pricing until October 31

Ticket price: £45

Buy two or more tickets and pay just £40 each

Includes welcome cocktail prepared by organic mixologist Joe McCanta, a selection of savoury and sweet canapés and salads created by executive chef Anupam Som, and a selection of herbal and green teas.

Numbers strictly limited so book now

online at www.fresh-network.com

or by ringing us on +44 (0)845 833 7017

GET WRITING!

Did you like what you read in our last issue? Did it inspire you, help you or make you think? Did you read something that you disagree with? Then write in to let us know – we'd love to hear from you.

Send letters for publication to sarah@fresh-network.com. Each quarter we award a £25 Fresh Network gift voucher to the writer of the best letter. *Get Fresh!* reserves the right to edit letters as necessary.



Letter of the quarter

Debunking dairy

I have never written to a magazine before but after reading Dao Earl's article *The calcium question* in the Summer issue I just had to! He sets out the information so well and in such a straightforward way. Now I know exactly what to say when people insist they need dairy products in order to look after their bones.

It was also a great reminder for me – it was on one of Dao's retreats that I was converted to raw foods and I remember him covering the milk issue in one of his talks. However he gave out so much information in the space of that week that I couldn't retain it all!



So thanks Dao, and thanks *Get Fresh!* - the magazine just gets better and better!

Cath Parker, UK

Thank you

I just wanted to say it was helpful in the Summer issue to read articles that understand the mental journey often travelled by newcomers to the raw path. It helps by bringing out into the open thoughts and experiences that many struggle with.

This conscious acknowledgement and acceptance is empowering as it can diminish the negative effect that the thoughts and feelings can otherwise have. It is also supportive as it helps the reader understand that it is a common experience and therefore a natural part of the path of transitioning to a healthier diet and lifestyle, not just peculiar to the individual. Thank you.

Simon, UK



Calorie conundrum

I am intrigued by your interview with Tonya Zavasta. Did you meet her in person? The point that has me thinking in particular is her mention of the fact that she's eating about 1,200 calories a day but her Bikram yoga sessions should make her lose 1,800. From the photos, she certainly looks gorgeous and a "normal" weight. What's your take on it? Also, I heard the raw diet was the best weight loss diet, so now I am confused.

Christina, UK

Editor responds:

I have met Tonya in person on several occasions and I can vouch that she looks even better in real life than she looks in photos. She will be addressing the "calories and weight" issue at length in an article scheduled for the Spring 2010 issue of *Get Fresh!*

For those with weight to lose, there is really no question that eating raw is the best weight loss strategy bar none. But what seems to occur is that a few years down the line, with an ideal weight reached and the biggest part of the detoxing out of the way, the body becomes much more efficient so can maintain an ideal weight on less food than before.

WHAT'S NEW?



Tasty tomato treat

If you like sundried tomatoes, you'll love this new find from The Raw Greek. These tomatoes are dried at low temperatures to preserve nutrients, they contain no salt, and they are not marinated in oil. Despite this, there is no need to rehydrate them – with their soft texture and rich and robust flavour they are delicious eaten straight from the bag (the only proviso being that once you start it can be hard to stop!) There are two varieties to choose from: dried tomatoes and (another first) dried cherry tomatoes. These are the best sun-dried tomatoes we have ever tasted and also the healthiest we've ever come across. Both varieties come from Xanthi in Greece and they are available in the UK from therawgreek.com.



Feed your hair

We love this new scalp tonic from Tonya Zavasta's Your Right To Be Beautiful range. What is a scalp tonic, we hear you ask. Your scalp and the blood supplying it are the "soil" your hair grows in and only if that soil is healthy and nourished will your hair be thick, shiny and luxuriant. Age can cause hair to thin and lose its lustre and so can a period of deep detoxification such as that experienced by those who go raw.

This new tonic has been devised to address these very issues. It contains extracts of cayenne pepper and mustard greens, two of the most effective circulation stimulants known. Further stimulation comes from invigorating peppermint oil, while chamomile and sage promote tissue regeneration in your hair and scalp.

The scalp tonic comes in a 60ml dropper bottle and after combing your hair you simply apply a full dropper directly onto your scalp, then use your fingertips to massage it in for two minutes. The scalp tonic is available in the US from Tonya's online store beautifulonraw.com and in the UK from fresh-network.com.



Our recent blog article "The swine flu vaccine: will it be voluntary or mandatory?" elicited a massive reaction, with many writing to us privately to share their concerns on this issue and express their thanks for the information. You can read this in-depth article by visiting fresh-network.typepad.com and scrolling down to the entry for September 3rd. As we promised there, we will soon be posting an article about boosting immunity naturally during the coming winter months.

For those already eating a high-raw, whole-foods diet, the single most important piece of advice we can give is to make sure you are getting an adequate daily supply of vitamin D. This nutrient is vital for immunity and many other essential bodily functions.

If we get adequate sunshine the body can produce all the vitamin D it needs. But those living in a cold climate and following a raw vegan diet are almost certainly not getting enough for six months of the year. If this is you, we suggest having your vitamin D levels tested and considering supplementation if they are below optimal.

For more information on boosting immunity look out for our upcoming article. Our blog is a frequently updated source of information, news and ideas, all geared to helping you live a more vibrant life, so why not visit regularly, and also sign up for our newsletter at fresh-network.com.

Calling all raw food veterans. If you have been following a raw diet and lifestyle for a while, are feeling great on it, have a trick or two up your sleeve for making it easy, and would like to share your knowledge and experience with others on a voluntary basis, we'd love to hear from you. We are setting up an e-mentoring service after requests from customers who are trying to improve their diets and who could use some support and guidance. If you would like to help, email info@fresh-network.com telling us a little about yourself.

Raw Retreats

Bimini, Bahamas

Swim with Wild Dolphins

Eat Raw Love

Meditate

Yoga

Contact Yemaya for Dates & Prices

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Ecstatic Beings

By Shazzie and Kate Magic
Rawcreation, £17.95

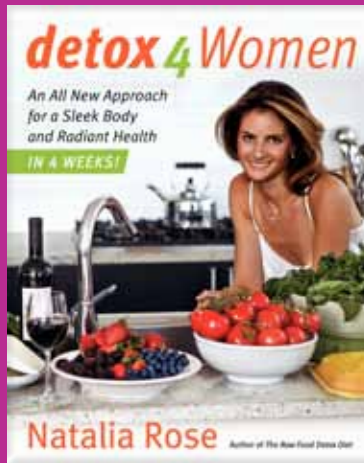
The subtitle of this book is "144,000 ways to eternal ecstatic bliss" and it is a book quite unlike any other. As the spiel reads: "What happens when two mothers reroute their brains, do their homework and carve out a new world groove? Think of a big A4, hyper-colour Jackie Annual coffee table book for grown-ups and you may be half way to realizing the full glory of the world's first right-brained book."

Why right-brained? Because our analytical and often robotic left brains are not conducive to experiencing ecstatic bliss. We need to tap into our expansive, intuitive right brains for this and the non-linear nature of the book helps this, as does the psychedelically stunning artwork throughout by Shazzie and Shakiba Mohseni.

The authors, both internationally recognized raw food promoters, treat some heavy subjects in a refreshingly light way. The book contains 150 pages of information (on topics ranging from superfoods to urine therapy), musings (on such things as being a mother, being present, love and sex, and breaking free from cultural programming), raw food recipes (especially cake recipes), poems and photo stories.

And at the back, the authors' extensive dictionary will make you laugh and make you think at the same time with such words as hilareality (when life is hilarious), sheepporexia (one who chooses to eat foods they know are bad for them just to make others feel comfortable) and spirituality (someone who thinks they're living a spiritual life but is so egotistical about it they're still very much living in duality).

Ecstatic Beings is available from **fresh-network.com** and **detoxyourworld.com**.



Detox 4 Women

By Natalia Rose
HarperCollins, £16.99

All women want to look and feel their best but most don't realize that make-up, salon visits, crash diets and upholstered undergarments are not the way. The reality, as author Natalia Rose points out in this new book, is that a woman will only look and feel her best if her cells are clean.

And since 21st century living is so non-conducive to that, the only way for the modern woman to achieve inner cleanliness is if she detoxifies. But this book isn't about the kind of detox that lasts a weekend or even a week; it is about a detoxifying *lifestyle*.

Rose – the author of three other books, including *The Raw Food Detox Diet* – is a clinical nutritionist who noticed increasing numbers of female clients presenting with the same physical and/or emotional problems, all linked to having an acidic, yeast-ridden system. She devised this programme to deal with those very issues and the book includes a quiz to help the reader identify which version of it is right for her.

The book also includes a detailed 30-day detox plan, and Rose's no-nonsense list "The 10 big excuse busters" will put right any woman who thinks she "can't" follow it. Although alkalizing raw vegetable juices and raw and cooked vegetables are the cornerstone of the dietary regime, as detoxes go this is a decadent one – treats are included in the plan, including a daily serving of dark chocolate.

This book shows the busy 21st century woman a path to health and dietary freedom and seven "real women" who have followed the programme to great results share their stories.

Detox 4 Women is available in the UK from **fresh-network.com** and in the US from **detoxtheworld.com**.

Quotes of the quarter

"The concept of gaining weight had never entered my mind.

This was the 80s and I was wearing a lot of stretch Lycra,"

Ani Phyto reminisces about her college days in our interview with her, starting on page 16.

"You head towards the forbidden aisles of long-forgotten cooked food contraband, and begin filling your basket like the winner of Supermarket Sweep."

Pete Vincent on what can happen when raw doesn't cut it anymore, on page 21.

"I recently posted a status update on Facebook about my breakfast shake with spirulina. Almost immediately, a full-on heated battle ensued."

Sarma Melngailis discusses controversy in the raw food world on page 32.

"Just because you think cucumbers open your third eye chakra doesn't mean you need to share that information with your co-workers."

Tera Warner suggests a more down-to-earth approach in her article starting on page 42.

"There is no model in nature for such personal care, and almost no natural facility for performing such a feat on oneself (other than perhaps doing a handstand in a waterfall.)"

Dr Douglas Graham disputes the logic of colonics in our new ebook Raw: Your biggest questions answered. (For more information see pages 40-41).



Jackie Lynch

Raw Food Coach & Yoga Teacher

'A sensitive, compassionate and inspiring approach to coaching'

Jackie's coaching can be arranged so that you can ring or visit at those particular moments when you most need support:

- When you want advice on practical matters with food prep etc.
- When you are emotionally down and need a good listener who is understanding and non-judgemental.
- Or when you just feel the need for inspiration on any aspect of your life.



Jackie is passionate about sharing her knowledge, enthusiasm and spiritual awareness with others. With her guidance you too can experience the peace, energy and joy which her lifestyle produces.

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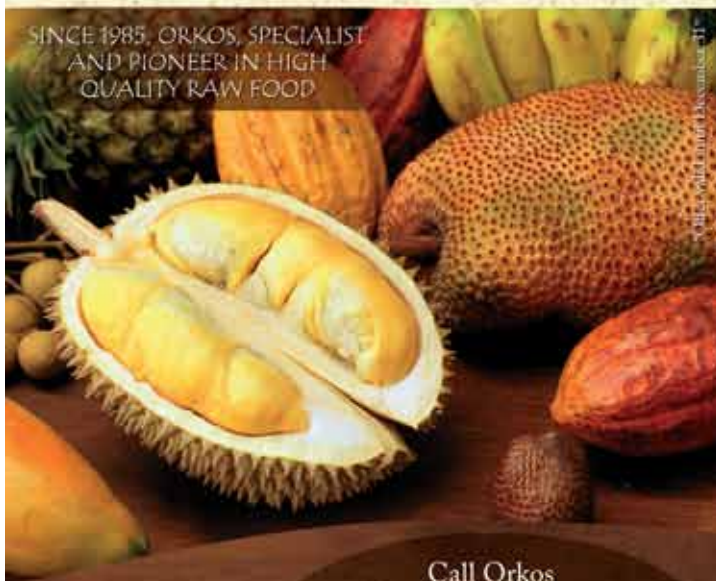
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Fiona Robertson
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EVENTS

Learn, be inspired, shop, eat, have fun with like-minded people.

All details are correct at time of going to press but may be subject to change so please check direct with the organizers. Please note that most 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 24 October

Raw Food for Winter

Ashburton, Devon, UK

If you need winter inspiration, have ever wondered what to eat when it's cold or have trouble staying high raw through the winter then this fun, day-long workshop is for you. Saskia will be packing the day full of recipe demonstrations for deliciously warm and warming meals, snacks and desserts (including dehydrator recipes) so that you can stay excited and satisfied eating high raw this winter. You can ask questions and will leave armed with recipes and feeling confident and inspired. The day costs £75, includes a delicious raw lunch and is a great way to meet other like-minded people. To book visit rawfreedom.co.uk, call Saskia on 0117 902 9398 or email Saskia@rawfreedom.co.uk.

Sunday 25 October

Mood Lifting, Mind Shifting: Raw food for health and well-being, with Holly Paige (and Jasmine, Bertie and Lizzy)

Near Penzance, Cornwall, UK

Come to the beautiful Cornish coast and learn a wide repertoire of simple yet delicious raw, vegetarian, nutritionally-dense recipes that have sustained us in our eight years of raw. Find out how raw food nourishes the brain and how to maximize its potential. 10am to 5pm, £60. Further information at oceanwavevibrations.com. Email holly@oceanwavevibrations.com or ring 01736 338247.

Sunday 25 to Saturday 31 October

Internal Makeover Deep Colon Cleanse Week

Biarritz, South West France

Come and spend a week getting back to great health, slim down to your sexiest weight ever and have more energy than you could ever have imagined. All this on our all-inclusive detox weeks featuring holistic therapies and guided walks in the beautiful Pyrenees. Have fun learning about raw and living food that will change the way you think about food forever. These retreat weeks are held twice a month. Come alone or with some friends and enjoy a unique week. Just get here and we will take care of the rest. Includes: accommodation, food, drink, hands-on raw food tuition, airport transfers and holistic therapies. Price €870.00 (currently approx £765.00). For more information see retreat64.com, email info@retreat64.co.uk or call 0033 559 54 56 35.

Saturday 7 November

Free Raw Open Day

Winchester, UK

Health Etcetera is the first fully residential living foods centre in the UK. It is our aim to make it accessible to all pockets and it's now ready for you! Free entrance. Join us for the day for talks, food demos and stands... For more info, visit healthetcetera.com.

Sunday 8 to Saturday 14 November

Hands-On Raw Cuisine Week

Biarritz, South West France

Come and play in my kitchen for a week and get hands-on

experience preparing raw breakfasts, lunches, dinners, party food and desserts. You will find us quick and easy to get to via Ryan Air and Easy Jet. We are open all year round for raw cuisine courses and colon cleanse detox holidays. Includes: accommodation, food, drink, hands-on raw food tuition, airport transfers and visits to markets and local villages. Price €870.00 (currently approx £765.00). For more information see retreat64.com, email info@retreat64.co.uk or call 0033 559 54 56 35.

Saturday 14 November

Raw Holiday Cuisine with Brigitte Mars

Boulder, Colorado

Learn how to make nut nog, stuffing, cranberry sauce, sweet potato casserole, pumpkin pie and much more. 11am-3pm, \$70.

For bookings or more information ring (001) 303 442-4967 or visit brigittemars.com.

Saturday 28 to Sunday 29 November

Living Foods House Party with Elaine Bruce

Ludlow, Shropshire

Includes a fabulous party food class, plus all the wise advice and practical teaching to help you to glowing health. You can now stay at the centre for the weekend too. For more information see livingfoods.co.uk or call 01584 875308.

Sunday 6 December

The Fresh Network Christmas party

London

Enjoy fabulous food, dance the night away and meet like-minded people at THE raw party of the year, hosted at Saf, the UK's top raw foods restaurant. For more information see advertisement on page 6, visit fresh-network.com or call +44 (0)845 833 7017.

Monday 28 December to Saturday 2 January

Raw Spirit Retreat

Maui, Hawaii

Celebrate the new year in joyous health and well-being. Learn from dynamic speakers, revel in the magic of divine music, enjoy snorkelling, kayaking, whale watching and more. For more info visit rawspirit.com or call (001) 928 776 1497/(001) 928 708 0784.

Saturday 7 and Sunday 8 March

A life-changing week with Elaine Bruce

Ludlow, Shropshire

A complete overhaul from your colon to your soul. Course also runs 14 to 20 June. For more information see livingfoods.co.uk or call 01584 875308.

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

Live Native vegan organic Skin Foods are all lovingly made using only **pure** living ingredients, like our raw Shea Nut Butter and **fresh** fillet Aloe Vera juice. Our totally unique range of cleanly absorbing, nature intact, and **nutritious** moisturisers, sex lubricant

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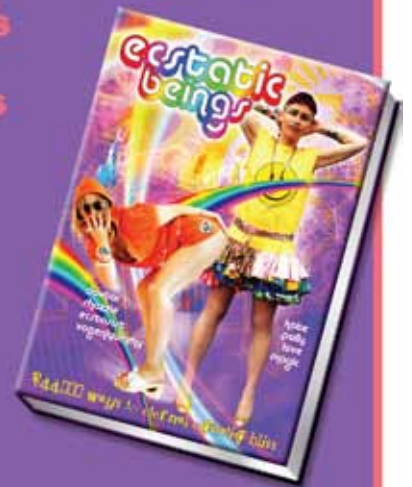


Ecstatic Beings

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By Shazzie & Kate Magic

The bible for the new kidz is here



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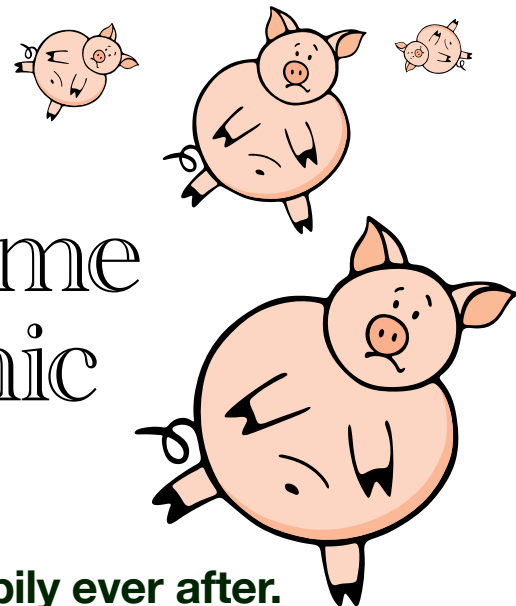


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Get inspired. Get healthy. Get Fresh!



Once upon a time there was a pandemic called swine flu...

and the pharmaceutical companies lived happily ever after.

By Jason Vale.

In the UK alone, doctors write nearly one billion prescriptions a year. In a country with just 60 million people, that's an average of nearly 17 prescriptions per person per year. The annual cost to the NHS (National Health Service) of prescription drugs has gone from £3.1 billion in 1993 to £11 billion today. In the US – the world's biggest consumer of prescription drugs – the corresponding figure is a staggering \$230 billion (£140 billion). And these astonishing figures don't even include sales of over-the-counter drugs. In the UK, painkillers alone are now chalking up a further £900 million a year.

Despite these massive sales and the billions in revenue for Big Pharma, it appears it's never enough. In the UK the pharmaceutical industry is the third most profitable industry after banking and tourism. This kind of profit brings with it a great deal of power. In 2004 the House Of Commons Health Committee began an inquiry into the influence of the pharmaceutical industry. In the conclusion of its report it voiced this concern, among others: "The consequence of lax oversight is that the industry's influence has expanded and a number of practices have developed which act against the public interest."

Big Pharma's Big Influence was never more perfectly illustrated than with swine flu. The way the media has been reporting it you would think swine flu was the next Armageddon. As it turns out, it's the next *Pharmageddon!*

The UK government's first response to the outbreak was to start dispensing Tamiflu, a drug that wasn't even developed for swine flu. Despite the fact that Tamiflu has, like all drugs, many adverse side effects, and despite the fact that in the vast, vast majority of cases the symptoms of swine flu are so mild they would be gone

in a matter of days, the government, in its wisdom, has been dishing out Tamiflu capsules like Smarties.

Not only are they being given to people who simply need a few days' rest and some good-quality nutrition. Worse still, the government's National Pandemic Flu Service has employed people with no medical training – some of them teenagers who are still in school – to diagnose swine flu and prescribe the drug.

If I were to set up a swine flu hotline and prescribe an amazing, freshly extracted, vitamin-and-mineral-rich juice, I would be done for practising medicine without a licence. But it seems anyone can now get a job in a call centre, ask a few questions and dish out medical drugs. Have we gone mental?

“Nothing brings in Big Bucks for Big Pharma more quickly than a pandemic.”

Prevention better than cure

Nothing brings in Big Bucks for Big Pharma more quickly than a pandemic. Tamiflu was just the tip of the iceberg; the vaccine – which many governments have ordered in sufficient quantity for their entire population – is where the real jackpot lies.

This vaccine is new and there is no way on earth that it will be tested sufficiently before it is made available. In the UK, people with serious health problems and any condition which compromises immunity will be eligible for the first round of vaccinations. That includes anyone in that

group over six months of age, even though the vaccine won't have undergone *any* testing on children younger than three years before it is injected into our most vulnerable little ones.

One of the most astounding things I have heard in relation to the swine flu was professor of virology John Oxford saying, "The only way to reduce your risk of developing this illness is by practising good hygiene". Really? That's the *only* way? How about building up your immune system with top-quality nutrition and regular exercise? Just a thought...

A senior doctor who has just been on my retreat in Turkey said, and I quote, "There is no way on earth I would ever take the vaccine, nor let any of my family take it". When asked why, he simply replied, "Swine flu is just the bloody flu with a new name. It is driven by the pharmaceutical industry in order to make as much money as they can. I can guarantee we will see some pretty horrific side effects from this vaccine, as it hasn't been fully tested. It is criminal that it is even being allowed to go ahead."

Personally I will continue to juice my fresh ginger in with some carrot, apple, spinach, cucumber, celery and pineapple, blend it all with a ripe avocado, and let nature build her own defence against this virus.



Jason Vale

aka The Juice Master, is the author of several books on health and nutrition, including the best-selling *Slim For Life: Freedom From The Diet Trap*.

For more information see juicemaster.com.



Interview with Ani Phyo

The award-winning raw chef and author talks about her life and shares health secrets, spiritual wisdom and cookie recipes with Sarah Best.

Most of us spent two, three or more decades eating some variant of the standard diet before we upgraded our eating habits to something more conducive to vibrant health. But not Ani Phyto. This raw chef is one of the tiny percentage of today's adults lucky enough to have been raised on a high-raw whole foods diet.

She tells me that home was in the Catskill Mountains, 100 miles north west of New York City, where her family had a plot of land for growing food. "I grew up eating lots of raw vegetables, nuts and seeds and my Mom would always make us veggie juices," she recalls. "She would take everything from the garden and put it in, and the juice would come out a mud brown sludge colour! We were mainly vegetarian and because we're Korean there was no dairy. We had no candies or sugars or snacks in our house. A treat would be fruit. All those nutrients from such a young age – I'm really grateful to my parents."

But Phyto left 18 years of healthy eating behind when she went to college. The dining hall served foods she'd rarely if ever eaten – most of them made from combinations of dairy, white flour and refined sugar – and the first time she went home on vacation she had gained a stone. "The concept of gaining weight had never entered my mind and because this was the 80s and I was wearing a lot of stretch Lycra I hadn't even noticed!" she recalls. "But my Mom noticed and she took me for a blood test. My cholesterol was sky high – almost 300. The doctor wanted to put me on medication. Mom said no, and put me on a vegan detox diet."

"I started eating raw food in order to be more productive. I was using it so I wouldn't have to sleep as much."

But it wasn't until a friend took her for dinner at a raw restaurant several years later that Phyto discovered she could take healthy eating further still. "I noticed I didn't sleep that night, but that I felt great and very alert the next day. As I ate more raw food I started correlating the two and then I started eating raw food in order to be more productive. I was using it so I wouldn't have to sleep as much – I could work all night and feel fine in the morning. But I wouldn't recommend that to anyone! It got a bit extreme but it was such an exciting time."

At this point Phyto was a design director and home was San Francisco. She was working full time in a studio, teaching several university classes a week on top of that, and weekends were spent doing workshops or working on other projects. "I understood the power of raw food and harnessed that and everywhere I went people were interested in it." >>

Ani's top 10 daily health practices

- 1 Every day I engage in an activity that makes me sweat for at least an hour – I do cardio exercise most days and one day a week I'll sit in a sauna.
- 2 Deep breathing.
- 3 Meditation.
- 4 Skin brushing – for exfoliation and circulation.
- 5 Laughing and being happy.
- 6 Spending time with my dog, Kanga – she's so good for my health.
- 7 Hugging someone every day and ideally more than once a day.
- 8 Connecting with a loved one every day and telling them I love them.
- 9 Practising gratitude and giving thanks. I give thanks immediately upon waking up to a new day.
- 10 Seeing the positive in everything, including every challenge.

Ani's daily diet

"I drink some rooibos tea first thing in the morning. An hour or two later I'll have my first smoothie. Lately I've been doing 50% hemp protein with a banana and some E3 Live [a brand of blue-green algae]. That's the base and sometimes I'll add other stuff. At around 11am I work out – I go on a hike or to the gym. Then I have a similar smoothie again, sometimes with spinach in it. After another hour I have a big salad. Sea vegetables are really good for everyone with so many minerals from the ocean, so I include kelp noodles in my salads and also crumble nori over them.

I've been increasing my protein intake, and cutting back a lot on fats. I used to eat a couple of avocados a day and put hemp oil all over my salad. I've decreased that, and now when I snack on almonds I only allow myself 10. But at the moment I'm working on a new book so I might have some crackers or breads from the dehydrator.

At dinner I usually have another salad. I love cabbage and spinach and I put some more kelp noodles in there. I also like to have almond yogurt in my fridge – it's so easy to make. You just mix a cup of almonds with a cup of water and some probiotics, leave it out overnight, then store it in the fridge. I think it's even more important to eat raw when you live in an urban environment like I do. I can't clear the air outside but I can control the food I'm eating."

But it was only later that she realized her father, who had been diagnosed with a terminal illness, had been following a raw food diet when she was growing up. He lived 10 years longer than doctors predicted. “My Dad used to eat a bell pepper or a mushroom like an apple. As a child, I didn’t see anyone else doing that and I assumed it was because he was from a third-world country, so he was unsophisticated and didn’t know how to eat food. It wasn’t until I was preparing some of my food for my mother that she made the link for me: “Do you realize this is how your Dad was eating?”

In 2000, Phyo moved from San Francisco to Los Angeles when a client asked her to relocate there for three months. Three months turned into three years. With a climate more conducive to raw food, she found even more people interested in eating this way. Phyo, who by now had become an accomplished gourmet raw chef in her own kitchen, started to emerge as a name on the raw scene when she began to cater events.

“At this time there weren’t many raw chefs and we’d all cooperate with each other. We each had events on different nights to provide raw dining to the community before there were raw restaurants in LA. But I also had selfish reasons for wanting to do this. I didn’t find it fun to prepare gourmet raw food just for myself – I wanted to share it with other people, and after an event I’d have leftovers for several days!”

Word about her talent got around and soon Phyo had people asking her to make *all* their food for them. This grew into Smart Monkey Foods – a line of freshly prepared raw food items sold in stores. “I’d package pizza with the crust, marinara and cheese separate so it would keep in the fridge and they could assemble it when they wanted it,” she says. But then Phyo relocated again, this time to Portland, Oregon. With a tiny raw population it wasn’t feasible to continue distributing perishable items so Smart Monkey Foods became a line of raw fruit and nut bars.

Phyo’s first recipe book, *Ani’s Raw Food Kitchen*, was published in 2007. She spent a year on the book tour and made the decision to drive everywhere and live out of her car. “I have a dog – Kanga – and a two-seater convertible so I drove with the dog next to me and all I had was a dog pillow, a small suitcase and my laptop.”

I had already heard on the grapevine that she chose to give away all her possessions at this time so naturally I was curious to find out more. She confirms the rumour is true, adding: “There was a point in my life where shifts were happening and I realized I was holding onto objects that were blocking the flow of new energy and opportunities that were trying to come to me. When I had a lot of possessions they were occupying a lot of space in my mind as I had to worry about the whereabouts and condition of them.

“When I lived in Portland, I had a four-storey house and one of my bedrooms was a walk-in closet. When I left Portland I took all of my clothes to a place where they recycle clothing. They buy from you at 40% of what they’ll sell it for, and when I took in my clothes I got thousands of dollars.”

However, she reveals to me that it was amazing how quickly she began to reassemble possessions after the Zen-like experience of life on the road. She has settled in Los Angeles again and at the time of our interview she is moving in a few days. Her apartment is empty except for some recipe books, kitchen equipment, ingredients and a bed. “Everything else is at the new place and I don’t miss any of it,” she says. “On a spiritual



“I think it’s even more important to eat raw when you live in an urban environment like I do.”

level I’ve gone through a transformation where I don’t need possessions. It’s very liberating.”

I ask her how this transformation has affected other areas of her life. “I’ve been meditating for two years, and in the last few months I’ve had a really regular practice. When I first discovered gourmet raw food I was working on tons of different projects, and saying yes to everything that came my way. Over time it wore me down. I’m able to say no now to things if I feel they are just going to be spinning my wheels rather than leading to something I want as an outcome. I’m getting clearer and clearer on how I want to contribute to the world. I’m able to discern the projects I want to give my energy to and also have plenty of down time to rest, take care of myself and hike in the mountains.” ■



Raw cookies

Ani Phyo shares three recipes from her latest book, *Ani's Raw Food Desserts*.

Halva Chia Thumbprint Cookies (Makes 9 cookies)

These fun cookies are inspired by a Balkan-style, calcium-rich, tahini-based halva. You can get sprouted chia seed powder from Navitas Naturals (US). Or, you can use dry chia seeds, unsoaked and ground into a powder in a grinder. Or, substitute ground flaxseed powder, which provides many similar nutritional benefits.

For the cookies

- 3/4 cup sprouted chia seed powder
- 1/2 cup tahini
- 3/4 cup almond meal

- 1/4 teaspoon salt
- 1/4 cup agave syrup
- 1/3 cup pitted semi-soft Medjool dates
- 2 tablespoons Raspberry Sauce (see below)

For the Raspberry Sauce

- 1/2 cup fresh or frozen raspberries
- 1/4 cup pitted semi-soft Medjool dates
- 1/4 cup agave syrup
- 1/4 cup filtered water

Combine all the ingredients in a blender and blend well. Will keep for three days in the refrigerator and a few weeks in the freezer (thaw before using).

To assemble

- 1 Combine the chia seed powder, tahini, almond meal and salt in a mixing bowl and mix well.
- 2 Add the agave syrup and mix well.

- 3 Add the dates and mix with your hands or a spoon.
- 4 Roll the dough into 9 balls (about 2 tablespoons each) and place on a sheet tray lined with parchment paper.
- 5 Use your thumb or the end of a wooden spoon to make an indentation into the centre of each cookie. Fill each with a generous 1/2 teaspoon sauce.
- 6 To make the flower-shaped cookies in the photo, place the dough in the centre of a flower-shaped cookie cutter on a sheet tray lined with parchment paper. Press to 1/3- to 1/2-inch thick, and then make an indentation in the center to fill with jam.
- 7 To serve, chill in the refrigerator for 20 minutes or more to firm up.
- 8 Will keep for several days in the fridge or many weeks when stored separately from jam.





Carob Walnut Cookies (Makes 8-12 cookies)

Sweet raisins, malty carob and rich walnuts are ground together to make a delicious, dark, sweet cookie. Packed with antioxidants, vitamin E and EFAs, these cookies keep you trim and your skin radiant.

- 1 cup raisins
 - 3/4 cup raw walnuts
 - 1/2 cup raw carob powder
 - 1 teaspoon mesquite powder (optional)
 - 1/8 teaspoon sea salt
- 1** Combine the raisins, walnuts, carob powder, mesquite powder if using, and salt in the food processor.
 - 2** Process until the dough begins sticking together.
 - 3** Press the dough into 2-inch cookie cutters placed on a sheet tray lined with parchment paper. Shoot for a thickness of 1/3- to 1/2-inch. Or, make 1-inch to 1 1/2-inch balls and flatten.

- 4** Place the cookies in the freezer to chill and firm up for 30 minutes or more before serving or transferring to the fridge for serving later.

- 5** Will keep for many weeks in the fridge or freezer. Thaw 5 minutes before eating.

Oatmeal Raisin Cookies (Makes about 10 cookies)

Here's a modern version of old-fashioned cookies with the sweet maple flavour of Medjool dates, a sprinkling of raisins and a hint of cinnamon. The recipe calls for raw oats: If they are not available in your area, you'll find them at my online store at www.Aniphyo.com. Regular quick oats or steel cut oats will work, too, though they are not technically raw, as they're cooked during processing. Your cookies will still taste delicious either way.

- 1 cup raw oats
- 1 teaspoon ground cinnamon
- 1/2 cup firmly packed pitted Medjool dates
- 1/2 cup raisins

- 1** Combine the oats and cinnamon in the food processor and process into small pieces. Add the dates and process to mix well.

- 2** Add the raisins and pulse to mix.

- 3** Press about 3 tablespoons of the dough into cookie cutters on a sheet tray lined with parchment, or roll the dough into balls and flatten.

- 4** Serve immediately or store in sealed container or bag.

- 5** Will keep for a week at room temperature or for many weeks in the refrigerator or freezer. Thaw for 15 minutes before eating.

For more information, for recipes, and to watch Ani's videos, visit aniphyo.com. Ani's books are available in the UK from fresh-network.com. The Fresh Network will be hosting Ani Phyo for an event in London on Saturday May 15. Further information will be posted in the next issue.



Never say never



Pete Vincent has advice for avoiding a common pitfall on the raw path.

Hands up if you've ever trotted around on your high horse declaring to anyone who'll listen that cooked food is poison and that you'll never eat another mouthful of it as long as you live – only to have those momentous words come back to slap you in the face like a wet Cos lettuce when those same people see you tucking into foods that definitely are not whole, fresh, ripe *or* raw.

How many people today are declaring to the world that from now on they are going “all raw” forever and ever? And how many of those, some hours, days or weeks later – having missed various social engagements and quarantined themselves in social isolation to avoid any temptations – will suddenly experience the fall from raw grace and the return to forbidden fare?

“It's a ‘teaspoon in the blender jug’ moment when suddenly the desire to eat some cooked food consumes your every thought.”

It's a “teaspoon in the blender jug” moment when suddenly the desire to eat some cooked food consumes your every thought and overwhelms you like nothing else you have ever experienced. “Why is this happening to me? Raw makes so much sense. And I've been 100%!” But the cravings are real and they won't go away, despite re-reading all your favourite raw food books (which helpfully tell you it's only “detox” and to ride the storm). There's no raw food guru there to save you; just you, the craving, and your tormented mind.

You get in your car and drive, like Steve McQueen in Bullitt, to your local store. You head towards the forbidden aisles of long-forgotten cooked food contraband, and begin filling your basket like the winner of Supermarket Sweep. You get back into your car and start ripping the wrappers off the cheese and biscuits right

there and then, and begin feeding in a frenzied fashion. And for a moment it really does feel like “the best day ever”! (We'll forget about the “worst feeling ever” that will follow shortly thereafter – that's another article.)

Then it happens. A friend knocks at your car window. “Hi! Hey...what's that you're eating? Is that cooked? Not on your *raw* food diet anymore then? Isn't that really bad for you? You told me that was really bad for *me* last week!”

One of my all-time most embarrassing moments was being spotted buying a chicken kebab in my early raw days – by the very man I was constantly preaching to about the evils of cooked food, and especially the kind of junk food he caught me tucking into!

The point is, I am willing to bet that there are many more people struggling to be all raw than there are people managing it easily, without any slip-ups. But while you're safely ensconced in the “raw honeymoon” phase it can be hard to believe you are going to be one of the ones who runs into challenges. After all, if it's this easy in the beginning it can only get easier – right? And you are on such a high it's natural to want to share your new-found knowledge and enthusiasm with everyone.

It's easy to be wise with the benefit of hindsight, so for what it's worth let me share this with you. If I could do it all again, I'd do it gradually. I'd enjoy the journey instead of feeling like a failure every time I deviated from the raw path. And I would definitely not make any dietary declarations involving words like “never” and “forever”. Take it from one who knows: even though it may sound vastly superior to the cooked version, raw humble pie is still not a good thing to have to swallow! ■



Pete Vincent

Pete is the creator of Raw Humour, a raw force of nature that aims to combine the best that raw food has to offer with a generous dosage of 100% raw, Vitamin Lr2 increasing, fun and laughter. For more information visit RawHumour.com or email pete@RawHumour.com.

Opening the Fresh Forum files

This summer we quizzed 12 of the world's leading raw food experts on a wide variety of topics. In this extended feature we bring you fascinating excerpts of what they said about seven of them. Introduction and commentary by *Get Fresh!*'s editor, Sarah Best.

Ask the average person on the street what they think someone on a raw diet eats and their answer will probably include the words “carrots”, “apples”, “lettuce” and “nuts” (the latter not necessarily referring to a food choice).

The raw diet is assumed to be a very restrictive one and in theory it is, compared to the “anything goes” standard diet. But in reality the average standard diet eater gets at least 80% of their calories from the same few foods: white flour, white rice, refined sugar, refined oils, pasteurized dairy, eggs, meat, potatoes, corn and soya.

Cereal and milk. Toast and butter. Chicken and chips. A yogurt. An egg mayo sandwich. A packet of crisps. A hamburger. A veggie burger. Pasta. Risotto. While it may seem to be a “balanced” diet with something different at every meal and snack, in reality it is just the same basic foods, wheeled out again and again in different textures, shapes, colours and sizes.

The average person on a raw or high-raw diet, meanwhile, consumes a much wider range of foods over the average day, week, month and year. In fact, there are so many different foods and food groups to choose from that saying someone is on a “raw diet” doesn't tell us anything about the specific foods that person is eating.

Ten years ago, it was common to hear within raw food circles that it doesn't really matter what you eat as long as it's raw. That view has since been discredited. It is now accepted that our health and energy levels are profoundly affected by the kinds and quantities of raw foods we choose to eat.

However, what is lacking is a consensus among experts about what the ideal raw diet looks like (and even whether there is such a thing). So back in April we announced The Fresh Forum: a project that would see us assemble a panel of leading raw food experts and quiz them on some of the biggest areas of controversy regarding the raw diet and lifestyle.

You can read a little bit about these experts, and why we chose them, opposite. We drew up a list of the questions we hear most frequently regarding the raw diet and lifestyle, and we put out an online invitation for people to submit their own questions for the panel. Many did, and we also incorporated the best of these.

The resulting list of questions was so extensive that some on the panel needed months to submit their responses to us. I would like to take this opportunity to thank each and every one of them for the time, energy, research and thought they put into answering our, and your, questions.

We knew we wouldn't come out of this having cleared up all of the controversies in the raw food world, as on some of these issues there is simply not a “one size fits all” answer. But we have definitely fulfilled our objective of collecting a vast body of

information that will be both valuable to, and fascinating for, anyone who is following, or interested in following, the raw diet and lifestyle.

We would publish all of the Fresh Forum material in *Get Fresh!* if we had the space to, but unfortunately that isn't feasible – there is just too much of it. We had to share it, though, so we have put it into an ebook called *Raw: Your biggest questions answered*, the release of which coincides with the release of this magazine.

In the following pages we bring you excerpts of what the panel said on seven of the topics we asked them about. In the introduction to each section you will find a brief outline of the questions we asked on that topic – this is to give you an idea of the additional information available, should this be an area of particular interest to you.

“Our health and energy levels are profoundly affected by the kinds and quantities of raw foods we choose to eat.”

I picked up countless valuable new facts, distinctions and insights in reading what the panel had to say on all of these issues and I know you will, too. Personally, I don't agree with everything every expert says, nor even with everything *any* expert says, and chances are you won't either.

But I am honoured to have each and every one of these leaders on our panel. They have all spent years researching raw food and holistic health and they each bring something highly valuable to the table: their considerable knowledge and experience, and their unique perspective.

Be warned: on many of these issues you will read opinions that are not only different but also downright contradictory. We have not censored responses as we want you to read what was said and make up your own mind about what to take on board and what to discount.

Amidst the differing viewpoints let's not lose sight of the fact that all of our panelists are in complete agreement on the most important facts: That a diet isn't truly healthy unless most or all of the food being eaten is not only unprocessed but also uncooked. And that while eating in this way is both wise and sensible, eating what the average person eats is nothing short of nuts.

To find out more about the ebook *Raw: your biggest questions answered* visit rawbooks.co.uk or fresh-network.com.

THE FRESH FORUM PANEL



Elaine Bruce
is the founder and director of The UK Centre for Living Foods in Ludlow, Shropshire, and author of the book *Living Foods for Radiant Health*. For more information visit livingfoods.co.uk.



Dr Brian Clement
is director of the Hippocrates Health Institute in Florida. He is a prolific writer and speaker on living foods nutrition and optimal health. Visit hippocratesinst.org for more information.



Dao Earl
has been supervising juice cleanses for many years. Thanks to his extensive nutritional knowledge his talks are an extremely popular part of his detox programmes. For more information see suradetox.com.



Dr Douglas Graham
is the author of several books on raw food and optimal health. He is also a popular speaker on these topics, having given more than 4,000 presentations worldwide. More information at foodnsport.com



Thomas Lodi MD
has been practising medicine for 22 years and runs the Oasis of Healing clinic in Mesa, Arizona, where raw juices and detoxing are a key part of the programme. Visit anoasisofhealing.com for more information.



Paul Nison
is the author of several books on the raw diet and lifestyle and a sought-after speaker on this topic. He teaches the Hippocrates Health Institute's living foods programme. More information at paulnison.com.



Holly Paige
writes and speaks on the link between consciousness and nutrition. Her first book, *Food For Consciousness*, is scheduled for release later this year. More information at foodforconsciousness.com.



Frederic Patenaude
is the author of five books on the subject of raw foods and health, including *The Raw Secrets: The Raw Vegan Diet in the Real World* and he has also authored over 30 courses. For more information visit fredericpatenaude.com.



Natalia Rose
is a certified clinical nutritionist and the author of the books *The Raw Food Detox Diet*, *Raw Food Life Force Energy*, *The New Energy Body* and *Detox for Women*. For more information see detoxtheworld.com.



Jasmine Scalesciani
is a certified clinical nutritionist and author of the book *Sexy Raw Superhero*. Her approach focuses on restoring the body's bio-fields through living nutrition. For more information visit jasminescalesciani.com.



Shazzie
is a leading raw food promoter and the author of five books on topics including detox, raw foods, superfoods, raising children and higher consciousness. Visit shazzie.com for more information.



Tonya Zavasta
is the author of four pioneering books on the link between raw foods, optimal health and natural beauty, and an extremely sought-after speaker on this topic. For more information see beautifulonraw.com.



Is our optimal diet a vegan diet?

In raw circles, the terms “raw fooder” and “raw vegan” are often used interchangeably. This reflects an implicit assumption that raw must equal exclusively plant-based – and for tens of thousands around the world, that is indeed the case.

But when we asked our panel of raw food experts whether they think a vegan diet is optimal, the overall result surprised us, and it may surprise you, too. Only a third of our panel believe that a vegan diet is optimal for all of us, and a quarter believe it is optimal for none of us.

Get Fresh! has always been a vegan publication, and it remains so. However, as mentioned earlier, when we embarked on this project we made a pact that we wouldn’t censor the opinions of our experts in any way. Our role is to report what they said so that you, the reader, can consider all of the different viewpoints and then decide what rings true for you and what doesn’t.

After quizzing the panel about whether or not they believe a vegan diet is optimal from a health perspective, we finished up by inviting them to comment on the issue from an ethical and environmental standpoint. We couldn’t not do that, because the decision each of us makes about whether or not to eat animal products is fundamentally different from the decision we make about whether or not to eat bananas, brown rice or raw chocolate bars (all of which we also quizzed our panel on, naturally). While not all of our panelists support a vegan diet as optimal, all are acutely aware of the wider issues, as you will see from the responses we’ve summarized here.

Do you agree or disagree that a vegan diet is the optimal diet for humans? Please briefly explain the reasons for your answer.

Elaine Bruce In a world of perfect agriculture and healthy soil it’s the natural diet for humans. But since we don’t live in that world, there is no “one size fits all” answer here.

Dr Brian Clement A well-rounded vegan diet, containing a

large proportion of living/raw food, is superior to all other ways of eating. But vegans, vegetarians and meat eaters alike have morphed anatomically and now share the inability to harbour the soil-based micro-organism vitamin B12. This mandates that all people supplement their diet with this nutrient.

Dao Earl All of our closest relatives – even bonobos – actively seek out insects on the underside of leaves, root through fruit for the grubs within, and raid bird’s nests when they can, so clearly we have a call for some animal matter. For millions of years, we lived in the forest and ate 60-70% fruit and 30-40% leaves, with a spattering of dense animal matter. However, when we left the forest and our natural diet behind, we “crashed” and took our digestive efficiency with us. It became important to add more density, and cooking and eating meat and grains is one way of meeting this need. This explains why very few people today can achieve health on a vegan diet without supplementation.

Dr Douglas Graham I do believe, for physiological, biological, anatomical, chemical, emotional, ethical, and a wide variety of other reasons, that humans are best off when following a raw vegan diet.

Thomas Lodi, M.D. I agree. People with almost any chronic illness recover very rapidly when they change to a raw vegan diet. But people who eat vegan junk become as sick as non-vegan vegetarians. Food must be in a form that is as close as possible to the way nature produced it for it to have the maximum benefit designated by nature.

Paul Nison A vegan diet can be the optimal diet for humans, but I know many people who are not vegans who are thriving. I think the other issues are more important: enough sleep, enough exercise, enough water, and joy in your life. In my opinion, diet is only a small part of the health picture. If someone is eating animal products, then the products should be raw and from free-range sources only. However, meat should never be eaten raw.

IN A NUTSHELL

4 out of 12 panelists say that a vegan diet is optimal

5 out of 12 say that a vegan diet is optimal in ideal circumstances, but not for all people at all times

3 out of 12 say that a vegan diet is not optimal

Holly Paige In the wild our diet simply would not be vegan because it would include insect matter. This is the case for all animals which are apparently herbivores. Something not openly discussed in the raw movement is the problems people experience on vegan diets. The inclusion of some unpasteurized dairy products and possibly fish can change everything. A nutrient-dense raw diet is the foundation for rebuilding our brain, or lens of consciousness, and personally I find ideals that come in the way of this extremely important task very frustrating. Ethical production of goat's milk products is entirely feasible if the will is there.

Frederic Patenaude A vegan diet is optimal. Our anatomical and physiological design, as well as a massive amount of research done on human nutrition, both point to this conclusion. Fruits and vegetables are our ideal and optimal foods.

Natalia Rose Yes it is, but only people who have a lot of willpower can be clean vegans in the beginning. And physiologically, it's not even that advisable to go from a "mainstream vegan" lifestyle to clean vegan overnight. A better first step is to remove the ill-advised vegan food and replace with some clean non-vegan foods like raw goat's cheese and organic fish. Raw organic goat's and sheep's cheeses tend to come from really specialized dairies that take great care of their animals.

Jasmine Scalesciani Done correctly, meaning you are taking into account your lifestyle, stress-levels, air quality, exercise amount, metabolic type, emotional stability and supplementation levels, I would say absolutely yes.

It is the most humane and sustainable diet, and may be the only diet able to keep us clean and healthy by maintaining our internal toxic levels below those of the world we live in. The truth is that humans do not need flesh foods to be healthy. However, being vegan myself I notice that the vegan diet requires an adequate amount of supplemental B12, and a mindful consumption of protein, in order to support optimal health.

Shazzie We're not natural vegans and we never have been. It's hard to be a vegan long term (I say that in my twenty-third year of being 100% vegan). All vegans need supplements to remain healthy. It may be compassionate not to eat animals and their by-products, but it's not compassionate to deprive yourself or your children of essential nutrients.

Tonya Zavasta Yes, and it is what I practise. But it may, for various reasons, not be optimal for everyone.

We asked the panelists who said the vegan diet is not our optimal diet whether they believe we have a responsibility to weigh up the nutritional "pros" of consuming animal products with the many ethical "cons". Here are their responses.

Dao Earl We totally have a responsibility to consider others in our food choices. Have a look at a cow or sheep field, and ask yourself how much fruit and veg could be grown on that field – year round – instead of the single animal "crop". It is truly sick...

Holly Paige In my opinion, our priority is the restoration of human consciousness (as outlined in the book *Left in the Dark* by Tony Wright and at leftinthedark.org.uk and beyond-belief.org.uk). Until we achieve this, havoc will continue to reign in the world, causing much suffering to humans and animals alike. Rebuilding our brains requires a raw food diet, which at the moment usually needs to include some animal products to work long term, especially for children, which is where our future lies. The best answer I can think of is prioritizing ethical and humane animal husbandry, which need not be that difficult.

Shazzie It would be ideal for all of us if we could learn to live with love for all the plants, animals and other humans in a symbiotic way. Failing that, those who choose to eat animal products can find more humane options than 10 or 20 years ago. It isn't a case of being vegan or eating factory-farmed pork. You could keep rescued chickens and eat their egg yolks, you could go to a smallholding and ask for raw goat's milk or you could keep bees (we all need to keep bees, even if we don't want to eat their food!) and take tiny amounts of their produce. For sure, we all want to keep out of the unconscious intensive farming vibe.

We invited the other panelists to summarize the health, ethical and/or environmental reasons they don't recommend animal products. Four of them responded and you can read what they said below.

Dr Douglas Graham No animal needs to suffer or die in order for me to thrive. All animal industries are counterproductive in terms of health and the environment. There are no ethical forms of slavery.

Thomas Lodi, M.D. We are primates and our true geographical niche lies between the Tropics of Capricorn and Cancer where there is congenial weather and an abundance of plant material, requiring only very few hours each day to be expended on survival. Humans do not eat live or dying animals, nor their corpses, under these conditions.

Frederic Patenaude I will leave the ethical and environmental questions for now, because the scope of the discussion would be too big. For the health reasons I refer readers to the work of Dr. T. Colin Campbell (*The China Study*), who clearly exposed the dangers of animal foods through sound scientific research.

Jasmine Scalesciani American Indian culture states that we are the ancestors of the next seven generations and that it is our responsibility to ensure the healthy future of the unborn generations. Eating animal protein is a very inefficient way to feed ourselves. It is unsustainable for many reasons, including because it is fossil fuel intensive, is a cause of deforestation, and contributes to the pollution of our land, air and water. It is also inhumane towards our fellow earthlings.

Physiologically we seem to have evolved or adapted to be able to digest both plant foods and small amounts of animal foods. The question is, just because we *can* eat animal foods does it mean we *should*? It seems to be a question of conscious evolution. We stand at a juncture where the potential for compassionate relationship to the fellow earthlings of this planet is being beckoned. ■



How much fruit is too much?

Go to one raw food seminar and you'll be told that your diet should be no more than 15% fruit because modern fruit is a health-robbing hybrid we should eat in moderation, if at all. Roll up at another and you'll be told that no food deserves the title "human food" more than fruit, and cautioned to make sure that fruit is no less than 80% of your diet.

If you've moved in raw food circles for a while, chances are you've already come across both views. And you may also have met many apparently healthy people who swear by the low-fruit approach and equal numbers of equally vibrant-looking people who insist that high fruit is the only way to go.

Fruit... Of all the topics we quizzed our panel about, none turned out to be as big nor as complex as this. Nor did any other elicit as wide a variety of different viewpoints. Just compare the "In a nutshell" box, opposite, with those on other pages of this section and you'll get the drift. For all other topics it was possible to categorize our panelists into three camps. For this one, it was impossible to condense their opinions into fewer than *seven*.

We started out by asking the panel how much fruit they think we should consume, and whether they think the alleged inferior quality of fruit available today means we should eat less of it. We also asked them about two of the most common allegations levelled against fruit in the raw food arena: that it feeds cancer cells and that it accelerates the aging process.

We then quizzed the high-fruit camp further, for example asking them about the importance of eating seasonally and locally and whether this precludes a high-fruit diet from being ideal for those in colder climates. And we quizzed the low-fruit camp on whether it is even possible to eat a 100% raw diet that's very low in fruit without overdosing on fat.

Here's a summary of the answers our panel gave to our first question.

How much fruit do you think we should consume for optimal health, and why?

Elaine Bruce No more than one or two pieces a day, especially if consuming other types of sugar. Blood sugar levels can swing with more than this, so for optimal balance a small amount of fruit is plenty, and avoids extra work for the pancreas, which regulates insulin.

Once established on a high-raw, high-green diet you can experiment with the amount of fruit that suits you, though you may well find you now crave greens when hungry, not fruit!

Individuals vary widely, and some people can deal with a lot of sugar, from any source, without hypoglycaemic swings. They may well put on weight however, as excess sugar is stored in the cells as fat. Sugar swings are unpleasant, so if you do experience sudden drops in energy, look at your fruit and other sugar intake.

Dr Brian Clement When ill with cancer, diabetes, hypoglycaemia, viral disease, bacterial infections, or fungal or yeast problems, no fruit should be consumed until the disorder is strongly in remission. When one is well, with a consistently strong immune system, up to 15% organic *ripe* fruit can be consumed as measured by weight of the total diet.

Dao Earl Ultimately, fruit is the definitive ape food. Our individual sugar issues have to be cleared up, then fruit can once again be a perfect food. Berries are a good choice for their flavonoid content, and to avoid the consequences of troublesome hybridization, such as candida.

IN A NUTSHELL

2 of out of 12 panelists believe we should get most of our calories from fruit

1 agrees with the above during the summer months, but not for the rest of the year

2 believe fruit is our ideal food but that until we've cleansed we need to limit consumption

1 believes fruit is an ideal food but that it is one of three main food groups

2 say it depends on the individual

1 believes we need to limit consumption until we've cleansed, and then it depends on the individual

3 believe we should all strictly limit the amount of fruit we eat

Dr Douglas Graham After more than three decades of in-depth personal and professional study, and in total agreement with countless scientific studies on this very subject, I see no reason to limit fruit consumption in any meaningful way, except perhaps to suggest that we not eat any food beyond our digestive capacity, to the point of pain, or (chronically) in excess of our caloric requirement.

We are designed as predominant fruit eaters; all of our anatomy and physiology supports the consumption of fruit over all other food choices. The environment, ecology, economy and our ethic of compassion all point towards eating fruit as the ideal food for humans. Other than the 2-4% of my total calorie intake that comes from lettuce, celery, and other leafy vegetation, all of my calories come from fruit.

Thomas Lodi, M.D. During the summer, fruit should be consumed in amounts sufficient to preclude eating too much of other foods, though seeds and nuts should be included as should leafy greens. Fruit is one of the major constituents of our natural diet. However, we also need to eat according to the season.

Paul Nison The amount will depend upon several factors, like age, activity level, job and the other food you are consuming. But with more than 50 years of experience helping people with cancer and other health issues, the Hippocrates Health Institute has found that no more than 15% of your diet should be sweet fruit. However, there are low-sugar fruits, commonly known as vegetables, that we can consume more of, such as cucumbers and red peppers.

Holly Paige Fruit is our most natural food and it was the presence of fruit compounds, particularly flavonoids, that allowed the human brain and consciousness to expand in the way that they did (see leftinthedark.org.uk). Our brains still need the vast array of chemical compounds and natural sugars in fruit, especially tropical varieties. However, the quality of fruit available has changed, and our bodies have changed too, so rather than eating a diet that is mostly fruit as our ancestors did, I would suggest three main food groups: fruit, green leaves and salad vegetables, and seeds and nuts, all in as much variety as possible.

Frederic Patenaude For optimal health on a raw vegan diet, we should consume enough sweet fruit to provide us with the bulk of our calories. The reason is quite simple: no other food that can be eaten raw can provide us with sufficient calories, vitamins and other nutrients while at the same time being low in fat.

Sweet fruits are packed with vitamins and minerals, and contain enough calories to maintain our weight. One pound of lettuce only yields 63 calories, while one pound of bananas yields 400. To this fruit-based diet, we should add 1 to 4 pounds of vegetables and non-sweet fruits per day, which will provide additional mineral density, such as sodium, which may be lacking in fruit.

Natalia Rose In a clean, "ideal" body we are fruitarian, which means predominantly fruits and leaves with small amounts of nuts and seeds. But in the modern body, fruits can be a recipe for disaster until a lot of alkalizing and cleansing of the system has been done.

If someone on a standard diet starts eating a lot of fruit, initially the system is shocked. It's so pleased to be finally getting some clean food and people feel really great. Then all of a sudden they have headaches, they can't sleep, they have boils, their teeth hurt and their joints hurt.

This occurs for three main reasons: The fruit is creating tons of carbonic gas when it hits and awakens all the putrefactive acidic waste; the fruit sugar feeds the already out-of-balance armies of yeast, creating an even more yeasted system; and because the matter that the fruit hydrates and magnetizes out of the tissues overwhelms and therefore paralyzes the bowel, what should have a gentle cleansing effect winds up having a constipating result.

Even if fruits do work for you, unless your name is "Adam" or "Eve" and you were born in the Garden of Eden (or you know for certain your yeast levels are very low and your bowel is very strong or you are having a well administered gravity colonic the next day), I would not recommend overdoing fruit. Too much of a good thing is not a good thing!

Jasmine Scalesciani A moderate amount of low-glycaemic fruit should be consumed when in season. I am not an advocate of the fruitarian diet, in part because I don't see it as a functional diet in our stress-laden society, in part because 85% of my clients have an overgrowth of candida, which can be aggravated by high sugar intake, and in part due to the fact that today's fruits are hybridized and therefore higher in sugar and lower in minerals than is natural, meaning they can cause imbalances to the system.

I tend to eat my fruit mostly in the summer season, usually accompanied by fat (to slow down the sugar release of sugar into the blood) and my preference goes towards low-glycaemic berries like blueberries.

Shazzie Fruit is a broad word. I eat loads of non-sweet fruit and berries and rarely anything else, so I wouldn't put this down to a percentage, more of what type. At least one or two cupfuls of fresh berries a day and three to five cupfuls of non-sweet fruit is good for me, a smallish female. The amounts will differ for children and bigger people!

Tonya Zavasta I don't have an exact answer to this question. I have seen very healthy people who ate a lot of sweet fruits and I have met people who exhibited great health consuming no fruits or very little. I believe a certain level of intelligence is necessary to follow the raw food lifestyle. A person will be challenged continuously to become a researcher of her own body. ■



Supplements: do we need them?

Let's get one thing out of the way. A predominantly cooked diet doesn't have a hope of meeting all of our nutritional needs if our goal is not merely surviving, but *thriving*. Why? Because heat is so very efficient at destroying nutrients – especially delicate-yet-essential phytonutrients and water-soluble vitamins. No foods on the planet give us more of the above than raw plant foods – which are also a lot richer in essential fatty acids and amino acids than they are commonly given credit for. And if the raw eater is conscientiously eating their greens, they'll be taking in substantially more minerals than the average person, too.

So can we easily meet all of our nutritional needs on a raw diet? And if we are in doubt about whether we are, are further dietary upgrades (more kale, less cake) the answer, or are supplements more likely to be?

Here lies another philosophical divide in the raw world. There are those who insist quality nutritional supplements are necessary and can only enhance our health and those who insist they are in most if not all cases unnecessary and guaranteed to diminish health. Why? Because even the most "natural" pills and powders are in reality very far from natural, and can never be a substitute for vital, alive, water-rich whole foods. The anti-supplements camp maintains that like every other species, nature provides us with every nutrient we need in the foods we eat, as long as we eat the foods we're intended to eat.

The pro-supplements camp, meanwhile, argues that our nutrient needs have increased (due to the unnatural and in most cases stressful lives we lead) while the nutrient levels in our foods

have plummeted along with the planet's soil quality, so it is no longer possible for us to get everything we need from our food.

Needless to say, we played devil's advocate and challenged both camps on their views. Here are their answers to our first question.

Do you agree or disagree with the view that even those on an optimal raw regime can't meet all of their nutritional needs through diet alone so therefore require supplements? If you disagree with the use of supplements for general health maintenance, are there any circumstances in which you think use of the highest-quality supplements is necessary – for example, in the case of someone who has been diagnosed with chronic nutrient deficiencies and/or is fighting a life-threatening illness?

Elaine Bruce I agree that even on the best raw regime it's not possible for most people to meet all nutritional needs through diet alone, so supplements are needed.

Dr Brian Clement Conducting sophisticated nutritional profiles has led us to conclude that the use of whole-food supplementation is crucial for the majority of people. It is certainly crucial for anyone dealing with disease, to ensure the immune system has everything it needs. The one supplement that is needed by all is a bacterial form of B12 practically every day.

Dao Earl I agree, but the best supplements are vegetable juices. Concentrated forms of minerals and vitamins can be useful to the system, but often arrive in too big a burst and are flushed from the body.

IN A NUTSHELL

6 out of 12 panelists say that most of us can't meet our nutritional needs without supplementation

2 say the only supplement that's needed is vegetable juice

4 disagree that supplements are necessary, except in cases of illness or diagnosed deficiency

Dr Douglas Graham These were my two official professional positions (relevant to this question) when I was in private practice:

I am philosophically not in favour of the prophylactic use of any supplement, medication or other nutritional intervention.

I am always willing to throw my philosophy to the wind in favour of saving the life and the health of any individual.

I promote what is said by many to be the world's most nutritious diet. It is made up solely of health foods – fruits and vegetables – known to be the most nutritious of all foods. I have never seen any scientific evidence that demonstrates the need for “preventative” use of supplementation. There is no valid model in nature to support the use of supplements, nor would it make sense.

Shall we ask 20 or 50 supplement salesmen which of them sells the “highest quality” supplements? Do you think any of them would point to anyone but themselves? Can they all be the highest quality? Are we supposed to turn a blind eye to the information that clearly demonstrates that often supplements do not contain the quantities of specific nutrients that they claim to contain, or that they often contain toxic levels of certain substances? Are we not supposed to ask how in the world supplement producers figured out how to grow plants on healthy soil while they claim that farmers can't figure out how to do so?

Thomas Lodi, M.D. Supplements cannot replace whole foods. Certain supplements, though, are useful once pathology has become well rooted and they should be as close to their natural state as possible, from a source that is appropriate for humans, and grown under organic conditions. The less that is done to a natural product, the more biologically available it is, hence useful.

Paul Nison Most people today, even raw fooders, are deficient in vitamin D and vitamin B12, so supplementation of these nutrients is important. A Complete Blood Count (CBC) test will determine if there are other deficiencies. If the missing nutrients are not available in raw fruits, vegetables, nuts or seeds, then adding whole food supplements can help.

Holly Paige There are two factors here. Firstly, nutrient content in our food is below what it was due to soil depletion, storage, fruit being picked before it ripens and is fully mineralized, etc. Secondly, the ability of our guts to assimilate food is impaired due to the existing changes in our brain build (which of course runs our body) over millennia, triggered initially by a move away from our natural diet. Therefore we need all the help we can get.

Frederic Patenaude I would certainly say that supplementation in such a case could be advisable. This would of course have to be determined by the doctor advising the person. But I have done the nutritional analysis for the low-fat raw vegan diet at 2,500 calories per day, and the nutrient intake is 2 to 6 times higher for almost every nutrient than the recommended guidelines, so I do not see why it would be necessary to routinely supplement.

Natalia Rose I believe in vegetable juice as the only “supplement” everyone needs. Powders are dead. The life force of the vegetable is in its liquid. The fastest way to health is to improve blood chemistry. When your blood is clean it's not leaching minerals from your bones and your organs are healthy. That's how you improve the body. And you improve blood chemistry by alkalizing and removing rubbish.

Think of the body as a beautiful marble floor that is dirty. Taking supplements is like putting linoleum over the floor. No, you've got to clean up the dirt! The trick is to remove the obstruction. In the beginning all that matters is, “Are you getting rid of the waste matter?” The magical equation is “awaken and release”. Vegetable juices and other alkalizing factors are the soap – green juices, fruits, salads and coconut water soften and hydrate waste, and colonics sweep it out of the body.

Jasmine Scalesiani Even though I am not an advocate of the systematic use of supplements I hardly ever see a client who at some point or other does not need some form of supplementation. I believe this is due to the high levels of stress in our modern-day society, along with greater contamination of environment, soil depletion, improper diet and toxic build-up.

A study in the British Food Journal by Cornell University researcher Anne-Marie Mayer, found that modern farming methods and plant breeding are stripping produce of many of the nutrients essential for human health. On average as compared to 60 years ago, vegetables have lost about half of their sodium and calcium content, a quarter of their iron and 76% of their copper content. The nutrient levels of fruits have also declined significantly with iron, copper and zinc all falling by up to 27%, whilst the proportion of sugars has doubled in fruit.

As maintenance, what I've found works best for my clients and myself is rotating supplements in the same way I would food.

Shazzie Those on a vegan diet, regardless of raw, can't meet all their nutritional needs.

Tonya Zavasta If you have a deficiency of some nutrient or mineral when you are transitioning to the raw food lifestyle, you may need to take a supplement to deal with the precise issue in the short-term. But to rely on supplements to assure long-term health is counterproductive.

Wikipedia defines life thus: “Life is a condition that distinguishes organisms from inorganic objects and dead organisms, being manifested by growth through metabolism, reproduction, and the power of adaptation to environment through changes originating internally.”

Ask yourself the following questions: Will any supplement do any of those things? Will it sprout like a carrot top placed in the ground? Will it reproduce like a raw nut or seed planted in the soil? Will it adapt to its environment? Will it stop ripening when refrigerated, but swell with juice when left in a warm place? The answer to all these questions is obviously “No.”

That being said, there is one supplement that even raw vegans like myself with a personal “no supplements” rule must consider, and that is vitamin B12. ■



Is raw chocolate a health food?

For many years, carob powder was the closest the dedicated raw food eater ever got to a chocolate fix, and she or he would no sooner pop to the shops to buy a chocolate bar than they would to buy a sandwich or a packet of crisps. All that changed with the invention of the *raw* chocolate bar.

Regular chocolate gets its flavour from the roasted cacao bean, commonly referred to as the cocoa bean. Around five years ago, products made from raw cacao beans became available in the raw marketplace for the first time ever. Two of the first were rich, dark cacao powder and creamy, melt-in-the-mouth cacao butter. It didn't take raw chefs long to discover that these two, mixed together with sweeteners, closely mimic the flavour and "mouth-feel" of cooked chocolate.

Around the same time, a number of concentrated sweeteners, marketed as raw and natural, started to appear in health stores (as well as in many brands of raw chocolate bar). Where blending dates with water used to be the closest the raw vegan chef could get to a syrup, suddenly it was possible to buy raw agave syrup (also called agave nectar) and raw yacon syrup.

So now there are health-conscious people on raw diets who are eating more chocolate and other sweet snacks and dessert items than they ever did before they became so health conscious. Is this a sign this truly *is* the diet with no downsides, or is there something wrong with this picture?

We asked our panel whether they consider cacao a health food, what they think of agave syrup and other concentrated raw sweeteners, and whether they believe there is any foundation to the rumours that neither cacao nor agave are truly raw. Here are their answers to the first question.

Please outline your position on cacao. For example, do its benefits outweigh its negatives, or vice versa, and is it (a) something health seekers should be consuming as a superfood, (b) best left as an occasional treat, or (c) so toxic it should be avoided completely?

Elaine Bruce Its over-energizing and addictive effects outweigh any benefits. My observation is that many people who use it don't realize how much it exhausts energy reserves. It's like strong coffee; it's not until you stop using it that you find yourself tired, as well as irritable from withdrawal symptoms.

Also, comparatively few raw fooders have been on a *high-green* raw diet consistently enough and long enough to have truly detoxed to a deep level. Those whose systems are very clean react swiftly to even a small dose of cacao, and they feel unpleasantly jittery.

I am guilty of sometimes driving too far and too long without a break, and used to keep a pill box with a few coffee beans in the car. Three or four, thoroughly chewed, was enough to keep me safely awake in an emergency. A cup of coffee, which I haven't had

IN A NUTSHELL

3 out of 12 panelists consider cacao a superfood

4 out of 12 consider it a safe recreational food

5 out of 12 think it is best avoided

for 30 years, would have kept me up all night. Now the pill box contains tiny cacao nibs, and taking two of those in an emergency does the same job.

Dr Brian Clement Cacao is a recreational food and a strong stimulant. Its consumption is hardly ever solo and usually involves some high-sugar-content substance or other.

Dao Earl The raw food world is as prone to salesmanship and profiteering as any other niche market. Cacao is a good example, but superfoods generally are becoming big business, and therefore open to abuse. Yes, cacao contains amazing things – as all plant foods do – but very poisonous things too. Advertising cacao on its aluminium content (highest of all natural foods) does not sell it, nor does its amine or caffeine content. Once in a while is fine, but don't look to it for your health.

Dr Douglas Graham I have trained as a doctor of chiropractic, and the oath I took included the phrase, "Above all, do no harm." I am not sure where the concept of "benefits outweigh negatives" got its start, but I never apply it to any aspect of my health and performance coaching. Why do so, when there is a perfectly acceptable programme to teach that has no downsides?

The seed of the fruit cacao has no place in the human dietary. It is richly laden with toxins, and cannot be enjoyed in the raw state; it must be heated in order for it to release the volatile oils that emit the chocolate flavour. I have written extensively elsewhere about the negative effects of cacao.

Thomas Lodi, M.D. Cacao is not necessary to live. It falls into the category of "appetites". It has nutritive qualities, and it also stimulates the central nervous system. Like all stimulants, it can be detrimental if used in excess. However, for most people it is a fun way to derive nourishment.

Paul Nison Cacao is one of the biggest lies in the raw food world. It's toxic and anyone who says it is great is either deceiving people, or being deceived. Cacao nibs are up to 84% fat, including high levels of saturated fat. Cacao is acid forming and it contains caffeine and theobromine. I hear frequently from people who are affected by side effects from the toxicity of cacao.

Holly Paige Personally, I use cacao as a valued brain stimulant. It helps me feel good and work better – in moderation. So in my head it is classed as a psychoactive. Many fruits contain natural psychoactive substances in the form of monoamine oxidase inhibitors or actual neurotransmitters, but because of left-brain dominance and pineal underactivity, we are desensitized to their effects, so stronger psychoactives such as cacao are an important part of the picture at this juncture.

Frederic Patenaude There is no reason to consume cacao more often than you would eat regular chocolate. Cacao contains theobromine, which stimulates like caffeine. All of the proper nutrients found in cacao can be found in other fruits and

vegetables, so there's nothing "super" about it. I would not go as far as to call it "toxic", but I classify it along with coffee. It's not a healthy food and it's best to avoid it. If once in a while you have some, it's probably not going to be a big issue for your health.

Natalia Rose I see cacao and dark (cooked) chocolate as fun foods, not healers. There are certain things we cling to when we cross the bridge from the paradigm of untruth to the paradigm of truth. These things are crutches; not ideal but not as bad as other things we used to do. Cacao and dark chocolate are both acidic so if you have them, have them in the larger context of a diet high in green juices and raw salad. It's not something to do alongside a lot of other acidic stuff.

I find raw chocolate products way too oily. Raw cacao powder in ice cream is one thing, but raw chocolate with all that cacao butter and often coconut butter too – it's so greasy it can make you break out. The first time I ate raw chocolate I got a headache and felt sick. But put it into beginners who are eating Twizzlers or Hershey's Kisses and they think it's healing. It isn't healing in a clean body. But I still really enjoy some high-quality 70%-plus dark chocolate regularly.

Jasmine Scalesiani I categorize cacao as a superfood because it is nutrient packed. It is the richest source of magnesium, a high source of antioxidants, and it's rich in iron, chromium, vitamin C, essential fatty acids and tryptophan. Furthermore, it typically grows in fertile soils abundant in minerals, and infused with the energetic intelligence of a biodiverse, harmonious and balanced environment, which is just as important a nutritional value as any chemical compounds listed on the packaging.

Shazzie In *Naked Chocolate*, the book I wrote with David Wolfe, I outlined why I see cacao as a superfood. On top of this, I see a specific pattern with people again and again when they're introduced to raw chocolate. They can't get enough of it, their brain appears to alter in some great way and then a few months later they establish a more sustainable relationship with it. Cacao really is an ecstatic food, and it's reconnecting people with their divine selves quicker than any other food I've seen. Rudolf Steiner wrote that chocolate "tends to loosen the life body from the physical."

Tonya Zavasta Thirteen years ago, when I was transitioning to raw foods, I was a confirmed chocoholic. I would juice in the morning, have my salad at noon, then end the afternoon at the bakery, buying a chocolate cake! I battled mightily with this addiction in my early years on the raw food path.

I wonder now, would raw cacao have helped me to wean myself from the clutches of processed cakes and candies, or would it have bonded me more tightly to this addiction? I guess I will never know because I am not going to experiment with it now. It is highly addictive, and for that reason alone I think it should be consumed in strict moderation, as a rare treat if one decides to indulge.

One day I was giving a food preparation demo and used cacao beans abundantly in my recipe. The next day, I got several calls from people who said they couldn't fall asleep that night. I believe there is a very small place for raw cacao for chocoholics in transitioning to the raw food lifestyle – raw cacao is certainly not as harmful as a baked chocolate cake. But the sooner you begin using raw carob as a chocolate substitute in your raw food recipes, the better. ■

Raw food and heated debates

Sarma Melngailis on the many controversies within the raw food world and why she's looking forward to reading what our 12 experts had to say about them.

I'm the owner, proprietor and co-creator of a big raw foods restaurant and a little raw foods takeaway store. I also have a line of packaged raw snacks, and a raw-orientated online store. And I co-authored one raw foods cookbook and authored another. So, you'd think I really know what I'm talking about when it comes to raw food. Well, in some ways yes, but in many ways, not at all.

There are so many questions swirling about in the raw food world about what exactly is the ideal raw foods diet, and what to eat in combination with what, and when, and how much is too much. Then there's always a debate going on as to whether some ingredient is a miracle food to be consumed with abandon, or totally toxic and to be avoided at all cost.

I recently posted a status update on Facebook about my breakfast shake with spirulina. Almost immediately, a full-on heated battle ensued between two pretty qualified people posting comments back and forth and back and forth making opposite claims about spirulina. (It was an interesting argument to read, and I'll still keep taking spirulina, but I stayed out of it!) Then there's always debate around whether certain foods are *truly* raw. And then the debate about whether or not, in fact, an all-raw diet is the only way to go.

I was very excited to hear that *Get Fresh!* would be tackling many of these issues and getting a variety of opinions together in one place. I for one can't wait to read the responses presented. Because when it comes to the science behind food, it's not my area of expertise. There are others out there who have been researching and studying these issues, and living raw for a very long time.

My only absolutely 100% definitive assertion related to diet is my totally non-controversial stance that no matter what, natural and unprocessed is much better than unnatural and processed. How's that for playing it safe? Can anyone argue that it's not a good thing to eat more fresh fruits and vegetables, sustainably and organically grown? I don't think so. And by the way, doesn't it just *make sense* that grilling, searing, deep frying, and boiling into limpness would diminish the *life* in those foods?

Whenever someone challenges me about raw food and cites medical evidence that we need to be eating animal protein or cooked foods, I don't launch a retort involving enzymes, amino acids or antioxidants. I'd be out of my league. Instead I just ask them to visualize being dropped on Gilligan's Island or in the middle of the jungle, and think about what they'd be eating in that scenario. Probably mostly fresh fruits and other greenery and plant foods—this seems nice. They probably aren't imagining themselves chasing after a wild hog—not so nice.

And speaking of wild animals, what are they eating in this same visual? Some are probably eating bananas, nuts, plants and grasses. Others are hunting for their food. And the animals that are preying on other animals are using their natural agility, sharp claws and fangs to catch their dinner – not stones, arrows, guns, or any other

object. They also most likely aren't slapping parts of their prey onto a grill, basting it with Worcestershire sauce, and standing there wearing an apron, spatula in one hand, cold beer in the other.

And dairy? Do we really need as much milk as so many say we do? When confronted with this assertion, I can recount some reasonable facts and information as to why it's not really working for people as they think it is (particularly pasteurized dairy). But I'm not going to argue absolutely that no one should ever be having dairy. Instead, I'll just stand by my wilderness scenario, in which a person (or any animal other than a baby calf) crouching under a cow and sucking the fluids out does *not* seem natural. If left on my own, I'd much rather go munch on some kale leaves.

“Can anyone argue that it's not a good thing to eat more fresh fruits and vegetables, sustainably and organically grown?”

And what about the raw food enzyme theory? Do the enzymes in raw foods really help with the digestion of those foods? I could never know for sure, and I have a hard time visualizing what an enzyme actually looks like. What I do know is that when I have an all raw meal, or eat a big fresh raw salad or drink a big green shake, I feel *sooooo* much better than when I eat any cooked variation.

I went to a vegan restaurant one night that had nary a raw food dish on the menu, other than maybe a side salad. Instead there were vegan stews, chilli, Pad Thai and such. So I figured, oh well I'll just go with the flow and try something. After dinner, my boyfriend summed it up perfectly when he sat back and said, “That was like a vegan gut bomb.” We both felt sluggish and gross. Experiences like that serve as my own personal empirical evidence on the enzyme theory, and for now it works for me.

What about supplements? If raw is the way to go, why would anyone need them? My very basic (and unscientific) thinking is that since the produce that most of us eat is not consumed right off the tree or fresh out of naturally nutrient-dense soil, it's less than ideal, and therefore maybe we can use some extra nutrients here and there. We now live on a planet where, for so many of us, it's hard to escape toxic fumes and electromagnetic radiation, and we spend too much time indoors and deal with high levels of very unnatural chronic stress, so maybe it makes sense that we could benefit from extra support.

Maybe this is also why some “superfoods” or a lot of juicing feels so good to so many of us – because it's concentrated nutrition. Or



why fasting on juice or eating only blended foods is energizing. Not having to digest solid foods? Great, one less thing for our otherwise overtaxed bodies to worry about!

Sometimes I get very strong cravings for a particular food for a short period of time, and then it passes and I'm craving something else. For example, at one time I was on a big parsley kick. It seemed I couldn't get enough parsley, and was eating bowls and bowls of just parsley leaves (which, by the way, is incredibly yummy with a little pistachio oil, lemon juice and sea salt).

Then after a while I didn't want it so much anymore. I'm guessing there was some particular nutrient in parsley that my body was calling out for. Once I got enough of it, that craving stopped. Occasionally, I'll feel very strongly that I *must* have an avocado. ASAP. Probably in this case I haven't had any for a while, which is why suddenly my body is screaming out for guacamole.

Not long ago, one of my otherwise not raw or vegan friends was inspired to make herself a thick green shake from a recipe I'd posted online. Her 2-year-old daughter was grabbing for the cup from her

hand, which seemed normal as toddlers tend to grab for everything. She let her daughter try a sip of the shake, figuring she'll hate it and then stop grabbing for it. Instead, she was reaching for it even more persistently and wanted another sip, and then another. I'm guessing this child needed some fresh green nutrition.

My mother claims that when I was very young, I ate some strange things. Apparently, I loved whole sardines, and consumed lots of them. I also chewed on chicken bones and even sometimes tried to eat eggshells. Whole tiny fish with their tiny bones included, actual bones, and egg shells... I probably really needed calcium! I probably also would have clamoured for the green shake too if someone had put one in front of me back then.

How is it that very young children that can't yet read books, surf the web, or even have a conversation will know what they need, yet with all our information and resources, so many of us are running around baffled trying to figure it out. I suppose because we live in a crazy and very unnatural world, and there's no undoing it, so we need to figure out what works for each of us.

Sometimes I'm not feeling so great and I wish I knew how to feel better. Is it just that I need more sunshine, some fresh air, or to do yoga, get a colonic or acupuncture? Would that fix me? Or am I missing something and I'm just too distracted by chaos and my Blackberry to intuitively know what it is? Could some herb or wild yam concentrated in a capsule make me feel better? More raw cacao? Less raw cacao?

What I love about this Fresh Forum is that we get to hear from people who have researched, tried and experienced a lot. Sometimes I'll read about something that I haven't thought of or hadn't even heard of. It's always helpful to get a refresher and learn new information. And I get to take this input – opposing viewpoints included – and see what feels right to me.

Meanwhile, in my business we do our best to make eating more fresh plant foods as appealing as possible, primarily to people who otherwise wouldn't go for it. We put forth an experience and products that hopefully nudge the greater public towards realizing that natural (and raw and vegan) foods can be yummy, satisfying, and make you feel really good.

And for those who become interested, we gather information that may be helpful and make it available online. My own exciting yet sometimes bumpy ride in the world of raw food has included episodes of questioning, diversions, rebellions, and struggles with certain aspects of eating. So I put my experiences forth as well, hoping that this will also help or encourage some people.

I may not know for sure if all raw is the way to go, or how much fruit is too much, what exactly happens to enzymes, are colonics good or bad for my insides, and so on. But at least my insides know that when it comes to life and work, I'm definitely meant to be doing what I'm doing, and that definitely feels good. ■



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 author of *Living Raw Food*, 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.



Salt: essential or harmful?

Salt is a chemical compound that occurs naturally in seawater. Although doctors warn us to be careful not to consume too much salt, most doctors also advise that salt is essential for us. Yet within the alternative health arena there is a school of thought that says that it's not natural to consume salt and that there is nothing in it that we need that we can't get from better sources. Who is right?

When mainstream medicine says that salt is essential it is usually talking about processed salt, which contains nothing but sodium chloride and various artificial additives. So what is really being pointed out here is that sodium is essential. This is certainly the case – its roles include helping to maintain the concentration of body fluids at correct levels and (working in concert with potassium) the transmission of nerve impulses.

But sodium occurs naturally in most foods in small quantities, and some foods are plentiful sources. If we routinely eat foods with added salt (which includes almost all packaged foods and restaurant foods), or routinely add salt to our food, we inevitably get far too much sodium, and this is definitely not a good thing.

There is no raw food expert who will tell you that processed salt is a wise, let alone essential, addition to your diet. But unrefined salts, such as Celtic sea salt and Himalayan crystal salt, are another matter. Why are these different? The distinction is in how close the product we call "salt" is to the naturally occurring chemical compound.

All salt is either extracted from our present-day oceans or mined from rock deposits which are the relics of ancient oceans dried by the sun millions of years ago. That is the case for both processed and unprocessed salts. The difference is that while common table salt is heated to high temperatures during processing and stripped of all minerals other than sodium chloride, unprocessed salts are, well, *unprocessed* and still contain

all 84 minerals that occur naturally in seawater.

That said these salts are still predominantly sodium chloride. Do they actually contain anything that we can't get from alternative sources and are they really that different from processed salts? We asked our experts – here are their answers to the first part of the question.

Do natural, unprocessed salts, such as Himalayan and Celtic, provide essential nutrients we can't get any other way, and/or is it true that we need such salts for optimal hydration?

Elaine Bruce The complete spectrum of minerals, as found in seaweed, are found in all seawater salts, and this mineral profile is similar to that found in human blood. Some peoples have found salt essential for thousands of years and some peoples have only ever used salt as it occurs in food. My tentative interpretation of this is that it relates to what is available in the locality. Some communities have always eaten fish and sea vegetables, some inland communities have had mineral-rich soils, and others, deficient soils.

Salt has many different effects in the body. Herbal and Chinese medical traditions give it grounding, clarifying and centring effects. It is also alkalizing, so a craving could indicate acidity. It is purifying and counteracts the toxins from pollutants and food additives.

However it can easily be misused. Vegetarian and vegans need to be careful with salty foods like soy, miso and the like. Japanese people eat very little meat, but are definitely heavy consumers of salt. They have a high rate of artery, nerve, muscle, kidney and bone problems, all caused by calcium loss to counteract excessive sodium.

Salt it is essential for many communities, but needs to be taken, like all concentrated, powerful foods, in moderation.

IN A NUTSHELL

When asked about consuming *natural, unprocessed* salt...

1 out of 12 panelists believes this is essential for optimal health

7 believe salt is not essential but not harmful in moderation

4 believe salt is not essential and *is* harmful

Dr Brian Clement Organic sodium is essential for the body's lymphatic fluids to be effective at cleaning the overall system. This sodium can be easily found in foods such as celery, celeriac and sea vegetables that have the sodium chloride washed off the surface. Sodium chloride dehydrates the body and precipitates high blood pressure due to the arterial and organ contraction that occurs after consumption.

Dao Earl If we couldn't get them any other way we'd still live in the sea! But they can be a useful supplement in moderation. The question here is, what would we be eating instead of it, and is this alternative better or worse? Salt has its use, like any other condiment, in terms of making less tasty foods more desirable, but I don't consider salt a food.

Dr Douglas Graham I have avoided eating salt since I was 18, 38 years ago. If we actually "needed" to consume salt, I would have found out by now. All of the minerals, toxic and healthful, are in the seawater that eventually becomes sea salt. Mercury, cadmium, and all of the heavy metals are in sea salt. Sure, the important minerals are there. But why does no one tell us about the toxins in the sea salt?

Salt is one of the most powerful dehydrating agents available to the public. We need the proper ratio of (extracellular) sodium to (intracellular) potassium in order to hold our water and remain healthfully hydrated. Our kidneys are poor at eliminating sodium, but excellent at eliminating potassium. We are designed to take in loads of potassium. Fruit is relatively high in potassium and relatively low in sodium, compared to other foods. I believe you will find that most physiology texts support the fact that we need little sodium and lots of potassium in our food.

Drink the salty water of the ocean and you die of dehydration. In Aruba, where it almost never rains and there are no fresh water sources, people separate the salt from the seawater in order to drink the water. Doesn't it seem counter-intuitive to intentionally remove the water from the seawater, in order to consume the salt?

Oddly, my studies have shown me that raw fooders consume massive quantities of salt compared to that consumed on the Standard Western Diet. Depending upon which medical practitioners you listen to, the SWD already is four to ten times higher in salt than is recommended for optimum health.

Thomas Lodi, M.D. These salts provide essential nutrients that can be obtained in other ways but those ways are not natural to our physiological needs. Just as you cannot have a front without a back, you cannot have hydration without salt.

Paul Nison Salt is not necessary, but it is not harmful if used in small amounts and then mostly as a flavour enhancer. Himalayan and Celtic salts do provide the body with essential minerals and trace elements.

Holly Paige My opinion is that they are beneficial for mineral absorption and energy flow in the body but not essential.

Frederic Patenaude Himalayan and Celtic sea salts contain between 95% and 99% sodium chloride by dry weight. I do not think that's such an ideal blend of "essential nutrients". What we have is sodium chloride with a minute amount of other minerals, that yes, we can get in other fruits and vegetables. I have fasted for 23 days on water without salt and my hydration levels were excellent.

Natalia Rose Added salt is for fun only. Extra iodine in the diet is good for the thyroid, and you'll get some trace minerals. You never want to use table salt, though. A little Himalayan salt is not going to hurt people who are beginning, and they need to feel satisfied otherwise they might not stick with the diet. So you will want salt when you're coming off the extreme salty and sweet flavours of the standard diet, but you will find as you become cleaner and more sensitized that you want it less and less.

Jasmine Scalesiani We can get the mineral nutrients present in marine and Himalayan salt also from vegetable and fruit sources. However what we can't get is the energetic information encoded in the marine life and rock life present uniquely through these salts.

Energetic nutrition in my eyes is just as, if not more, important than chemical nutrition. There is a wealth of energetic sustenance and information that can be retrieved when consuming the various elements that make up life and our very body. If you do not wish to consume salt in this form, you can receive the energetic download nonetheless by tapping into these elements in other ways: bathing in the sea, breathing in ocean air, soaking in dead sea salts, etc.

Shazzie Salt tastes nice, and has lots of minerals in, in denser quantities than some foods, but it's not necessary to eat it.

Tonya Zavasta I don't dispute the fact that salt contains essential minerals, but I have found that since I do not consume added salt in my diet, I am able to obtain those minerals from other raw food sources. But, again, these unprocessed salts are the best sources of salt for those who are transitioning or who are having a hard time giving it up altogether.

In my first book, *Your Right to Be Beautiful*, I discuss the dangers of salt and why we need to limit or eliminate added salt altogether. We must also distinguish between salt and sodium. I have not touched table salt in years, but I get plenty of sodium through my foods. Blood becomes concentrated after food consumption. It definitely becomes more concentrated as a result of eating cooked food. When the blood becomes condensed, it draws water from the cells around it and we become permanently dehydrated.

Consuming salt provides the body with unbalanced sodium. This sodium has no business arriving in the body on its own. It must be accompanied by a myriad of other nutrients. Otherwise, sodium is detrimental to the body and the main cause of permanent dehydration, which is just another name for aging. ■



Water: how much, which kind?

If you've researched the subject of water, chances are you already know that the plastic bottled variety isn't much better than the water that comes out of your taps. You may also have looked into the various filtration options available, and noticed that there is much disagreement about which of the widely differing systems is best.

But some raw food experts say it's not a question we need worry about if we're eating a water-rich raw diet, as enough water in our foods means we need less, or even *no*, drinking water. We quizzed the panel on all of these areas – here are their answers to our first and last questions.

How much water do you consume on a daily basis and what advice do you have that might help readers work out how much they need?

Elaine Bruce I drink two litres or more of water a day, depending on temperature and activity. I also have water-rich juices and raw salad/vegetable meals. This is about right for most adults, though you need more if you do an intense workout.

Dao Earl I suggest the standard line: at least two litres. If you're thirsty – drink. If you're not thirsty – drink!

Dr Douglas Graham I would say that my water consumption varies dramatically, primarily with changes in the weather. In cooler weather, for about six months of the year, I rarely ever drink water. In the spring and autumn, I may drink as much as one glass per day. In the height of summer I drink about one quart [one litre] of water per day. When I am training aggressively, that quantity can easily rise to four, six, or even eight quarts of water per day.

Thomas Lodi, M.D. We do not need to drink as much water if we are drinking fresh vegetable and fruit juices as water constitutes the vast majority of the volume in these drinks. Also, if we are eating foods that have not been degenerated by heat,

they will contain an abundance of water. Are you ever thirsty after eating fruit? A salad? An uncooked vegetable of any kind?

Paul Nison I personally get about 64 ounces [almost two litres] a day, but each person needs to see what is best for them. In general, drinking half of your body weight in fluid ounces of water is sufficient. If a person is eating a lot of cooked food, then they will need to drink more water. If a person is eating more raw fruits and vegetables, then they may not need as much water because these foods contain more liquid, but water should still be consumed.

Holly Paige I drink about 6 to 8 glasses of water a day, which is what I need to feel right. It's about becoming body-aware and feeling-aware, which raw food and meditational-type activities foster.

Frederic Patenaude When I'm in a colder climate, I generally drink about 500ml of water per day, in addition to the water found in my food. In a tropical climate that amount can double or triple easily.

Natalia Rose I drink around a litre of distilled water every day.

Jasmine Scalesciani Two extremely simple ways to determine how much water you need are: 1) Divide your body weight in half and convert that number into ounces. 2) Observe frequency of urination. If you are urinating every two hours you are presumably adequately hydrated.

Water requirements vary from person to person. They are based on a number of factors: our size, activity level, climate and temperature, and our diet. People who eat lots of fruits and other water-rich foods will require less water than those eating meats and fats.

Shazzie Not much – I mostly have green juice, coconut water and nut/seed mylks. The water in my tap luckily is spring water,

IN A NUTSHELL

Of the 9 panelists who specified an amount...

2 drink 2 or more litres of water on the average day

3 drink 1 litre or more, but less than 2 litres

4 drink less than 1 litre, or no water

filtered with UV and nothing else, so all my mates come here with their bottles to fill up! How much anyone else needs...there is a standard recommended amount of 8 glasses a day but that doesn't take into account a high-water-content diet. If someone is eating lots of dehydrated foods, then they'd need more than someone on a fresh, juicy diet. Often when we think we feel hungry, we're actually thirsty, so it's best on these occasions to drink something if it's not a normal eating time for us.

Tonya Zavasta There can be days, weeks and months when I do not have even a single sip of free water. Even though I do Bikram yoga every day and sweat profusely, I do not experience dehydration. How can I live without drinking water? I simply avoid eating anything that has had its natural water removed. Cooking removes water. Dehydrating removes water. Any kind of processing removes water. But although I don't drink water, I juice and I have green smoothies every day. Being 51 years young I have no need for a body moisturizer and I am always complimented on my "dewy complexion."

Of all the different kinds of water and water purification systems available, which do you think is best, and why?

Elaine Bruce Natural spring water is ideal if you have a source near you, unpolluted by agricultural run-off. However, not many people can access this, so my advice for raising the quality of piped tap water is to both filter and energize it. Filtering will take out the worst of the chemicals and contaminants. Energizing water restores its vitality and you can see the difference in photographs of the droplets.

Dr Brian Clement Global research has unveiled the unthinkable: that every water system studied contains particles of pharmaceutical drugs and a gasoline additive called MTBE (a shocking carcinogen). There are only two types of water purification systems that remove these deadly chemistries: organized molecule (which was pioneered in Japan), and distilled (which is still the only water used in laboratory settings since it is only hydrogen and oxygen without any debris left behind). These systems have been utilized by us for over half a century, and we've found them to be both health promoting and efficient.

Dao Earl Water – what a minefield! We drank spring water for millions of years. Distillation gives pure H₂O, but positive ions. Ionization corrects this somewhat.

So distillation and ionization are only half the task. Reverse osmosis gives high-quality, pure-ish water, depending on the brand used. Carbon filters are simple and cheap, but prone to bacterial breeding.

Dr Douglas Graham Of the water that is generally available to one and all, I consider distilled to be the best choice simply

because it is as close to pure water as we can get. The contaminants have been removed, and no additives have been put in. Some people talk about "living" and "dead" water. Water is not alive, nor can it die. Water cannot be energized, and is not improved by adding anything to it. Water takes on structure when it reacts with your mouth, so you do not have to "structure" it. All the gimmicks that have to do with water are, in my opinion, just gimmicks.

If distilled water is not readily available to you, (I use a small, countertop distiller that makes one gallon in about six hours) then reverse osmosis water would be the next best choice. A quality reverse osmosis procedure produces perfectly acceptable drinking water.

Thomas Lodi, M.D. The best water is that which is ripened by the earth and arises from springs onto the surface of the earth. Water from vegetable and fruit juice is equally as good.

Holly Paige Spring water rather than filtered or distilled so that mineral content is not removed.

Frederic Patenaude I'm not too fussy about it. There are many purification methods, each with its pros and cons. I personally don't think it's such an important point. Pick the method that's most convenient to you. Personally, I use a simple water filter.

Natalia Rose Living spring water is the best choice. One of the most egregious things that has happened to us is that we used to get our water fresh from springs and now we don't. In the absence of that, distilled or reverse osmosis water are the best choices. You don't need to worry about the minerals lost in distillation if you're drinking green juice. The body is like a laboratory and when you are clean enough you can tell whether something is beneficial or not. You can't put plastic-bottled mineral water in a truly clean body. The reaction will be, "Get that stuff out of me, it's vile." You can tell it's not hydrating you.

Jasmine Scalesciani If available, uncontaminated spring water is the best source of drinking liquid the earth has to offer because it is naturally structured and holds the innate intelligence of its environment. Structured water is hexagonal in shape and therefore penetrates the cell membrane with greater ease. Structured water increases the amount of water inside the cell and aids in expelling toxins.

Reverse osmosis removes viruses, fluoride, asbestos and heavy metals and is ideal when used in conjunction with a carbon filter which helps remove chlorine and the majority of chemicals, including volatile pollutants.

Distilled water does not exist naturally on our planet. Distilled water contains no minerals, therefore when consumed has the tendency to leach minerals from the body to balance the body fluids. Furthermore, according to Gabriel Cousens, M.D., the heating of water may also diminish its zeta potential, which in essence means it is unsupportive to life.

Shazzie My spring tap water first! Then other spring water (let's all start adding our favourite springs at www.findspring.com) then properly filtered tap water, then glass bottled water, then plastic bottled water. After that, it's time to eat cucumbers!

Tonya Zavasta If you eat anything, and I mean anything, from which water has been removed, you absolutely must drink a good quantity of pure, clean water. I've not done any research on what water is the best to drink for an obvious reason: where I am now in my health journey I have no need for it. ■



Is raw really better?

If you've read the preceding 14 pages, you'll have noticed that there is a fair degree of disagreement between raw food experts on exactly what constitutes the ideal raw diet. But let's not lose sight of the fact that all of these experts are in complete agreement when it comes to whether it's better to eat our food raw or cooked.

We already knew that when we assembled our panel, but just to prove it we asked them three questions challenging the concept that eating raw leads to superior health. These questions came not from mainstream sources, but from people experimenting with raw diets. We're glad they asked, because everything in life should be questioned from every angle, and the decision to eat raw is no exception. Here are their answers to the first question.

"If the standard cooked food diet is so bad, how come so many people are healthy eating it, and living to be in their 80s or 90s?"

Elaine Bruce It depends what you mean by "standard". The popular diet of fatty, sugary and salty convenience foods, deficient in minerals and enzymes, certainly doesn't give those results! But when people eating a predominantly cooked diet live long lives, there are various possible reasons. Strong constitutions. Phlegmatic temperaments. Comparatively stress-free occupations and relationships. Good genes. There are so many variables! Maybe with more raw food they would be healthy for a couple more decades?

IN A NUTSHELL

All of our panelists believe it is better to eat a raw or high-raw whole foods diet than the standard cooked food one!

Dr Brian Clement Although there are many who survive their horrific lifestyle, they are certainly not representative of healthy, conscious people. Personal commitment to fulfillment via living your passion quite often adds on the years. But without the nutrition to build healthy cells, which in turn create healthy bodies, one is still living a sub-human existence and one is still part of the global destruction that is occurring due to poor food choices.

Dao Earl That did use to be the case, but we now need an entire army of doctors and nurses with elaborate and intrusive procedures to ensure that. Can you actually name anyone in their 80s or 90s who would be alive today without some form of intervention, from antibiotics to surgery? Our global health is massively declining in exact proportion to the amount of animal protein we can afford to eat: i.e. 100 years ago, only rich people died of high blood pressure, high cholesterol, arterial plaque, etc. Now we can all afford to, so while mortality rates fall, morbidity (sickness) is rising.

Dr Douglas Graham We don't really know how long people are designed to live, but many scientists say, "At least 300 years." 90 doesn't look so good, in that case. Still, we prove nothing through the results of individuals. The average person dies in his or her 70s, after suffering from degenerative conditions for 20 to 30 years. In nature, animals are classically well and functional until days before they die. As a people, humans are sicker than they have ever been, less fit than ever, and the trend is continuing downward.

Thomas Lodi, M.D. In the West, our collective perception of a healthy body is overweight, and our collective perception of a healthy mind is one that is hyperactive. We view low body fat and a calm demeanor as "lacking" in some way. When we speak of "healthy", we must define that term and only then can comparisons be made. There are physiological and biochemical criteria of health that would have to be determined in order to make an objective assessment.

Paul Nison The quality of the food we eat determines our health as well as how much, how often and when we eat. Some raw vegans are never satisfied and eat too much, too often and too late. Eating raw food may be harmful if eaten in excess. If one eats a raw food diet with wisdom, it can be wonderful, but there are many other factors besides food that determine our health. I'd suggest my book *The Daylight Diet* as a great start because eating at night can be harmful and this is often overlooked.

Holly Paige Life is about more than survival – it's also about reaching our full potential. My question is, "How do I feel?" I don't know what is going to happen in the future but I want to enjoy today and complete my current projects. People in general feel noticeably better and function better on raw food – as long as it contains all the essential nutrients.

Frederic Patenaude People who say that forget the pain and misery most old people live through before they die. Certain

people are simply more resistant than others. Do you want to bet that you're going to be that lucky?

Natalia Rose This is about lineage. People living to their 80s and 90s today – if their children and grandchildren do the same as they are doing thinking they'll live as long, they won't. If your grandmother is 90, her mother passed on much better DNA than your mother. And your grandmother's system won't have been put through the same exposure to substances that are harmful. Over the last two generations things have got much worse.

Antibiotics save people who would have died as a result of putting into the body things that cause it to go into a state of self-destruction. Someone who lives to 80 on processed food and cigarettes and alcohol and antibiotics – imagine how long they could live and how well they could be if they didn't do all that? Living to 80 when the last decades are without vitality is really not something to get excited about. We have become so myopic when it comes to what is our true potential.

Jasmine Scalesciani There are people living well into their 80s and 90s on cooked foods, that is true. However, when looking at these people in terms of "health", what percentage of these individuals can in fact be considered healthy? How many are taking drugs to keep themselves alive? What percentage are living with debilitating or degenerative diseases? How many have arthritis, diabetes or high cholesterol?

You don't need to dig deep into scientific literature; just look around you to quickly recognize that the majority of the senior population in our modern-day culture cannot be thought of as examples of radiant health. Most are actually sick, or suffering from some form of degenerative disease or other.

Living into our 80s and 90s is in no way an appropriate indicator for optimal health and ideal lifespan. We are the *only* mammals on earth not to live out our full biological potential, calculated as six times the age of maturity for all mammals, which in our case is equal to a minimum lifespan of 108 years of age.

The majority of the population is fooling themselves when they think that they are eating the optimal diet for health. The question is: What would be a true barometer for health anyway? Is it quantity of life, quality, neither or both?

As far as I've been able to objectively observe with regards to raw foodism, the final say is still out on whether eating a predominantly living diet can indeed extend lifespan. However, what modern science is catching up to, and what anyone that has tried this diet knows for certain, is that eating raw foods can, and does, dramatically improve on the *quality* of your life as well as your physical, mental and spiritual health. It will halt and even reverse any pre-existing degenerative condition, and bring overall wellbeing and peace to one's life.

Shazzie They are not usually healthy when you question them. Most have had operations, or are on long-term pharmaceutical drugs. *The China Study* and *Healthy At 100* outline real healthy diets for those into longevity, and these diets, while not exclusively made up of raw foods, are abundant in them.

Tonya Zavasta They are quite possibly living long in spite of it, not because of it. There are some people who just will. However, there is one thing you will find in common with almost all of these long-lived individuals and that is that they do not overeat. Practising calorie restriction is the only non-genetic intervention which has been shown to extend lifespan and to retard the development of degenerative conditions. For some people it isn't so much what they eat, as how much. ■

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9 What to eat and how much

10 Water

11 Cleansing and detox

12 Supplements

13 Raising children raw

14 Going raw, staying raw

15 Holistic health

16 Other frequently asked questions

17-28 The panelist interviews



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Make a living doing what you love

Tera Warner has nine tips for turning your passion for raw food into your business.

I've seen people trained in all manner of culinary arts and entrepreneurial wisdom who still work at Starbucks. If you're feeling frisky on raw food, walking with a bounce in your step and wanting to share it with the world, but are still stuck in a day job you can't stand, then this article is for you. Consider it the inspiration you've been waiting for.

At the risk of creating more competition for myself, I'm going to lay it all on the line and give you my very best tips and suggestions for making a living doing what you love. Chances are good you don't need another e-book on entrepreneurship as much as you do a gentle (or forceful) prod in the right direction. This article is your permission slip to get out there and make a difference doing what you've always wanted to do. Here are a few important things you'll need to know first:

1. Credentials do not determine your ability to inspire

I'm sure you've seen them yourself – those fancy, shmancy bios peppered with a string of titles, acronyms, accolades and accreditations. We've been indoctrinated to believe that credentials are a prerequisite to teaching or success in general, but if you have passion, discipline and experience that other people can benefit from, you are qualified to teach and inspire others.

No amount of acronyms can qualify a person to be inspirational. Some of the most well-educated speakers out there still aren't "qualified" enough to keep people awake during a 10-minute presentation!

I've seen too many people hold back from getting started on coaching or supporting others on the raw food path because they feel they're not "qualified" to do so. If you can use a cutting board, run a blender and buy fruits and vegetables, you can teach people to eat better. I'm not suggesting you should teach nutrition if you're not qualified to do so, but I am suggesting that credentials are not a reason to hold back from sharing what you know with the people around you!

There are people who have touched millions of lives in a

powerful way not because of their credentials, but because of their courage to share what they're passionate about; their courage to take a risk and put themselves and their ideas out there in the world and do what they've always wanted to do.

2. Give yourself permission

If a certificate gives you the confidence to go out there and make it happen, then when you finish this article, go to your computer, type this in and print it off:

"I, [insert your name here], hereby certify myself with a Bachelor of Blending and a Masters in Making a Difference. I am now certifiably qualified to teach other people how to whip, chop, purée, blend and pulverize their fruits and vegetables into the most nutritious meals on the planet. I'm authorized to share my wisdom with the whole wide world and let my passion inspire hope in the hearts of those I meet.

I AM QUALIFIED to live a life I love and to make a difference."

----- (Your Signature Here)

I don't mean to disappoint those who have already invested scads of cash into someone's certification program, but the truth is, many of these certificates have been printed on someone's home computer. See it for what it is: a piece of paper. The number of certificates you have does not determine your ability to teach, inspire or work hard enough to make a living doing what you love.

Productivity is your most valuable asset. It's not your certificates that count as much as your ability to produce; to get things done! Sometimes people get busy "educating" themselves as a means of avoiding the more intimidating part of running a successful business. Promotion isn't always comfortable, but it's part of the job and you're the best person to get out there and inspire the world about what you do.

You've likely already established that what you know is valuable and worth sharing. You're now officially "qualified" enough to share what you know with the world, so just give yourself permission to get out there and do it!

3. How to find your sweet spot in a saturated market

No matter where you are, there are people that will be moved and inspired by your story, your skills and the things you do best. Before you can really get started, though, you need to decide what those things are. Make it clear and concise in your mind so that you know how and why you stand out from the rest.

You've had enough jobs doing what you don't like. Now it's time to ask yourself:

“What can I do better than anyone else?”

“What can I do that no one else is doing?”

“What tasks, projects and activities leave me feeling more energized and alive than when I started them?”

If what you are doing invigorates and excites you, you're more likely to inspire your audience and deliver a stunning performance at whatever it is you do best! Here are a few ideas for you to consider:

- Conduct smoothie parties
- Give presentations and free workshops
- Teach free community classes as a way to bring in clients
- Help people shop
- Help people make food
- Help organize and de-clutter kitchens
- Make dehydrated foods and sell them
- Make meals and juices for people who don't have the time to do it themselves
- Make raw, ready-made snacks and treats, then sell them to local health food stores, restaurants, etc.

Consider how your life experiences have led you to where you are in this moment. Then examine the equation of how what you've done will lead to what you do from here. Take the steering wheel and chart your course for someplace interesting!

Once you've got something you know is valuable, (and you've given yourself permission to offer it in exchange for money) then the key is to put yourself out there until you gather enough clients to enable you to run a successful operation.

4. A rose by any other name would absolutely not smell as sweet.

Having a good name that describes what you do is more important than you might think. While exceptional service, productivity and passion will take you far, if the name and identity you put out there lacks appeal, then you're going to spend a lot more time advertising than necessary.

The world doesn't need another “Raw Food Is Love and Happiness” website. Even if raw food does make you feel warm and fuzzy, the fact is, warm and fuzzy doesn't sell and doesn't clearly describe what services you're offering.

Be savvy. Get help if you need it and choose a good name. This is your identity and it makes a difference. If you're not sure, ask or survey people whose opinions you respect. Take time to look at the names that do work and be smart about it.

5. Be real. Be you. Be honest.

It's important to have a good name and tasteful presentation,



“If you can use a cutting board, run a blender and buy fruits and vegetables, you can teach people to eat better.”

but these days you can skimp on the glossy photos, because what people value more than anything else is authenticity.

There's a reason social media tools like Facebook, Youtube and Twitter are catching on like wild fire. People are tired of the skinny supermodels and glossy magazines. They want real people, real stories, real pictures.

If you're going to put yourself out there, then do it with integrity. Be yourself.

You can only fake it for so long before people will see through you. Whatever you put out there, make it 100%, raw, unprocessed you! Don't try to be liked or admired. Just be yourself and you will be thrilled and amazed at what you attract. There's no shortage of people needing help.

I'm sure that in my days as an entrepreneur, I've annoyed as many people as I've impressed. I tend to be very girly and overly affectionate in my communication. Some people love it, but it drives the rest of them absolutely nuts!

What matters to me most is that I'm being myself, having a good time and it shows. There are enough people in the world that do appreciate my gushing affection that I'll never have a shortage of clients.

Remember: you're not looking to serve everyone, just the people that want and need your services. There are all kinds of people in different situations and some of them will be moved and inspired by your story and your experiences, so just get out there and share yourself with the world. The people will come.

6. Give! Give! Give!

While it may seem counterintuitive as you're starting out, it's more important to acquire someone who believes in you and is pleased with the services you offer than it is to acquire a client who spends \$20 on an e-book, then never comes back.

Prove yourself worthy of trust and loyalty before you ask for money. Offer people the chance to see who you are and what you're all about before you ask them to pull out their chequebooks. When people are inspired by what you do and believe in who you >>



“Whatever you do, whatever your service is, focus on facilitating a transformation; not just a workshop or a seminar.”

are, they'll be singing your praises at tea parties and lunchrooms for a long time to come.

My father, who is a successful entrepreneur, asked me a question that shaped who I am and what I do:

“Tera, what did Mary Kay sell?”

“That’s easy, Dad. Make-up.”

“Wrong. She sold something people could belong to, and something they could believe in.”

Ping!

Whatever you do, whatever your service is, focus on facilitating a transformation; not just a workshop or a seminar. What are you going to do that will leave people forever changed?

Anyone can get people in the door to attend a workshop or buy an e-book, but you're not looking for a one-time sale. You're looking to build a community of loyal followers and a self-promoting group of evangelists to last a lifetime.

You won't have to invest in a big marketing and advertising budget if you invest in your clients. Ensure that you're offering a service you believe in and one that will guarantee good results. Offer them something for free, so they have the chance to get to know you, and then word of mouth will do the rest.

7. Keep it simple. Keep it real.

In order to assure that the greatest number of people get the most information out of what you do, keep it simple. It's not about undermining intelligence, but rather recognizing that when you talk enzyme theories you're immediately losing a significant proportion of the people that can relate to what you are saying.

When people encounter a word they do not understand, they immediately draw a blank. (It's like a temporary short circuit.) If you've ever looked out into an auditorium of chemistry students during a lecture, you'll now know why half of them are asleep. Keep your communication clear, concise and simple.

Even if you do have a big vocabulary, there's no need to go showing it off! Make your message accessible to the greatest number of people in order to assure you get the largest number of them in your front door. You can make more high-brow vocabulary available to those who are looking for it once they've come in and taken a look around. (Until then, keep your enzyme talk for the raw food potlucks!)

Keep both feet on the ground when you're talking to others about raw food. Just because you think cucumbers open your third

eye chakra, doesn't mean you need to share that information with your co-workers. Keep your communication real and approachable, and you'll have a lot more interested clients coming your way.

The message of simplicity applies to your programmes and services, too. If people have to specially order equipment and fancy superfoods just to make a smoothie, you're going to lose their interest quickly. Teach them to whip up bananas and spinach from their local fresh food market using the old dusty, trusty blender they'd forgotten in the back of their kitchen cupboard. Give them an easy win, and you'll inspire them to want to learn more!

8. No doctor talk, please.

Most people know that sesame seeds are loaded with calcium. A quick internet search will show you the nutritional content of just about every food out there. You don't need to be a nutritionist to learn about food and share this information with others.

When you're listening to other educators out there, remember that just because someone says it's true, doesn't mean it's true for you! You've got to speak from your experience, not recite someone else's regurgitated speech.

Try foods, exercise and different ways of living and do what works for you. That is the information you share with others. Not generalizations, promises or diagnoses you have no qualifications to be making.

Always refer seriously ill people to qualified health care practitioners.

You are not trying to diagnose, prescribe or treat illnesses. You are simply sharing your passion, experience and knowledge with others. That's fair game and shouldn't get anyone into trouble.

9. Beat the streets like you mean it

A lump of coal will never become diamond by sitting on a table, but under the right pressure and intensely strenuous conditions, coal undergoes a transformation and hence, we have diamonds.

Sometimes life finds ways of putting us under the kind of pressure that provokes enough action and initiative to change the way we live.

Let the recession be the kick in the pants you need to get out there and make a difference in the world. Health is our most valuable resource and the world needs more passionate people like you inspiring others to renew their hope for a better life.

You have what it takes. You've got the experience, wisdom and passion. Now muster up a bit of courage and consider this your wake-up call! Reading another book isn't going to make it happen any faster. But knocking on doors and offering people something that will change them forever will! ■



Tera Warner

is just your average run-of-the-mill kinda gal. She's got no credentials (so don't bother looking for them). She's not got a fancy vocabulary or a big, sparkly house and car to show you how "successful" she is. But she's dedicated her life to helping others, she loves what she does and she does it well. Look her up at therawdivas.com.

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Remembering
who we are

Professor Rozalind Graham spent 18 years as one of the most active writers and speakers on the raw food circuit. She is revered as much for redefining what constitutes compassionate living as for her straight-talking logic in matters of nutrition and health. Her husband is raw food promoter Dr Douglas Graham and for the last four and a half years she has been a full-time mother to their daughter, Faychesca. She rarely writes these days and if you have made it to one of her few speaking engagements you should count yourself lucky. In an exclusive interview, she talks to Sarah Best about the raw lifestyle, raising children and reconnecting with our true nature.

You've been following the raw vegan diet for over 23 years and in that time you've also been one of the world's leading promoters of it. But I think it's accurate to say you first started out on the alternative lifestyle path for compassionate reasons rather than health ones?

Yes. As I grew up I started to become more and more aware of what I now call congruency, although I didn't have a word for it at the time. I had a deep, deep love of animals so I knew it wasn't appropriate to be causing suffering to these precious beings by eating them. I honestly don't remember what age I was when I went vegetarian, but I do know I was just a child.

What led you from vegetarianism (and later veganism) to discovering and adopting the raw diet and lifestyle?

As a young adult I was teaching exercise classes and one of my students was an Anglo-Indian lady. When she started coming she was quite heavy and didn't look very well. She was absent for some time and one day I was in the supermarket and I bumped trolleys with a stunning woman – sparkling eyes, amazing skin, shiny hair. I knew I knew her but couldn't work out from where. When she told me who she was I was astounded and I had to ask her, "What's your secret—it obviously wasn't my classes!" She put a copy of the book *Fit For Life* in my trolley, told me to "Read that," kissed me on the cheek and left!

I read it and I was hugely inspired. So I read more books, I discovered the American Natural Hygiene Society, and I flew to their convention. It was my first trip to America and I had an amazing time, met lots of people and returned to England convinced that this philosophy was a truth.

One of the main reasons I was drawn to the raw diet was my history of severe forms of disordered eating. At one time I had what would be classed as compulsive eating, at another time I had what would be classed as anorexia and at another time I even had what would be classed as bulimia. I word it that way because I don't like the labels. Every individual has their own particular way of manifesting these disorders.

You've talked before about the way in which we use food as an "emotional analgesic". Could you comment on that now?

First of all, the human body never craves anything that's destructive to it, nor even unhealthy for it. It is programmed to heal itself. So it's not the body craving unhealthy foods; it's the psyche, desperate to remove emotional discomfort. The experience we are having is to a greater or lesser degree distressing so we use substances to bring about a shift in our experience. Those substances might make us feel sedated or stimulated.

Certain foods are particularly powerful in bringing about a change in our experience – for example, the opioids in grains; the cannaboids in chocolate; caffeine; refined sugar; cow's milk. But cooked food is such a mess on a molecular level that it exhausts

"The very essence of who we are is loving kindness; love and light."

the body trying to sort it out, which leaves less energy available to conduct emotions.

If you're so emotionally distraught that you need food as a crutch, just taking that crutch away isn't the best thing to do. If you had a broken leg, you wouldn't throw your crutches aside and expect to be able to walk without them. You'd know the leg has to heal first. Remove the food crutch and your subconscious will be groping around frantically in the dark for a new coping mechanism, and you may move on to a worse one. For example, I once counselled a woman who found herself gravitating towards alcohol every time she gave up cooked food.

So the answer is that we need to heal emotionally first, and then the crutch won't be necessary anymore. But this is easier said than done. What advice do you have for those who are at that stage in their journey?

One avenue I went down in my search over the years to get rid of unwanted emotions was punching pillows and writing a letter to the person I was angry with. Now I've come to realize that's rather like saying, "I don't want this emotion. Here – you have it." Another common piece of advice you'll hear is that if you become terribly enlightened, of course you don't have those emotions anymore. It very quickly became apparent to me that that was totally artificial and superficial and inappropriate.

Then I realized our emotions are there for a reason. We are supposed to *feel* them, even though that is a scary concept for many of us. So my advice is, sit with your emotions. Use the doorway of memory to bring them back. Just sit and encourage the emotions to come and get bigger and bigger – the amazing thing is they don't typically become much bigger than you already know them to be. Then disperse them by breathing compassion into them. That compassion is the essence of forgiveness. It doesn't matter who or what was involved.

So when you're transitioning to raw food, every time you're having difficulty with emotions, you've got to look at those emotions. I'm not a believer in constantly churning up old memories because that makes them stronger, but go there once, process it, then move on.

Remember too that our emotions are also a result of our thoughts and our thoughts don't come out of nowhere. Our mind is a tool we have to create thoughts with. We differ greatly in how well we do that, and how well we've coped with the situations in our lives, but the wonderful thing is that with every inhale we have the chance to start again.

How easy did you, personally, find the transition to raw food?

It took me probably three years to get over the hump. I was very clear about what I was cultivating but still had some negative thought patterns from the past. The effect of our childhood has more influence than anything else on how easy it will be to transition to raw food. I had an exceptionally challenging childhood and I was born as an exceptionally sensitive child. Food was what I turned to as a coping mechanism.

How I see it now is that all of us come from spirit and the very essence of who we are is loving kindness; love and light. But we ➤➤



are born into the human experience, which is rife with suffering and violence and destruction. We remain that loving presence, but different people go in different directions to cope with the pain of the world.

A lot of people spend their lives trying to forget their true nature, using every way they can find to numb themselves because the human experience is so painful. Others just float around dazed and confused and that can manifest as fear, resulting in lost ability to think independently. Some become enraged. Others just feel guilty and that can cause them to become disempowered, weakened and depressed. But some people desperately try to remain who they are; to connect back with loving kindness and light. They're the spiritual seekers.

Why do you think so few people take the last path?

In a world where most people are doing everything they can to avoid remembering, choosing to remember as fully as you can is not an easy path. It causes you to be exceptionally sensitive. I walk a tightrope. When you know yourself to be the essence of love and compassion – and I'm talking about *all* of us here – life can be incredibly painful. But once you know the truth you can't go back.

My own experience is that I spent the first part of my life trying to forget my true nature and I've spent the rest trying to remember! The survival of the planet depends on enough of us remembering.

There are several portals for doing this. Whether someone is ready to step through one of those portals depends on how well they understand the workings of their mind. Raw food is one portal, but people need to be aware that they'll be able to transition to raw only to the extent that they're ready to remember who they are. If you have the ability to gain mastery over your emotions you'll be able to master the raw food portal.

As you say, there are other portals, and some people seem to reach a state of "remembering", and even spiritual enlightenment, despite the obstacle of a very poor diet. Knowing what you know about the effect of food on our whole being, how do you think that's possible?

Personally, I have yet to come across a spiritual leader who is not a vegan who is not to some extent arrogant. There is a kind of separateness and ego attitude to their enlightenment. But let's compare enlightenment with a race for a moment, even though it's not a great analogy. Some people have paid so much attention to their training and to having the right gear, the right mindset and so on, that they win the race even though they've got a bandage round their leg and a strapped-up ankle. Similarly, there are people eating a poor diet who have exceptional resources in other directions and were probably born as very mature souls to start with – we all come to this lifetime with a history. But just think of their potential if their thinking was not clouded by health-destroying foods.

Could you share any spiritual practices you would recommend for those who are committed to "waking up" and reconnecting as fully as possible with their true nature?

First and foremost, we have to show much greater compassion – including to ourselves, which can be the most challenging. The way I see it, when anyone is manifesting behaviour which is destructive, there are only three possible causes: unmet needs, lack of knowledge and/or lack of awareness. So a constructive response to any destructive behaviour would be an attempt either to educate, meet the person's needs or raise their awareness.

In many encounters – for example, when another driver "cuts us up" on the road, as the expression goes – we don't have the chance to do any of those things. But what if we just hold them in a thought of love and light and hope they get their needs met, and that they gain in knowledge and awareness?

And, of course, if we hold that attitude towards others we can hold it towards ourselves, though that can be the most challenging part of all. I'm a perfectionist by nature and when I don't perform in a perfect way I have to remind myself to be compassionate towards myself; to ask: "Is that because of an unmet need, do I need some education or was I just lacking in awareness?"

Awareness is easily solved – just slow down. This hurry sickness we all seem to suffer from...a spiritual practice worth its weight in gold is just slowing down; decreasing the amount we expect to get done in a day, how fast we're speaking and how fast we move around.

"The human body never craves anything that's destructive to it, nor even unhealthy for it."

A lot of the time I can't get out of my own way. I humble myself by my blunders. The more aware you get, the more you notice your blunders. The most enlightened person on the planet would also be the humblest person on the planet. But if we're inspired to address these three areas then we become teachers by example to our children and to everyone around us.

Let's now talk about how we raise our children, a subject you're extremely passionate about.

Yes, and first I just want to say that we understandably tend to think in terms of those who are parents and those who are not, but every human a child interacts with will affect it to a greater or lesser degree, so in that sense we are all parenting, teaching, protecting and nurturing – unless of course we choose to opt out of that.

You are a proponent of attachment parenting, which recognizes the importance to small children of physical contact with their parent/s, including during the night. Could you briefly outline why this is so important?

It's very natural for our species that children stay especially close to the parents. On the plains of Africa, a baby zebra can be running with the herd within hours, and in many species, young animals are quickly able to take care of themselves. But some species – and humans are probably the best example of that – have a very delayed ability. If a human infant was left in a natural environment to sleep it's highly unlikely the child would be there

in the morning, at least in one piece. It's many years before we're able to protect ourselves and a child is absolutely, innately aware of its need for its parents' care.

If children are placed in a separate room to sleep they can be conditioned to accept it but it's conditioned abandonment. When a very small child cries it's their only way of communicating. This business of "controlled crying" – I consider it child abuse. If a child has a repeated experience of abandonment in this way, a feeling of hopelessness sets in. It doesn't matter how much they cry; the parents are not going to come. It's natural for a little child to sleep next to its parents – especially its mother. It just never occurred to me to put Faychesca to sleep anywhere other than next to me.

Breastfeeding is also essential, of course, and for a mother to refuse her child that liquid love at any point has implications. But when you place down these suggestions people can feel terribly guilty. However, to continue to endorse such damaging behaviour isn't the answer.

What other advice do you have for raising children to be mentally and emotionally healthy?

First, remember that children come to us direct from spirit. They're born into our arms and all they want is to give and receive love, to be happy and to have fun. As I said earlier, we all came into the world as that loving presence and in essence we all remain that. It's just our bodies that age.

It's very important to avoid exposing children to the violence, destruction and suffering of the world as much as possible until they're of an age when it can be talked about in a wise way. The Buddha was protected by his father from what went on outside the palace gates. When he finally went outside, as an adult, he became deeply affected. He didn't consider it normal or okay to see people begging, nor to see the violence on the streets. The problem today is children are exposed to so much, so young, before they can properly evaluate it and recognize it for what it is. They then grow up believing it's okay.

Faychesca is four and it's only very recently that we introduced her to the concept that people eat animals. First we told her, "Gosh, a bird eats a worm", then we moved up the food chain until we introduced her to the concept that some people eat cows, pigs and sheep. She was visibly shocked and upset. Since then she has had outbursts of anger in her behaviour, which is very uncommon for her.

Making children eat meat is one of the ways in which we remove their memory of who they are. A lot of difficult behaviour in little children is because the part of them that hasn't been deadened yet is enraged at the violence going on in the world.

In a very real sense, children are our teachers. They can help us remember what we need to remember about who we are, but often we're too busy trying to make them forget. I lost my car keys at a children's party. After an hour, when I had searched in the house, the garden, the driveway and around the car, I was starting to get a little fractious. Suddenly Faychesca appeared at my side, tapped me and said, "Mummy, they're only car keys. We can still be happy."

Another thing I think is so vital and overlooked in the way we interact with little ones is respect. Marshall Rosenberg [founder of the US-based "Center For Non-Violent Communication"] wrote about an experiment in which he asked two groups to suggest things they could say to deal with a situation. One group was told they were addressing children, and the other group was told they were addressing adults. When the group addressing adults, who didn't know the other was addressing children, heard that group's suggestions they couldn't believe how disrespectfully they were speaking. It is so, so vital that we respect our children. >>>

"The most enlightened person on the planet would also be the humblest person on the planet."

Rozalind's seven spiritual practices

"There's so much available today regarding spiritual evolution that if you applied everything you wouldn't have much time left to live a life! So a while ago I came up with a system: seven key things to practise spiritually, one a day, so by end of the week I've practised all seven.

- 1 Letting go of attachment to outcomes.**
- 2 Letting go of the need for others to behave as I would prefer them to. This is one of the most challenging!**
- 3 Letting go of the need for approval from anyone, except me for myself.**
- 4 Experiencing and noticing gratitude all day long. What am I grateful for and blessed by?**
- 5 Forgiveness. This one is such a portal and all you need to do is be *willing* to forgive.**
- 6 Slow down. It heightens your awareness and enables you to respond rather than react.**
- 7 Demonstrate loving kindness to everyone. I am sure I've helped old ladies across the street who didn't need to be helped, but the intention was right!**

If you only achieve *one* of these consistently then you're already much further along than you were. And if it sometimes all gets too complex and confusing, just remember two things: breathe in gratitude and breathe out love.





We've taken a lot of the work of Marshall Rosenberg into our home. Every week we have a "family circle". We sit around and take it in turns to hold a talking stick and express what our needs are for the week and how we need the other family members to support us. Faychesca's needs are just as important as ours.

You've mentioned the importance of non-violent communication, and you are an advocate for non-violence in all areas of life. Could you briefly speak about this?

My definition of violence is very different from most people's. So many examples of violence can be seen in the way we parent our children. Although most people don't consider speaking to someone in a way that is disrespectful or hurtful to be a form of violence, it most definitely is.

Recently I came into the living room and a friend had the TV on. It was a scene where someone was pointing a gun at two terrified-looking people lying in a bed. People know my views on violence so when my friend saw me she immediately said, "It's nothing violent!" How can someone pointing a gun at someone not be violent? I have an absolute abhorrence of violence in any form and I don't allow the energy of anything violent into our home.

Another form of violence in our society which goes unnoticed by most people is the way we treat animals...

Yes, we are here on this planet with beings we can very easily overpower or abuse if we choose to. They're deliberately here mute; they speak a language we can't understand. We can choose to abuse them or we can choose to revere them as precious life-forms.

I believe animals are sent here to demonstrate all the choices we can make. Live monogamously; live with many partners. Eat plants; kill and eat other animals; be like vultures and eat animals that are already dead – the choice most humans are making. We were even made to look like the apes, to give us a clue!

You're not living in an alternative community, and your family is interacting with people raising their children the "normal" way.

Could you briefly speak about the challenges of being a conscious parent in an unconscious world?

I'm not a perfect parent. I have many lessons to learn. But seeing other parents interacting with their children and what goes on sometimes brings me to the ground.

In Faychesca's dance class there's a little girl who is always acting up. In one recent class the teacher asked her to sit out. I invited her to come and sit on my knee and I said to her, "I notice you don't do what the teacher says and I'm just wondering why that is?" She said, "I want attention." She's five! It's amazing what children will tell you if you listen. So I said, "What could I do that would meet your needs right now?" and she said she wanted to see her Mummy. So I went outside the class and found her mother and told her that her daughter needed her. She just waved her hand dismissively.

I went back and this little girl's face lit up when she saw me, expecting her mother to be behind. I walked over and told her I'd really like a hug, but when she realized her mother wasn't coming she angrily went back to playing up in class. Later her mother came into the room and the little girl ran up to her and put her arms out for a hug. The mother literally pushed her away. It took me two weeks to sleep after that. It is painful to live this way. There are times when I think maybe I should go out and buy a pizza; maybe that would make it easier to buy into the mainstream attitude towards parenting.

As you said earlier, the future of humanity and the planet depends on enough people waking up and remembering their true nature. Could you share some more thoughts on that?

Complacency is possibly the greatest danger in our world today. Many people have this incredible arrogance that all will be well, and that the concern about the environment is just sensationalism. But there is also a shift taking place on the planet at the moment, with many others waking up to an awareness of how far we have come from our angelic state of love and compassion.

Every human on earth can be compared to a cell in the body. There are always going to be some cancerous or potentially cancerous cells and it's the same with our planet. As long as those cancerous cells are in the minority, not the majority, the planet has a chance of surviving. At this point in history there is no question that every single person has a role to play; it doesn't matter whether you're a 2-year-old child, an 80-year-old, or a raw food promoter standing on stage spouting wisdom.

If only everyone could realize that they're here at this time in history for a reason, as opposed to all the other times in history they could have been born. You're here now because you're needed at this time in history. I can understand people may feel daunted at how great the task is, but if everyone used that as a reason to do nothing, nothing would shift. No single person can bring this about. It can only be brought about by the masses. It's my responsibility and your responsibility.

The very fact that some people see themselves as a "nobody", not realizing how precious their contribution is, is a symptom of how we're parented. We're here now because it's necessary. What *are* you going to do with your life that would be more worthwhile or fulfilling, if while you're here you're not going to do whatever you can to heal the situation? ■

Rozalind's CD *Nurturing Peace* contains further information on raising healthy children, cultivating inner peace, and other themes discussed in this interview. To order the CD or to find out more about the work of Rozalind and her husband Dr Douglas Graham, visit foodnsport.com.

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- The cause
- The symptoms
- The solution

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Diary of a detox

28-year old management accountant and sometime party girl Jesveen Dhillon decided she needed to clean up her act, and her diet, so she enrolled on a five-day raw cleanse. She shares her detox diary here.

Thursday 2nd July, 2009

Why am I doing this?

Partly because I want to and partly because I know I need to. I have a really busy life (I know – doesn't everybody?). I start work at 8.30am and I'm lucky if I finish by 7.30pm. By that point I'm ready to cut loose. I want to see my friends and I want to have some fun. Generally we'll go for a drink after work, and that quite often becomes two, three, four, five... (Then again, if I get home after midnight I can rationalize that I've spread out my alcohol consumption over two days!)

I go to bed intoxicated and exhausted and I wake up pretty much the same. I end up making bad choices at breakfast and then often I think there's no point in trying to eat healthily for the rest of the day. My energy levels often dip dramatically in the afternoon and I'll end up eating chocolate or drinking Coke. After too much alcohol I overeat at dinner and feel tired and bloated.

What I'd like to get out of the detox is first simply to feel better. I'd like to have more energy, with fewer occurrences of fatigue and sluggishness. And I'd like to lose some weight, probably a couple of kilos. Eating and drinking too much, plus sitting at my desk for most of the day and being a foreigner to the gym, has definitely taken its toll on my waistline and I'm really dreading going on holiday with skinnier friends. If I'm honest, there's also a little bit of me that's interested to see if I can actually manage it.

The three-day pre-detox clean-up diet

**Friday 3rd July,
A rather bad start...**

- 2 bananas
- 2 slices of brown bread
- Big salad with sweet potatoes, olives, peppers and other vegetables plus portion of grilled salmon and a spring roll
- Handful of Hershey's Kisses chocolate

Today's eating was pretty good for me. Not quite the "pre cleanse eating recommendations" that Raw Fairies gave me [see opposite] but I did have lots of vegetables. Plus, I only had one cup of tea and loads of water. In fact, the only major problem was the five big glasses of rosé after work...

**Saturday 4th July,
The trouble with overeating...**

- Cereal bar
- Handful of Hershey's Kisses chocolate (admittedly not ideal for breakfast)
- Rice and stir fried chicken washed down with a bottle of Coke Zero and then an ice cream
- Thai-fried noodles with fish cakes, spring rolls and prawn crackers

Ugh – feeling horrible, tired and bloated. Really don't think the pint of shandy and four glasses of rosé I had this evening were a good idea. Raw Fairies advised me to drink lots, but I suspect this is not what they had in mind. Probably didn't eat enough at breakfast and then needed a boost at lunchtime, hence the carb and sugar guzzling. My energy levels dipped again in the evening and I think that's why I ate far more than one person reasonably should for dinner. I really need this detox!

**Sunday 5th July,
Last taste of freedom...**

- Banana
- Chicken biryani
- Malaysian rice with seafood and steamed fish, garlic and sizzling tofu

Ended up drinking a lot of tea today – too embarrassed to mention how much. Think I was shattered due to the whole week catching up on me. Also feeling like I had to make the most of my freedom before I start the detox. Raw Fairies suggest that it is a good idea to ease yourself into the detox with gradual dietary changes and cutting down on alcohol and coffee. But, frankly, I'm pretty sure it's going to be a hellish experience anyway so I figure I may as well just be a masochist about it. Everything that's good for you tastes/feels bad, right?

The five-day detox

Monday 6th July, Get me out of here...

- No. of green juices consumed: 2 (in theory)
- No. of different vegetables consumed: surely at least 12 (there was even spinach in a smoothie, which frankly was a bit of a surprise)
- No. of times felt like crying: 1 (when I realized what I'd let myself in for)

I was quite excited by the time my lovely white (= pure – good subliminal message) package of food, juices and supplements arrived. Lots of brightly coloured juices and not a carrot stick in sight. Got a mild headache mid-morning but otherwise felt rather alert and less tired than usual. Major problem was that I really couldn't drink all the green juice – and apparently those ones were “intro” versions with lots of fruit to sweeten them up, so I'm trying not to think about what it will be like by the end of the week.

Tuesday 7th July, Massive cravings...

- No. of green juices consumed: 3 (would gladly have traded them for just 1 cup of coffee)
- No. of different vegetables consumed: enough to satisfy an entire family's “five a day”... for a week
- No. of times I felt like crying: 1 (long and drawn out)

Today my body berated me for all the bad stuff I've done to it in the past. My punishment was a colossal headache. I actually had more energy and didn't feel bloated at all, but I found it really hard to concentrate at work and I had to go to bed earlier than I have done since 1990. There was less food today (as the programme is a pyramid structure) and more juices and smoothies.

Wednesday 8th July, Give me my bed...

- No. of green juices consumed: lost count
- No. of different vegetables consumed: tons
- No. of near incidents with co-workers: 3

Today was a juice fast. Also known as a juice feast, apparently, though I'm not convinced there was much feasting going on. Started the morning feeling super fresh – haven't felt like that in a very long time. Unfortunately went rapidly downhill with another bad headache and socially offensive mood swings. Definitely beginning to like the green juices more, which must be progress.

Thursday 9th July, The path to radiance...

- No. of green juices consumed: genuinely, I think about a dozen by now
- No. of different vegetables consumed: more than I knew existed, including “sea vegetables”, a euphemistic reference to seaweed (though I liked it all the same)
- No. of times looked in the mirror: 7

Woke up feeling good today and my skin looks a-mazing. Never thought before that what I eat and drink might affect it so much – silly really. By lunch time I was craving something with sugar in it (anything sweet and stodgy would have done) but managed to resist and by mid-afternoon felt strong and relaxed. Taste buds seem to have changed a bit. Opened today's menu to find a salad with some long skinny worms of beetroot in it (described as “spiralized”) and realised with horror that had forgotten to tell Raw Fairies I can't bear the stuff. Think it is school dinner throwback. Anyway, decided that if I can force down bright green then bright pink should be a doddle and remarkably it wasn't at all bad.

Friday 10th July, Gratitude kicks in...

- No. of moments of spontaneous smiling: 5
- No. of times felt like eating junk food: none
- No. of spots that seem to have disappeared: more than I'd have annihilated with an ultra strength spot zapper, I'm sure

Wow, today was a revelation. Felt better than I have done in ages and ages. Felt emotionally brighter too, which is something Raw Fairies told me might happen but in all honesty I thought it was a bit touchy-feely. Now I find I'm calling them up and wishing them a happy



The pre-cleanse eating recommendations

Raw Fairies believe that gradually preparing your body for an intensive detox will result in a more effective, and enjoyable, experience. In the three days leading up to the beginning of the cleanse (at least), try to reduce or even cut out your intake of alcohol and caffeine, increasing your water intake instead. Also try to follow a vegetarian or vegan diet including lots of fresh fruit and vegetables – organic if possible. In particular, try to avoid eating red meat and cow's dairy. Aim to have a big mixed salad for lunch each day and vegetables with your evening meal.

The Raw Fairies 5 day Mini B Cleanse costs £295 (available in central London only). For more information see rawfairies.com or ring 07508 015 313.

weekend – make that a happy life. Need to rein myself in before meeting up with non fairy friends. No headache either today – truly a gift from the gods. The devil on my shoulder is saying I should have a coffee, glass of wine or bar of chocolate to celebrate making it through the week, but I'm ignoring him.

The verdict

A week has gone by and I still have my detox buzz. Can't get over how much better I feel. I'm a terrible bore to all my friends. I cannot wait for them to do it – oh how I will love their 4pm emails on juice day! More seriously, I've lost 2 kilos (that rosé belly) and feel so much lighter, less tired and less sluggish. Finding out that raw food can be inventive and tasty has been a true revelation. Lettuce and tomato salad this is not. ■



**They do not realize that
they are programmed nor
recognize how detrimental
those programs are**

The matrix, revisited

Once you've left behind the false conditioning most of society lives by there's no going back. But what do you do when you've unplugged from "the matrix" but your nearest and dearest haven't? Natalia Rose has advice.

There is a major soul-level choice being asked of each individual at this moment in our history. The choice is either to follow the path of illumination and oneness and to therefore grow in consciousness or to remain in the current state of unawareness and not grow.

There is a distinct delineation line between "awakening mankind" and what I can only refer to as "the sleeping masses". I'm talking about those who go about life like they are on a conveyor belt, accepting everything just as it is, perpetuating behaviours and customs without questioning their validity, and consuming what they are told to consume – whether it's food, fashion or information.

This herd mentality is not remotely harmless. The reasons it is not harmless are legion. But the biggest reason to my mind is that the herd mentality reinforces separateness through another sinister little "s" word that has, in my opinion, been mankind's downfall: selfishness.

Rightly or wrongly, I have deduced life processes down to two basic categories:

1 That which is life-generating

2 That which is life-degenerating

Now, some things that are highly life-degenerating can lead people to that which is life-generating so this is not as black and white as it sounds. Hang on in there with me as we explore this further.

Everything that feeds the prevailing lack-, fear-, and "me"-consciousness is life-degenerating. Almost everything the herd does undermines the harmony, integrity and beauty of life, which is why we cannot for a moment think that the sleeping herd is harmless! By contrast, everything that celebrates the truth of our unity – macrocosmically and microcosmically – is life-generating.

Imagine if the cells in your body didn't function for the good of your body as a whole but just served themselves. This is what

happens when people think myopically of themselves instead of considering the macrocosmic good. It rips up the fabric of the larger body. It undermines the entire purpose, progress and health of the larger organism.

Human and planetary wellness teeter in the balances between the life-generating and life-degenerating just like beneficial and harmful bacteria hold intestinal wellness in the balance. The health of the realm in question (microcosmic/macrocosmic) is fully dependent upon whether the beneficial, life-generating forces maintain the majority required to ensure harmony.

Selfishness got us into this state of planetary sickness. Only when the life-generating movement toward unity overcomes that selfishness will all suffering and struggle dissolve. Then harmony, abundance and beauty can reclaim our earth, revivifying all within it.

This division between the sleeping, self-serving group and the awakening, unifying group is critical to the fate of our world. Now, I just want to clarify here that while I am making what could be interpreted as a sweeping generalization, I'm not saying that there are "good people" and "bad people". We all have both light and dark in us.

What I am saying is that some are fully in their conscious minds and aware of what they do so they can be at the helm of their lives – changing what needs changing; growing and self-directing that growth. Others are not yet fully conscious of what they do. They do not realize that they are programmed nor recognize how detrimental those programs are to the larger body of which they are a part. In this state they do a great deal of damage to themselves and to the greater planetary whole.

This moment in time is so critical. That which is life-generating is hanging in the balance because far too many life-degenerating energies, customs and substances are undermining health and harmony both microcosmically and macrocosmically. Those who are awakening are feeling the urgency to correct this and are feeling utterly driven to get to work on themselves so they can then get to work being of service to that which is life-generating. It is a calling they could not ignore even if they wanted to. >>



Selfishness got us into this state of planetary sickness

These individuals are not willing to be marionettes of some phantom authority's dictatorial direction! Those who have chosen to think for themselves and take responsibility for their self-care and self-education are now pioneering a more life-generating world. When the two (the awakening individuals and the herd mentality individuals) come head to head there can be much conflict.

Several years ago, the conflicts I was hearing about from those on "the lifestyle" (as we often refer to it) had to do mainly with diet. Enlightened to the benefits of raw food versus fast food or cleansing versus calorie counting, people found themselves defending their salads and travelling juicers against parents', siblings', spouses' and friends' criticisms and sometimes very painful, cutting comments. That certainly has not gone away and remains a challenge, particularly for beginners. But what's evolved, in part as a cleaner diet has evolved these individuals, is that many now see the world quite differently.

Knowledge lights the way for empowerment. Once a person sees the proverbial light dietetically and physiologically, that knowledge locks right into place around many other deeply engrained, widely accepted falsehoods that beg to be revisited with these individuals' "new eyes." Social norms that were mostly taken for granted by this individual before are suddenly seen for all their many holes.

We are born full but we are seen as empty vessels that have to be filled with societal knowledge. Once our memory is sparked by the knowledge of Natural and/or Universal Laws, we start to remember, and put together, a lot of things. Once we start to take responsibility for figuring things out (which requires a good helping of intellectual curiosity – a trait of the awakening group but not of the herd group) we can see the mistakes our culture ignores and supports.

We can also see the solution and start applying it in our lives. But try and do this when someone from the herd is next to you! Oooo. Not so easy, is it? How can someone so enthusiastic about their discoveries go from inspiration and success to self-doubt and confused defeat in a heartbeat? Three words: parent, spouse and friend.

We can get rooted enough in our power to stand up to the intimidating waiter at the French bistro who wants us to just order off the mono-menu of steak-frites or stand up to paediatricians and school boards and tell them, "No shots for my kids". But try taking that You (who is not the little you of a year or two or 10 ago but a really big, aware You that sees with growing clarity that which is life-generating and that which is not) to your Mom, your boyfriend, your sister or your oldest friend.

Unless they are also awakening and seeing with X-ray vision what you're seeing, you will most likely shrivel up into a pile of "I'm-so-unsure-of-myself-I-must-be-wrong-how-could-I-think-that?" Next scene: jogging in the park by yourself or walking along town main road running errands. What happens? Suddenly you are empowered again, clear again and reminded of all you love about your new life and new eyes.

This is what this article is really about – the "Now what?" You know you are awakening to something so wonderful – something that might, if you follow the trail like a bloodhound, lead to answers and those answers to even bigger, more exciting information – and you don't want to stop awakening.

You are changing. You are changing in a way that leads to growth. You have become like the Philosopher's Stone thanks to the alchemical process of transforming vibrationally from lead to gold! You are on your way. This new way of living and seeing is making you wiser, more compassionate and more energized. As you follow it you notice you are wearing so much less narcissism, carrying so much less greed and pulling so much less dissatisfaction behind you.

That was the easy part. Now you are going to have to stop trying to bend and pretzel yourself into someone else's picture of who you need to be in order for them to be content and satisfied. That's the hard part – even harder than telling them. Announcing things is easy – that's just words. Being true to yourself is much more difficult. The more you do it, though, the better you get at it.

There is a trap, though. That is telling yourself stories about what being true to yourself means. You are not a label or a creed or a lifestyle. But because any one of these things may have helped trigger your awakening it may be easier to lean on it like a crutch (whether it's raw food, yoga or a particular spiritual path). You'll know you're leaning on that crutch if you catch yourself saying things to the person you're in conflict with like, "You have to accept the way I eat" or "I am following a path to enlightenment and you are not so you don't understand."

By contrast, you'll know you are on the right track when you just do what feels right and when challenged by a loved one, you simply respond by saying something along the lines of, "I am growing and changing a lot. I know you would be more comfortable if I was the same as I was before and espoused the same world view as I did before but I am not responsible for you being comfortable. I am responsible for making sure that I grow and am free to express myself. Assuming you remain respectful of my growth, I will be happy to share my experiences with you. I may not have all the answers to your questions, however. I hope you can be okay with that."

As Westerners, we cling to certainty – to researched and scientifically confirmed information, or at the very least to things we can see with our own eyes. We tend to feel uncomfortable around the vague or the subtle. This lesser understood territory is what the awakener inevitably has to face and they often do not have the answers to assuage the concerns of those close to them. The irony is that those walking into that territory don't need the answers as much as those around them do. The awakens get all the answers they need from their intuition and the keen antennae that guide them. This is one of many conflicts that come up

between the awakeners and those closest to them.

I have witnessed so many people walk into conflict in their close personal relationships as they left the herd mentality behind to pursue higher truths. I hope I can share some things that will prove helpful to those of you who are experiencing the same thing.

I want to state for the record that while I have extensive experience walking my truth and holding my centre in that truth, this is a process that continues to challenge me because as that truth grows and I see more programs, cultural norms and “rules” that do not fit me any longer and are ready for the delete button, the chasm between the world I was born into and the world I envision in my future becomes ever wider.

The (thankfully) never-ending process of growth presents a never-ending set of challenges in my personal life. I meet each new challenge on an individual basis, looking at it and working with it based on the unique circumstances of the relationship and/or conflict at hand. While I don’t know of there being one single formula for everyone and every relationship, what I can offer you is a tool box that tends to work really well for me whenever conflict arises in my close personal relationships around my life practices and views.

1 Know thyself, accept thyself

Whether you are just beginning to eat a bit differently or you are practising harmony and oneness with all life, it’s important to check in with yourself and centre yourself each day. Reflect on where you are with your life practices and views and where they have come from. What is your intention with them? What is motivating you?

Then check in to make sure that what you are practising and the way you are viewing things brings you greater peace and ease. Aside from the challenges of being different, they should be making your inner life more peaceful and making you feel more loving and compassionate. If you are becoming more narcissistic and judgmental (toward yourself and/or others) then you are not growing toward health and healing; you have just repackaged your unhealthy inclinations into a new box with a different label. That is not what this work is about.

Greater inner peace and ease are the result of becoming more aligned with harmonious practices and views. Remember that things come together because truth makes sense, brings illumination to the dark places, and empowers the individual with knowledge and strength. So spend a little time each day making sure that core is strong. You might take a moment to remind yourself of why you chose to separate from the common norms to undertake these new practices and adopt a new vision. Doing this should help remind you of how much you have grown, why you chose to grow, and the value of your investment in it. All this will prepare you for any conflict that may arise for you that day.

2 Have well-enforced personal boundaries

Personal boundaries ensure that we remain sovereign – like a healthy government. A cell has its membrane, most countries have some military fortification at their borders, and a house has a door that can be opened to receive that which is welcome and closed and locked to prevent entry of that which is not. Every individual should take the time to consciously establish their borders: whom and what is welcome and unwelcome.

Many people have chips on their shoulders and most even have special strings that can be pulled and buttons that can be pressed to gain entry into their psychic space. These are established unconsciously at a very early age and are governed mainly by

We are born full but we are seen as empty vessels that have to be filled with societal knowledge

social customs and negative experiences. This is not a strong place to work from because one is left at the mercy of vulnerabilities and patterns that generally do not serve one very well.

I highly recommend sitting down (ideally with a journal or with pen and paper at least) and making a list of what you would like more of in your life and what you would like less of (and eventually none of). Once you’ve made that list, look it over and then make a list of the people you are close to and/or interact with on a regular basis. Then, next to each of the items on the first list put the initials of the people who you feel bring you that which you would like more of and those who bring you that which you want less of. That is a simple way of quickly figuring out what you are building your boundaries for and who you need to be extra vigilant around.

If you take the time to do this and practise observing your interactions with others based on these understandings and desires for your life, you will start to better direct your life and more easily identify those situations that threaten your balance. As you better identify them you can better tailor your boundaries to ensure your life experience is self-determined, rather than unconsciously determined by random interactions and knee-jerk reactions.

From that space, you will be in a position to see and maturely respond to individuals who would otherwise undermine your wellbeing/balance by letting them know that their inharmonious motives (be sympathetic as they are probably unconscious inharmonious motives!) are not welcome. They will start to respect your boundaries (to the degree that you enforce them) and eventually will no longer be able to penetrate them by pulling your old strings and pushing the old buttons that used to give them entry via your vulnerabilities and old wounds.

So set those boundaries and be vigilant, protecting them until they are so firmly established that you can sense any possible threat from 10 miles away. Ultimately, you will become so empowered if you practise protecting your boundaries that you can see how any scenario with anyone will play out long before it does just by reading their energy and intention and registering how your body communicates with you through its signals (peace and ease or sweaty palms and rapid heart rate; openness or sick feeling in the pit of your stomach). The more you tune in, the more you can receive information from your body’s great arsenal of support for you. >>

This new way of living and seeing is making you wiser, more compassionate and more energized

3 Stay true to yourself

Once you know what your truth is – what brings you peace, ease and empowerment, lights up your formerly dark confused spaces, and inspires you – it then becomes your duty (and your pleasure) to honour that. So when a parent, a friend or a spouse starts pushing up against those boundaries with their sense of entitlement, personal agenda, rage or anything else that could weaken your resolve and unravel you, you must remember to stay true to yourself.

If you know yourself and take the time to spend time with your truth everyday, and if you practise being vigilant with your boundaries, you will be starting from a very strong space. But it's up to you to hold that space in the face of another who would like you to be different, as discussed earlier. If you cave and accept something less, you are the one that will suffer.

It's particularly hard for those who tend to avoid conflict or are hard-wired for peace. But remember that there is real peace and there is false peace (I've had to learn this the hard way). Whatever peace is gained in the short term from avoiding conflict and throwing a wet blanket on the fire is not true peace. It is an insidious invasion into your boundaries and a forced surrender that is ultimately going to make your soul resentful and eventually be the harbinger of retaliation in some form which many who avoid conflict wind up inflicting on themselves. They do this through the various avenues of self-sabotage (returning to old detrimental patterns such as overeating or bingeing/purging).

What happens is that the feeling of being invaded and angry is simply channelled, then redirected into another interaction that is totally unrelated. In psycho-jargon, this is called projection. It can easily set up a snowball of negative energy in all the places and with all the people in your life where you feel safe. But it is never dealt with in the context; that is, with the individual or scenario with whom it belongs.

For example, you'll allow your spouse to be derisive and condescending to you about your truth, instead of standing in your truth and being in your power with him. So once he leaves you start shouting at your kids in your frustration and anger, making them suffer for it and then you proceed to try to numb the pain that you feel from all that untruth by stuffing yourself with food or alcohol or any other thing that you historically turned to in order to tune out your pain. This vicious cycle keeps people from ever being free and powerful.

So please, stay true to yourself! Conflict can be healthy and necessary for growth. Don't be afraid of conflict. Conflict is not the enemy. Repression is! I understand that it can be scary to engage so honestly with a very close family member – especially a spouse. It can mean that you start to see things in that person

that you didn't see before – things that do not support you. You may also start to see things about yourself that are difficult to let go of. Things that do not support you or them but are so deep they are hard to face.

When you have a long-term relationship, especially if there are children involved, this kind of realization can be extremely difficult. Each relationship is so different. It does happen that these conflicts generate better relationships in the end. Unfortunately, sometimes it means that relationships have to change dramatically and in some cases end entirely. Sometimes what they reveal is how different the two individuals' paths and values are. Where hearts and families are at stake there is no easy answer.

If the answer is not clear to you, I suggest just watching your behaviour; your ability to express yourself; the communication signals your body is giving you. Take your time and just observe until the answers become more and more clear (and they will if you do your homework, keep growing and keep seeing with those ever-more-perceptive eyes).

Keep working with your toolbox and just remember that all the life-generating truths in the world are useless if you cannot practise them. If you are suffocated by your fear or you accept intimidation, someone belittling you or anything else that keeps you from growing, flowing and expressing your truth, you will suffer the same fate as the smallest cell that is suffocated and cannot grow and flow; you will stop receiving and conducting life-force.

You will stand to cut yourself off from the great flow of life that calls to you to express yourself – to enjoy truth, harmony and beauty. You don't want that to happen to your beautiful, flowering soul! I hate to have to be so blunt but that part of you that longs to live and express will be cut off from its source and it will start to die, just as a cell cut off from the life force will die.

Your ability to express your truth is likewise macrocosmically critical to the regeneration of all that is beautiful, healthy and harmonious in our human-planetary whole. You are needed. You are needed in your strength, You Brave, Peaceful Warrior.

I hope you never let anyone shut you down or shut you up. I hope you can garner enough power to express your truth through your actions, through your verbal and written communications, through your body's movements, through your heart energies, and through your hands, whether you are preparing vegetables or reaching out to conduct love and healing through your touch. I wish you the pleasure of living in the life-generating power, free to shine. In your freedom, others will be freed and eventually, microcosmically and macrocosmically, harmony, beauty and truth will no longer hang in the balance but will be the human-planetary experience. ■

In the next issue: What your new consciousness means for your soulmate relationships.



Natalia Rose

is a certified clinical nutritionist and the author of the books *The Raw Food Detox Diet*, *Raw Food Life Force Energy*, *The New Energy Body* and *Detox 4 Women* (turn to page 10 to read our review). For more information see detoxtheworld.com.

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Rome wasn't built in a day

Why there's no such thing as a "quick fix" when it comes to health and beauty.

By Tonya Zavasta.

Seems we have plenty of clichés reminding us that “good things come to those who wait.” However, our fast-paced society thrives on all things instant. From microwaves to texting, we’ve grown accustomed to not having to wait around for...well, *anything*. Even when it comes to our health and beauty regimens, we want results. And we want them *now*. Marketing plays shamelessly on our need for quicker-than-instant gratification. Slogans abound. *Lose 10 pounds in 2 days!...Magical 3-day detox!...Banish wrinkles forever – overnight!*

Sorry to burst your balloon, but health, beauty, anti-aging and life in general just don’t work that way. Any results you get by quick-fix methods will be temporary at best and, at worst, downright dangerous.

Consider quantum physics as I apply it to the fields of natural beauty and anti-aging. My hard science education comes in handy here. Don’t be concerned; this is going to be simple. I’m going to *make it simple*.

We define our reality through our five senses: sight, sound, taste, smell and touch. But our senses give us only a three-dimensional view. Einstein taught us that space and time are not quite what they seem to the human senses. Rather, they are, he says, two connected entities within a greater whole called space-time. This fourth dimension exists and influences us – and we influence it – but it is not tangible to our senses. Its results, however, are.

There is no point looking for a one-time, one-place solution. Deterioration, aging – these don’t happen immediately. In the same way, any instant “fix” such as going under the knife or taking some “miracle” pill will not work because being a one-time treatment it is merely a *three-dimensional* approach to a *four-dimensional* problem.

Pretend for a moment that you’re living in Flatland. You know – that mythical country in which there are only two dimensions,

not three. You are a triangle. You have found yourself in a circular prison and you want to escape. This problem has no real solution in Flatland. But add just one dimension – height – and your problem is easily solved. With this new dimension, you need only grab a ladder to straddle the circular prison wall. Up you go...then down...and you’re free!

Some problems have no solution in a two-dimensional world. Some problems have no solution even in a three-dimensional world. Aging is that kind of problem.

Adding a new dimension always delivers new possibilities – not just in imaginary worlds, but in the very world we live in. A new dimension offers a new way of solving a problem—a way that seems impossible in our apparent three-dimensional world. Aging is the cumulative effect of the abuse your body has taken, both natural and self-inflicted. And it can’t and won’t be fixed overnight – nor by a one-time solution.

In other words, it took you *time* to get to where you are now – sick and tired. So you’ll need *time* to get healthy and youthful again. Not as *much* time, mind you. The cumulative effect of your rejuvenative practices will get you there. If you need proof of this, consider that during health-inducing practices such as fasting, you re-live your symptoms briefly, with their duration directly linked to their severity. And a short fast takes off years of abuse.

Think of this another way. You are not your photograph. In a normal mirror, we see a snapshot of ourselves in one particular time and space. If there were a four-dimensional mirror, we would see a long, accordion-like image, like a rack of snapshots showing all the moments of our lives. All the conditions, all the relationships and all the choices we have made throughout our lives determine each of those snapshots in turn.

Therefore, everything you do for the sake of health, beauty and

In order to experience deep and lasting results, remind yourself that **this raw food lifestyle is, as the name suggests, a way of living**

anti-aging you must do *consistently*. This consistency must become a way of life; a part of your being. The cumulative effects of raw foods, fasting, skin brushing, exercising, deep breathing and more *will* show over time – I guarantee it!

The second law of thermodynamics – the law of entropy – states that everything in the universe is running down, or falling into disorder. This includes you and your body! Entropy is bad. Entropy is degeneration. At the same time entropy is a wonderful concept you can use in your daily life. Say you're at your high school or college reunion. You see a rather nasty former classmate. Yes – you know just whom I'm talking about! Instead of saying she's showing her age, just sidle up to a friend, point out Ms. Meanie, and say: *Her entropy is showing, don't you think? Who says science isn't socially useful?*

Sickness is positive entropy at work. Dying is reaching your maximum entropy. The good thing is that entropy can be reversed. Scientists call this “negative entropy.” So now something good and positive is called “negative.” Confusing?

Mathematicians and physicists seem to enjoy doing that to us! Rejuvenation, simply stated, is a form of order or negative entropy. You could tell your next date, “Your negative entropy blinds me.” If they understand what you're saying, you may have found a soulmate. If not, well, good riddance.

But I digress... Entropy is deterioration. It *can* be halted, but the very fact entropy is a *process* means it will take time and dedicated effort. We must attack entropy from all angles. Eating raw foods but getting no exercise or sun exposure? Sorry – ain't gonna cut it. A sound combination of diet, health *and* beauty practices will work synergistically to deliver even more profound results than just one beneficial habit alone. You'll create a domino effect by your persistent lifestyle practices.

So no slick, quick, E-Z methods – not for you. Trying to outsmart the human system is futile and foolish. We must simply

let the human system *be*; let it do what it is so well designed to do. It eats, so be sure it has the best food available. It breathes, so be sure it has the cleanest air to breathe. It moves, so be sure it has the opportunity to do it on a daily basis. It thinks, so be sure you let positive thoughts occupy your brain. It sheds its cells, so help it do this efficiently with your daily dry brushing routine.

In order to experience deep and lasting results, remind yourself that this raw food lifestyle is, as the name suggests, a way of living. Not a quick fix. Nor a new product off the shelf. You can't get it by mail order or off the internet. Your daily effort will *never* end. But your results will build with time. What's more, they'll build cumulatively – the way interest makes an investment grow – as you add other healthy lifestyle changes. Health, youthfulness, well-being...these are destinations you'll always be moving toward, but without actually arriving there. You'll *always* find room for improvement.

Since changes are often very subtle, we don't always notice them while we're keeping our eyes on our goal: the end result we desire. Have you ever had the experience of losing some weight over a few months? Day by day, your shape seems unchangeable to you because it's happening slowly; almost imperceptibly. But someone who hasn't seen you since you started will be astonished at how different you look.

Here's another reason to be patient with yourself when striving for visible improvement on the raw foods diet: your body will always take care of the most essential things first. These will more often than not pertain to deficiencies, imbalances and disorders within the body generally, or in the intestines or vital organs particularly. Your body must expend much energy and what may seem like an inordinate amount of time taking care of health first. In the long run, this will give external results as well, but it may try your patience in the meantime.


Remember at all times that you are the one who dwells in your body. No visiting doctors or healing specialists can help you here. Practices like meditation, breathing, exercise, raw food and fasting cannot be fully learned, in the precise sense of that term. For the person truly seeking to respect the human body, these practices must be *experienced*.

Entropy (read *aging*) happens every day. But if you are persistent, consistent and patient you can and will slow it down to an almost imperceptible crawl, while other people race to the finish line at breakneck speed. So next time a family member is exasperated about your dedication to raw foods and other health practices, just say, “I'm reducing my entropy.” That will keep them thinking for a while...and give you a chance to take another deep breath. ■



Tonya Zavasta

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A young woman with long, dark, wavy hair is smiling broadly, showing her teeth. She is resting her chin on her right hand. The background is a plain, light-colored wall.

**“Dentists don’t
really know what
causes tooth decay.”**

Keeping your teeth

Is it true that those on raw diets are especially prone to dental problems? Dr Douglas Graham explores this question, and offers advice for looking after your teeth.

The naysayers of raw always have an answer, don't they? You tell someone that you are going raw and the first thing they want to know is where you get your protein. But if you happen to answer that, they have other questions for you that are designed to get you to put an end to your silly raw madness. After all, with all your healthy eating you are making them look bad, and who wants to look bad?

So, after the protein thing, the B12 thing, the omega thing, that silly-but-persistent lycopene thing, the "but don't you just crave <fill in the blank>" thing, and whatever other knee-jerk objections arise, eventually you're likely to hear, "Seems like people who eat raw always end up with tooth problems." And now that the raw-food arena itself has become more fragmented, we even hear people *within* that arena saying that anyone who eats a raw diet different from their own will likely end up with their teeth on the bedside table.

Over the years I have known a fair number of dentists – several hundred, in fact. Once, I attended a weeklong seminar with 70 dentists, all specialists in their respective fields of dentistry. I had the opportunity of asking them quite a few questions, the answers to which I found very illuminating. I gladly share their responses with you in this article.

But first, who really visits the dentist?

I have gone into many dentists' offices in my lifetime. Never in my life have I seen a raw fooder in the dentist's office. Their offices are invariably filled with cooked-food eaters, not raw fooders. Okay, admittedly, that information could be a bit misleading, since ninety-nine point something percent of the population eats cooked food. But still, it should serve to underline that the people pointing the finger also have three fingers pointing toward themselves. People who eat cooked food typically have tremendous dental problems.

In the raw community, many of the top supplement salespeople put the blame for tooth decay on eating fruit. How they came to be dental experts I have no idea, as certainly they claim no training or qualifications in this field.

I once had the opportunity of asking a large number of top specialist dentists the same question, repeatedly: "What causes cavities?" I asked dentist after dentist, and never once got the same reply. Responses ranged from immunodeficiency to superviruses, from nutrition to mental health, from excesses to deficiencies, from overbrushing to underbrushing, to genetics, and a host of other alleged culprits.

At one point, four successive dentists gave the following reply, in this exact order, to my question "What causes cavities?"

- "Too much carbohydrate."
- "Not enough carbohydrate."
- "Too much fat."
- "Not enough fat."

I realized at that point that each dentist really is on his or her own when determining what to tell patients. Dentists don't really know what causes tooth decay, and their professional organizations aren't helping. I did some internet research on tooth decay, and found that the major dental organizations of the world have indeed adopted a cohesive front in terms of placing the blame for tooth decay on the following:

- Various aspects of lifestyle
- Refined sugar consumption
- Specific microbes
- Genetics

They openly concede that some people who practise terrible oral hygiene still have zero tooth decay or gum disease. And that some people who take meticulous care of their teeth still suffer from myriad oral hygiene problems. But on the whole, they assert that taking good care of your teeth on a regular basis provides you with the best chances of keeping your teeth healthy for a lifetime.

So now let's look at what the professionals consider to be "good care."

Brushing teeth

There are many viewpoints about what exactly constitutes the ideal toothbrush, and how it should be used. Softer brushes came into vogue, but then came stiffer brushes. Bigger brushes were all the rage for a while, only to be followed by really tiny ones that supposedly brush places that the large brushes can't reach. Electric toothbrushes that sport vibrating or rotating heads (plus a dose of electromagnetic force), sonar-assisted brushes, water irrigators, and a variety of other designs are available.

Personally, I don't think brush choice really matters all that much. The secret lies in actually using the toothbrush, and paying meticulous attention when doing so. It is easy to miss spots when brushing the teeth. The spots you miss one day are likely to be the same spots you miss most other days. These are the areas where tooth decay or gum disease is likely to start. It is important to brush the entire tooth, including as far as possible in between the teeth. It is also important to brush the part of the tooth that merges with the gums by angling the brush so that it goes under the gums a bit.

It is not imperative to use toothpaste, tooth powder, tooth gel, tooth polish, tooth soap, salt, baking soda, or any other substance when brushing the teeth. A wet brush will do a fine job. Electric brushes tend to do a more efficient and more effective job, but only because they are moving at such a high speed. The job can be done just as well manually.

Dentists used to tell us to brush after meals. They are a bit more specific in their guidelines these days, and currently they tell us that brushing immediately after eating is not such a good idea. Apparently, the enamel on the teeth is somewhat softer and more vulnerable to brush damage directly following a meal. Current thought is to wait 20 to 40 minutes after a meal before brushing.

Also, it is not imperative to brush your teeth after every time you put food in your mouth. In fact, it is quite possible to brush too often. Doing so can result, over time, in wearing away of the tooth enamel and erosion of the gums. Brushing once daily is considered the healthy minimum, with three times daily the recommended maximum.

Additional tooth care

It is a good idea to utilize a variety of methods of caring for your teeth and tending to your oral hygiene, and to do so frequently during the course of each day. Toothpicks, brush picks, floss, water pulse irrigators and mouthwash can all play supportive roles in keeping your teeth healthy. Most people are familiar with the use of a toothpick, so I won't belabour that issue, other than to mention that they are still as effective as ever for cleaning debris from between the teeth, on the teeth surfaces, and near and under the gum line.

Brush picks come in a variety of styles and their cost varies dramatically. They fit between the teeth and do a very effective job of removing debris. These miniature brushes clean surfaces of the teeth that a toothbrush won't reach, and they extract fibrous and other material that brushing and toothpicks will not remove. Many people express surprise at how much material >>>

“All foods that stick to your teeth, or between your teeth, are bad for the health of your teeth.”

they find between their teeth when first using brush picks, and come to love the effectiveness with which the brush picks do their job.

Dental floss is an extremely fine, strong string that is pulled between the teeth. Care must be used not to cut the gums when using floss. The floss dislodges just about anything that is stuck between the teeth. Some people find that string floss is too fine, too sharp, or otherwise not exactly what they want. Dental tape is similar to floss, but has a flat surface, similar to a ribbon. It is used in the same way as floss. Tape and floss come in waxed and unwaxed versions.

Specially coated, shred-resistant floss products have been developed in recent years, which have allowed the product to slide easily between even tightly spaced teeth, allowing even the reluctant to become regular flossers. Personal preference is the only way to determine which is best for you. Dental floss was all the rage for the past few decades, and dental hygienists taught all their patients how to properly use it. Currently, brush picks are becoming the tool of choice, and floss is falling out of favour. They both work well, and each has its place.

Water irrigation systems have been available to the public for about five decades. These systems squirt a fine, pressurized stream of water through a small head. You direct the stream of water so that it hits the base of each tooth, and between the teeth, and food debris is washed away. They work extremely well at cleaning debris from between the teeth, and are good for the gums as well. Many people swear by their irrigator, but they certainly are not a necessity when it comes to good oral hygiene. The important thing is to use at least some method of cleaning between the teeth on a daily basis.

All manner of mouthwash is available on the market today. This is not a product review article, so I won't begin to discuss the merits of each. Suffice it to say that some are far more aggressive in their actions than others, and often far more toxic. Mouthwash can serve a wide range of functions, many of which may seem superfluous. The most important functions are supporting strong tooth enamel and eliminating the bacteria that cause tooth decay.

With all of these oral hygiene options, it could seem that taking care of our teeth could take up a good portion of one's day. This is not at all the case. Balance is the key, and a relaxed but consistent approach to tooth care is recommended. If you are having severe tooth or gum problems, you may use all of the above-mentioned support systems on a daily basis for a period of time. If you are simply trying to maintain your teeth in good health, you may use only one or two of them daily, or use any and all of them, but on an as-preferred basis.

Tooth care should not typically take more than about five minutes per day, in total, and a reasonable maintenance job could be done in as little as two minutes per day. It is a good idea to get the opinion of a professional on at least a yearly basis, unless they suggest otherwise. A dental hygienist can give you specific personal advice about cleaning your teeth and caring for your

gums. He or she can also tell you if you are doing an adequate job, or if certain procedures would be of particular benefit to you over others.

What we know

- We know that everyone has teeth, at least to start with, and that keeping your teeth healthy is important.
- We know that anyone can have tooth problems, and that ignoring those problems is not a healthy solution.
- We know that eating raw food does not magically protect you from having tooth problems or from gum disease.
- We know that dentists are not in agreement about what causes tooth decay, and that when other people tell you that they know what causes it, they are likely about to sell you either a product or an idea.
- We know that using traditional methods of oral hygiene stack the cards in your favour when it comes to dental health, and that no products are necessary, other than some type of brush with which to clean your teeth.
- We know that nutrition is an important part of oral health, and that raw fruits and vegetables are the most nutritious foods in this and all other regards.

Foods that are hard on your teeth

Finally, we know that all foods that stick to your teeth, or between your teeth, are bad for the health of your teeth. Dried fruit, nuts and seeds, dehydrated foods, and all cooked foods are the primary culprits when it comes to sticking to the teeth.

But the fibres in many raw fruits and vegetables can also get stuck between the teeth, as can the tiny seeds from many fruits and vegetables, and the skins, for that matter. So mindful attention to dental care is in order, no matter what your diet.

Research has clearly demonstrated that neither the acids in fruit nor the sugars in fruit damage teeth, *per se*. Left on the teeth, practically anything will damage them, and this is true of the components of fruit as well. So, even if your diet is essentially just raw fruits and vegetables, it is still advisable to clean your teeth on a daily basis. ■



Dr. Douglas Graham

a lifetime athlete and raw fooder since the late 1970s, is an advisor to world-class athletes and trainers from around the globe. He is the author of several books on raw food and health, including *The 80/10/10 Diet*. For more information see foodnsport.com



The case against conventional food

While some continue to question whether organic food is worth paying the extra for, Elaine Bruce argues that not only is it vastly superior to conventional; organic is also the *lowest* standard of food production we should accept.

In this article we'll look at some systems of growing food which are currently less well known than organic, but which have even greater benefits – for our own health, and also for the health of the soil in which our food grows and of the wider environment. But before we do that, let's look at some of the ways in which organic agriculture is superior to conventional.

First, organic growers do not use pesticides, herbicides, insecticides, rodenticides or fungicides, so when we eat organic we avoid eating these residues, which can add up to a considerable dose over time. Second, growth of the plants is not forced by using artificial chemical fertilizers, which result in rapid growth of comparatively weak plants (which then need the above poisons to protect them).

Third, traditional methods of feeding the soil put the naturally occurring minerals back into the soil, which are then taken up by the plants. Lastly, other time-honoured methods – such as

rotation of crops and leaving the soil to rest every few years – make for much better soil quality. Earthworms remineralize the soil by working in any surface mulches, at the same time aerating and draining the soil.

Contrast this with what is now the conventional way to produce food:

- **Increasing exploitation of the soil, relentlessly adding chemicals so it can take crops every single year.**
- **Planting the same crops in the same fields, necessitating more and more poisonous pest protection as the plants become weaker, and more chemical fertilizers as the soil becomes exhausted.**
- **Neglecting the need for cover crops between harvests, so the soil dries out and is blown away as dust, or has no protection from heavy rain, so is washed away.**



“Many who have tried biodynamic produce say that it tastes as superior to organic as organic does to conventional produce.”

Look at the margins of the next big wheat field you go past, and notice how much higher the hedge is than the field level. Imagine how many tons of lost topsoil that represents! And if there is a downpour, notice the streams of rich red brown mud running away into the roadside streams.

But organic agriculture not only replenishes soil fertility and protects the soil from erosion. It also produces vigorous, pest- and disease-resistant food, and food that is often of superior nutritional value. However, bear in mind that the soil in countries which have practised intensive farming for many years is seriously depleted in minerals. Most plants only yield about 50% of the minerals they did in the early 1950s, which was when chemical agriculture really took off.

People first, not profits

If you're already buying organic food, you've probably noticed that it tastes better than conventionally produced food. Maybe you can also tell the difference between seasonally grown local organic strawberries and air-freighted ones. But, as outlined above, organic means a great deal more than food that is tastier, healthier and chemical free – though those are reason enough for many to choose it. It is also an ethical and sustainable method of food production. The hard work and foresight of the earlier organic smallholders and farmers has begun to pay off for them in recent years, as there has been a marked increase in the demand for organic food

Organic production has never been about maximizing profit at all costs, but using sustainable and environment-conserving methods to produce high-quality food while giving the producer a reasonable return. Now, enter the businessmen, who want to increase profits by lowering standards and cynically telling their customers their “organic policy is growing,” or some other such euphemism.

Here's just one example: earlier this year, The Soil Association (the UK's leading organic food organization) caved to pressure from major supermarket chains to allow its mark of certification on air-freighted organic food. It had previously opposed this, arguing that air-freighted food can have 177 times the carbon footprint as the same produce transported by sea.

The decision provoked uproar from producers and supporters of organic food as it goes against the organic principle of sustainability. But the Soil Association commented that the move was justified because of, “organic agriculture's potential to alleviate poverty and enhance the local environment in developing countries.”

However, although we help producers in Africa and Asia in

the short term when we buy their produce, the wider populations in the countries in question are very often in need of food to feed themselves. If you and I support such imports, we may be contributing to malnutrition in someone else's children.

Meanwhile, British organic producers, who have converted and committed to organic methods at no small cost to themselves, may find their produce increasingly undercut by cheap imports.

A few years back, government leaders were saying that strengthening our food self-sufficiency wasn't a priority, because we could just import what we need. Organic producers and consumers didn't agree, and as well as campaigning, people quietly supported their local producers.

Despite growing concerns over our food security, due to the threat of having to import an ever-increasing proportion of our food at unpredictable prices, our politicians still haven't got beyond thinking that as a rich country we can just order in whatever basics (such as grain) and luxuries (such as tropical and out-of-season fruits) we want.

Reclaiming soil fertility and food quality

Sadly the chemical industry persuaded not only farmers but also many home gardeners to start controlling pests and fertilizing with chemicals, so it's not only farmland that's been polluted but also many back gardens and allotments. The upside is that working on a small scale, in a couple of raised beds, it is possible to restore your soil in a couple of years. Exactly how is beyond the scope of this article, but briefly:

- **Recycle raw plant waste through a worm bin or wormery.**
- **Compost all other garden clippings, weeds and prunings.**
- **Grow plants like comfrey and nettles for natural fertilizer.**
- **Let a patch rest in turn every four or five years, and plant a cover crop after harvest to protect the soil, then dig it in for extra cover and fertilizer in the late autumn.**
- **In addition, add seaweed products for full-spectrum minerals in the short term, and rock dust for longer term remineralization.**

In fact, it is comparatively easy on a small scale to go back to the traditional methods which gave us good crops and preserved the soil for countless pre-chemical years. It's certainly possible for farmers to do the same on a large scale, but incentives are needed, because of the initial costs. It's ironic that if our farming industry

had stuck to traditional methods, it would not be necessary to rescue the soil and our food quality today.

Now let's turn our attention to other systems of food production that you might want to look into supporting – and even implementing in your own garden or allotment – if it's important to you that your food is as healthy as possible, and/or produced as ethically and sustainably as possible.

Go veganic

If you have concerns about the exploitation of animals for food, you may already be vegetarian or vegan, or considering becoming so. But did you know that organic agriculture permits the use of animal products as fertilizers, such as manure, blood meal, bone meal, feather meal and fish meal, and that these animal products are often obtained from intensive farms and slaughterhouses?

Veganic food production, also called vegan-organic and stock-free organic, is a method that excludes livestock manures, animal remains and indeed anything of animal origin. Veganic agriculture breaks the link between livestock operations and the production of organic plant foods. And like organic agriculture, veganic doesn't involve poisonous chemicals to control pests, chemical fertilizers, or genetically modified organisms of any kind.

As the UK-based Vegan Organic Network points out on its website, "If agriculture continues its present course across the planet, it is predicted that there will be wars over water resources, conflict over land rights, farmers increasingly dispossessed and marginalized, a widening of the gap between affluent and poor, increasing intensification of animal farming, depletion of the quality of soils, damage to the oceans, devastation of rainforests and many other negative factors. Vegan-organics points a way out of these problems. It is not just an alternative eco-friendly agricultural method; it is a holistic system, marrying ethics and pragmatic solutions for tackling world hunger, animal exploitation and environmental degradation."

Permaculture

This began as a method of food production and has now expanded into a philosophy of sustainability in all areas of life. Where it pertains to growing food permaculture utilizes as its framework the stability and resilience of the natural ecosystem in question. Everything possible on the site is used, or recycled, and the aim is not to import any materials.

Forest gardening

One example of permaculture principles at work is forest gardening, the ultimate system of natural gardening. It is based on the recognition that nature, left to itself, covers the earth with trees, at all levels of growth and development, and provides different environments for a huge variety of fruits and plants to grow, and also supports a vast range of wildlife from bacteria, worms, insects, birds and small mammals to larger creatures like foxes, badgers and deer.

Biodynamic farming and gardening

Going back to the theme of good nutrition, if health is our number one priority, biodynamic is probably the best food

production system of all. It is a complex system, needing an article of its own to fully outline. Briefly, it's based on Rudolph Steiner's extraordinary discovery of the relationship between subtle energies and plant growth.

Biodynamic farming and gardening use herbal preparations and recognize the influence of the moon on the growth of plants at all stages. Many who have tried biodynamic produce say that it tastes as superior to organic as organic does to conventional produce. They will also tell you that the quality, robustness, freedom from pests and diseases, and sheer energy of the plants are all remarkable.

So you see why I believe that organic food is the lowest set of food production standards we should settle for. We also need to be aware that those standards need defending against commercial interests which seek to dilute them. If we want to enjoy the nutritional value our food plants gave us 50 years ago, we need to get an allotment, or grow food in containers, and use composting and the other methods described to enrich and renew the soil.

As for the alternative food production methods outlined in this article, you may be thinking that they sound impossible to choose between, as they clearly all bring important benefits. The good news is that you don't have to choose between them if you are lucky enough to have a garden you can use to grow food in, as it's quite possible to combine them all.

I would start with vegan-organic produce in a raised bed or some containers, and as you learn in the best possible way (which is by getting down and dirty!) you can gradually think about the permaculture and biodynamic aspects. Forest gardening is a bigger step from there, but given suitable land, that's the ideal to aim for. There are many organizations out there willing to advise and support newcomers.

Recommended reading

Permaculture in a Nutshell by Patrick Whitefield

How to Make a Forest Garden by Patrick Whitefield and Tricia Cassel

Biodynamic Gardening: For Health and Taste by Hilary Wright

Online resources

The Permaculture Association (UK) permaculture.org.uk

The Permaculture Institute (US) permaculture.org

Permaculture Magazine permaculture.co.uk

The Vegan Organic Network (UK) veganorganic.net

The Veganic Agriculture Network (US) goveganic.net

The Biodynamic Association (UK) biodynamic.org.uk

The Biodynamic Farming and Gardening Association (US) biodynamics.com



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Karen's live kitchen

Karen Knowler on how to set up raw-friendly work stations.

Welcome to the second article in this new series where I share some of my success secrets for setting up a kitchen that fully supports your raw food lifestyle. In this issue we're looking at raw-friendly work stations – these being specific areas of your kitchen where you grow, prepare or process your raw fare as part of your raw food lifestyle.

Why “work stations”?

Have you ever found yourself walking round your kitchen in circles as you go from one cupboard or drawer to another in order to get all you need to prepare a salad or make a recipe? Have you ever gone to make a juice or smoothie only to realize that half your ingredients are on one side of the kitchen and the rest are on the other?

Have you ever thought sprouting seeds and beans “sounds like a good idea” but because you’ve never got all your sprouting paraphernalia all together in one place it’s just never happened? Have you often wished that you had a raw food prep routine in place so that you could have food on hand throughout the week but your food processor is buried at the back of the cupboard and your dehydrator is in the garage?

These are just some of the many reasons why taking the time to create designated work stations in your kitchen is a very good idea indeed!

Where to start

First of all you need to consider two things:

- 1 The tasks you do in your kitchen on a regular basis already (and want/need to continue)
- 2 The things you would like to do in a perfect world

Put these two lists together and you will have exactly what you need in order to know what needs to happen next.

The most common work stations

In a raw-friendly kitchen the most common work stations that you’ll find are:

- Chopping ingredients, making salads and plating up
- Juicing
- Blending and making smoothies
- Food processing, dehydrating and recipe making
- Sprouting and growing indoor greens

And if you share your home with others who don’t eat raw then you might also add the following or similar to your list:

- Making sandwiches/packed lunches
- Making tea/coffee
- Cooking/microwaving
- Frying/slow cooking etc.

Needless to say, it’s going to be the just raw-friendly ones that I’ll be addressing in detail within this article!

Let’s take a look at work stations as a concept before we begin.

What makes a great work station?

The good news is this doesn’t have to be rocket science. Creating a work station that works is simply a case of mixing good, old-fashioned common sense with taking action. It’s that simple. Yes, you may need to make some space that you don’t currently have, and yes, you may need to remove some items from your kitchen in order to do so. But just as likely is the possibility that all you actually need to do is to move a few things around and put them in a more logical space than before.

We’ll be looking at the different types of work stations individually in a moment, but before we do, let’s look at what makes a great work station.



Here is a checklist to consider whether you are creating a new work station (cooked or raw) or reinventing or upgrading an existing one:

Location

It pays to spend a good amount of time thinking about the best place for each work station before you begin moving anything. Consider:

- How often do I or will I do this task per day/week?
- Do I need to be near a sink?
- Do I need to be near a plug socket?
- Is this work station just for me or for other members of the household to use?
- Do I need to think about noise/ventilation or other similar considerations?
- Anything else I need to take into account regarding location here?

Tools required

- What equipment do I need to use?
- What kitchen accessories do I need to have to make this happen?
- What plates, bowls, glasses, jugs etc. do I need to have easy access to?
- What storage or containers do I need to make this easier/more attractive?

Food and ingredients

- What food or ingredients do I need to hand for this task?
- What are the things that I use the most of or all the time for this task?
- Do I need to be near the fridge or a particular cupboard for this task (or should I move them around)?

Other

- Is there anything I need to obtain that I don't have already in order to make this task possible for me?
- What's the easiest/ simplest/most minimal way I can have this set up so that I get the job done efficiently and without delay or complication?
- Anything else that is important to me to factor into this planning?
- Anything else that is important to another or others that I need to factor in here?

As you can see, this list is fairly comprehensive, but once you've run yourself through it with one work station you'll see it's actually very straightforward after all.

Now that you understand the foundational thinking behind creating a work station that works, I'm going to share with you my suggestions for things that should be in place for the raw-friendly work stations mentioned earlier so that you have some tried-and-tested ideas to make a very decent start with.

Chopping ingredients, making salads and plating up

This area needs to be super spacious and clean. You may not need electrical sockets nearby, although it would be helpful for whizzing up quick dressings or sauces. The most important thing is that you have a good stretch of surface that is empty and always ready for action.

In my kitchen I have my work station located above a cupboard holding the plates, bowls and glasses, and below the cupboard holding all the oils, condiments, herbs, spices and sea vegetables.

The fridge is to the right with the cutlery drawers to the side of that. This whole set-up enables me to bring a meal to the table quickly and easily with minimal fuss or moving around.

Juicing

It goes without saying that here you need your juicer! You also need all the additional parts such as jugs, bowls or whatever else you collect juice and pulp with easily to hand.

In my kitchen I keep my juicing area very clear because I do all the cutting and prepping on the large counter top mentioned previously. I keep large jugs and bowls in a lower cupboard, a second fridge is to the side, and the dishwasher is immediately underneath with the sink behind me. A large bin for collecting compost is next to the sink. This whole arrangement makes for super quick and easy washing up and clearing away – quite possibly the single most important factor with juicing.

Blending and making smoothies

With your blending area, the most important question is “what do you use your blender for?” For me it is mostly smoothie making and the occasional nut milk or dressing, so to the side of my Vita-Mix I keep a small plastic box containing two different superfood blends that I typically add to smoothies. I purposefully keep nuts away from the blender as I do not thrive on a lot of nuts so don’t want them to sit there staring at me! I prepare produce in the same way as for juicing (above) so that again, I can keep this area very clean and clear.

You might consider arranging glasses, or anything else that you always need easily to hand. In my previous home my “smoothie bar” had small shelves right above it so I kept my glasses right there, but as alluded to just now, you don’t just want to think about practicality, you also want to make things more easy or difficult depending on how much you want that something to feature in your life.

Food processing, dehydrating and recipe making

I think just about everyone should have an area within their kitchen that is totally dedicated to preparing raw food dishes and recipes for the days or week ahead. The only exception to this is people like me who usually eat very easy simple recipes that require minimal prep or forethought – but it takes time to get to this stage, hence my recommendation! This is the one area where I think everyone can improve and get some systems in place, if only to add more variety.

Having said all of the above, I do actually have one of these work stations in my kitchen because I create and develop recipes for professional reasons – for books, programmes and classes. For this reason I have my food processor and dehydrator in one corner space at the far end of my long counter top where I chop, plate and serve, and I keep all of my various ingredients that will feature in my recipes in the adjacent fridge and cupboards. This works perfectly for me and also nothing gets in the way. Moving these two pieces of equipment together may sound obvious, but for a very long time it didn’t even cross my mind – hence the value of really thinking things through rather than just placing things where they look nice or where they happen to land!

You may find that for various reasons your dehydrator is best kept in another room or in an unusual place in your kitchen – it really depends on how much space you have and how often you use it. You’ll also want to think about air flow, temperature and having space to lay things down.

Sprouting and growing indoor greens

You may already know that I am a huge fan of sprouts and recommend that everyone make them a key aspect of their raw food diet. What never ceases to amaze me is how few people actually grow their own when it is one of the most quick, easy and

“I purposefully keep nuts away from the blender as I do not thrive on a lot of nuts so don’t want them to sit there staring at me!”

beneficial things you can possibly do! A large contributing factor to this seems to be that jars lay dormant in cupboards, or the right one is never bought or created. And then there’s the mass of seeds and beans in the cupboard but not knowing which one to soak first or why. Yes, I have heard and seen it all!

There is no need for much space or fuss at all for this super-easy job. You just need some glass jars with a mesh covering of some kind, access to a sink and pure water and whatever seeds or beans you wish to sprout. Hardly any space is required other than to stand the jars in, and you only need to pay attention to them once or twice a day to rinse and drain – and that’s only for a day or two generally! Yes, sprouting really is way more easy than just about anything else you care to mention, but you do need to have your items together and once you’ve done that you will wonder why on earth you didn’t do it sooner.

As you can see these are starter ideas to get you up and running with your own work stations. Do take the time to really think your needs through first before you take action and create your own – it’s well worth drawing out a rough plan of your kitchen and then pencilling in where things would go. This may take the best part of an hour to get right, but my goodness it will be worth it when you see how much time, money and energy you free up as a result. Happy organising! ■

Next issue: How to establish a winning routine.

Karen Knowler

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“Foods containing the highest vibratory frequencies are those that are literally growing at the time of consumption.”

Diet's spiritual essence

True spirituality is awareness of our connection with everything around us, and that awareness requires that we fuel our bodies correctly. By Dr Brian Clement.

We are not who we think we are. As we look in the mirror, brush our teeth, comb our hair, and drape attire on our physique, we perceive that we are a solid mass of humanity. Deep down, below the surface of the trillions of cells that make up our anatomy, is the true essence of our persona. All the electrons, protons and neutrons and their adjoining invisible counterparts in the quantum realm are actually electrical frequencies that are vibrating in most cases at the speed of light. This unfamiliar reality is most often overlooked when dealing with questions regarding biological, emotional and spiritual truth.

We have been lulled by the matter-based fields of medicine, religion and science into believing that our potentiality begins and ends at the outer perimeter of our body. The reality: all that we consider solid mass and structural density is part of a seamless universal continuum in which we each reside. This is all easily understood when we relax and begin to see that our lives start with an electrical, enzymatic charge at conception and that we literally dissolve back into the earth and its electrical field after demise.

With these facts in mind, our foremost objective should be the acquisition of energy to maintain the gathering of subatomic particles that we call “self”. This has implications on our food choices. Processing, including cooking, will always drain the energy from the fibres of plants. Needless to say, this energy is also absent in meat and milk. Foods containing the highest vibratory frequencies are those that are literally growing at the time of consumption: germinated seeds, nuts, grains, beans, and others, like root vegetables. Organic plants and edible weeds harvested from the earth and immediately consumed (or juiced and consumed) come next, followed by (for those in good health who can tolerate sugar) ripe tropical fruit.

Spirituality is ultimately the connection between us and all else. An awareness of this connection affords us expansive insight and confident security. Another thing we gain when we release ourselves to the river that consistently, continually and for all time, flows in the right direction, with maximum potency, is energy. The way the internal body revs itself up, as well as becoming magnetized to this powerful yet invisible force, is via biochemical, hormonal and electrical balance.

Life-filled, plant-based foods also bring us the hormones that

renew the body's internal communicative abilities and external connectivity. The dance that is held within the organ systems and skeletal structure – and between enzymes and hormones – ultimately creates heightened electrical frequency. This elevated charge provokes healthy hormonal responses (chemistry that connects you with all other life).

Three examples of hormones provoking higher consciousness are endorphins, dopamine and serotonin. They are often considered elation therapy and as you know, elation is better known as happiness. It raises our potential to open our hearts and share ourselves, and at the same time allows reciprocal joy to inspire us.

Life is a spectacular series of exceptional possibilities awaiting us. But in the world in which we reside, false beliefs keep us from our potential. We are each well trained in how to mimic what the last generation fabricated as social norms. Those who follow the rules, and certainly those who exemplify the rules, are usually esteemed and honoured. When one marches to their own drum, they are too often ridiculed and even stopped on their path to glory. This is why so many fall short of pursuing their true passion.

Reality reigns in the obvious: those who flourish and succeed are not concrete pillars of inflexibility, but rather extraordinarily open and fully willing. But diet's spiritual essence is as relevant in your process of raising yourself as is prayer, meditation or mindset. And movement, dance and sleep are just as important. Most essential of all is unburdening yourself from thought patterns that restrict spiritual connection. There is always a strong, clear and correct voice waiting for you to listen, once you have liberated heart and soul from mind. ■



Dr. Brian Clement

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A taste of Mexico

Mexican food is great to experiment with in the raw kitchen; it's simple to prepare, already has many fresh ingredients and is fun for kids and adults alike. Many of the processes and modes of preparation we have available in raw food make much of the traditional Mexican fare cross over really nicely, and to make it even easier a lot of

Mexican dishes are vegetarian.

I hope you have fun with these recipes and enjoy making them as much as I've enjoyed creating them. I'm sure they'll be a hit when you're looking for something a little bit different for yourself or to impress friends and family.



Lime and Mint Cooler

- 4 cups water
- ¼ cup lime juice
- ¼ cup agave
- ¼ cup mint leaves
- 3 cups crushed ice cubes

- 1** Blend the water, lime juice, agave and mint leaves in a high-power blender.
- 2** Fill a glass a third of the way up with crushed ice and pour mixture over to fill up the glass. Garnish with some fresh mint leaves.



Russell James

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Avocado Lime Soup

- 2 avocados
- $\frac{3}{4}$ of a medium cucumber
- 1 stalk celery
- Juice of 1 lime
- Small handful of fresh coriander (cilantro)
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon tamari
- 1 cup water (if wanting warm soup use hot water)
- Sour cream (recipe below) and chopped chives to garnish

- 1** Blend all ingredients, except the sour cream and chopped chives, in a high-speed blender until smooth.
- 2** Transfer to a serving bowl and garnish with sour cream and chopped chives.



Sour Cream

- $\frac{1}{2}$ cups cashews
 - 2 tablespoons lemon juice
 - 1 tablespoon plus 1 teaspoon apple cider vinegar
 - 1 cup water
 - $\frac{1}{2}$ teaspoon salt.
- 1** Blend all ingredients in a high-speed blender. Add a little extra water 1 tablespoon at a time if you're having trouble getting the cashews smooth.
 - 2** Transfer to a bowl or squeeze bottle; keep refrigerated. Will firm up a little in the fridge which makes an excellent dip for crudités.



Guacamole

- 2 avocados
- 2 medium tomatoes, diced & de-seeded
- $\frac{1}{2}$ medium red onion, diced
- 2 tablespoons coriander, finely chopped
- 2 tablespoons lime juice
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Pinch cayenne pepper to taste

Mash avocados in a bowl and then add all remaining ingredients and mix by hand.

Note: A sprinkle of cayenne pepper makes a great garnish for all of the above.





Quesadillas

For the tortillas

- 1½ cups corn kernels* or peeled courgette (zucchini) – about 1½ medium courgettes
- 1 chopped yellow or red bell pepper
- ½ cup flax meal**
- 2 teaspoons lime juice
- ½ teaspoon chilli powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 teaspoons ground cumin

Step 1: Blend all ingredients in a high-speed blender. Place an equal-sized amount of the mixture on 2 non-stick dehydrator sheets.

Steps 2 to 4: Use a wet spoon to spread the mixture into 2 large tortillas (one on each sheet).

Step 5: Dehydrate at 105 degrees for 6 hours at which point you should be able to peel off the non-stick dehydrator sheet and finish dehydrating for a further 30 to 60 minutes, leaving it very pliable.

*Thawed frozen corn works really well here but if using fresh corn kernels you may need to add some agave or other favourite sweetener as the fresh one tends to turn quite bitter. Start with 3 tablespoons agave and add extra to taste, if needed.

**Flax meal is flax seed that has been milled in a coffee grinder or blender.

For the filling (2 parts)

Part 1

- 1 cup pumpkin seeds, soaked 2 hours or more
- ½ cup sun-dried tomatoes, soaked for 1 hour or more
- 2 large portabello mushrooms
- 1 tablespoon dark miso
- 2 teaspoons cumin
- 1 teaspoon chilli powder
- 2 teaspoons ground coriander
- 2 tablespoons olive oil
- 1 clove garlic
- 3 tablespoons water
- 3 spring onions, chopped
- 1 small handful fresh coriander

1 In a food processor grind all ingredients, except spring onions and coriander, until thoroughly combined.

2 Add the spring onions and coriander and pulse a few times to combine leaving small pieces of onions and herbs intact.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16

For the filling

Part 2

- 1 cup pine nuts
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 1 clove garlic
- 1 tablespoon nutritional yeast (optional)
- ¼ cup water

Grind all ingredients in a food processor until light and fluffy

Assembly

Step 6: Transfer all the part 1 mixture (the pumpkin seed mixture) onto one of the tortillas.

Steps 7 & 8: Use a spoon to spread

the mixture evenly right to the edge of the tortilla.

Steps 9 & 10: Repeat with the part 2 mixture on the second tortilla, being sure to spread evenly right to the edge.

Steps 11, 12 & 13: Carefully bring the second tortilla (the one with the pine nut mixture on) over to the first and place on top, creating a sandwich.

Steps 14 & 15: Cut the whole thing into 4, using the very tip of the knife to get a really neat cut.

Step 16: Return to the dehydrator at 115 degrees F for a further 3 to 5 hours to dry and warm through.

Main picture: Serve with sour cream and guacamole.





Secrets of a raw culinary artist

Raw menu planning for optimal health, by Cherie Soria

How can you be sure that you are providing the most nutrient-dense, well-balanced meals for yourself and your family? The truth is that most of us are happy if our families eat raw foods, and nutrition is secondary. But raw is not enough – in fact, some lightly cooked foods are better choices than many raw foods might be.

Why? Because a diet high in fats – even raw fats like soaked nuts and seeds or extra-virgin olive oil – fills us up too quickly and doesn't allow room for other, more nutritious, foods. Good fats are essential, but the majority of what we eat, by volume, should be green vegetables. At Living Light we say, "Make green your favourite colour!"

There are a lot of reasons health-conscious raw food chefs have much more to consider than traditional chefs when planning a menu. In addition to balancing flavour, texture and appearance, raw food chefs need to balance their desire to please and impress their families and guests with their responsibility to provide meals that are easy to digest and contain all the nutrients required for optimal health.

Most raw food chefs also demand the freshest, ripest, most nutrient-dense seasonal raw, organic ingredients, while limiting fats and salt. Wow, that's a lot to think about! But wait, there's more!

Let's not forget your budget. This is even more important today than ever. Just because money is tight doesn't mean that meals have to be less nourishing. In fact, it is sometimes just the opposite. When

times are tough, people often cut back on richer ingredients and eat more in-season, garden-fresh foods.

In many ways it's easier to create menu plans for the family (even your finicky eaters) than for guests, since you know their preferences, whereas lots of unknowns come into play when preparing a menu for guests. Do they like spicy food? Are they on a special diet? Do they have food allergies? Are their tastes simple or sophisticated?

In any case, remember to balance rich foods with lighter ones, and to keep fat to less than 30% of the meal's calories. That sounds high, but it isn't unusual for raw food meals to be more than 50% fat. Here is an example of a typical high-fat raw food meal:

Appetizer Guacamole or hummus with crudités or flax crackers

Green salad Made with sun-dried olives and dressing made with oil, avocado, or tahini

Soup Made creamy with the use of avocado or nut cream

Main course (entrée) With avocado, nut paté or cream sauce

Dessert Made with avocado, coconut or nuts

If three of the five menu items above were replaced with low-fat or fat-free choices, the menu would still be more than 30% fat, so a keen eye on fat is essential. (See my article in the previous issue, "Cutting Fat without Cutting Flavour.")

Other things to think about when preparing a menu:

- **The order in which foods are served** Flavours should build in a menu, or the palate cannot perceive the subtle flavours of subsequent courses.
- **Colour** The human appetite responds to colour, and a variety of colours ensures an abundance of phytonutrients in the meal. Of all the colours, make sure green predominates.
- **Quantity** Serve enough food to satisfy, without offering so much that people overeat.
- **Preparation time** Make your menu realistic. One gourmet item is enough to showcase the potential of raw food (and your skill as a chef), and the remainder can be simple, easy-to-prepare, lower-fat selections.
- **Budget** Buy seasonally for the freshest, most nutritious and least costly menu. Choose common seeds like sunflower or pumpkin over more costly, exotic nuts like macadamia or pine nuts.
- **Textures** Contrasting textures like a creamy dip paired with a crispy cracker are always more pleasing than when everything is the same texture.
- **Range of flavours** Include all

A few different kinds of menu-planning methods

- 1 A daily menu planned the night before** This approach is most often used for immediate family, whose preferences are known. It is usually based on what is in the refrigerator or the garden at the time, what is available at the market (if you have time to shop), and how much time you have to prepare the meal. Organizing your menu the night before allows you a little advance preparation for steps like soaking nuts and seeds or making a component that is required for the next day.
- 2 A weekly menu of meals you might prepare for your family** This approach is also used most often for immediate family, whose preferences are known. It takes into consideration what is on sale or available at the farmers' market and in your garden, as well as what is left over from one day to the next. It also allows time to shop and gather ingredients in advance, considers how much food-preparation time you anticipate having on particular days, and provides the opportunity to make a few things in advance.
- 3 A rotating set of a dozen or more menus, based on family preferences** These menus vary little, except for seasonal ingredients that can be easily replaced by others that are available all year. Most families enjoy the same 10 or 12 meals and appreciate knowing what to expect. Having a set of rotating favourites takes the guesswork out of meal planning and ensures that the family will be happy. This approach takes a while to organize, but once it's done, it makes life very easy. Then, if you wish to try new dishes, you can set a day aside specifically for that purpose.
- 4 A special-occasion menu for your family and friends** This approach comes into play during holidays and other celebrations. The menu is usually planned in advance and takes into consideration the event or theme, family preferences, what is on sale or what is available at the farmers' market and in your garden, and how much time and energy you have for preparation. Presumably it includes time to make a few things in advance.
- 5 A special event menu for a variety of guests, many of whom you do not know** This approach encompasses the factors listed in point 4 above, with the addition of several added considerations. To address these, we at Living Light teach a course entitled *Catering and Elegant Entertaining*. Some of the things we advise students to focus on include:
 - **Event location/venue** Note the amount of refrigeration required, the available preparation space, and whether the room layout and furniture are more amenable to a buffet or service menu.
 - **Guests** Considerations include the number of guests and their general food preferences.
 - **Type of event** Holiday, wedding, art show, etc.
 - **Menu or event theme** Ethnic, seasonal, appetizers, etc.
 - **Budget** It's easy to exceed budget if you don't buy seasonally. Limit exotic ingredients and expensive nuts.
 - **Production time** Consider preparing some simpler dishes, especially if you are serving a lot of people. Plan to prepare some dishes in advance.

five flavour categories in your menu: sweet, salty, sour, bitter and pungent. Also, complement strongly flavoured dishes with milder ones.

- **Digestibility** Follow food-combining principles as much as possible, to ensure easy digestion.
- **Nutrition** Make sure your menu is nutritionally adequate. (See my book *Raw Food Revolution Diet* for sample menus containing nutritional evaluations.)

Menu planning is fun and creative when you know the rules. It's also an important

part of health assurance, so don't just make a bunch of delicious foods without a well-thought-out plan. With some forethought, you can showcase your beautiful culinary creations *and* ensure that you, your family, and your friends are getting all the nutrients you need!

Overleaf is a French-themed menu that is fit for entertaining, yet it has an eye on total fat content. All recipes serve six.

For everyday eating, the Salad Nicoise would be plenty, with its central feature of "Not Tuna" Croquettes and Stuffed Mushrooms with Spinach, Pine Nuts and Herbs, along with colourful marinated vegetables on a generous bed of leafy greens. For special occasions, the appetizer

and soup may be added for a meal that few would notice has its eye on total fat content and ease of preparation.

At first glance, the Salad Nicoise appears to be high in fat, but the marinade will be discarded. That means the entire full meal salad contains 2 teaspoons of oil, 2 tablespoons each of almonds and sunflower seeds, 2 teaspoons of pine nuts, and 4 olives per person. If the soup and appetizer are included in the menu, they will add 1 tablespoon of tahini and a sixth of an avocado per person. Of course, any of the components of the salad or menu can be omitted to allow for a lower-fat meal.

Appetizer

Tomato Towers with Broccoli Tahini Paté

Paté

- 3 cups chopped broccoli florets
- ¼ cup raw tahini
- 2 tablespoons sliced green onions
- 1 tablespoon ground flax seeds
- 1 tablespoon nutritional yeast flakes
- 1 tablespoon tamari
- 1 tablespoon Dijon mustard
- 2 large cloves garlic, crushed
- Large pinch of cayenne

Other ingredients

- 4 heirloom tomatoes, sliced 0.6cm (¼ inch) thick
- 2 cups alfalfa sprouts
- 2 teaspoons chilli oil

- 1** Put the broccoli into a large bowl and pour 1 litre (1 quart) of nearly boiling water over it. Drain the broccoli after 1 minute and plunge it into cold water. This will turn the broccoli bright green and make it more palatable without negatively affecting the nutrients. Drain the broccoli well and place it on clean kitchen towels to remove any excess water.
- 2** Transfer the broccoli to a food processor fitted with the “S” blade. Add all of the remaining ingredients in the first list above and process until the mixture is completely smooth and creamy.
- 3** Place one slice of tomato on a plate and spread with 2 tablespoons of paté. Then place two more tomato-paté layers on top, and finish with a final slice of tomato.
- 4** Top with sprouts and garnish the plate with a few drops of chilli oil.

Stored in a sealed glass jar in the refrigerator, Broccoli Tahini Paté will keep for up to 3 days.



Soup

Cucumber Fennel Bisque

- 2 cucumbers, peeled, seeded and chopped
- 1 cup chopped fennel
- 1 courgette (zucchini), chopped
- 1 avocado, peeled and seeded
- 1 tablespoon red onion
- 1 tablespoon light miso
- 1 teaspoon ground coriander
- ½ teaspoon dried dill weed
- ½ teaspoon Himalayan crystal salt (or to taste)
- 1-2 cups purified water, as needed
- ½ cup thinly shaved fennel
- 1 green onion, sliced (optional)
- 2 teaspoons slivered mint

- 1** Combine the cucumber, fennel, courgette (zucchini), avocado, red onion, miso, coriander, dill and salt in a high-powered blender, and purée until smooth and creamy, adding water to achieve the desired consistency.
- 2** Pour into individual serving bowls and garnish with thinly shaved fennel, optional green onion and mint. Serve chilled.

Store in a sealed glass jar in the refrigerator for up to one day.

Main course (entrée)

Salad Nicoise

Composed salads make a beautiful meal and clearly demonstrate the love that went into them. Each item is placed on the bed of lettuce in a creative and appealing design. A traditional Salad Nicoise features cooked fish and hard boiled eggs as well as groupings of colourful vegetables. In our raw vegan version, the central feature is a paté made to look and taste like tuna and we are using stuffed mushrooms in place of eggs. If you are making this recipe for a number of people, it can be served either as one large salad, or as individual, composed salads.

“Not Tuna” Croquettes

(Yields 12 pieces)

- 1½ cups peeled, shredded courgette (zucchini)
- 1 teaspoon Himalayan crystal salt
- ¾ cup dry almonds, soaked 8-12 hours, rinsed and drained
- ¾ cup dry sunflower seeds, soaked 4 to 6 hours, rinsed and drained
- ¼ cup purified water, if needed
- ½ cup minced celery
- ½ cup minced red onion
- ½ cup minced fresh parsley

- ½ cup lemon juice
- 1 tablespoon kelp powder
- ½ teaspoon Himalayan crystal salt
- 1 teaspoon dried dill weed, or 1 tablespoon fresh dill weed
- 1 cup ground golden flax seeds

- 1** Put the shredded courgette (zucchini) in a bowl and sprinkle with 1 teaspoon of salt. Toss well and set aside.
- 2** Run the almonds and the sunflower seeds through a Champion or Green Life juicer fitted with the homogenizing plate. Use very small amounts of water, in an alternating fashion with the nuts and seeds, to facilitate the homogenizing.
- 3** Gently squeeze out the excess water from the zucchini and discard the salty liquid (or reserve it to use in a dressing or soup). Towel dry the softened zucchini.
- 4** Put the almond and sunflower mixture into a large bowl and add the zucchini and other remaining ingredients. Mix well by hand.
- 5** Form into 12 oval-shaped patties and cover each one with ground flax seed. Dehydrate for 2 hours at 125 degrees, or until an outer crust is formed.

Store in an airtight container in the refrigerator for up to 3 days.

Stuffed Mushrooms with Spinach, Pine Nuts and Herbs (Yields 18 pieces)

- 18 mushrooms, cleaned and stemmed

Marinade

- 3 tablespoons tamari
- 3 tablespoons lemon juice
- 2 tablespoons olive oil

Filling

- ½ cup finely shredded spinach (towel dry spinach after washing, prior to cutting)
- ¼ cup pine nuts, soaked 1-2 hours and drained

- 3 tablespoons minced parsley
- 2 teaspoons light miso
- 2 teaspoons minced fresh basil
- ½ teaspoon garlic, puréed

- 1** In an 18cm (7 inch) square glass baking dish, combine the oils, tamari and lemon juice, and whisk to blend. Add the mushrooms and marinate for at least one hour.
- 2** Combine the spinach, pine nuts, parsley, miso, basil and garlic in a food processor fitted with the “S” blade and pulse to create a chunky paté. Do not over process – the mixture should not be a smooth paté.
- 3** Leaving the mushrooms in the same dish of marinade, fill them with the paté mixture, then place the dish in a dehydrator set at 115 degrees for 2 to 3 hours before serving. Serve warm or cool.

Store in an airtight container in the refrigerator for up to two days.

Salad dressing

- ¼ cup olive oil
- ¼ cup orange juice
- 2 tablespoons lemon juice
- 1 teaspoon minced shallot or onion
- 1 teaspoon Dijon mustard
- 1 clove garlic, puréed
- ½ teaspoon powdered mustard
- ½ teaspoon Himalayan crystal salt
- Freshly ground pepper

Marinade for vegetables

- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon minced fresh basil
- 1 teaspoon Italian seasoning
- ½ teaspoon solar-dried sea salt

The salad

- 1 courgette (zucchini), diced
- 1 pound green beans, sliced in half lengthwise
- 1 head green leaf lettuce

- 3 tomatoes, each cut into eighths
- 24 sun-dried olives
- ¾ cup capers
- 12 small Not Tuna Croquettes (see recipe on previous page)
- 18 Stuffed Mushrooms (see recipe below left)

- 1** For the dressing: In a small bowl, combine all of the ingredients, and set aside.
- 2** For the marinade: In a medium bowl, combine all of the ingredients, and stir. Remove half the marinade to another bowl. Add the courgette (zucchini) to one bowl of marinade and toss. Add the green beans to the other bowl of marinade and toss. Place both the uncovered bowls in a dehydrator set at 115 degrees for 1 to 2 hours to warm, or place in the refrigerator overnight to marinate.
- 3** To assemble: Place a bed of lettuce on a serving platter, and put the Not Tuna in the centre (or use individual plates with small Not Tuna Croquettes on each).
- 4** Attractively group the mushrooms, tomatoes, olives, capers and marinated courgette (zucchini) and green beans atop the lettuce.
- 5** Evenly pour the dressing over the top of the vegetables.



Cherie Soria

is the founder and director of Living Light Culinary Arts Institute, the author of *Angel Foods: Healthy Recipes for Heavenly Bodies*, and co-author of *The Raw Food Revolution*

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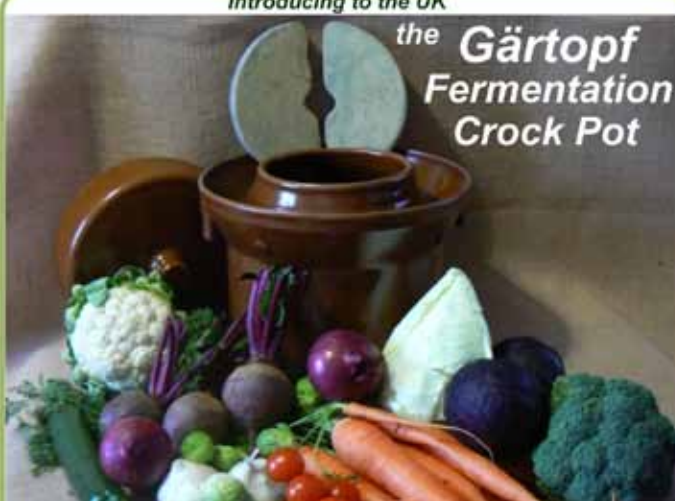

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A Day In The Life Of... **Brendan Brazier**

Brendan Brazier spent seven years as a professional Ironman triathlete and achieved this remarkable feat on a high-raw and 100% vegan diet. He is the author of the *The Thrive Diet* and the upcoming *Thrive Fitness*, and the creator of an award-winning line of whole food nutritional products called Vega. Brendan now spends over 200 days a year on the road, lecturing about health, nutrition and peak performance.

Since my Pro Ironman career wound down after seven years of full-time racing, each day for me now is actually fuller (and in some cases more challenging) than it was when I trained all day. One of the luxuries of training seven to nine hours a day is this: when you're done for the day, you're done. There's nothing that you can do to improve your performance at that point other than rest. As you rest you grow stronger. And that feeling is one of genuine relaxation, like no other. Not before or since have I ever experienced such a true feeling of rest.

Now the work never ends. There's always more to be done. And, as I soon discovered, in the "real world", when you lie around, you don't grow stronger; you're missing opportunities.

In sharp contrast to my regimented and rooted training regime that spanned 14 years, life today is spent mostly on the road. A typical day on the road begins at 6:30am. I eat a Vega Whole Food Energy Bar, and I'm out and running by 7am.

What's planned for the day will determine how long I'll run for. I find that if I run much over 75 minutes in the morning, I'll be slightly less "sharp" come 4pm. This being the case, if I have talks to give, book signings to do, or meetings to contribute something sensible to, I'll typically keep the run to under 75 minutes. If the afternoon hasn't been booked with thought-intensive activities, I'll sneak in a longer run; usually between 1.5 and 2 hours. But I've also noticed that if I run for an hour or less, I feel worse later in the day. So clearly there's a window of time that's the ideal length of run for me to get the most value from the day.

After running I'll have a quick breakfast that almost always consists of Vega and fruit. Since both digest easily and are packed with nutrition, I find I can be out the door quickly without being bogged down. For this reason, I tend to graze on fruit and vegetables throughout the day as opposed to eating larger meals. You might say I just eat one meal a day, but it lasts from morning to night. I've found this strategy to be helpful since I don't get exceptionally hungry and never feel overly full. It works well for the always-moving type of life.

"I've noticed that if I run for an hour or less, I feel worse later in the day."

When on the road, I typically give an evening talk three to four nights a week. I'll speak for about an hour, mostly about plant-based nutrition. I speak about how to implement this way of eating and how it can be the best high-performance diet for athletes or anyone who seeks peak mental and physical ability. I base the talks on my books, *The Thrive Diet* and *Thrive Fitness*. I speak in health food stores, universities and hotel conference rooms, and I speak to a diverse bunch. But the common thread that binds attendees is a desire for enhanced performance by way of eating plant-based whole foods.

When not travelling, my day starts off pretty much the same as it does when on the road: with a run. Since I divide my time between Los Angeles and Vancouver, I'll step out on a variety of different routes. In Los Angeles, the hard-packed dirt hills of Griffith Park or Will Rodgers Park are my first two choices, but the cool breezes of the Santa Monica boardwalk are also desirable.

When in Vancouver, I'll run the loops that I first began running when I was 15. The ocean-surrounded forest paths of Stanley Park or hundreds of kilometres of gnarly trails that weave through Vancouver's North Shore in Lynn Canyon Park and the Seymour Demonstration forest are among the best running anywhere.

As of late, I have valued these runs most as a means to get mentally prepared and sift through the plans of the day. Additionally they serve as a time for me to organize my upcoming projects and sort them in my head. If all goes well, these ideas will be turned into action and a new project will be born. The physical fitness gained has simply been a bonus.

Upon returning from my run I turn on the computer. When not on the road, this is my time to write articles (such as those for *Get Fresh!*), and work on other projects such as *Thrive in 30* – a series of 12 short informational videos that I filmed and edited this spring in Los Angeles during a gap in my travel schedule. This kind of work takes me through to early evening, and if I have time then, I'll get out for a bike ride, or a swim and gym workout.

For more information see brendanbrazier.com and thrivein30.com.



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