

NATUR RAW

Organic Wholistic Living

**BENEFITS OF
GOING RAW**

**CREATING HEALTHY
CHILDREN**

DURIAN

King of Fruits

**THE POWER OF
BREATHWORK**

*Oil pulling
and your health*

REAL TALK
HOLISTIC NUTRITION
with Yvonne Alexander

ISSUE 1 FEB 2014

NATU-RAW

GREETINGS EVERYONE

WELCOME TO OUR VERY FIRST ISSUE OF THE QUARTELY NATU-RAW E-ZINE.

HERE WE BRING YOU A COLLECTION OF WELL RESEARCHED ARTICALS AND BLOGS THAT WILL HELP YOU TO LIVE HEALTHILY ORGANICALLY AND HOLISTIC IN ALL AREAS OF YOUR LIFE.

HEREIN YOU WILL FIND NATURAL ALTERNATIVES TO THE HARSH CHEMICALS WE USE EVERY DAY TO HELP YOU, YOUR CHILDREN, YOUR PETS AND ENVIRONMENT.

WE WISH YOU ALL THE BEST IN TAKING STEPS TO A HEALTHIER MORE CONFIDENT YOU

The Natu-Raw Team



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RAW FOOD DIET FOR BEGINNERS

The raw food diet is simply a return to food in its natural state – the food we were meant to eat. Raw food benefits can be as simple as increased energy or as dramatic as the results listed below which people have reported after switching to a raw food diet.

- Permanent weight-loss management
- Beautiful skin and hair
- Increased energy and stamina
- Mental clarity and focus
- Emotional balance
- Spiritual connection
- Decreased cravings
- Healing of ailments from minor to life-threatening – such as acne, allergies, arthritis, asthma, cancer, congestion, constipation, diabetes, herpes, infertility, menopausal symptoms, obesity, thyroid problems, and ulcerative colitis

What's in it for you? Changing your life for the better – you will look better, feel better, and reverse aging.

Raw Food Benefits For Health

As you add more raw fruits and vegetables to your diet, you are receiving maximum nutrition from your food. Your job is to deliver the groceries (nutrients) to your cells and take out the trash (waste), so to speak.

The nutrients from raw foods are delivered through the blood to the cells resulting in cleaner blood and healthier cells. This is the goal. Superior nutrition will return your cells to their more youthful functioning. Because raw foods are easy to digest, this frees up energy for healing and cleansing.

Elimination is one of the functions of the body that rarely gets completed. How many meals and snacks do you consume every day? Two? Three or more? How many bowel movements a day do you have?

Most people think that it's normal to have one. Where do you think all those other meals are hiding? Raw food speeds up elimination and makes constipation a thing of the past. It may feel strange to be eliminating more often, but remember, more elimination is always a good thing.

What waste doesn't get eliminated gets stored in your cells as toxic residue. Our digestive system does not recognize cooked or processed food as food, so it surrounds what it cannot eliminate with water and stores these toxins until it can find a way to eliminate them, which may be never.

All this waste is the fundamental source of excess weight in your body and the process of cells storing these toxins is called dis-ease.

If it gets too toxic around the joints, we call the disease arthritis; around the lungs, we call the disease colds, flu, pneumonia, bronchitis or asthma; around the stomach, we call the disease indigestion, heartburn, or ulcers; and anywhere in the body these toxins have been eating away, we call the disease cancer.

Disease is a lack of health. Cells can't perform their function. We don't catch diseases, we earn them from the wrongs we have done to our bodies, which also includes negative thoughts. We can help our cells by eating mostly raw plant food, flushing out the toxins and replacing them with nutrients – keeping our cells clean and healthy, and able to function.



Groovy Ginger Granny

by Marie-Claire Hermans

TOOLS

A juicer (any juicer will do)

INGREDIENTS FOR 16 OZ.

4 Granny Smith apples
1-inch piece of ginger
1 lemon

DIRECTIONS

1. Cut everything into pieces
2. Juice while singing
3. Take out your favorite glasses
4. Finish with ice and a green touch

TIPS

- Always buy organic fruits to juice
- Organic lemon can be juiced with the peel
- The skin of organic apples and lemon helps prevent cancer
- Make your ice of spring water and add edible flowers
- Turn this juice into healthy ice popsicles in summer

www.ravishingraw.com

Passion fruit Oasis

by Chef Matthew Purnell

INGREDIENTS

3 cups coconut water
1 cup coconut meat
1 cup frozen mangoes
1 cup frozen bananas
1 cup frozen pineapple
1 cup frozen peaches
1/2 cup passion fruit
2 tablespoons lecithin powder

DIRECTIONS

1. Combine all ingredient, in a high speed blender.
2. Use the blend stick to assist the frozen fruit and blend to your favorite consistency.
3. Ensure that passion fruit is completely blended before serving.
4. Pour in your favorite smoothie glass. Relax and sip on a tropical oasis to quench the heat.



HOLISTIC NUTRITION'

Hello my health oriented darlings:

How are you this lovely day?

I am doing really great and am REALLY inspired to write this today by the sharing of some of my closest friends about their current health state and their medical journeys, and all the latest manipulation of the media with the "Obama Care", and all the propaganda out there to "install in the minds of people, (by using mind manipulation techniques that have the power to reach the subconscious mind of him/her who chooses to "believe") that they are ill, that they soon will be a target of new illnesses, and that they can ONLY HEAL with the "new" medications that have POTENTIAL WARNINGS of death, kidney failure and more, where the medication is not that much of the problem as it is the fear and marketing strategies that are creating in the minds of people the same targeted diseases that the pharmaceutical companies are planning to sell.

Ok, I'm not here to judge or tell you that medications don't work. Personally, I got many benefits from them long time ago when I had a near death experience at the age of 18, and in which the medical support given was amazingly helpful along with my state of mind and the way I chose to take in that amazing experience, which I believe was as important as all the medical support I was able to receive. However, I believe that humanity deserves and needs to be educated in to mind power tools and techniques that can accelerate, facilitate, and manifest holistic healing. Tools and education of the benefits of an organic plant-based diet, doing exercise every day, and practicing daily meditations, which are very important to achieve health, however the tool I want to share with you today is the power of the mind through visualization.

"A picture is worth a thousand words. We have heard that saying before. This phrase is certainly true in the case of visualization. Visualization, a form of self-hypnosis, is a tool anyone can use to help foster healing. By providing positive pictures (creative imagery) and self-suggestion, visualization can change emotions that subsequently have a physical effect on the body."

- Linda Mackenzie

There is a great article, easy to read, educated and well-informed that I invite you to read to help you understand the impact and power of this tool: The Healing Power of the Mind and Visualization By Linda Mackenzie, which is great to read and get educated on the effects visualisation can have at a physical level in our body and the importance to learn how to use this tool in our favour and not against us:)

Our belief system is based upon the accumulation of verbal and non-verbal suggestions that have been gathered throughout our life experience. Through patterns of repetition and its associated rewards and punishment we learn to create our own perception of reality. In essence, we therefore become what we think. In healing, repetitive use of positive visualization allows access to the mind-body connection. This lets the mind and body work together to foster the healing process of the body on a physical level. What is the mind-body connection and how does it work? When we have an emotion it generates a feeling that turns into a physical sensation.

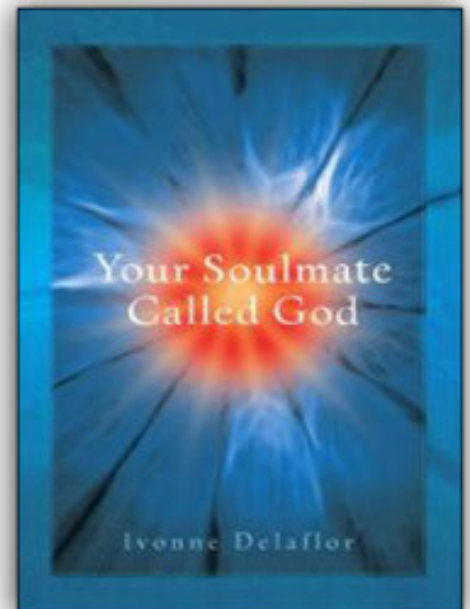
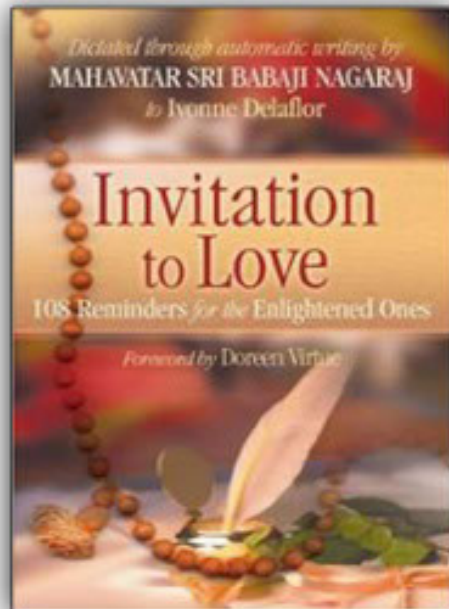
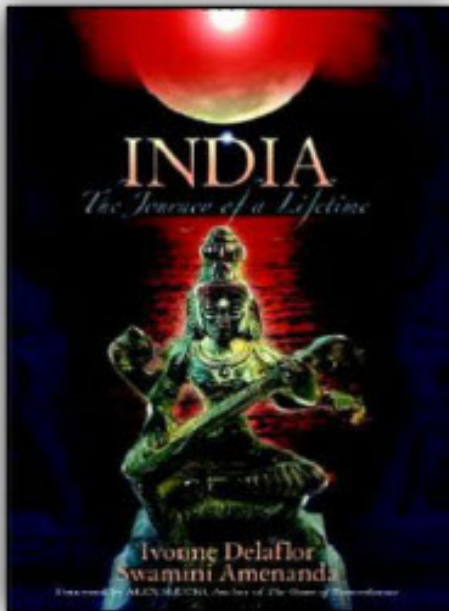
-Linda Mackenzie

Friends of mine have gone to the Doctor perfectly well, and have returned feeling sad, low energy, and feeling even sick. Why? How come? If they were feeling perfect before their "annual checkup". Well the answer is simple, The Doctor, who is accepted in the collective as a figure of authority, has told them: "With your age, we should probably start thinking on when osteoporosis comes, so I "suggest" you begin to take osteoporosis medication" This is not only ridiculous, but it is also a POST-HYPNOTIC SUGGESTION (A suggestion made to a hypnotized person that specifies an action to be performed after awakening, often in response to a cue) , which gets the people to think obsessively about what has been told to them, and thus begin to create the symptoms and conditions that the "prophets" so-called media, pharmaceutical companies, "authority figures", life insurance businesses, etc...are creating to keep their business afloat with the help of your good will and "TRUST" in the power of "them" :)

Remember that we don't need a government or "care" program to use the most powerful medicine on Earth; imagery through the power of mind. I hope you enjoyed this, and that it serves you or someone you know, and if it does please share with others, subscribe to <http://rawnestliving.wordpress.com> and receive my gratitude not only for investing the time on reading, and mostly, for the contribution you are doing to our world by living R.A.W:

Responsibly, Aware & Whole

Ivonne Delaflor Alexander



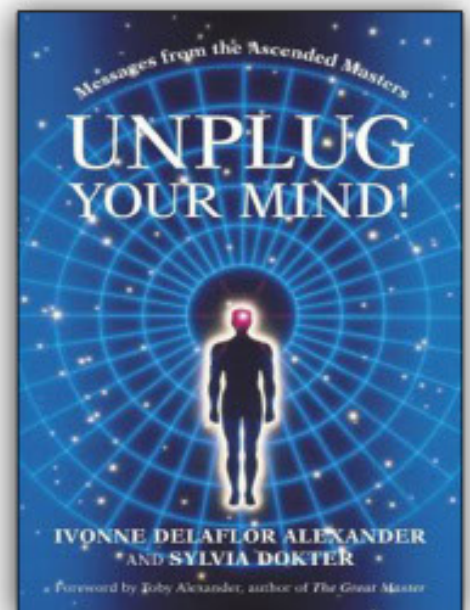
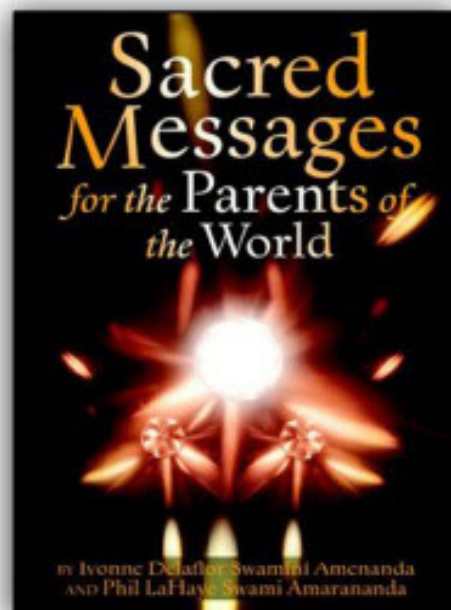
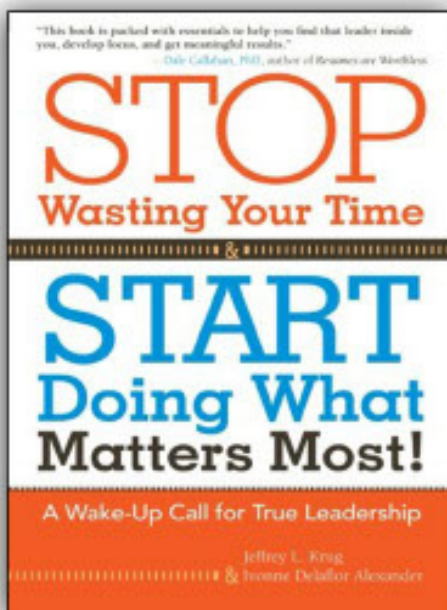
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THE POWER OF THE BREATH

MANY PEOPLE UNDERESTIMATE THE HEALING POWER OF CONSCIOUS BREATHING, AND THAT'S UNFORTUNATE, BECAUSE BY CONTROLLING OR REGULATING OUR BREATH, WE CAN REGULATE AND CONTROL MANY OF OUR BODY'S VITAL CHEMICAL AND BIOLOGICAL PROCESSES.*

AN ANCIENT SAYING: "WHEN YOU OWN YOUR BREATH, NO ONE CAN STEAL YOUR PEACE." THE FOLLOWING EXERCISES ARE BASED ON CLASSIC PRANA YOGA AND SWARA YOGA TEACHINGS. THERE ARE MANY LEVELS AND LAYERS TO THESE ANCIENT PRACTICES: IN FACT, YOU COULD SPEND A LIFETIME EXPLORING THE INTRICACIES OF THE HINDU SCIENCE OF BREATH.

MY AIM HERE IS TO GIVE YOU A TASTE OF IT, AND TO OFFER SOME SIMPLE AND EFFECTIVE YOGIC BREATHING TECHNIQUES THAT PROMISE IMMEDIATE BENEFITS—EVEN FOR THE NOVICE. SO, LET'S GET RIGHT TO IT!

THE FIRST THING TO DO IF YOU SUFFER FROM LOCALIZED PHYSICAL PAIN OR DISCOMFORT OR WHEN YOU EXPERIENCE GENERAL MALAISE IS TO CHECK YOUR BREATHING. DETERMINE WHICH NOSTRIL IS MORE OPEN OR ACTIVE, AND WHICH NOSTRIL IS MORE CLOSED OR BLOCKED.

THE BASIC PROTOCOL IS TO INHALE THRU THE ACTIVE OR OPEN NOSTRIL, AND EXHALE THRU THE CLOSED OR CONSTRICTED ONE. KEEP GOING BACK AND FORTH: BREATHING IN THRU THE DOMINANT NOSTRIL AND BREATHING OUT THRU THE CONGESTED ONE. THIS FIRST-LEVEL PRACTICE INVOLVES NO BREATH HOLDING. SIMPLY INHALE THRU THE OPEN NOSTRIL THEN IMMEDIATELY SWITCH AND EXHALE THRU THE BLOCKED ONE. NOW DEPENDING ON YOUR DEGREE OF SKILL, YOU CAN INCORPORATE BREATHING PAUSES OR BREATH HOLDING INTO THE "TREATMENT."

INHALE 4, HOLD 8, EXHALE 12... INHALE 4, HOLD 8, EXHALE 12

A VERY SIMPLE BREATHING PATTERN IS CALLED "MOTHER'S BREATH:"

INHALE 7, HOLD 1, EXHALE 7, HOLD 1... INHALE 7, HOLD 1, EXHALE 7, HOLD 1
INHALE 7, HOLD 1, EXHALE 7, HOLD 1... INHALE 7, HOLD 1, EXHALE 7, HOLD 1

ANOTHER BASIC TECHNIQUE FOR BEGINNERS IS "SQUARE BREATHING:"

INHALE 4, HOLD 4, EXHALE 4, HOLD 4... INHALE 4, HOLD 4, EXHALE 4, HOLD 4
INHALE 4, HOLD 4, EXHALE 4, HOLD 4... INHALE 4, HOLD 4, EXHALE 4, HOLD 4

A MORE ADVANCED PROTOCOL WOULD BE THIS ONE: INHALE 4, HOLD 8, EXHALE 12... INHALE 4, HOLD 8, EXHALE 12

IMPORTANT NOTES:

AS YOU BREATHE, BRING SOFT OPEN ATTENTION TO THE SPECIFIC PART OR AREA OF THE BODY THAT YOU WANT TO "HEAL."

REMEMBER THE GENERAL PRINCIPLE: INFUSE EVERY CELL WITH BREATH, OR IN OTHER WORDS, "SATURATE THE BODY WITH PRANA."

ANOTHER TIP: BY DRAWING THE BELLY BUTTON TOWARD THE SPINE AND "SQUEEZING" ALL THE AIR OUT ON THE EXHALE, YOU CREATE A REFLEXIVE FORCE, WHICH MAKES THE NEXT INHALE EASIER AND FULLER; IT ALSO ALLOWS THE ENERGY TO PENETRATE MORE DEEPLY.

BREATH HOLDING: THIS ALWAYS REFERS TO AND ASSUMES "CONSCIOUS EFFORTLESS RETENTION OF BREATH," WHICH MEANS NO FORCING, STRUGGLING, OR STRAINING WHATSOEVER.

COUNTING: YOU CAN COUNT THE BREATHS IN SECONDS; YOU CAN USE YOUR HEARTBEATS; OR YOU CAN USE ANY EASY, STEADY, COMFORTABLE COUNT.

BASIC POSTURE: SITTING IN A RELAXED POSITION, OR LYING ON YOUR SIDE (CONGESTED NOSTRIL ON THE UP SIDE); EYES CLOSED; ATTENTION DIRECTED INWARD.

POSITION OF THE TONGUE: DRAW YOUR TONGUE BACK SLIGHTLY, KEEP IT RELAXED, AND SEE THAT THE TIP OF THE TONGUE IS NOT MAKING CONTACT WITH ANYTHING ANYWHERE IN THE MOUTH.

DURATION OF PRACTICE: MAINTAIN THE CONTINUOUS ALTERNATE NOSTRIL BREATHING, OR THE ADVANCED EXERCISE (INCORPORATING BREATH-HOLDS) UNTIL THE NOSTRILS ARE EQUALLY OPEN AND BALANCED, OR UNTIL THE PAIN OR DISCOMFORT HAS DISSOLVED.

GOOD LUCK IN YOUR PRACTICE!

LOVE AND BLESSINGS,
DAN BRULE

THE BENEFITS OF *Oil pulling*

by: Laura Weldon

Oil pulling is said to be a powerful means of maintaining good health as well as an effective cure for a variety of ills. This is an ancient technique, first described in 5,000-year-old Ayurvedic texts. The practice is simple. Soon after waking, before eating or brushing your teeth, swish your mouth with a spoonful of high quality oil in order to "pull" bacteria, parasites and other toxins from your teeth and mucus membranes.

Deepak Chopra promotes the practice in his 2001 book, *Perfect Health*. Chopra notes that oil pulling is one of many Ayurvedic techniques valuable for purifying and strengthening the body. According to Ayurveda, organ meridians are present in the tongue just as they are in key points such as the hands, feet and ears. That makes the tongue integral for diagnosis, and care of the tongue important in preventing and treating illness.

The ancient practice of oil pulling makes sense in another way. As oil is swished back and forth before being spit out, the mouth's mucous membranes and large veins on the underside of the tongue are likely to absorb vital nutrients from the oil. Sesame oil, one of the oils traditionally recommended for this practice, has antiviral and anti-inflammatory properties. It is rich in omega-3 fatty acids. Plus it offers iron, calcium, magnesium, copper and phosphorus and vitamins A, B and E.

The practice of oil pulling has been shown effective at removing bacteria in the mouth. A two-week study at Meenakshi Ammal Dental College and Hospital in Chennai, India found that two weeks of oil pulling caused a significant reduction in *Streptococcus mutans* count, reduced plaque and modified gingival index scores

Adherents of oil pulling claim that the practice does more than improve dental health. There's anecdotal evidence for improvements in joint pain and arthritis, migraines and sinus infections, skin disorders such as eczema and persistent rashes, allergies, digestive problems, and more.

Oil Pulling Instructions

Soon after waking (before eating, drinking or brushing your teeth) take up to a tablespoon of oil. Tradition prescribes cold pressed sesame or sunflower oil. Many people have found good results with other high quality cold pressed oils such as coconut oil, flaxseed oil, walnut oil, olive oil or grapeseed oil. You may want to experiment to find the right one for you.

Swish the oil back and forth, pulling it through your teeth and around all surfaces of your mouth. Ideally you should do this for 10 to 20 minutes. Chances are good that it will take a few days to adjust to this procedure. You may need to spit the oil out after only a few minutes when you start. The oil will mix with your saliva, becoming thin and white. It's said that when it becomes white, this is an indicator that it has "pulled" toxins, and you can spit it out.

Don't swallow the oil. It's best to avoid spitting the oil in your sink on a regular basis. Flush it down the toilet. Or you might develop the habit of spitting in a container where you collect compost.

After spitting, some say it's best to rinse your mouth well with warm salt water. Others suggest brushing your teeth with baking soda or natural toothpaste. It's generally agreed that you need to drink a glass or two of water after clearing your mouth by one or other of these methods.

DURIAN

The Healing King Fruits

by: Sheryl Walters

Durian is a little known fruit from Asia that has an extremely pungent smell and an amazingly sweet taste. The smell of the durian fruit is so bad that many hotels in the areas where durian grows will not allow their guests to have the fruit in their rooms. But those who brave the smell are quickly won over by its beautiful taste and amazing health benefits.



Unlike most fruits the durian is left to fall from the tree as this is a sign that it is ripe to eat. People in the local villages of South East Asia, where the durian is most common, call it "The King of Fruits," and they will clear the floor under the trees near to harvest time and then camp near them for up to two months just to make sure they get the fruit at its peak. This is a truly exceptional and healing fruit.

Health Benefits of Durian

Traditionally the durian fruit was seen as a powerful aphrodisiac, while women would eat the ashes from burnt durian skins to help them recover after child birth. But concoctions made from the leaves of the durian tree were also used to help reduce swelling and cure skin disease. More recently nutritionists have claimed that the durian fruit can help lower cholesterol and cleanse the blood as well as cure jaundice and alleviate fevers.

Experts even say that you can rid yourself of yeast infections such as thrush through eating the durian fruit. This is because of the durian's high iron content that helps the white blood cells in our body make specific chemicals that kill off the infection.

The durian is also packed with amino acids as well as Vitamins B, C and E and many people are even comparing the sweet custard like centre of the durian fruit to the goji berry for its high levels of anti oxidants. These anti oxidants help slow down the destruction of cells from free radicals such as pollution and smoking; in doing so, they decrease the effects of aging on the skin giving you a younger more refreshed look.

Among the amino acids found inside the durian is tryptophan. Tryptophan is essential for making and maintaining serotonin levels in the body. Serotonin is the hormone in the body that regulates our happiness. People with low serotonin levels tend to have short tempers, are often moody and suffer from depression. This means that not only will eating the durian fruit help keep your body running smoothly but it will also increase your general happiness and wellbeing.

Got *Beetroot* **Smoothie?**

Beets contain carbohydrates, protein, powerful antioxidants and soluble fibre. What's more, just three baby beetroot equal one of your recommended five portions of fruit and vegetables a day.



T.J

Hip-Hop Artist

NATURAW

HIMALAYAN SALT BATHS

FOR HEALING, DISINFECTION, AND RE-ENERGIZING

BY STEPHANIE LUCAS

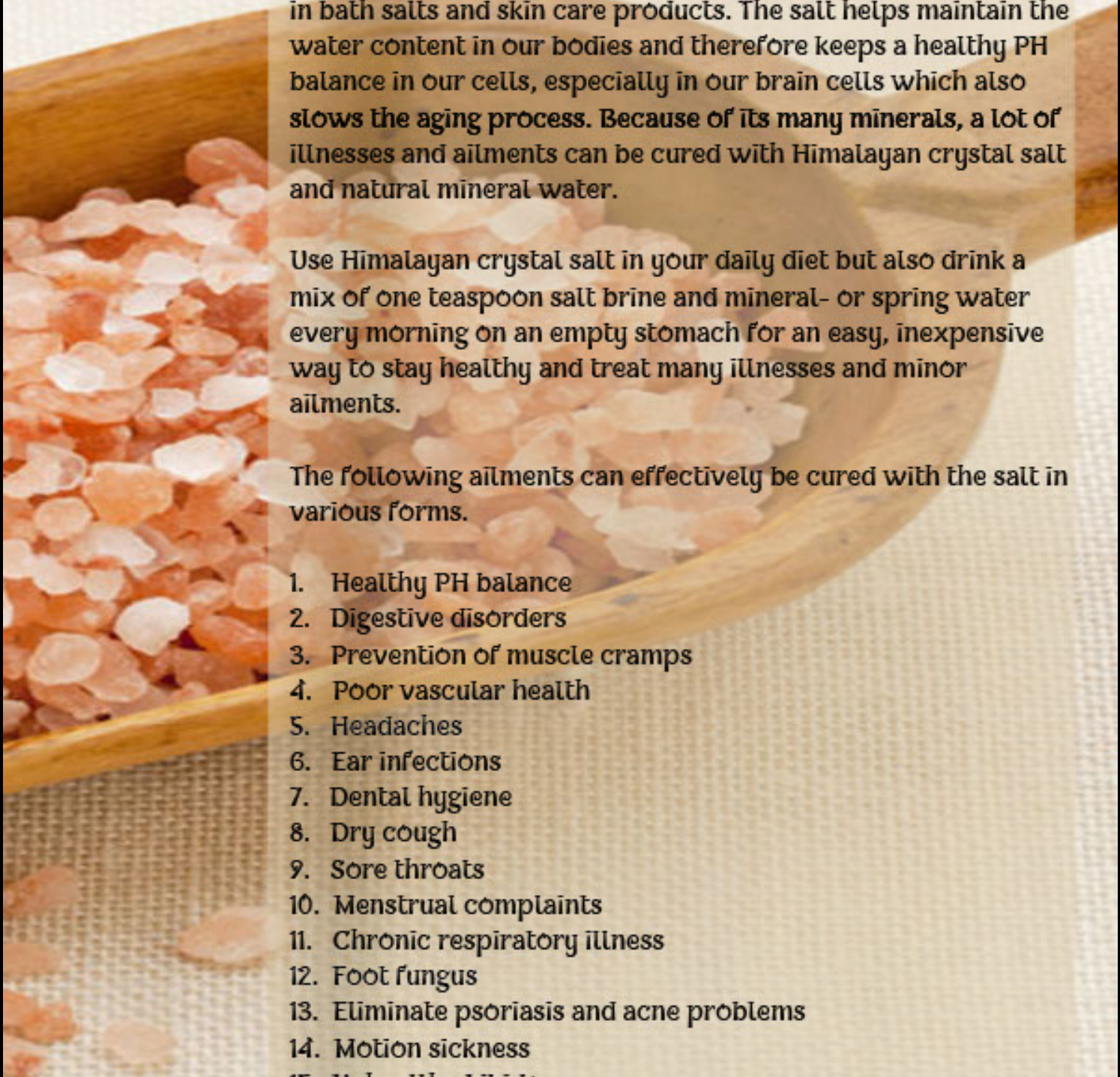
When salt and water combine, they begin to hydrolyze and the geometrical structure of salt begins to change as the positive ions of the salt envelop the water molecule's positive ions. The result frees the biophotons stored in the Himalayan salt creating pure hydration energy. Soaking in such a salt bath allows this energy and more than 80 minerals to penetrate your skin to stimulate natural cell growth and regeneration. Any bio-energetic weak areas become balanced, which will activate your body's energy flow.

Health Benefits of Himalayan Salt Baths

Your skin is the body's largest organ, and its condition can tell you quite a bit about what's happening inside your body's organs. Skin conditions are often the result of an internal system breakdown, and many holistic practitioners utilize the benefits of Himalayan Salt baths to alleviate several internal and external skin and health conditions. Some include:

- ☒ Skin diseases like eczema, psoriasis, and acne
- ☒ Irritations from poison ivy, oak, or sumac
- ☒ Rheumatism and arthritic conditions
- ☒ Gynecological issues
- ☒ Post-operative healing
- ☒ Injuries and sprains
- ☒ Insect bites and blisters
- ☒ Fungal conditions
- ☒ Detoxification

The detoxification process that occurs during a 30 minute salt bath is thought to be the equivalent of a three day fast! Because of its extreme efficacy, salt baths can be rather taxing on the body and should only be taken when you can spend the rest of the day relaxing. Demanding on the circulatory system, those with heart or circulation issues should consult with a physician before indulging in salt baths.



Himalayan crystal salt is pure, fresh, unpolluted and has no impurities whatsoever. For thousands of years salt was used as a universal remedy. Today, we see return to natural methods of healing and caring for our bodies. Crystal salt can be found in bath salts and skin care products. The salt helps maintain the water content in our bodies and therefore keeps a healthy PH balance in our cells, especially in our brain cells which also slows the aging process. Because of its many minerals, a lot of illnesses and ailments can be cured with Himalayan crystal salt and natural mineral water.

Use Himalayan crystal salt in your daily diet but also drink a mix of one teaspoon salt brine and mineral- or spring water every morning on an empty stomach for an easy, inexpensive way to stay healthy and treat many illnesses and minor ailments.

The following ailments can effectively be cured with the salt in various forms.

1. Healthy PH balance
2. Digestive disorders
3. Prevention of muscle cramps
4. Poor vascular health
5. Headaches
6. Ear infections
7. Dental hygiene
8. Dry cough
9. Sore throats
10. Menstrual complaints
11. Chronic respiratory illness
12. Foot fungus
13. Eliminate psoriasis and acne problems
14. Motion sickness
15. Unhealthy Libido
16. Lack of bone strength
17. Abnormal blood sugar. Fights diabetes

NATURAL HOMEMADE SUBSTITUTES FOR CONVENTIONAL BEAUTY PRODUCTS

KATIE - WELLNESS MAMA

Outer beauty is at least partially a reflection of inner health and a healthy, well-nourished body will shine with great skin, silky hair and bright eyes. It seems ironic then, that most "beauty" products contain chemicals that are so dangerous to the skin. Take for instance, **Apricot Scrub by St. Ives**, my former beauty product of choice. I checked it out on The Cosmetics Database and found that it ranks 9 out of 10 for containing hazardous chemicals... and it is marketed as being natural!!! Fortunately, there are natural alternatives to conventional beauty products that work great. A healthy diet and good exercise plan also go a long way! These natural alternatives are also less expensive in most cases, and work so well, I'm never going back.

-1-

Natural Substitutes for Deodorant and Antiperspirant

Antiperspirant and deodorant products are some of the worst offenders when it comes to beauty products. There have been recent reports of links between these products and much higher rates of breast cancer, and doctors report that those who get breast cancer are most likely to get a tumor in the area closest to the armpit. Antiperspirants, by sealing in moisture, are the worst. Besides putting aluminum in your body, they prevent perspiration, which is the body's natural way to eliminate toxins.

Natural Alternatives: Baking soda by itself is actually an incredibly effective natural deodorant, though it can be messy if you are wearing a dark color. Mixing baking soda with equal part coconut oil is a cleaner option and since coconut oil is naturally antibacterial and anti fungal, it is great at preventing odor. You can also buy natural alternatives, but look out for any containing aluminum of any kind, and check yours in the cosmetic database before buying.



Himalaya crystal salt are great deodorants and contain antibacterial qualities

-2-

Natural Substitutes for Lotion

Lotion is another top offender for beauty products. The skin is the biggest organ in the body, and many chemicals can be absorbed by the skin and stored in fat tissue. This is especially a concern for pregnant women, as these chemicals can be passed to a baby through the placenta.

Natural Substitutes: The best natural lotion I have found so far is just pure organic Coconut Oil. It is able to penetrate the skin and the medium chain fatty acids help with wrinkles, dry skin, and other skin problems and since it is naturally antibacterial, it won't cause breakouts. There are also countless ways to combine coconut oil with other oils, butters, essential oils and herbs to create solutions for your specific skin. See my lotion and lotion bars!



Natural lotion, pure organic Coconut Oil.

<http://wellnessmama.com/>

Natural Substitutes for Teeth Whiteners

Most teeth whiteners contain high levels of peroxide and other chemicals. While these aren't a necessary beauty product, white teeth make you look younger and healthier. The best treatment is a healthy diet, but some natural options can help speed up the teeth whitening process.

Natural Substitutions: Save the money on expensive commercial whitening and avoid the dangerous chemicals by using pure baking soda on a toothbrush. Brush lightly in small circles for five minutes before regular brushing once to twice a week. Alternatively, rub fresh strawberries on the gums or mix mashed strawberries and baking soda and wear in mouth tray for 30 minutes once a week. I was shocked to find that both of these actually work and make your teeth feel great (no chemical aftertaste or lingering sensitivity).

To sum all that up: you basically need coconut oil, baking soda and apple cider vinegar. These three products do wonders as natural beauty products and are also used in natural cooking and cleaning recipes. They truly are so healthy you could (and should) eat them.

Natural Substitutes for Hair Spray

Another product that makes the top ten list of dangerous products, hair sprays (especially aerosol) put chemicals into the air and consequently into your lungs and skin. Most contain substances that have been linked to cancer or disease and they can, after time, cause chemical sensitivities. **Willing to try some natural options?**

Natural Substitutes: Many people swear by juicing a lemon and mixing with a couple cups of water in a spray bottle. It works, but has to be stored in the fridge. I prefer mixing a cup of boiling water with 1-4 teaspoons of sugar (depending on the level of hold you want). Stir and let sugar dissolve completely and pour into a fine mister bottle. This will hold hair and make it shine. For difficult hair, let first application dry and apply another application.

Natural Substitutes for Toothpaste

Almost all conventional toothpastes contain fluoride, which have been linked to thyroid disease and cancer. Most also have sugar, which seems counter-intuitive for a product designed to prevent cavities. Fortunately, companies are catching on to consumers being more aware of this, and are finally presenting fluoride free natural options. At our house, we opt for a natural alternative that is easy to make and inexpensive (and keeps us from getting cavities)

Natural Alternatives: Mix baking soda and peppermint liquid castille soap to make a thick paste. Squeeze or scoop onto toothbrush and brush as normal. This has a slightly salty minty taste and also a natural whitening effect. Some people use pure baking soda, which works great, but is a little bitter/salty for me. **Take a look at our natural recipe and our natural squeezable toothpaste!**

Natural Substitutes for Facial Toner

Though toners don't contain as high of levels as other beauty products (typically), I wanted to include this one because there is a natural option that outperforms conventional products by far and makes people look a lot younger. **Natural Substitute:** Organic Apple Cider Vinegar with the Mother rubbed on freshly clean face (dilute with water! A teaspoon per half cup of water is a good ratio...). The vinegar scent fades as soon as it dries, and a few drops of essential oil in a few ounces of apple cider vinegar really helps the smell. Apple cider vinegar tightens, brightens and freshens the skin and prevents dry skin and breakouts. It is also great to have on hand for heartburn, yeast overgrowth and other common complaints.

<http://wellnessmama.com>





Dear Nomi

I love your cookbook, *The Raw Gourmet*. How can I use it to feed my 5 year old daughter and 19 month old son? A few weeks ago I radically stopped giving my daughter bread that she loved and ate so much. Now I am teaching her to eat vegetables. She now eats potatoes, rice or quinoa cooked, carrots steamed, broccoli, lettuce, cucumber, avocado, alfalfa and fennel. Can you help me make a weekly plan so that the meals can be varied. My baby has breast milk and likes to eat fruit. In the evening he wants to eat vegetables. He eats avocado and tomato but now he wants other vegetables. What can I give him. Nomi, every day I ask myself what will I give my children to eat. I would like this to come natural to me. Please help me!

from Julie in the Netherlands

Dear Julie

The answer changes every day as your children mature and as you experiment more and more with healthy raw foods. In many ways you are doing very well with the children. Of course, I am sure that by now you realize that never introducing them to bread would have been easier and healthier, but I must congratulate you on weaning your daughter off that harmful substance when you realized it was not good for her. Wheat (and gluten) based products are very harmful to many people, unfortunately the symptoms can be very subtle and it can be quite hard to recognize that wheat is the culprit. In the US it is estimated that one out every 100 people have some sort of gluten or wheat intolerance.

Mothers of young babies have been conditioned to look to their Doctor to tell them what to feed their child. I think that the first thing you need to do is trust your own instincts and not that of a physician who probably spent less than 40 hours studying nutrition while in Medical school, and probably knows nothing of the miracles of raw food.

You ask me what to feed your 19 month old. Once a child has teeth, they are able to eat the same food that you do. Perhaps pureed, or grated, or cut up into little pieces, but commercial baby food is not in order here. At his age, he is no doubt happily putting bits of food into his own mouth. Other than nuts, which can be a choking hazard to very young children, there is no reason why you can't adapt your raw diet for the whole family. If you are eating a salad, why can't they? Or, put the ingredients in a blender and serve it to them as soup.

Keep in mind that your children need calories and good fat, as we all do of course, but they are growing and very active so you need to keep the caloric level up. Do not restrict good fats like: young coconuts, flax seed oil, ground flax seeds, olive oil, avocados, almond butter, tahini (raw sesame seed butter), etc.

In the morning a raw pudding or smoothie would be a nice way to start the day. Add in some tahini as in my Vanilla Bliss recipe in the book (water, frozen bananas, and tahini), or add tahini or almond butter to puddings (try banana, papaya and tahini, or plain banana and avocado blended together). I especially like tahini for young children as it is highly digestible, contains good fat, is high in protein and calcium and is not very expensive.

Snacks are very important as children can not eat a great deal at one sitting. Offer them fruit, perhaps pieces of an apple dipped in nut butter, dehydrated flax crackers, (if they can chew them thoroughly) whatever you have in the house that appeals to them.

When first starting a baby on solid food, at perhaps one year or so of age, it is a good idea to introduce one food at a time. A week or ten days is long enough to be sure they are not having an adverse reaction to the new food. Some parents choose to begin a child earlier, at perhaps 6 or 9 months with well strained carrot juice, or some juiced greens. For teething discomfort, gnawing at a large chunk of cool cucumber can be a real comfort. When ready to introduce solid food, applesauce, or any fruit pureed in the blender would be a good choice. Likewise blended vegetables. When more teeth come in, graduate to chunkier food, and finally bits of food for them to feed themselves. This is really not unlike conventional advice, based on common sense, only with all raw foods. One mistake many new parents make is rushing into feeding solid food. In most cases, if breastfeeding, one full year on breast milk only is a great beginning



CREATING HEALTHY CHILDREN

..... Continues

If you follow common sense guidelines and offer your child anything you would eat prepared in ways suitable for his age, you will have a child who is willing to eat a large variety of fresh seasonal foods. Maybe by the time he or she reaches school age, if they are given a Twinkie by a playmate, they will taste it for what it is, a bunch of chemicals, and spit it out!

For parents who don't feel completely confident about choosing foods for their very young child, I recommend following the guidelines of a good pediatrician, in my day it was Dr. Spock (not the guy from Star Wars a well-known pediatrician who wrote many books about child raising.) Just make the food raw. For example, if the 'book' says OK baby is ready for peaches and plums, just skin and pit them, puree in blender, feed fresh, freeze the rest in ice cube trays. Breast milk provides all the protein a baby needs.

<http://rawgourmet.com/ask-nomi/feeding-young-children-raw-foods>

NATU  RAW
ORGANIC *W*HOLISTIC NUTRITION

THE KIND OF LIFE

Fruit Ice Pops

Ingredients:

- 2 cups kiwi
- 2 cups mango
- 2 cups strawberry

Take each of the above fruits and blend them with a little bit of water (1/4 cup each about), until you have a “fruit paste”. Next, take your ice pop moulds and layer each fruit, starting with kiwi, then mango, then strawberry, or in whichever combination you please!

Let the ice pops sit in the freezer for an hour or two and serve!





BIO-MASS ENERGY

ONE OF THE ADVANTAGES OF BIOMASS FUEL IS THAT IT IS OFTEN A BY-PRODUCT, RESIDUE OR WASTE-PRODUCT OF OTHER PROCESSES, SUCH AS FARMING, ANIMAL HUSBANDRY AND FORESTRY.[1] IN THEORY THIS MEANS THERE IS NO COMPETITION BETWEEN FUEL AND FOOD PRODUCTION, ALTHOUGH THIS IS NOT ALWAYS THE CASE.[1]

BIOMASS IS THE MATERIAL DERIVED FROM RECENTLY LIVING ORGANISMS, WHICH INCLUDES PLANTS, ANIMALS AND THEIR BYPRODUCTS.[3] MANURE, GARDEN WASTE AND DROP RESIDUES ARE ALL SOURCES OF BIOMASS. IT IS A RENEWABLE ENERGY SOURCE BASED ON THE CARBON CYCLE, UNLIKE OTHER NATURAL RESOURCES SUCH AS PETROLEUM, COAL, AND NUCLEAR FUELS. ANOTHER SOURCE INCLUDES ANIMAL WASTE, WHICH IS A PERSISTENT AND UNAVOIDABLE POLLUTANT PRODUCED PRIMARILY BY THE ANIMALS HOUSED IN INDUSTRIAL-SIZED FARMS.

THERE ARE ALSO AGRICULTURAL PRODUCTS SPECIFICALLY BEING GROWN FOR BIOFUEL PRODUCTION. THESE INCLUDE CORN, AND SOYBEANS AND TO SOME EXTENT WILLOW AND SWITCHGRASS ON A PRE-COMMERCIAL RESEARCH LEVEL, PRIMARILY IN THE UNITED STATES; RAPESEED, WHEAT, SUGAR BEET, AND WILLOW (15,000 HA IN SWEDEN) PRIMARILY IN EUROPE; SUGARCANE IN BRAZIL; PALM OIL AND MISCANTHUS IN SOUTHEAST ASIA; BORGHUM AND CASAVA IN CHINA; AND JATROPHA IN INDIA. HEMP HAS ALSO BEEN PROVEN TO WORK AS A BIOFUEL. BIODEGRADABLE OUTPUTS FROM INDUSTRY, AGRICULTURE, FORESTRY AND HOUSEHOLDS CAN BE USED FOR BIOFUEL PRODUCTION, USING E.G. ANAEROBIC DIGESTION TO PRODUCE BIOGAS, GASIFICATION TO PRODUCE SYNGAS OR BY DIRECT COMBUSTION. EXAMPLES OF BIODEGRADABLE WASTES INCLUDE STRAW, TIMBER, MANURE, RICE HUSKS, SEWAGE, AND FOOD WASTE. THE USE OF BIOMASS FUELS CAN THEREFORE CONTRIBUTE TO WASTE MANAGEMENT AS WELL AS FUEL SECURITY AND HELP TO PREVENT OR SLOW DOWN CLIMATE CHANGE, ALTHOUGH ALONE THEY ARE NOT A COMPREHENSIVE SOLUTION TO THESE PROBLEMS.

BIOMASS CAN BE CONVERTED TO OTHER USABLE FORMS OF ENERGY LIKE METHANE GAS OR TRANSPORTATION FUELS LIKE ETHANOL AND BIODIESEL. ROTTING GARBAGE, AND AGRICULTURAL AND HUMAN WASTE, ALL RELEASE METHANE GAS—ALSO CALLED "LANDFILL GAS" OR "BIOGAS." CROPS, SUCH AS CORN AND SUGAR CANE, CAN BE FERMENTED TO PRODUCE THE TRANSPORTATION FUEL, ETHANOL. BIODIESEL, ANOTHER TRANSPORTATION FUEL, CAN BE PRODUCED FROM LEFT-OVER FOOD PRODUCTS LIKE VEGETABLE OILS AND ANIMAL FATS. ALSO, BIOMASS TO LIQUIDS (BTLs) AND CELLULOSE ETHANOL ARE STILL UNDER RESEARCH.

ELECTRICITY GENERATION FROM BIOMASS

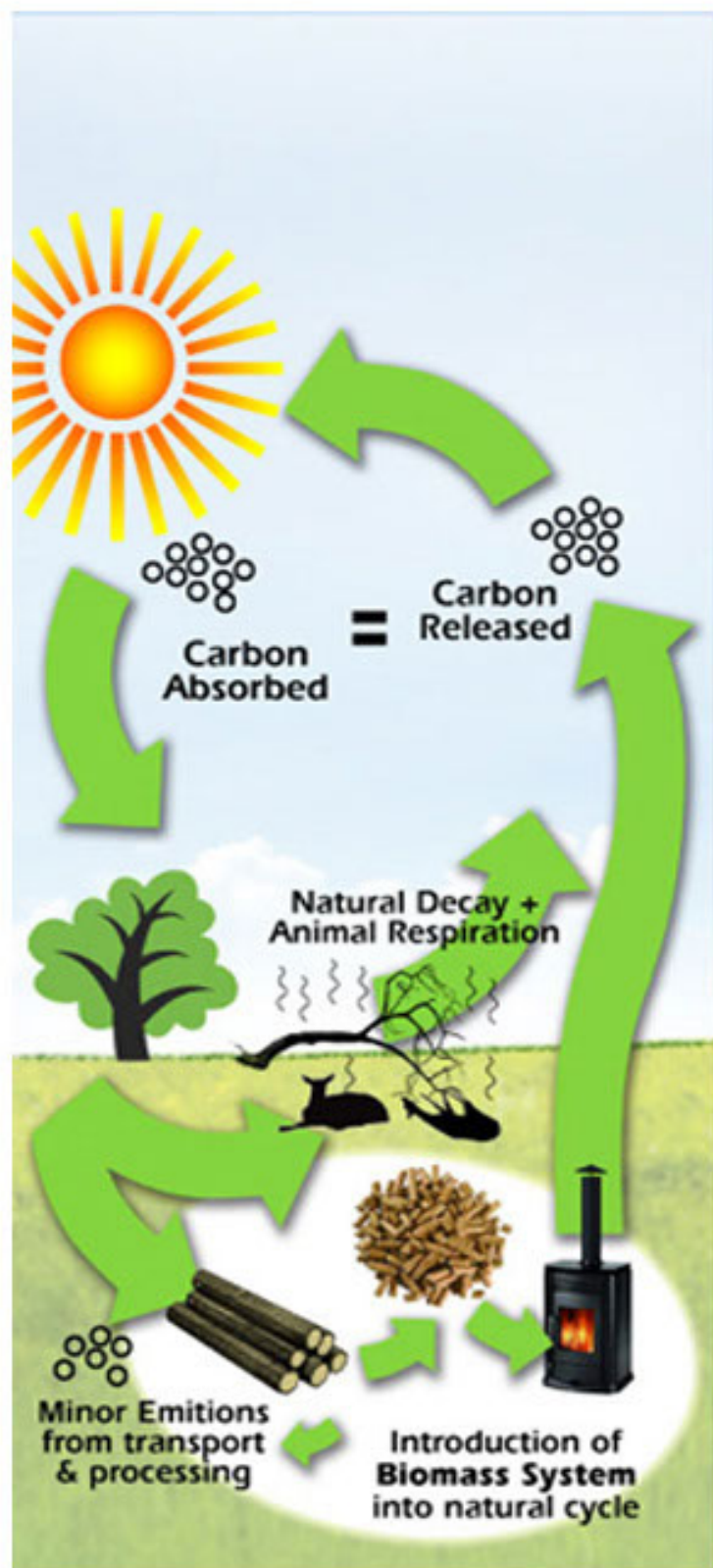
THE BIOMASS USED FOR ELECTRICITY PRODUCTION RANGES BY REGION.[1] FOREST BY PRODUCTS, SUCH AS WOOD RESIDUES, ARE POPULAR IN THE UNITED STATES.[1] AGRICULTURAL WASTE IS COMMON IN MAURITIUS (SUGAR CANE RESIDUE) AND SOUTHEAST ASIA (RICE HUSKS).[1] ANIMAL HUSBANDRY RESIDUES, SUCH AS POULTRY LITTER, IS POPULAR IN THE UK.[1] ELECTRICITY FROM SUGARCANE BAGASSE IN BRAZIL[EDIT]

SUGAR CANE ACCOUNTS FOR LITTLE MORE THAN 30% OF THE CHEMICAL ENERGY STORED IN THE MATURE PLANT; 35% IS IN THE LEAVES AND STEM TIPS, WHICH ARE LEFT IN THE FIELDS DURING HARVEST, AND 35% ARE IN THE FIBROUS MATERIAL (BAGASSE) LEFT OVER FROM PRESSING.

THE PRODUCTION PROCESS OF SUGAR AND ETHANOL IN BRAZIL TAKES FULL ADVANTAGE OF THE ENERGY STORED IN SUGARCANE. PART OF THE BAGASSE IS CURRENTLY BURNED AT THE MILL TO PROVIDE HEAT FOR DISTILLATION AND ELECTRICITY TO RUN THE MACHINERY. THIS ALLOWS ETHANOL PLANTS TO BE ENERGETICALLY SELF-SUFFICIENT AND EVEN SELL SURPLUS ELECTRICITY TO UTILITIES; CURRENT PRODUCTION IS 600 MW FOR SELF-USE AND 100 MW FOR SALE. THIS SECONDARY ACTIVITY IS EXPECTED TO BOOM NOW THAT UTILITIES HAVE BEEN INDUCED TO PAY "FAIR PRICE" (ABOUT US\$10/GJ OR US\$0.036/kWh) FOR 10 YEAR CONTRACTS. THIS IS APPROXIMATELY HALF OF WHAT THE WORLD BANK CONSIDERS THE REFERENCE PRICE FOR INVESTING IN SIMILAR PROJECTS (SEE BELOW). THE ENERGY IS ESPECIALLY VALUABLE TO UTILITIES BECAUSE IT IS PRODUCED MAINLY IN THE DRY SEASON WHEN HYDROELECTRIC DAMS ARE RUNNING LOW. ESTIMATES OF POTENTIAL POWER GENERATION FROM BAGASSE RANGE FROM 1,000 TO 9,000 MW, DEPENDING ON TECHNOLOGY. HIGHER ESTIMATES ASSUME GASIFICATION OF BIOMASS, REPLACEMENT OF CURRENT LOW-PRESSURE STEAM BOILERS AND TURBINES BY HIGH-PRESSURE ONES, AND USE OF HARVEST TRASH CURRENTLY LEFT BEHIND IN THE FIELDS. FOR COMPARISON, BRAZIL'S ANGRA 1 NUCLEAR PLANT GENERATES 657 MW.

PRESENTLY, IT IS ECONOMICALLY VIABLE TO EXTRACT ABOUT 288 MJ OF ELECTRICITY FROM THE RESIDUES OF ONE TONNE OF SUGARCANE, OF WHICH ABOUT 180 MJ ARE USED IN THE PLANT ITSELF. THUS A MEDIUM-SIZE DISTILLERY PROCESSING 1 MILLION TONNES OF SUGARCANE PER YEAR COULD SELL ABOUT 5 MW OF SURPLUS ELECTRICITY. AT CURRENT PRICES, IT WOULD EARN US\$ 18 MILLION FROM SUGAR AND ETHANOL SALES, AND ABOUT US\$ 1 MILLION FROM SURPLUS ELECTRICITY SALES. WITH ADVANCED BOILER AND TURBINE TECHNOLOGY, THE ELECTRICITY YIELD COULD BE INCREASED TO 648 MJ PER TONNE OF SUGARCANE, BUT CURRENT ELECTRICITY PRICES DO NOT JUSTIFY THE NECESSARY INVESTMENT. (ACCORDING TO ONE REPORT, THE WORLD BANK WOULD ONLY FINANCE INVESTMENTS IN BAGASSE POWER GENERATION IF THE PRICE WERE AT LEAST US\$19/GJ OR US\$0.068/kWh.)

BIO-MASS ENERGY



BAGASSE BURNING IS ENVIRONMENTALLY FRIENDLY COMPARED TO OTHER FUELS LIKE OIL AND COAL. ITS ASH CONTENT IS ONLY 2.5% (AGAINST 30-50% OF COAL), AND IT CONTAINS VERY LITTLE SULFUR. SINCE IT BURNS AT RELATIVELY LOW TEMPERATURES, IT PRODUCES LITTLE NITROUS OXIDES. MOREOVER, BAGASSE IS BEING SOLD FOR USE AS A FUEL (REPLACING HEAVY FUEL OIL) IN VARIOUS INDUSTRIES, INCLUDING CITRUS JUICE CONCENTRATE, VEGETABLE OIL, CERAMICS, AND TYRE RECYCLING. THE STATE OF SÃO PAULO ALONE USED 2 MILLION TONNES, SAVING ABOUT US\$ 35 MILLION IN FUEL OIL IMPORTS.

RESEARCHERS WORKING WITH CELLULOSIC ETHANOL ARE TRYING TO MAKE THE EXTRACTION OF ETHANOL FROM SUGARCANE BAGASSE AND OTHER PLANTS VIABLE ON AN INDUSTRIAL SCALE. ENVIRONMENTAL IMPACT[EDIT]

SOME FORMS OF FOREST BIOENERGY HAVE RECENTLY COME UNDER FIRE FROM A NUMBER OF ENVIRONMENTAL ORGANIZATIONS, INCLUDING GREENPEACE AND THE NATURAL RESOURCES DEFENSE COUNCIL, FOR THE HARMFUL IMPACT THEY CAN HAVE ON FORESTS AND THE CLIMATE. GREENPEACE RECENTLY RELEASED A REPORT ENTITLED FUELLING A BIOMESS WHICH OUTLINES THEIR CONCERNS AROUND FOREST BIOENERGY. BECAUSE ANY PART OF THE TREE CAN BE BURNED, THE HARVESTING OF TREES FOR ENERGY PRODUCTION ENCOURAGES WHOLE-TREE HARVESTING, WHICH REMOVES MORE NUTRIENTS AND SOIL COVER THAN REGULAR HARVESTING, AND CAN BE HARMFUL TO THE LONG-TERM HEALTH OF THE FOREST. IN SOME JURISDICTIONS, FOREST BIOMASS IS INCREASINGLY CONSISTING OF ELEMENTS ESSENTIAL TO FUNCTIONING FOREST ECOSYSTEMS, INCLUDING STANDING TREES, NATURALLY DISTURBED FORESTS AND REMAINS OF TRADITIONAL LOGGING OPERATIONS THAT WERE PREVIOUSLY LEFT IN THE FOREST. ENVIRONMENTAL GROUPS ALSO CITE RECENT SCIENTIFIC RESEARCH WHICH HAS FOUND THAT IT CAN TAKE MANY DECADES FOR THE CARBON RELEASED BY BURNING BIOMASS TO BE RECAPTURED BY REGROWING TREES, AND EVEN LONGER IN LOW PRODUCTIVITY AREAS; FURTHERMORE, LOGGING OPERATIONS MAY DISTURB FOREST SOILS AND CAUSE THEM TO RELEASE STORED CARBON. IN LIGHT OF THE PRESSING NEED TO REDUCE GREENHOUSE GAS EMISSIONS IN THE SHORT TERM IN ORDER TO MITIGATE THE EFFECTS OF CLIMATE CHANGE, A NUMBER OF ENVIRONMENTAL GROUPS ARE OPPOSING THE LARGE-SCALE USE OF FOREST BIOMASS IN ENERGY PRODUCTION.[4][5]



Prevent & Get Rid of Fleas on Dogs

I share my life with many four-legged friends, owning 2 dogs and fostering at least 2 others at any given time. My canine companions make up a huge part of my life so, naturally, I want to care for them...naturally. Like human medications popular dog medications, such as flea and tick preventatives, are full of strange chemicals that could have potentially harmful side effects. If you have little ones running around the house, you don't want them getting into the medication or touching the dog after it's applied. Since I foster and have rescues coming in from all kinds of places, I have to be up on the flea care year round. Instead of constantly applying synthetic repellents, there are natural substitutes I can turn to that can help keep the little beasties at bay.

Why the ingredients: The essential oils/ingredients used here are all natural insecticide/pesticides, shown to either kill or deter the pests due to their various compounds/naturally occurring chemicals. Indeed, many of them are found in commercial flea/tick preventative.

Flea bath

wash your pup with this weekly to deter fleas.

You will need...

- A half a cup of freshly squeezed lemon juice*
- 1 ½ - 2 cups of fresh water
- 1/4 -1/2 cup of mild pet-friendly soap or shampoo

Directions

Stir together a half a cup of lemon juice, 1 ½ cups of water, and ¼ cup of mild pet-friendly shampoo or soap.

Bottle and label and bathe weekly to keep fleas away.

*amounts will vary depending on the size of your dog. As a general rule of thumb, use 2 parts water to every ½ cup of soap and lemon juice.

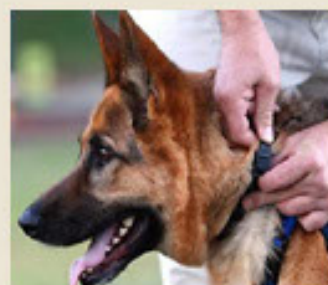


Flea collar

A flea collar is a great way to ward off fleas without always having to reapply something topically, and it keeps the flea control constant and steady.

You will need...

- 3-5 drops of cedar oil or lavender oil
- 1-3 tablespoons of water
- Bandana OR your dog's collar
- an eyedropper (optional)



Directions

Dilute 2-3 drops of your chosen oil in 1-3 tablespoons of water. Some people use the oil undiluted, but I personally feel it should always be diluted, even if it's only by a little. Next, pick out a bandana to be the flea collar-I think a bandana is preferable because you can take it on and off and your dog's collar won't smell. It's always fun to get creative with patterns and colors here. If you go up to ½ teaspoon you can use up to 5 drops of the liquid. Using an eyedropper or other similar means, apply 5-10 drops of the mixture to the bandana and rub the sides of the fabric together, and then tie it about your dog's neck in a snazzy way. Reapply oil mixture to the collar once a week. In conjunction with this, 1 or 2 drops of oil diluted with at least 1 tablespoon of olive oil can be placed at the base of your dog's tail.

Flea deterring drink-

can be used alongside any of these remedies.

You will need...

- 1 teaspoon white distilled vinegar or apple cider vinegar

Directions

For every 40 pound dog add 1 teaspoon of white distilled vinegar or apple cider vinegar to 1 quart of their drinking water. We highly recommend using Braggs Apple Cider Vinegar. Not only does it deter fleas, it improves a pup's skin and coat condition from the inside-out.