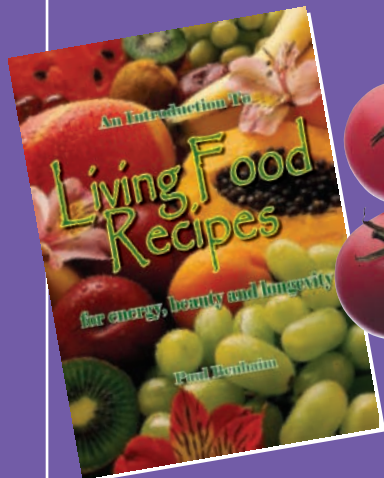


Yummy ways to eat raw

Paul Benhaim is author of *Healthy Eating Made Possible, A Modern Introduction to Hemp* and his newest publication *Living Food Recipes for energy, beauty and longevity* – books focusing on the need for high quality Essential Fatty Acids in the diet.

Paul offers one-to-one Gourmet Raw Food lessons throughout the country and runs regular Living Food Retreats near his home in Byron Bay, NSW. He also lectures nationally and overseas.



"Various celebrities have shone the light on the value of a 'living food' diet. Living food basically advocates the sole use of fruits, vegetables, sprouted seeds and nuts processed in specific ways (no cooking or additives). This type of eating can sound pretty limited but Paul has shown that with the use of a blender and dehydrator you can create absolutely delicious meals such as Thai curry, butternut noodles, lasagna even chocolate cake."

Donna Duggan
Editor - Well Being

"If you are serious about profoundly improving your lifestyle by learning to prepare simple yet very tasty meals, read this book! It is a clear, concise, entertaining and informative guide to greater health, and living with a smaller ecological footprint."

Sapoty Brook, B.Sc. B.Eng. M.Sc.,
Author of Eco-eating

Paul Benhaim books available at all Mrs Flannery's stores.

WHY EAT RAW?

Excerpts from an article by David Wolfe
www.davidwolfe.com

Many have spent lifetimes wondering what caused humanity's 'fall from grace.' Why is civilization out of balance with Nature?

Those who follow a balanced, thoughtful raw-food diet believe that they have found the major piece of the answer to humanity's obvious disconnection with Nature. A multi-faceted collection of scientists, spiritual leaders, researchers, and grassroots raw-food enthusiasts, have come to understand through experience, that the great change in human life occurred after humans discovered fire, and then began cooking food.

The obvious separation created by putting fire between our food and our mouth, the use of massive resources to create today's cooked-food culture with its billions of kitchens and restaurants, the construction of factories and shops all churning out cooked and processed foods, the packaging and wrappers involved in the whole cooked-food process, and the lack of life energy in cooked food, are all major contributing factors in humanity's fall from paradise. Subconsciously, we know this, as our picture of paradise usually involves sun, beaches, mangoes, and coconuts; not gloomy cities, restaurants, and a cooked dinner.

All animals living in the wild eat their food raw and, almost always, fresh. Raw is Nature's First Law. Only humans and domesticated animals eat cooked and processed foods.

The cooking and processing of foods has become so common that most of us do not even question it. The assumption that cooked and processed foods are as good as raw foods is just an assumption. Most people do not know for sure, because they have never tried a balanced raw-food approach. Einstein once said: "The essential is to get rid of deeply rooted prejudices, which we often repeat without examining them."

Here is a visual experiment to consider: Feed a tribe of gorillas a diet of coffee,

donuts, and other processed human foods for a few years. Let us watch what happens.

What is it that constitutes the basis of human nourishment? Is it refined sugar flowing out of the roaring jaws of factories? Is it cooked and processed foods containing dyes, flavors, and preservatives?

No. The basis of human nourishment is obvious: it is raw plant foods. And Nature presents this to us in abundance. Raw plant foods are simple, easy to find, fun to eat, enjoyable, contain thousands of health-giving nutrients, and conform to the biological design of the human digestive system.

An individual who eats the typical foods found in so-called 'civilized society' who then changes to a raw-plant-food diet can discover energy they have never known. Eating a balanced mix of raw plant foods restores the body on a molecular level, building strong cells, radically naturalising the body, raising alkalinity, and grounding the person in the natural world.

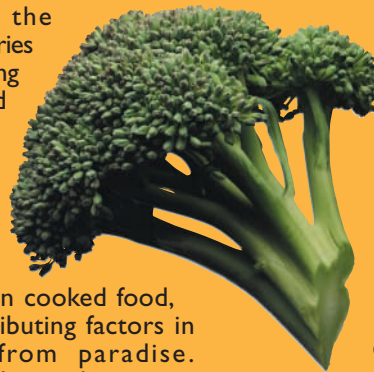
Of course, the body resists shocking changes and everyone should ease into the raw-food approach at an appropriate pace.

Also, everyone should educate themselves on this amazing subject by reading raw-food books, chatting online with other raw-foodists, and attending lectures, so that the common mistakes are avoided.

'You are what you eat' is a cosmic law. Everybody knows that saying! It is a concept that has been known in every culture and civilization throughout history. Those who wish to heal themselves and the planet, should eat the most healing foods.

'Healing foods' means quality, organic, or wild foods and/or superfoods in their raw natural state. Following this principle is not only the simplest way to choose what to eat, but is simply the best way to bring about good health.

By doing so, you may experience and reclaim your own little bit of paradise!



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