

VEGAN

LIFESTYLE

ISSUE 30

The World's First
Vegan Lifestyle
TV Series

NATY SIKAS

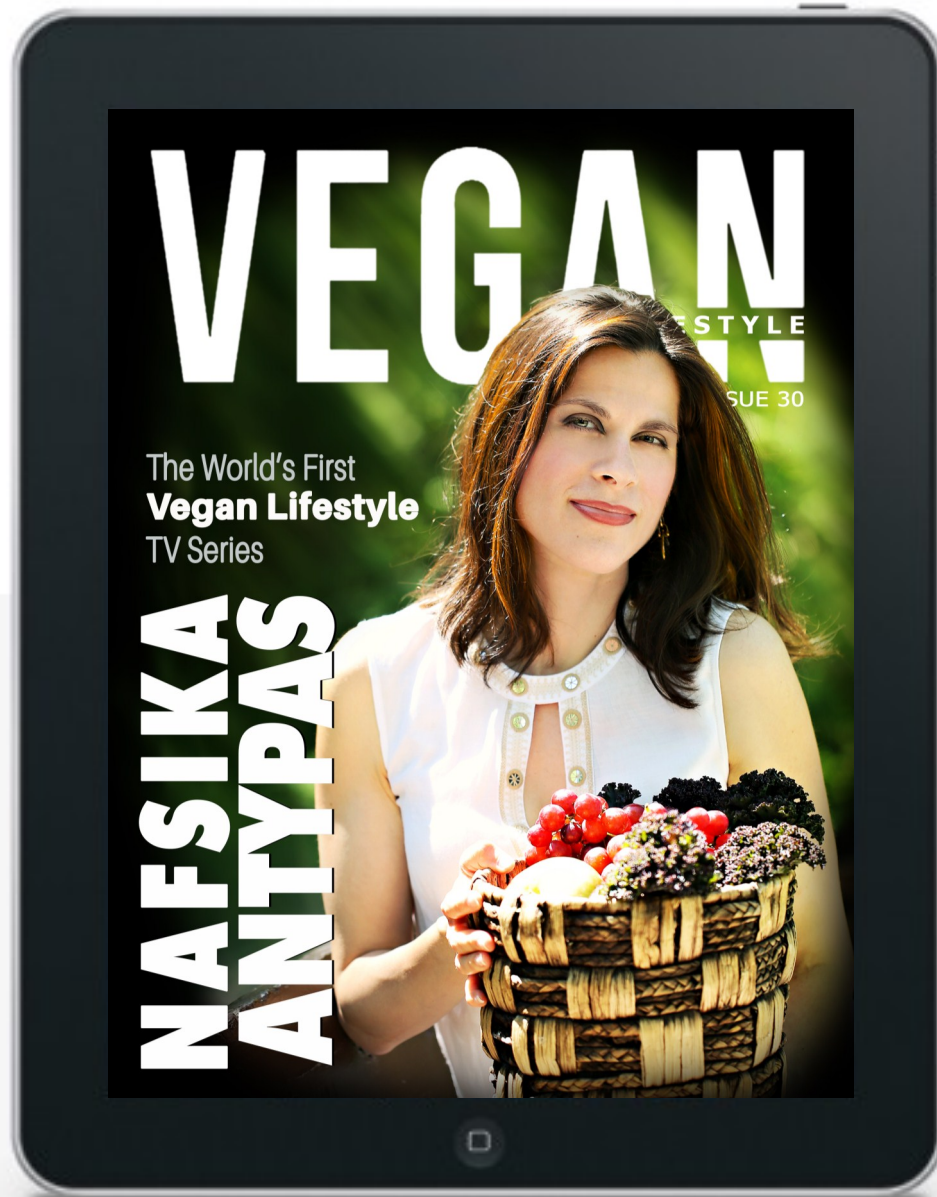




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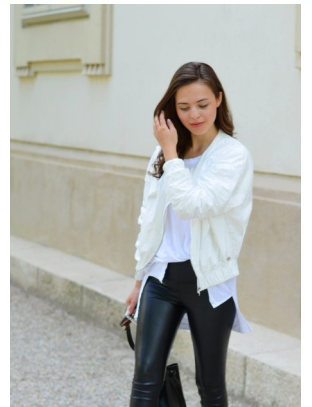
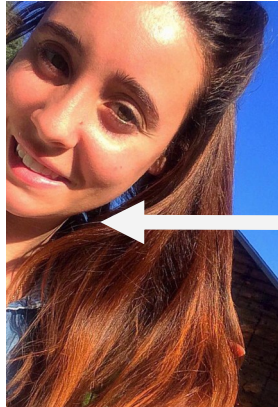


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VEGAN

LIFESTYLE

MAGAZINE

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EDITORIAL

Welcome To Another Month

Who would believe the year would fly by so fast, we are now in the second half of the year, and what an exciting time we as vegans have ahead of us.

It is with HUGE excitement, that we share with you 'The Change 31 Day Vegan Challenge' this is going to involve Doctors, Nutritionist, Trainers, Chefs and many more vegan game-changers. We need your help and support in spreading the word by challenging your community to just try a Plant-Based Diet for 31 days. VLM will be providing a free issue that will include all the tools needed for the participants to make that change. Our goal is to spread this world-wide, to reach every town and country, with the help of Milan Ross, Dr. Stoll and the incredible team we have all been able to rally together. So we all need to stand united and show the world what a great community that veganism can provide, not only helping each other to a healthier way of living, but sparing a thought for all the sentinel being out there as well. Check out Milan's article for more exciting news.

We have much pleasure in introducing you to "Plant-based, By Nafsika" who launched Internationally on June 25th and is being promoted as the world's first Vegan Lifestyle TV series and is about all things vegan! What an amazing chapter is opening up for all of us.

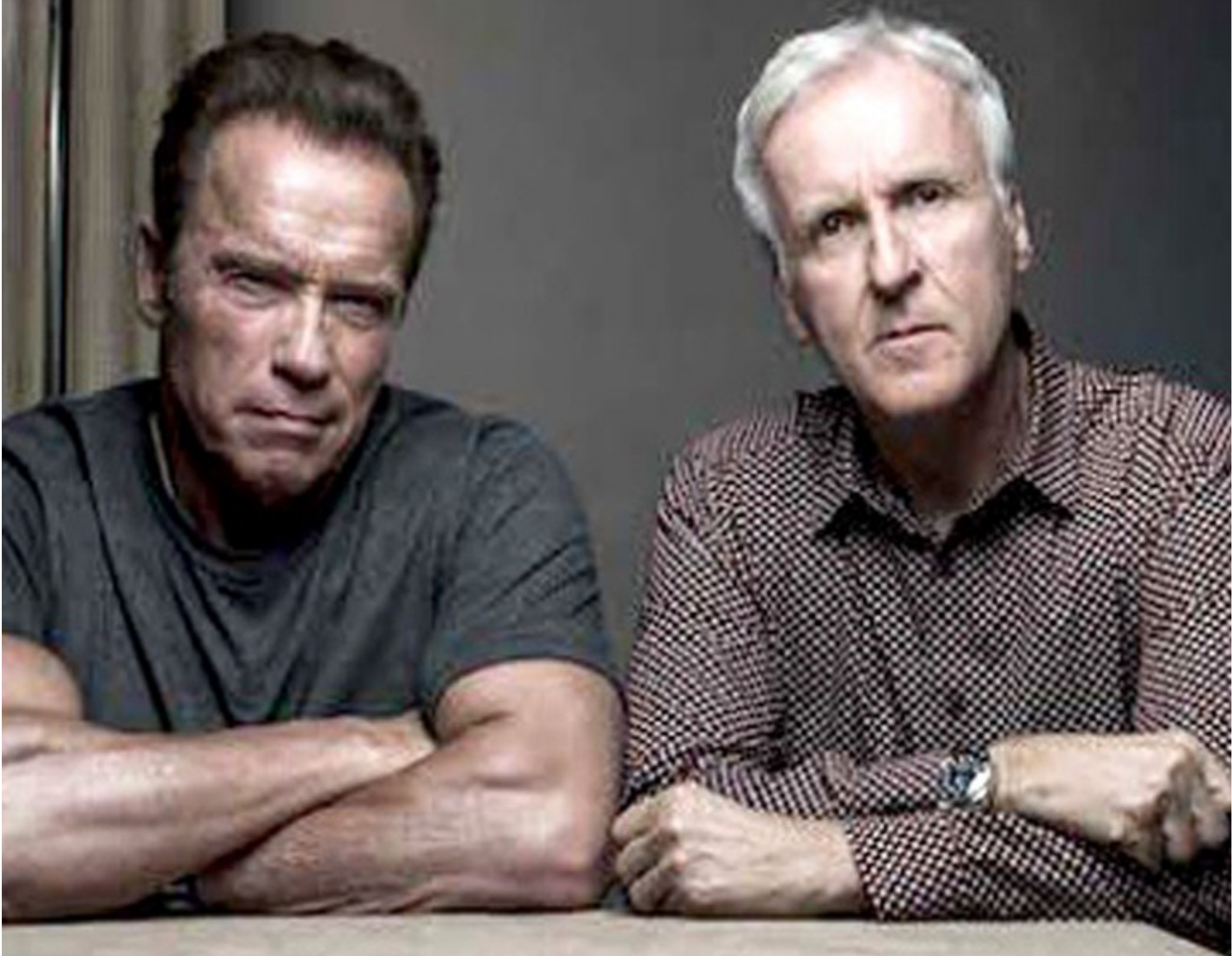
Of course we have all our usual news, recipes and our regular articles; we would like to thank all our contributors for sharing with us.

We love to hear from you, our readers, so whether you are a story teller, artist or you want to share your favourite recipe, email us or chat on Facebook. From the team here at VLM thanks for your support and please keep sharing the Magazine and we love your feedback. Have an awesome month and chat soon.

The VLM Team
editor@veganlifestylemag.com



CLIMATE CHANGE ACTIVISTS



**WELCOME CHINA'S PLAN TO
CUT MEAT CONSUMPTION BY 50%**



China recently announced their new dietary guidelines aimed at cutting meat consumption by 50%. This news has been praised by environmentalists and celebrities like former California Governor Arnold Schwarzenegger and film director/vegan environmentalist James Cameron. A series of billboards and advertisements featuring the two, and other celebrities – from China and the US, will run in China to help encourage the population to eat less meat.

emissions and reaching the goals set out in the Paris agreement.”

James Cameron has been a long term, and outspoken vegan advocating the necessity to stop eating meat – for the sake of the animals, humans and the planet. Arnold Schwarzenegger has had a lot to say in recent times about the necessity to cut down on meat consumption. At the COP21 climate talks, he

recommended cutting meat and sighted that there were plenty of vegetarian and vegan bodybuilders at the top of the athletic circuit. For James and Arnie, it isn't just about the environment. It is also about the animals and health as well. Arnie is open about his cutting meat consumption and how much better he feels.

All good steps heading us towards a possible meat consumption free world.

The WildAid campaign '5 To Do today' was initiated in China to change attitudes and motivate a change in behaviour and raise support for climate action.

James Cameron told the Telegraph "China's move to cut meat consumption in half would not only have a huge impact on public health, it is also a massive leadership step towards drastically reducing carbon





JUMA THE JAGUAR

SHOT BY SOLDIER

The Olympic torch has been passing through Brazil in the traditional relay. The torch has always been a symbol of unity and peace, but this relay in the Brazilian city of Manaus has had a sad side.

PHOTO CREDIT: WIKIPEDIA CREATIVE COMMONS



PHOTO CREDIT: BRAZILIAN ARMY

The sad killing of Juma has caused great outcry from animal welfare groups and activists. Authorities say that the Amazon jaguar was originally in the area for a medical checkup. The jaguar is one of Brazil's most endangered animals and this beautiful creature lost her life because of a series of stupid and inappropriate actions.

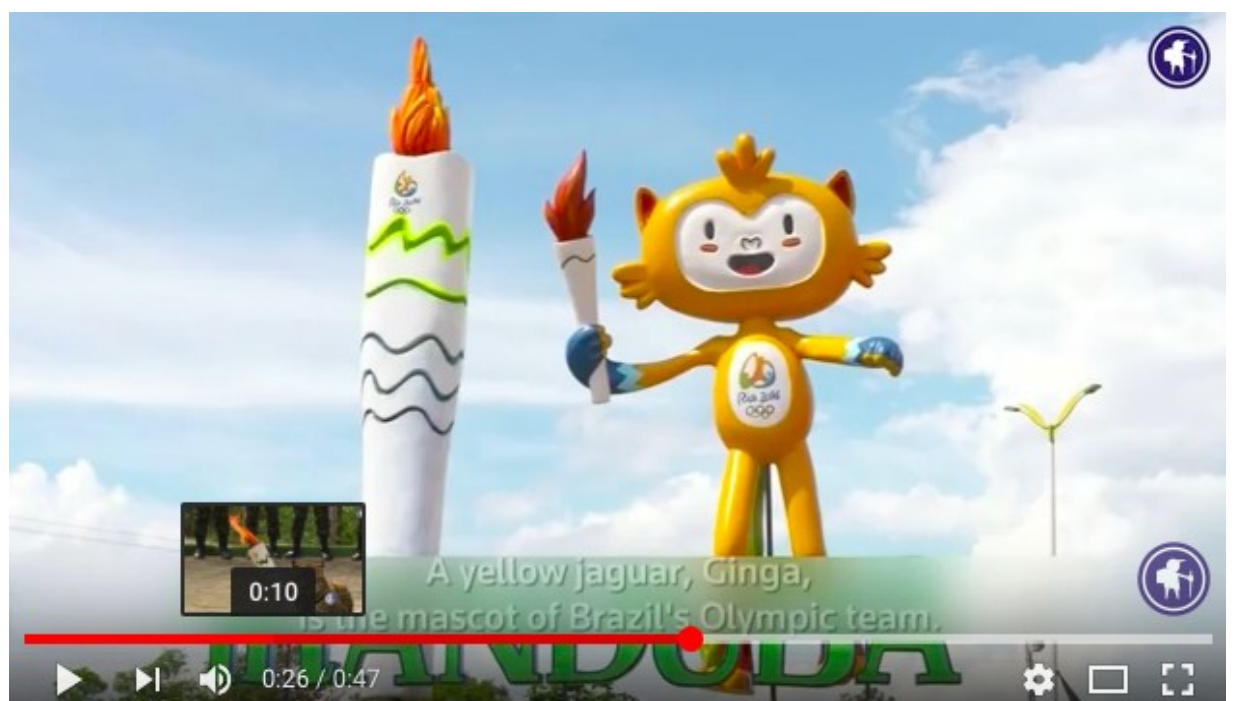
Juma was kept out in the sun all day and was distressed by the noise and commotion. The Army didn't obtain the necessary license that is required to use wild animals in public events in Brazil. According to University of Brasilia scientist Joao Paulo Castr, "It's neither healthy nor advisable to subject an animal to such a situation, with lots of noise and people. Often, jaguars already are stressed by being kept in captivity, that's only compounded when they're exposed to hubbub."

Juma managed to get free from her handlers and reportedly charged at a soldier. Four tranquilizer darts were used but she supposedly kept going resulting in the soldier shooting her.

The committee who organised the event has issued a statement stating it was a mistake to display the Olympic torch next to a 'chained wild animal'. "We guarantee that there will be no more such incidents at Rio 2016

Games. The government authority that manages use of animals, Ipaam, stated it was actually illegal to use Juma in the ceremony. Her death is currently being investigated.

Rio de Janeiro's animal Freedom Union posted on their Facebook page "when will people (and institutions) stop with the sick need to show power and control by confining, taming and showcasing wild animals?"



GOOGLE PREDICTS

**a Plant-Based
EXPLOSION!**

Google



The executive chairman, Eric Schmidt, of Google's parent company Alphabet, has named the number one "game-changing" trend of the future as the consumption of plant-based proteins instead of meat. The report, featured recently in Fortune, stated Schmidt spoke to thousands of investors and business executives at the Milken Institute's Global Conference. Schmidt has dedicated his career to identifying worldwide technology trends, and discussed plant-based food as one of six upcoming technologies that will significantly improve society, including mobile medical data, self-driving cars, and computers that pinpoint effective teaching strategies for individual students.

He stated that Plant-based proteins topped five other, taking into account the global impact and improvement in the overall quality of life. Schmidt says, "Replacing livestock with growing and harvesting plants could reduce greenhouse gas emissions and fight climate



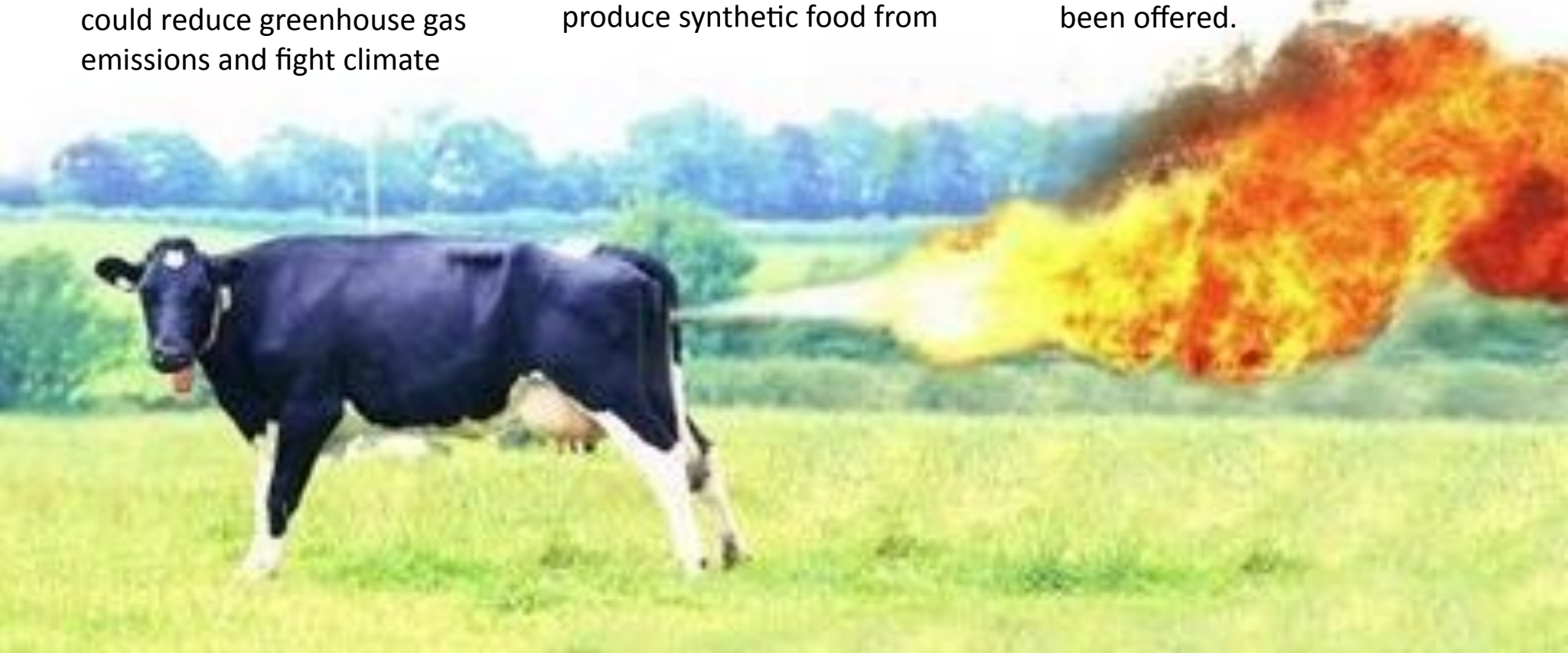
change... The meat industry and cattle producers, in particular, emit significant greenhouse gases." He shared the fact that delivering a pound of meat to the grocery store (raising it, slaughtering it, shipping it) is a relatively inefficient and costly process compared with delivering a pound of many protein-based plants.

The fact is if meat is replaced with plant proteins, it not only helps the environment, it will lower the cost of food, and this will in turn help impoverished communities.

"The world is now ready to better produce synthetic food from

plants with the help of computers and data crunching." He points out that technology can help scientists identify the best plant combinations for both palatability and enhanced nutrition.

Over the last few years we have seen more and more companies like Hampton Creek, Beyond Meat etc. create massive funding to help their journey. Business's like Good Food Institute are marrying plant-based companies with cashed-up investors, even restaurants, cafeterias and food stores can benefit from the money been offered.



THE RESULT OF CAMPAIGNS SPEARHEADED BY RIC O'BARRY

A BETTER FUTURE FOR **CAPTIVE DOLPHINE**



Ric O'Barry's Tireless Work And The Inspiration He Has Been To Move People To Action Is Paying Off

Alast, the National Aquarium in Baltimore, Maryland, said that it was moving ahead with plans to send their eight bottlenose dolphins to a sanctuary. The pod consists of six females and two males – one of whom was captured in the wild in 1972 and another born at SeaWorld Orlando.

Through the creation of North America's first dolphin sanctuary, the National Aquarium is introducing a new option for human care of dolphins. The sanctuary's mission is to advance understanding and protection of cetaceans by offering a natural environment in which the colony of dolphins thrive. There they will be able to feel the ocean's currents, interact acoustically with wild dolphins, and mingle with fish.

The National Aquarium – *“the health and welfare of the dolphins is our enduring priority. Expert staff will provide a lifetime of customized individual care, ensuring that the needs of each dolphin are understood and met in a sanctuary setting”.*

The dolphins will live in natural seawater in a tropical or sub-tropical location mirroring the habitat in which wild dolphins thrive. The design will be flexible to allow for different spatial configurations to keep the dolphins engaged and able to



form social groupings that suit them.

According to PETA *“This decision shows SeaWorld, the Miami Seaquarium, and all other marine parks that confining dolphins to concrete tanks can, and should, end. Dolphins are cognitively and emotionally complex animals who, in the wild, swim many miles each day. In a tiny, barren aquarium tank, these sensitive beings may develop ulcers, engage in self-destructive behaviour, or even attempt suicide.”*

For decades, PETA has argued against dolphin captivity at the National Aquarium. In 1991, they launched a campaign against its then ‘new dolphin facility’ and in 1994 Tracy Reiman – now the executive vice president of PETA – was arrested at the aquarium during a protest.

DEAD AND DYING

GREAT BARRIER REEF



CLIMATE CHANGE IS DESTROYING OUR REEFS.

WE MUST PHASE OUT COAL.



In Australia, The Great Barrier Reef is a multi-million dollar business, it supports over 69,000 jobs and over 500 million people all over the world rely on the coral reef for their livelihoods. However it is currently experiencing the worst coral bleaching event in its history, in fact it has been confirmed that only 7% of the World Heritage listed reef has avoided the bleaching factor. Recently, leading Australian scientists rang the alarm bells in a full page advertisement in a Queensland Newspaper, sprouting that '57 experts with over 1,200 years of combined experience studying climate change, marine ecosystems and the reef have called to transition away from fossil fuels to cleaner sources of energy.'

It is very sad to realise that coral bleaching is predicted to become more frequent and severe. The main reason we are seeing such drastic bleaching is of course heat stress, this results from higher sea temperatures. If the temperature increases by just one degree celsius, for just a four week period, the bleaching process starts. If these temperatures persist for longer periods (eight weeks or more) corals begin to die. High water temperatures can affect reefs at regional and on a global scale. This can be further aggravated by fresh water inundation which creates low salinity and poor water quality from sediment or pollutant run-off.

Unfortunately this problem is spreading to the West Coast of Australia as well.

“We’ve never seen anything like this scale of bleaching before. In the northern Great Barrier Reef, it’s like 10 cyclones have come ashore all at once,” says Professor Terry Hughes, Convenor of the National Coral Bleaching Taskforce that is documenting and studying the event. “Towards the southern end, most of the reefs have minor to moderate bleaching and should soon recover.”

“We have now flown over 911 individual reefs in a helicopter and light plane, to map out the extent and severity of bleaching along the full 2300km length of the Great Barrier Reef. Of all the reefs we surveyed, only 7% (68 reefs) have escaped bleaching entirely. At the other end of the spectrum, between 60 and 100% of corals are severely bleached on 316 reefs, nearly all in the northern half of the Reef.”

They have sent in teams of scientific divers to confirm the accuracy of the aerial surveys and will continue to measure the impact ongoing.



COASTAL FLOODING: THE SLEEPING GIANT OF CLIMATE CHANGE RISKS

HURRICANE KATRINA

IN THE USA
CAUSED ABOUT

\$US100 BIL

IN DAMAGES AND

**2,000
FATALITIES.**

IN AUSTRALIA,

**A 1.1 M SEA
LEVEL RISE**

EXPOSES MORE THAN

\$226 BIL

WORTH OF INFRA-
STRUCTURE TO

**COASTAL
FLOODING+
EROSION.**

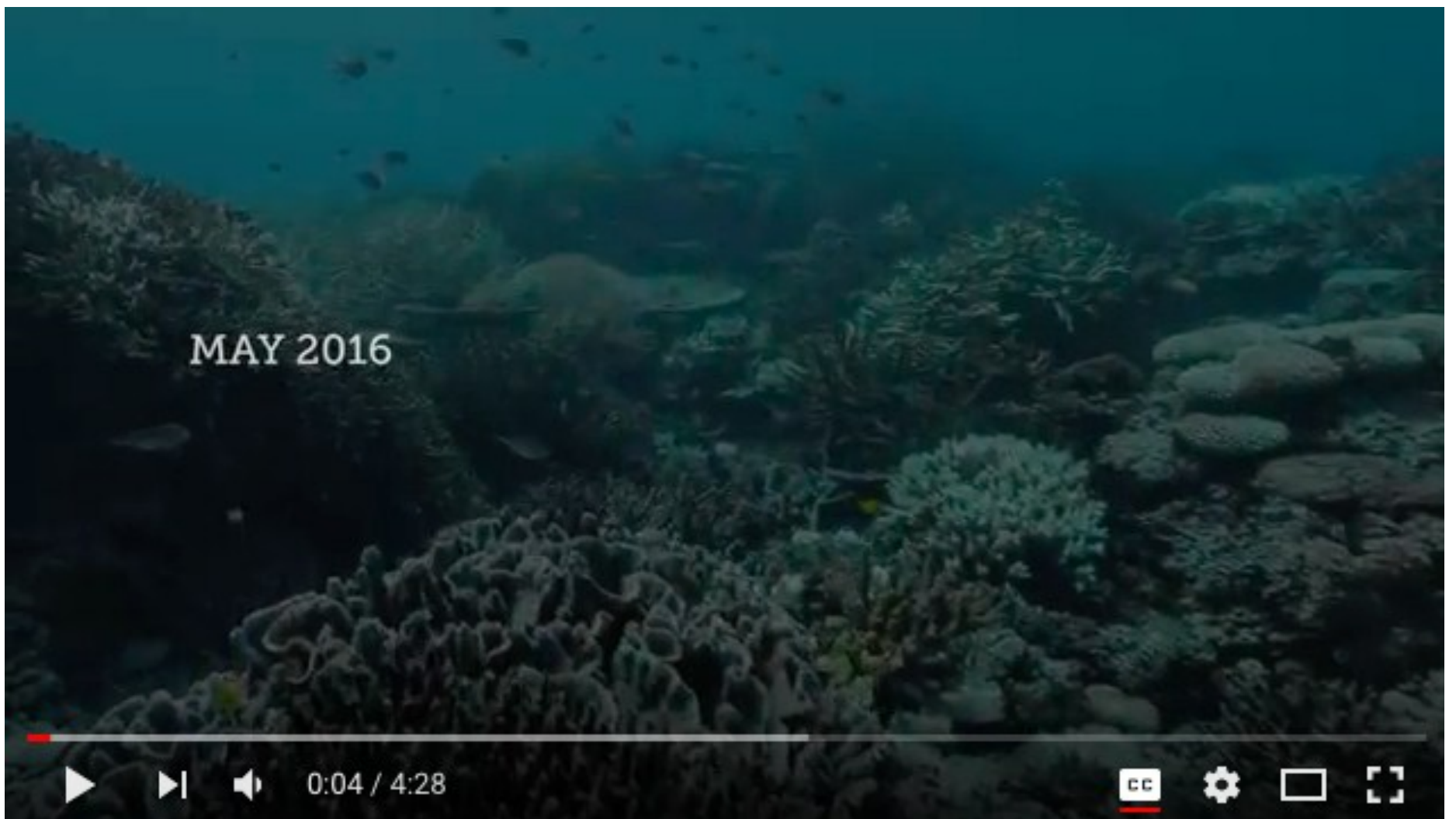
**IGNORING
CLIMATE
CHANGE**

COULD COST
THE WORLD

**US\$1 TRIL
PER YEAR,**

THROUGH COASTAL
FLOODING ALONE.
THAT'S ABOUT THE
SIZE OF AUSTRALIA'S

**ENTIRE
ECONOMY.**



“The bleaching is extreme in the 1000km region north of Port Douglas all the way up to the northern Torres Strait between Australia and Papua New Guinea,” says Prof. Andrew Baird from ARC Centre of Excellence for Coral Reef Studies.

“Tragically, this is the most remote part of the Reef, and its remoteness has protected it from most human pressures: but not climate change. North of Port Douglas, we’re already measuring an average of close to 50% mortality of bleached corals. At some reefs, the final death toll is likely to exceed 90%. When bleaching is this severe it affects almost all coral species, including old, slow-growing corals that once lost will take decades or longer to return.”

The Climate Change Council is a non-profit organisation, they do not receive any government funding, and it has all been cut, so they rely on public donations. If you would like to support their cause and help stop this travesty, please donate now.



DONATE NOW
www.climatecouncil.org.au

**World's First
Vegan Lifestyle
TV Series**

**NAFSIKA
ANTYPAS**



In our fast moving world of veganism, every day we happily see new ventures being pitched. This month, “Plant-based, By Nafsika” launched internationally on June 25th and is being promoted as the world's first Vegan Lifestyle TV series and is about all things vegan!

Nafsika is the Marketing Director and “Olive Oil Expert” of her family’s business, Pilaros Inc, they import and export Mediterranean food products in and out of North America. After studying about health, watching various

films and documentary, like many of us once her eyes had seen the many atrocities out there involving animals, overnight she went vegan. With her involvement in Pilaros, she was already educating the public through newspaper articles, magazines and TV interviews so it was simple for her to go that next step into a vegan TV show, helping to open the eyes of as many people as she can and what better way than zooming into their lounge room.

Read on as Nafsika shares her thoughts with us.




Firstly Nafsika, please take us down the path of your upbringing and your involvement in your family business.

My father came from Greece with his brother in the early 70's and started an importing-exporting company (Pilaros Inc.) of Greek food products; mainly olives and olive oil. While I always loved to do my projects on the side (hand-crafted jewellery, teaching English as a second language), I've been very much involved in the food business all my life. It got me into food projects such as local TV shows and interviews, and I became part of the largest outdoor food/family festival in North America called the P'ilaros Taste of the Danforth', where we

would see 1.5 million visitors on a given weekend, and this was done annually.

So how did you become vegan, when it seems your background is steeped in the Mediterranean food traditions?

The Mediterranean diet isn't terribly different from the vegan diet. The amount of meat involved is very little, and traditionally only eaten on special occasion. So, at home, I rarely cooked meat even when I was not a vegan. How I went vegan was when I started to watch documentaries about farm factories and health. I had just given birth at the time, so right away, I made the connection; a mother cow's milk belongs to its calf, just like my milk belongs to my baby. I literally went vegan overnight. It was not at all a slow transition for me! But I had already understood that cow's milk and meats are not meant for human consumption. My first child is actually vegan from 2 years old. I switched him to almond milk and lo and behold, his chronic ear infections, high fever and febrile seizures stopped immediately, contrary to the belief of every single doctor who mocked me for it.



We are very excited to hear the news of your new vegan television show billed as ‘The world's first vegan lifestyle TV series’ Please share with us the journey from inception to creating “Plant-based, By Nafsika,”

Sure. Once I went vegan, everything changed for me. I started to be more observant and make more informed decisions about my diet and lifestyle. Seeing I had always been comfortable in front of the camera, I noticed that there were no vegan lifestyle shows out there. I mean, sure, there were a few plant-based cooking shows, but nothing I could find (or, at least not to my knowledge) that focused on a plant-based diet and vegan lifestyle as a whole. I felt it was time someone did it and so I made my pitch to the network.



So as viewers, what can we expect from the show, is it all about vegan food?

You can expect a well-rounded education and interesting show that will make a non-vegan say, "Hmm, I did not know that." And this is the entire point of my show. Plant-Based by Nafsika isn't only about vegan food, and it isn't only for vegans. It's about the entire lifestyle surrounding it; from health to fashion to entertainment. We are currently the only vegan

lifestyle series on as national network and we're hitting 70 million homes across the US on one network alone. I am confident that more and more people will *willingly* adapt to a vegan lifestyle after watching my Plant-Based By Nafsika. I see that many have already just by seeing me talk about this upcoming show.



NYC

Rooftop Launch Party

Nafsika's show debuts on A&E's FYI network
July 27th at 7:30am! Watch history being made!

Visit Nafsika at <http://nafsika.ca>



PLANT BASED BY Nafsika



The journey from Vegan to TV Show Host, has been a very exciting journey for you, what can we expect to see happening from here, what other delights do you have planned to surprise us with in the future?

Well, there are always other projects in the works. Before starting this show, I had invested heavily on a personal safety app called, uAlert, that one could use to essentially call for help whether they are the victim of or witnessing a crime. (<http://uAlert.ca>) This could save thousands of both human and animal lives. I'm also founder and run a non-profit called, People Against Violence Org., where anyone seeking guidance and protection can call our toll-free number to speak to a qualified counselor at no cost. (<http://peopleagainstv violence.com>) Another project I had started last year is The Struggling Vegan Inc. (<http://thestrugglingvegan.ca>), a counseling site where struggle vegans can seek support, recipes and tips! I want people to see why going vegan doesn't have to be a struggle. So this company works on a one-on-one basis and at a very personal level.

I love working on new projects. And every project I work on has the same theme; helping people. I want to help make the world a healthier, more compassionate place. And that's why you can expect to see more surprises from me in the future.



“A plant-based diet is something that is for everyone’s well-being. A global shift towards a vegan or plant-based diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change. Not to mention that we’ll be sparing the lives of millions of animals. It will reduce the demand for meat and cause fewer animals to be born into a harsh life owned by the meat industry. This show can practically change the world! At the very least, it will create more conversations and the production of new shows related to such topics”

**Visit Nafsika at
<http://nafsika.ca>**





MILAM ROSS

Let Me Help You Be The **CHANGE**

THE CHANGE

31-DAY VEGAN CHALLENGE

We are only in the second month of me having this column and I already have something HUGE I want to share with you guys. I am excited to announce that next month, starting on August 1st, along with Dr. Scott Stoll, and in connection with an unbelievable list of extraordinary professionals throughout the whole food plant-based vegan community, and in partnership with the amazing team here at Vegan Lifestyle Magazine, will bring to you the first ever “The Change 31-Day Vegan Challenge.” To help launch this challenge, Vegan Lifestyle Magazine is going to release a Special Edition August Issue.



How to Use Dr. Stoll's Immersion Program to Regain Your Life and Shed the Pounds

The Change

Transforming
Yourself and
Your Body
into the Person
You Want to Be

Milan Ross
Scott Stoll, MD

This Issue will be completely **FREE** and packed full of information!

We realize in order for this challenge to be successful we need the help of all of you! How can you help? We are asking all of the incredible readers of this extraordinary magazine to think of at least five non-vegan friends to invite to go vegan for the month of August. That's right! We are asking everyone to switch to a whole food plant-based vegan diet for a full thirty-one days. Noticed that I put whole food plant-based in there? You can be unhealthy and still be vegan. French fries are vegan, however they are not something you are going to want to eat a lot of.

We know that many people who complete this challenge may experience some of the incredible benefits that come with living a more compassionate life.

Things like increased energy, clearer mind, better sleep and yes even weight loss. These are just some of the things people experience when switching to whole food plant-based vegan diet.

We understand that being vegan is not a diet, it's a lifestyle. However, we believe showing people how switching to a whole food plant-based vegan diet can change their lives, and giving them all the necessary tools to make the change will get them motivated and excited

about living a more compassionate life. We have enlisted the help of the top medical doctors in the plant-based community, along with three of the best vegan trainers and several of the world-renowned vegan chefs. We've even got participants covered for all their vegan fashion, personal care and household needs as well. Our plan is very simple, give people all the tools they need to succeed at this amazing lifestyle change and with your help we can do just that! By now you are probably asking yourself how do you get started?



Here is how it all works – First, help us spread the word about this challenge on social media. Next, start talking to the people you plan to invite to take the challenge. Remember, you can invite as many people as you like to take this challenge. People can feel free to join the Facebook group below. You can challenge people privately or you can challenge people right on social media.

Let's get creative! Let's have some fun!

We want people to share their journey; so post pictures, videos or just words of encouragement using the hashtag #TheChange. The wonderful folks here at Vegan Lifestyle Magazine will be selecting videos and pictures to share right here in the magazine. So people should post a lot! We have several other magazines that will be participating in this challenge as well, so keep your eyes peeled.

Create excitement now for the start date of 1st August!



JOIN US ON
facebook

**Let's change the world
one bite at a time!**



Milan Ross,

I am an Author, Fitness Coach and Motivational Speaker. I am dedicating my life to helping others transform their lives. My passion is helping people to reach their full potential physically, mentally and spiritually. I am a student of life.



Why The Calcium Theory is Bankrupt

by Amy-Lee Goodman

"Under scientific scrutiny, the support for the milk myth crumbles."

~ Dr. Amy Lanou

The Meaty Truth

T

he amount of misinformation surrounding calcium and strong bones and joints, is a catastrophe.

Touted as a 'superfood' for human health, we consume milk, cheese and its byproducts on a massive scale based on the assumption that we are feeding our body the most perfect food for growth and development. In fact, Harvard University declared that "Got Milk" does not translate to "Got Strong bones?"¹ While this information goes against the core principles of nutritional information in the market, science continues to evidence that dairy products are not components for healthy strong bones.

Dairy products shouldn't occupy a prominent place in our diet, nor should they be the centerpiece of the national strategy to prevent osteoporosis.

DR. WALTER WILLETT,
HARVARD UNIVERSITY



ow's milk is a wonderful growth food- for a baby cow. Past the point of weaning, our bodies are simply not made to process milk, and especially that of another species, evidenced in the growing number of lactose intolerance rates around the world. Dairy products rich in saturated fat, hormones, toxins, industrial pollutants and both natural and artificial growth hormones are linked to an impressive list of serious diseases including heart disease, breast cancer, prostate cancer, ovarian cancer, arthritis, allergies, acne, eczema, ear infections, Crohn's disease, multiple sclerosis, osteoporosis, and Parkinson's disease among many others.

As osteoporosis has increased, the constant dietary advice has been to flood our bodies with calcium from dairy. This is one of the most damaging milk myths or what we have come to know as the calcium paradox. Interestingly, 4 worldwide epidemiological surveys conducted by different research teams over 20 years agree that the countries that consume the most calcium (i.e. The United States, Western Europe, Australia and New Zealand) have the highest rates of osteoporosis. By contrast, the countries that consume little to no milk, dairy and calcium supplements (i.e. much of Africa and Asia) have fracture rates 50% to 70% lower than those in the United States.

Our bones do need calcium to be strong but it needs to come from the right sources. Doctors in Rethink Food agree that these are 4 rules to keep in mind to promote strong, health bones.

1. *Skip the dairy. Milk, dairy and calcium supplements do not prevent fractures. So the question then is where do we get our protein? Plant foods though such as broccoli and kale are superior calcium sources to dairy because they have high calcium absorption and are alkaline forming. Think about this: 1 cup of cooked*

kale has the same amount of absorbable calcium as a cup of cow's milk, without all the calories!

Calcium Absorption Rates	
Brussels Sprouts	64%
Mustard Greens	58%
Broccoli	53%
Turnip Greens	52%
Kale	40-59%
Fortified Orange Juice	36-38%
Milk	32%
Calcium Supplements	28-32%

2. *Taking meat and dairy off the table is key to preventing osteoporosis. As Dr. Lanou states in Rethink Food, "Osteoporosis is caused by an imbalance of calcium and other nutrients, NOT a calcium deficiency. In order to prevent osteoporosis, the bloom must maintain its optimal alkaline pH balance. When this balance is disrupted by putting acidic foods into the blood, like meat and dairy products, the body must neutralise the acid and uses calcium drawn from the bones- weakening the bones and over time leading to osteoporosis.*

3. *Fruits, vegetables and legumes provide the essential building blocks for strong bones. The bones need 17 nutrients with calcium being only one of them. For example, our bones need magnesium, B6, and zinc, which are provided for instance in black, red, and pinto beans. Additionally our bones need Vitamin D and the best source is the sun.*

4. *Exercise regularly to build your bone strength. In 86 studies on exercise and fracture risk, 87% show exercise as a positive benefit. No need to be at the gym for hours. As little as 30-60 minutes of exercise can do wonders for your bone strength and body!*



There is a scientific prescription for osteoporosis prevention and the basis of strong bones- it starts with us throwing out the calcium theory about milk. This is a myth fed to us by the companies that have their profits, not your health, as their primary interests. A plant-based diet provides all the essential nutrients to nourish our body and promote optimal health and wellness.

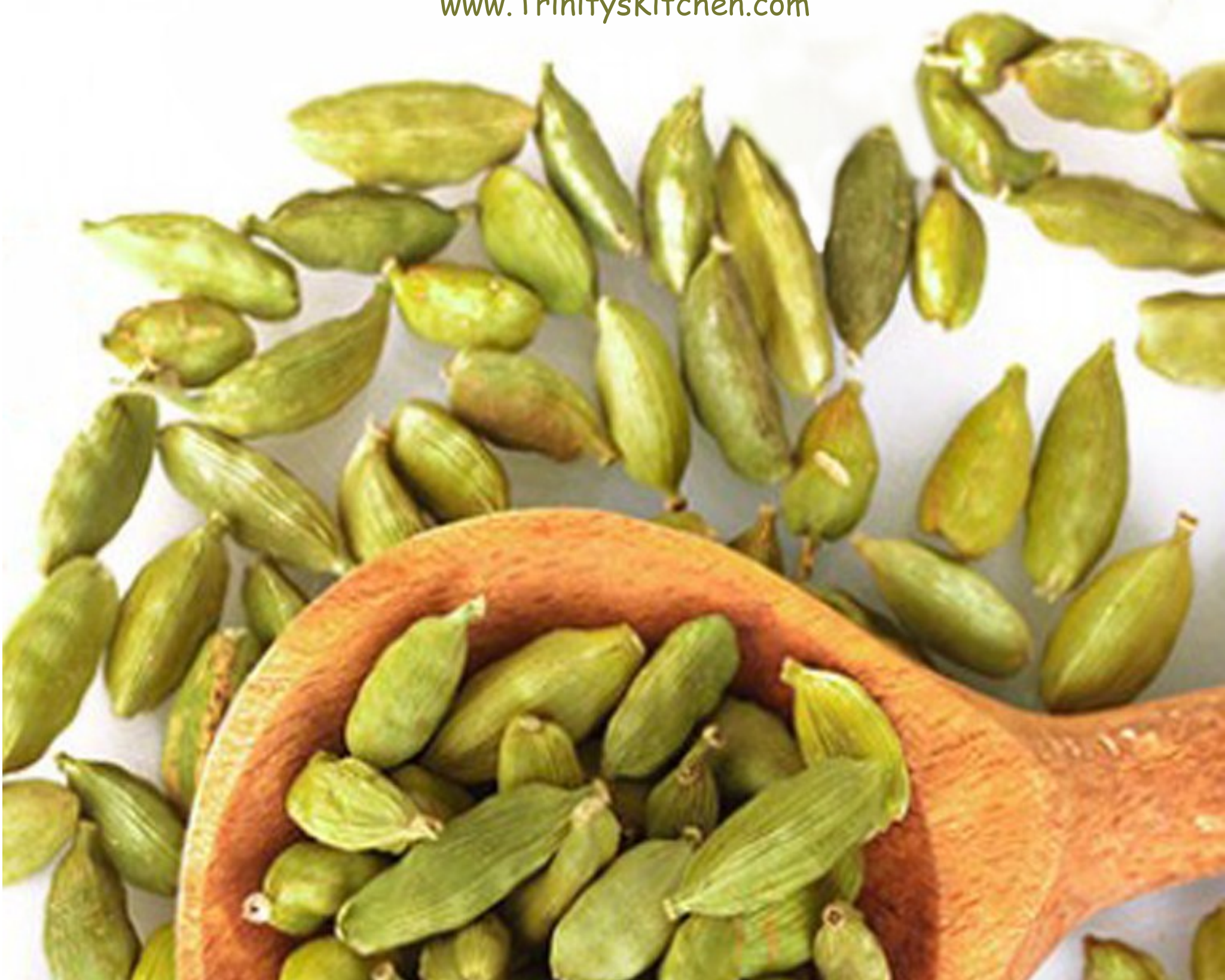


Amy-Lee Goodman is co-author of recently released book *Rethink Food: 100+ Doctors Can't Be Wrong*. She is the co-founder of the plant-based food company, Zibble Inc. She is the co-author of the upcoming book, *The Meaty Truth: How Our Food is Destroying Our Health and Environment- and Who is Responsible* released fall 2014. She lives in New York. Follow her on Twitter and Facebook or Instagram @AmyLeeGoodman or @RethinkFoodBook

All About CARDAMOM

& its benefits

By Trinity Bourne
www.TrinitysKitchen.com



Cardamom is one of the most valued spices in the world with an intense aromatic flavour used to bring out the best in both savoury and sweet dishes. Its eloquence, culinary magic and healing powers have earned it the title “Queen Of Spices”.

This magical spice enjoys a colourful history dating back thousands of years. Spiritually, the energy of cardamom has the power to cut through the confusion of a busy mind, creating more clarity, whilst helping to lift heavy, depressed feelings. Cardamom encourages us to become more present, in the ‘here-and-now’, as well as helping to open the third-eye to awaken out inner realms of deeper insight.

True cardamom seeds come in a green pod

True cardamom (*Elettaria cardamomum*) has a green pod – this is the type that I use. You can also buy a black podded cardamom (*Amomum costatum* and *Amomum subulatum*), which is a different species that I know little about (other than they have a different, more smokey flavour). If you see white cardamom pods for sale, then they are likely to be green pods that have been bleached or have faded with age.

For vibrancy and taste I recommend green, heads up! You can easily buy cardamom powder in any store that sells herbs and spices – however – I highly suggest that you buy the actual pods rather than the ground stuff. There is a massive difference between the two. Pre-ground cardamom loses its culinary magic as the fragrant flavour disappears rapidly. I always peel open the pods, then crush the seeds with a pestle and mortar or by repeatedly chopping over them with a sharp heavy knife. Here’s a short video I made to show you how to crush the seeds... it’s quick and easy once you know how.

Health benefits of Cardamom - an overview

Digestive Aid

Cardamom is well known in Ayurvedic circles as a powerful digestive aid, considered especially beneficial to reduce bloating and intestinal gas. It is related to ginger (known for digestion support) and is also used against acidity, heartburn and constipation. Cardamom can kick-start the secretion of digestive juices to stimulate appetite, which makes digestion and absorption of food more efficient.





Its relaxing effect on smooth muscle in the digestive tract also helps to settle the stomach, especially when related to stress.

Diuretic Detoxification

Cardamom is a great detoxification aid, which is greatly assisted by its potent diuretic properties. Whilst working against infections, it also stimulates the kidneys to remove uric acid, urea, toxins, excess water and other waste products out of the body. This encourages more balanced health.

Breath Freshener

This powerful spice, is an excellent alternative for minty-fresh fresh breath. Traditional cultures chew cardamom to freshen their breath. It also has the added benefit of counteracting harmful bacteria in the mouth.

Oral Health

Apart from helping to fresh the breath, cardamom can be beneficial against mouth ulcers and infections of the mouth and throat. Studies show that cardamom has effective antimicrobial effects on oral bacteria, whilst (unlike modern, allopathic antibiotics) supporting the probiotic bacteria (which are necessary for balance and equilibrium within the body's systems). It has been shown to work powerfully against oral pathogenic bacteria like *Streptococcus mutans* and *Candida albicans*. Cineole, the major active component of cardamom oil, is a powerful antiseptic that is known to kill bacteria producing bad breath and other infections.

Depression

Cardamom is commonly used in Ayurvedic medicine to fight depression. It has a

miraculous way of lifting the spirit and calming the nerves.

Lowers Blood Pressure

Human studies clearly show that ground cardamom seeds, administered regularly, have the ability to significantly reduce blood pressure in individuals suffering from hypertension.

Aphrodisiac

Ancient medicine lists cardamom as a powerful aphrodisiac that can help support sexual health, erectile dysfunction and impotence. It is referred to in the Arabian Nights (a famous collection of Persian, Indian, and Arabian folktales), where it is said to be an aphrodisiac.

Anti-Cancer Properties

Whilst the science of cardamoms cancer preventing properties haven't yet been fully demystified, scientific studies have shown promising evidence that this spice demonstrates positive action against cancer. One study by Ray Sahelian, M.D showed that cardamom has very powerful antioxidant properties. These studies also revealed that cardamom has complex abilities that can help combat cancer (because of the C₉H₉NO and 3,3'-diindolylmethane content inherent to cardamom).

Coughs and Chest Infections

Cardamom is said to relieve cold and flu symptoms.



It's also used for bronchitis and coughs. Its stimulating expectorant action helps to clear phlegm from the nose and sinuses as well as the chest, which makes it a good treatment to counteract colds, coughs, asthma and chest infections.

Antioxidant

Cardamom has a powerful antioxidant profile. It is well known for mopping up free radicals.

Action Against Pathogens

Various chemical compounds, including volatile oils in cardamom have been shown to act strongly against the growth of viruses, bacteria and fungus with the human body.



CARDAMOM ♡ CASHEW
SHORTBREAD
COOKIES
GLUTEN-FREE VEGAN



Cardamom & Cashew Shortbread Cookies - gluten-free, vegan

Prep time 10 mins : **Cook time** 20 mins

Ingredients

- 4 heaped tablespoons (60g) cashew nuts
- 10 cardamom pods
- 100g (3/4 cup) brown rice flour
- 100g (1 cup) tapioca flour (or tapioca starch)
- 2 heaped tablespoons ground flaxseeds
- 2 teaspoons vanilla extract
- 4 tablespoons maple syrup
- 4 tablespoons coconut oil (melted)

Instructions

- 1.** Crush the cashew nuts with a pestle and mortar (alternatively crush with a rolling pin). Aim for rustic cashew chunks (i.e. partly chunky, partly starting to turn to flour).
- 2.** Take the shells off 10 cardamom pods and crush to a powder with a pestle and mortar (see my [video here for tips on crushing cardamom pods](#)).

- 3.** Add all ingredients to mixing bowl and mix together thoroughly. Start off with a spoon, before using your hands to press, knead and combine everything together, until you get one compacted shape.
- Divide into golf ball sizes. Roll into balls and then gently compress downwards between your hands, until you get a cookie shape.
- Pop in the oven at gas mark 4 (350F/180C) for between 20 - 25 minutes (depending on your oven).
- They won't really tan that much. Once baked, carefully place on a cooling rack and allow to cool. Cooling will allow them to firm up; nice firm on the outside - softer on inside.

They're best served on the day... I mean who can wait!



Kaffir lime inspired
**THAI COCONUT
CURRY**

THAI COCONUT CURRY

Prep time 10 mins, **Cook time** 45 mins

Ingredients

- 1 large butternut squash (1kg or 2lbs approx)
- 350ml (1½ cups) water
- 10 kaffir lime leaves
- 7 cardamom pods
- 1 heaped teaspoon grated ginger
- 4 large garlic cloves
- 1 teaspoon celtic sea salt
- 2 heaped teaspoons ground coriander
- ½ teaspoon turmeric powder
- ¼ teaspoon black pepper
- 250ml (1 cup) passata (called sieved tomatoes in the US)
- 200g (1 cup) cooked chickpeas
- 100g (3½ oz) creamed coconut (see notes)
- 40g spinach (a large handful)
- Small handful of fresh basil leaves

Instructions

Bake the squash

Peel, de-seed and dice the butternut squash into chunks of about 1.5cm (or ½ an inch) cubed. Larger chunks are fine, although you'll need to add extra baking time.

- Place the squash onto a baking tray and pop into an oven heated to gas mark 7 (425F/220C).
- Bake until you can pierce a fork through the chunks. This make take 30 - 45 minutes.

Whilst the squash is baking make the rest of the curry

1. Place the kaffir lime leaves and 350ml of water into a medium sized pan and bring to the boil. *(Note: Count the kaffir lime leaves as you put them in and remember how many you used, because you will have to remove them at the end of the cooking period. They are meant for flavour, rather than eating).*



2. Take the seeds out of the cardamom pods and crush with a pestle and mortar (or alternatively chop repeatedly over and over with a sharp heavy knife until they look ground). Toss them into the pan.
3. Peel and grate a heaped teaspoon worth of fresh ginger. Toss it into the pan.
4. Peel and crush 4 large garlic cloves and add to the pan.
5. Add the sea salt, coriander, turmeric, black pepper, passata, creamed coconut and chickpeas to the pan, stir together and allow all of the flavours to infuse. Let this simmer on the lowest heat for about 20 minutes and turn off the heat.

(Don't add the spinach leaves right until the end - AFTER you remove the kaffir lime leaves.)

1. Once the squash has baked, take the kaffir lime leaves out of your other pan. When you are happy that all of the lime leave are out, then roughly chop the spinach and mix in the curry pan along with the roasted squash.
2. Add a little extra water if the sauce is too thick.
3. Use the basil to garnish.
4. Serve with rice, quinoa or millet or on it's own as a stew.

Enjoy!



THE POWER OF PLANTS:

Adventures in Plant-Based Nutrition



By Emma Levez Larocque, RHN

When you have to make a change for your health: 5 tips



These days it's almost impossible to turn on your computer or look at your social media without coming across a story of a magnificent health change. Someone who has lost 150 pounds and beat Type 2 Diabetes; someone else who has reversed heart disease and is now running marathons; and even a third person who is keeping cancer at bay because they decided to take matters into their own hands and change their diet and lifestyle. That's the real potential of a healthy, whole foods, plant-based diet and proactive lifestyle changes. Approached honestly and with courage and dedication, these changes have the power to transform – even save – your life, and an increasing number of people are making this connection and taking their health into their own hands.



I love seeing these inspiring stories, and I know other people do as well; however, I think sometimes the fact that they are everywhere makes them seem commonplace, and detracts from the incredible courage it requires to take your health into your own hands, especially at a time of crisis. As anyone who has been faced with the information that they have a major health issue knows, this moment is terrifying. And many people just want someone to tell them what to do – how to fix it, how to get better. Our healthcare system has become so centered around pharmaceuticals that often that fix automatically takes the form of a pill or medication, disregarding all other possible options.

Ironically, this difficult, frightening time is when it's most important for a person NOT to hide and put their life in the hands of others; it's a critical time to stand up and get involved in your own healthcare.

In my life, and my work as a nutritionist, I have observed many reactions from people who have had to face less-than-desirable news about their health. Obviously everyone's situation and health is different, and there is no one perfect answer, nor is there a "proper" way to react. Having said that, I am on a mission to help empower people at this stage in their lives because I have seen the difference it can make when someone feels that there is something THEY can do, no matter how scary it might seem. When someone takes their health into their own hands, the possibility for transformation is incredibly powerful. If you're interested in becoming more proactive about your own wellness (even if you are not in a healthcare crisis at this time), here are some tips to keep in mind:

1. Look at your food. What we eat is, literally, what makes up the material our bodies are made from. Fuel your body with nutrient dense, healthy whole plant foods, and stop feeding it with inflammatory, disease-causing fuel, and no matter what your situation, you will be better off. This may not be the whole answer to a health crisis, but you may be surprised at how far it will take you on the path to better health. If this is an area you need to improve on, take a look at pcrm.org (Physician's Committee for Responsible Medicine), or nutritionfacts.org for incredible libraries of valuable current health information about the benefits of eating a whole food plant-based diet.

2. Consider your lifestyle. Stress management and exercise are two extremely important factors in health. How are you managing stress on a daily basis? Do you get enough exercise? Are you getting enough quality sleep? If these are areas you are falling short, don't put them on hold any longer. So many people bump along from day to day, just surviving, and when that feels normal, bigger troubles may be just around the corner. All aspects of our health are interconnected in a fine balance. When you are eating well, you will be more likely to feel like exercising, and both of those things will promote better stress management and sleep. Visit www.ornish.com to learn more about the very real health benefits that can come with proactive lifestyle changes.

3. Work with a doctor who is open to alternative therapies, and build yourself a healthcare team. Your doctor is obviously an important health advisor, but there are many other healthcare practitioners who will be valuable contributors to your overall healthcare, and they have different areas of expertise to offer.



Branch out and look around; some therapies may speak to you and your health concern while others may not. Though our health care system is lacking in many ways, the active, engaged health seeker will benefit from the ability to investigate all kinds of alternative therapies – like massage, acupuncture, Chinese medicine, nutritional therapy, meditation, etc. Keep an open mind, have the courage to try some different things and find the ones that best suit you and your situation. Finding a doctor who is willing to support this type of exploration is a huge bonus, so ask that question when you are looking for a doctor.

4. Be willing to do your own research. The more information

you can arm yourself with, the more empowered you will be. If you can engage a family member or friend to help you with this, even better. If there is a local group that can help to support you and provide information, use it. Don't be afraid to draw on those around you for help at this important time – though your role in this is key, you don't have to do it all by yourself.

5. If possible, don't wait until you get sick to become proactive. When people are faced with a health crisis, it often acts as a wake-up call, but as mentioned earlier, this is perhaps one of the most challenging (although it can also be one of the most motivating) times to make a significant shift in your life. However, obviously

becoming proactive about your own health is best – and most easily – done when you are in good health, so get started today!



Emma Levez Larocque is a Registered Holistic Nutritionist and a Certified Plant-Based Chef. She has been vegan for 7 years, and veg for more than 20. She is passionate about sharing the benefits of plant-based eating and living with others, and working to make the planet a kinder, more compassionate place for all who share it.

Plant-Based Nutrition: Consulting Services



Are you struggling to take control of your health?

IF:

- You want to eat more plant-based food, but aren't sure how to get started
- You are struggling with low energy, or other nagging health problems that you would like to deal with through diet and lifestyle changes
- You want to learn about how changing your diet and lifestyle can improve your health
- You want to learn how to be a healthy vegan

Book a 1-1 Consultation today



Emma Levez Larocque
Registered Holistic Nutritionist
Certified Plant-Based Chef

"What I love about being a nutritional consultant is helping people understand that the key to their health is in their own hands. What we fuel our bodies with, how active we are on a daily basis, how we manage stress, and the effort we put into maintaining good mental and emotional health all go a long way to determining our long-term health. It's no magic bullet, but it's good common sense, and it works."

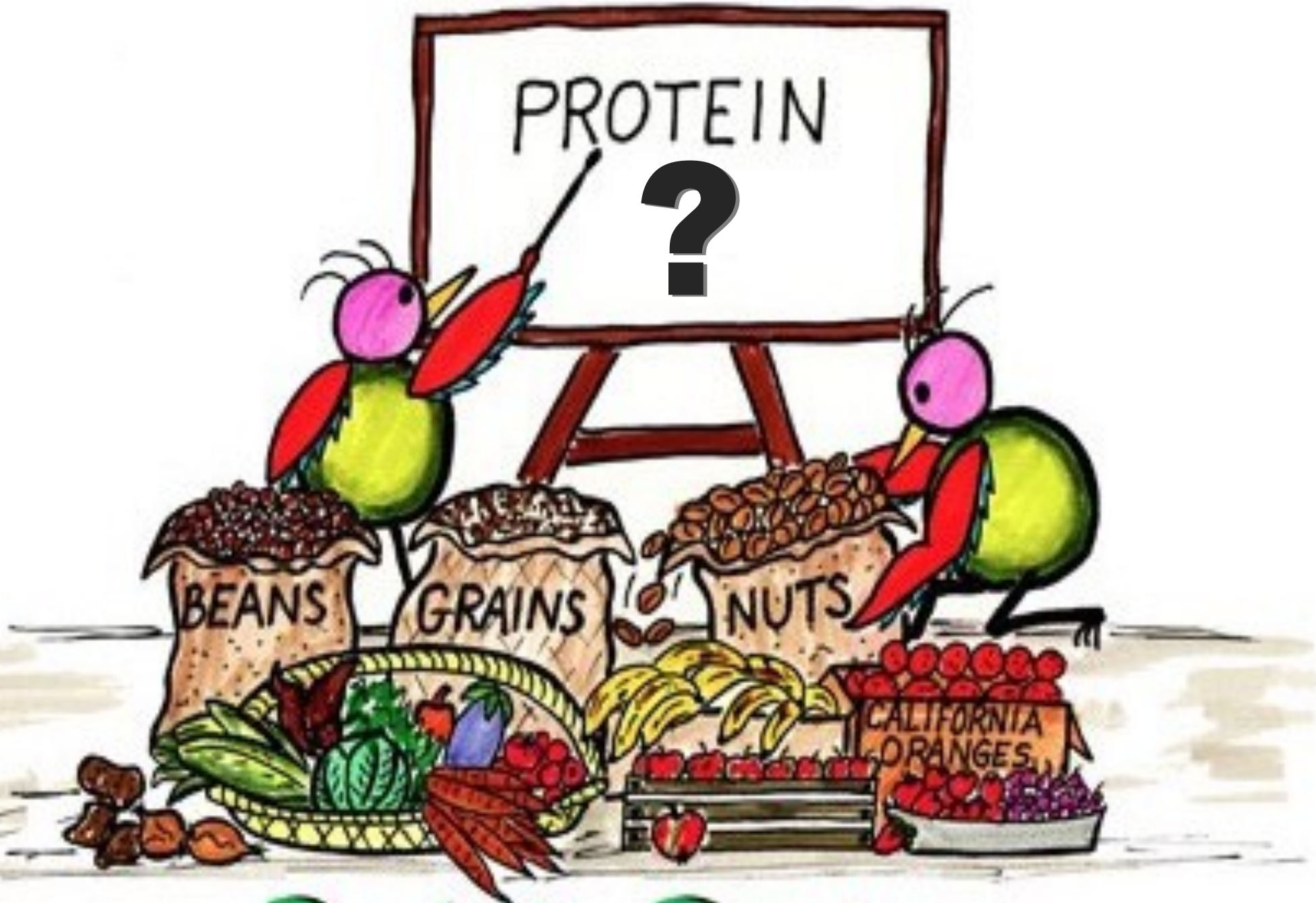
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ALEXANDRA COACHING
Start Getting Unstuck
By **Alexandra Paul**

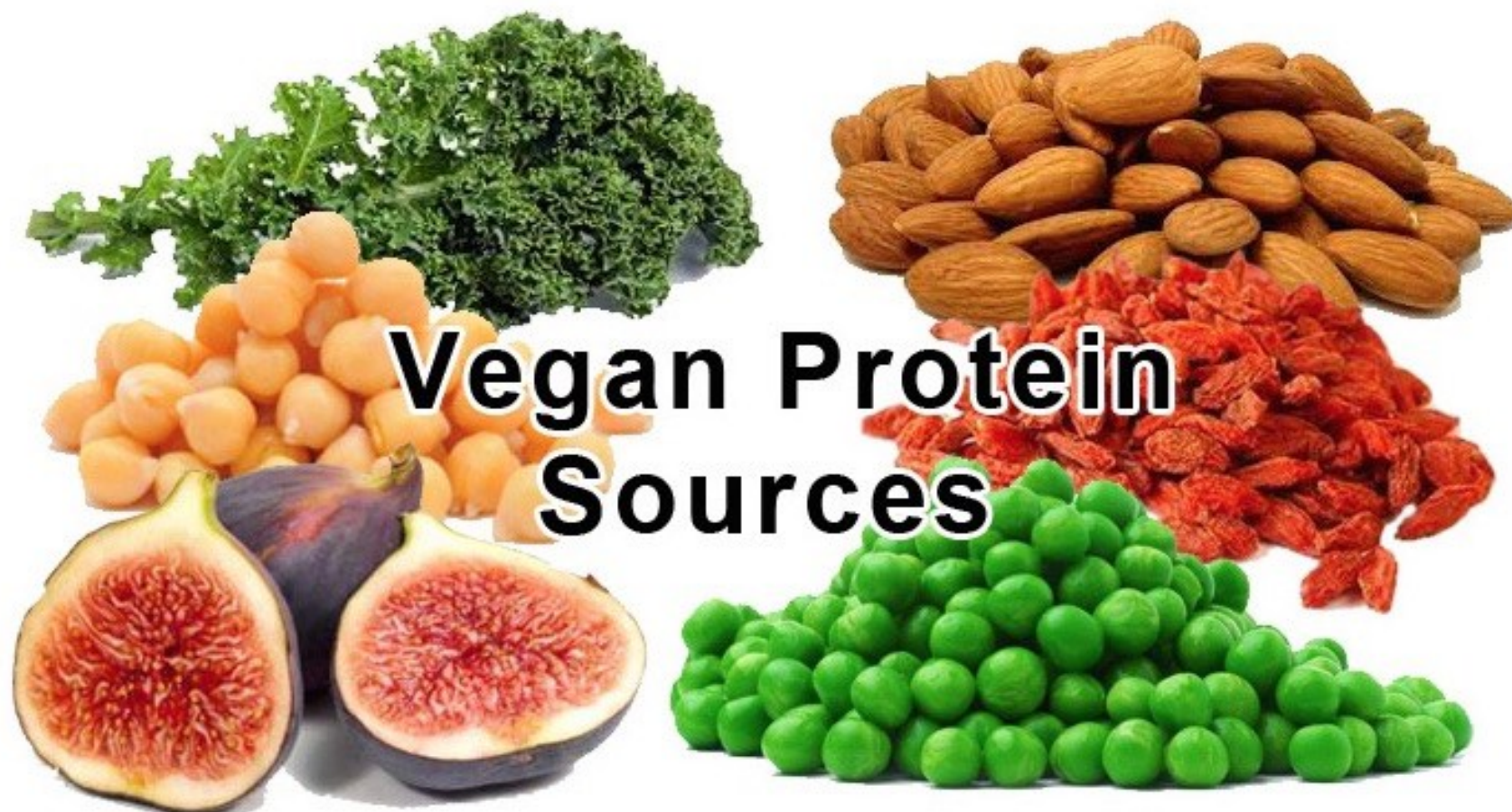
How to Answer the **PROTEIN QUESTION**



Protein Basics

PROTEIN! PROTEIN! PROTEIN!

We vegans know that the #1 question we get about our diet is “Where do you get your protein?”.



I get it from the same place elephants, rhinos, giraffes, racehorses and bison get it – plants! If those large, muscular animals can be healthy and strong on plants why can't a mere human thrive on a vegan diet too? Our colons are long like herbivores, our teeth are more similar to a horse's than a wolf's and if you put a bunny in front of a human toddler she will be more apt to try to pet it than eat it.

The emphasis on protein from animal foods came from early experiments showing rats grow faster on animal protein than on plant protein. All animals must replenish their proteins to grow. Researchers saw that humans synthesised more efficiently amino acids from animal foods into protein because the amino acid profiles of animals match our amino acid profile more closely than those of plants. Thus animal proteins became known as “high quality” proteins.

However, is it healthy to so efficiently metabolise protein? No, according to **Dr T Colin Campbell**, whose research was the centerpiece of the

excellent documentary **Forks Over Knives**. There is such thing as too much protein, and these “high quality” proteins will unfortunately promote *undesirable* growth – like cancer cells and artery plaque. On the other hand, the amino acid compositions of plant protein (which are less effectively utilised because their profiles do not match ours as well) do not promote unwanted growth. At the time of this research, scientists did not realise the connection between disease and too much high quality protein, so the damage was done: we all grew up thinking animal protein was superior, and plant protein was inferior because it provided incomplete protein.

Even Frances Moore Lappe, the author of the 1971 book **Diet for a Small Planet** that turned me vegetarian when I was 14, thought back then that you had to combine plant foods - like rice with beans – to eat enough usable protein to be a healthy human but she has since changed her mind, along with most scientists, nutritionists and the World Health Organisation. The American Dietetic Association reversed its earlier position on protein combining and stated in 1988:

"Plant sources of protein alone can provide adequate amounts of the essential and nonessential amino acids... Conscious combining of these foods within a given meal, as a complementary protein dictum suggests, is unnecessary."



And yes, we can get enough protein from our normal amounts of broccoli, almonds and hummus - we do not have to stuff ourselves with plant food. US government's Recommended Daily Allowance recommends only 8-10% of our daily calories come from protein. If you are eating a *whole foods*, plant based diet, that is easy to achieve. I eat about 2,000 calories a day, which means that 160-200 of those calories should come from protein. A gram of protein is 4 calories, so my RDA is 40-50 grams of protein a day.

I started tracking my protein intake last week, and I am cutting out my protein powder supplement because I found I easily get in 45 grams amount eating whole foods - vegetables, fruits, nuts and beans. And I am feeling great, even working out hard every day.



***Alexandra Paul is a vegan actress who has appeared in over 100 films and television shows. She is also a certified health & wellness coach.
www.AlexandraCoaching.com***



**OLIVE LEAF
EXTRACT
MEETS
GREEN TEA
FOR AN**



**EXCEPTIONAL
HEALTH BOOST**



For those of us who are tea lovers and understand the health benefits of green tea, the addition of olive leaf extract is a welcome bonus. Olive leaf extract is well documented as an immune booster and a trusted product for relieving cold and flu systems.

The producer of this tea, Mount Zero Olives, is a family owned olive grove west of Melbourne on the edge of the Grampians National Park. Committed to flavour, sustainable farming and a passion for quality ingredients, Jane, Neil and Richard Seymour are producing products to delight with exceptional health benefits.



*“What we harvest is of huge importance to us, but **how** we harvest is even more important. Ethical and sustainable harvest is a current buzzword in the world of food and product, but we’ve built a brand over the past 20 years based on respect to the environment, the people of our region and the customers that consume our goods.”*

The Olive Leaf Tea is produced from leaves grown on their certified bio-dynamic Mount Zero Olive Grove perched on the northern tip of the Grampians. These leaves come from the Manzanilla olive tree – which has the highest therapeutic antioxidant qualities.

Mount Zero Olives pick the fresh shoots of the olive trees and carefully check for quality and colour. The leaves are then steamed, rubbed, rolled and dried with the utmost of care in a traditional Japanese green tea processing plant in north eastern Victoria. You can order this beautiful tea on their website.

www.MountZeroOlives.com



BRAVING THE VEGAN BUSINESS WORLD

WITH STEPHANIE REDCROSS



SAVES TIME
and
IMPRESS
CUSTOMERS
...with

AUTOMATION

A

re you drowning in emails?
When you lead the busy life
of a vegan entrepreneur it
can be hard to get ahead.
Honestly, sometimes
does it feel like you
just move from

email to email until you run out of time in
the day? Still, despite the barriers, you know
that communication is key when trying to
win over new customers and keep old
customers engaged. Rather than continuing
in that scrambling-to-keep-up reactionary
mode, why not consider automating your
communications?

Now, before you start frowning, I'm
not saying you should remove all
personalization from your communications.
I am recommending that you build a
standard customer communication path
so you don't have to write every single email
you send out from scratch. This makes sense,
and it's an efficient way to keep your
customers in the loop.



n fact, improving your communication strategy is a valuable opportunity to enhance your customer's experience. For example, is there information that your customers could use early on

in your relationship with them to prepare or use your product/service better? Your communication strategy should be helping you to deliver that information efficiently.

So, how to start building a stronger communication strategy?

Let's first clarify that we're talking about communication, not promotional emails. Think about how often you talk to your customers after they purchase your product/service. Do you email them prior to shipping the product? Do you follow up to make sure they received it? Do you ask for product feedback? Do you reach out a few weeks/months later to see if they are still happy customers?

If you provide a service, do you send new customers a questionnaire so you can learn about them prior to delivering the service? One of the biggest challenges when you sell a service is that people like to get something tangible once they have made a purchase. So if someone buys a ticket to an event you are hosting, they should not only receive a digital copy of their ticket, but a series of on-boarding emails telling them everything they need to know about the event. If someone completes your online course, send them a digital certificate. If a client hires you for wellness coaching, send them a welcome video that you have created for all new clients, point them to a reference library of go-to resources you have built on your site, et cetera.

To simplify your message, consider what information you would like/need to know if you were your own customer. I ordered glasses online last week and they sent me an email every two days letting me know the status of my order. From cutting the lenses, to fitting them in the

frames, to completing quality checks, and ultimately shipping. I had no doubt about the status of my order because they proactively communicated every step of the way. An experience so seamless and impressive I am now sharing it in this article! And almost all of that communication was automated...very little effort was required from the company once that system was set up and in place. With that example in mind, take some time to think about the moments in your business where you could set up some automated emails to communicate proactively and help create a better overall experience for your customers.

Do I have you convinced? Here are three actions you can take to get started adding some automation to your communication process, creating a better experience for your customers, and making your day more efficient all in one go.

Step #1: Create a list of the most common questions you get from customers about your product/service (FAQs). Build this list by looking at emails or correspondence you have already received from customers, or consider the questions customers will have as they prepare to use your product/service. Publish the questions (with answers) on your website. Depending on your product/service you might have one list of questions for prospective customers and another for current customers, or a pre-sales FAQ document and a post-sales FAQ document.

Step #2: Create 2-3 standard email responses to common questions you receive. This will help you quickly respond to questions that are emailed to you. Each email should also include a link to your online FAQ page. If you sell a product or service that requires a preliminary call, then you should have a standard email prepared that will be sent as a follow-up to that call. A prepared follow-up email might contain about 70% of the content of the final email, so you can customize the remaining 30%. If you are a coach or trainer you should have a few follow-up emails that you use to correspond with prospects after they have shown some level of interest in your services. I'm not talking about the mailchimp auto-responder for anyone that downloads your ebook, but rather an email that will be sent to potential customers who have engaged in a 1-1 dialogue with you about your service.

Step #3: Create an on-boarding email series with 2-3 emails that are sent to every person who purchases a product/service from you. Depending on your business and your offering, these emails might be product- or service-specific instead of a general series for everyone. For example, anyone signing up for your food-coaching program receives a starter meal plan, while customers who purchase your new cookbook receive a sneak-peek PDF that they can use until their book arrives.



any business owners cringe at the idea of automated email communications,

thinking it is less personal, but pre-crafting emails doesn't mean they can't be customized by adding that personal touch. Done correctly automation can be a saving grace in a vegan entrepreneur's busy day, allowing you to be proactive and efficient with your time, and providing your customers with timely and relevant information about your product/service, and an overall improved customer experience.



Stephanie Redcross

is the Managing Director of Vegan Mainstream, a company that provides marketing solutions to vegan and vegetarian businesses. Vegan Mainstream's strategic marketing plans and services are not only fueled by Stephanie's extensive experience, knowledge and expertise, but also by her passion to see conscious brands thrive.

WWW.VEGANMAINSTREAM.COM



**LOOKING FOR
A VEGAN JOB?**

Live the dream!

Find A Job



**LOOKING FOR
VEGAN
CANDIDATES?**

Get the help you need

Post A Job

Our Job Board is celebrated as a new era in job advertising and job seeking. It has continued to expand enabling cruelty-free companies to advertise for vegan employees seeking work in ethical businesses.

This Job Board advertises an ever-increasing variety and number of jobs - from marketing to IT to non-profit positions - for all types of candidates, whether entry or senior level. Vegan Mainstream's Job Board is open to employers all over the world and is **FREE** for a 20-day listing. *Submit A Job or Browse Resumes.*

www.jobs.veganmainstream.com



Learn Something New!

Free Webinars For Vegan Business Owners

Vegan Mainstream presents Webinars Wednesdays for budding and experienced vegan professionals.

These free online events are held monthly and hosted by our Founder, Managing Director and Head Marketing Guru Stephanie Redcross. With years of experience as a business coach and vegan entrepreneur, in these sessions Stephanie shares advice on key business and marketing tips for success. These webinars cover important topics like goal-setting, understanding sales cycles, business relationships, holiday planning and more.

www.webinars.veganmainstream.com

Webinar
Presented By
**Stephanie
Redcross**
Founder of
Vegan Mainstream



Vegan Mainstream



JILL MILAN'S **WORLD**



A RAW FOOD DIET
Changed My Life

How Raw Food Guru Natalie Norman Lost 160 Pounds and Got Her Life Back on a Raw Food Diet

Natalie Norman went on and off cooked vegan diets for years. She had always been relatively fit, but during and after pregnancy she found herself hungry all the time, with an “out-of-control appetite.” She tried weight loss programs such as Weight Watchers and Nutrisystem, but still she couldn’t lose all the weight or keep it off.

The former lawyer says her weight gain grew so severe during pregnancy that she no longer recognised herself. Although she often ate a vegan diet, she frequently ate refined carbs such as “spaghetti, bread, and pastries” as well as fried foods and other vegan junk food. She also developed a dangerous condition called preeclampsia, which causes extreme swelling, and high blood pressure.

“It got so bad,” she said, “I just couldn't stop eating.”

By that point Norman had gained more than 160 pounds. One day she was going through a door carrying bags, pushing a baby stroller. A man in his 30s, rather than holding the door open, let it slam in her face. “I felt so unhealthy, miserable, and invisible. I knew this wasn’t the life I was destined to lead.”

NATALIE NORMAN BEFORE





NATALIE NORMAN AFTER

A turning point came when a Pilates teacher suggested a raw food diet. Although Norman initially considered the regimen ridiculous she eventually tried it, adopting a 100 percent raw vegan diet. Not only did the nearly 6'-tall Norman lose 160 lbs. -- half her body weight -- on the diet, but she says "it completely changed my life.

"The weight fell off me and I had so much more energy," Norman said. "I can work out for hours or run 8 miles without feeling exhausted."

She shares a sample day's menu and recipes here with Vegan Lifestyle Magazine, but you can also see more of her recipes at <http://natalienorman.com>, where she also shares her experiences being a raw food vegan and provides insight into making eating raw foods easy. "My goals as a raw food teacher include both online and in-person instruction. People everywhere can benefit from this information and my website and email list provide an ever-expanding resource for raw vegan meal ideas as well as support and inspiration."

A Day in the Life of a Raw Foodist

I typically start each day with fresh fruit by itself or blended with tender leafy greens in smoothies. Fruit is an ideal way to begin the day as it energizes me with healthy whole-food sugars while also cleansing my body with a combination of fiber and water. A typical green smoothie would include 4-5 cups of leafy greens, 2-3 cups of fruit, and 2-3 cups of water. I place the greens and water at the bottom of my blender container, followed by the fruit, then blend until smooth.

By afternoon I am always on the go as a busy working mom. Time is of the essence, so my meals must be fast, delicious, and nutritious without weighing me down. It's critical that I keep my energy high, and a raw food lunch accomplishes that with ease. A perfect example of my lunch might include a fresh green juice made with kale, celery, cucumber, parsley, lemon, and a small amount of apple for flavor. Then I might enjoy zucchini rolls like this recipe:



Zucchini Rolls with Creamy Chipotle Dipping Sauce

Ingredients:

Zucchini Rolls:

4 small zucchini
1 avocado
1 bell pepper (red, yellow, or orange)
2 carrots, shredded
2-3 stalks of celery
1-2 tomatoes
1 bunch of cilantro, stems removed

Dipping Sauce:

½ red bell pepper
½ tsp chipotle chili powder
¼ tsp garlic powder
1/3 cup hemp seeds

2 tbsp lemon juice
1 tbsp lime juice
¼ cup nutritional yeast
¼ tsp onion powder
1 pinch of pink salt or to taste

Directions:

Slice zucchini into strips on a mandolin slicer. Use a safety glove to protect your hand. Set aside strips. Chop cilantro. Julienne tomatoes, celery, and peppers. Slice up avocado. Roll up these ingredients in the zucchini slices. Now for the sauce: Blend dipping sauce ingredients in a blender until smooth. Taste and adjust spices and citrus to your liking if needed. Dip rolls into sauce and enjoy!

Throughout the day I snack on fresh fruit as desired. Fruit has been so stigmatised in low-carb fad diets that people have become afraid to eat as much of it as their bodies need. As a result, they develop seemingly insatiable cravings for refined sugar such as candies or cookies, as well as caffeinated beverages like coffee or chemically-laden energy drinks to provide a boost. Once I began eating a high volume of fresh whole ripe fruits like mangoes, bananas, grapes, and melons, I discovered I no longer had a weakness for things like chocolate or pastries. I had spent so many years thinking I was addicted to sweets, when really I just needed the right kind of natural sugar to energise and nourish myself.

In addition to snacking on fruit, for dinner I often create a big, beautiful salad with whatever fresh ingredients I have handy. For me, eating 1-2 heads of lettuce in my salad has become normal, and those leafy greens supply me with necessary nutrients such as protein, calcium, and iron.

This colorful salad contains nutty, delicate mache lettuce, edible flowers, cherry tomatoes, avocado, boysenberries, carrot, and celery with fresh squeezed orange juice as a dressing.

Another perk of a raw food diet is the variety of delicious, easy desserts! For example, this **Chocolate Cherry Maca Ice Cream Recipe** has only four ingredients and produces a thick, cold, creamy, decadent dessert:

Ingredients:

- 3 cups of frozen ripe banana chunks
- 3 tablespoons of maca
- ½ cup of raw cacao nibs
- 1 ½ cups of fresh or frozen cherries

Directions:

Blend in high-powered blender or a food processor fitted with an S-blade, scraping down as needed. Enjoy immediately!





SUMMER FASHION

By Justine from JustineKeptCalmAndWentVegan.com



Skirt by
Jan 'n June



Sneakers by Matt & Nat



Shirtdress
by LovJoi



Shirt by
Wunderwerk



T-Shirt by
Twothirds



Bag by
Freedom
of Animals



Trousers by
Hessnatur



Short jacket by
Vanilia



Shirt by A JACKET
THAT LOOKS LIKE
PAPER AND FEELS
LIKE HEAVEN



Jacket by
HoodLamb




Shirt by Braintree

Watch by Jord

Trousers by MUD Jeans

Shoes by Ethletic



**WHAT I AM WEARING
(100%VEGAN):**

Blouson by Luxaa

Shirt by Funktion Schnitt

Sunglasses by Time For Wood

Leggings by Aritzia



Jacket by
HoodLamb



Justine is a 21 year old Vegan living in Vienna. She started

[JustineKeptCalmAndWentVegan.com](https://www.KeepCalmAndWentVegan.com)

to showcase fantastic vegan fashion.

"My vision is to show how easy it can be to live a healthy and vegan lifestyle. I support you. If you would like to switch to the 'green side of life' – awesome! If you just want to get inspired – great! There are no downsides in changing to a vegan lifestyle".



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THE JOURNEY TO CURE ACNE




Carnivore,
poor diet



Plant
based foods



By Haley Ferretti



My name is Haley and like most teens and young adults I grew up with acne. I started noticing my acne when I was around 13 years old, which is very typical for most kids around this age. For the beginning stages it was little pimples and zits here and there but it soon progressed. I remember being teased in 8th grade because I had pimples covering my forehead and chin. It sucks. I hated my skin and from a young age had a very big insecurity about my face. Since my mom knew how upset I was over my skin we started taking regular visits to the Dermatologist because that's what you did if you had any type of skin issue. The doctor continually told me, "your skin isn't that bad, I've seen worse." I really didn't appreciate her telling me this. I wanted her to reassure me that she could heal my skin and help me achieve glowing skin.

I took all the medications; creams, lotions, and antibiotics and pills. I would have to be careful about going outside because my skin was so sensitive I could severely burn. My skin became my greatest obsession; I constantly picked and poked it until it would sometimes bleed. Once I graduated high school my skin took a turn for the worst. I developed cystic acne on my face and broke out all over my chest and back. This was honestly the worst time in my life. I never left my house, I was very depressed, and I felt that I cried more than I smiled. Being 19-20 years old and having large bumps and scabs on your face is awful. I scheduled another appointment with my Dermatologist, I remember crying to her, pretty much begging for her to do anything for me. She told me, "you will always have acne and all I can do is help you control it." That was the last time I went to see her.

When I went home I researched all I could on how to heal acne "naturally" because if modern ways weren't working there had to be an alternative!

I remember seeing so many posts about being vegan, I had to Google what the even meant. I read review after review about how going vegan internally heals you. I had never thought about acne as an internal issue until I



read this. The Dermatologist always treated my acne as an external issue, telling me that food was unrelated to my skin issues. But after reading more and more I knew I had to change my diet if I ever wanted to see changes in my skin.

I went VEGAN overnight. Well at first it was as much as possible because I lived at home and my parents thought I was nuts. But on November 29, 2013 I went vegan and have not looked back since. It was a long

uphill battle with my skin once I changed my diet, I had years and years of damage, and all of that needed to exit my body. Since I was not in a healthy state and my body was still overworked since taking all of my previous medication from the dermatologist, my liver and colon could not handle all of the toxins exiting my body all at once. My skin broke out very, very, very badly. Was I confused? Absolutely, I thought I had done something wrong but this was all very normal and I continued to eat plant based.

During this time when my skin was “freaking out” I went to an acupuncturist who was able to explain to me what was going on inside my body. After several sessions with him my body was back on track and was able to dispose of toxins the correct way other than exiting through my skin.

After about 6 months of being vegan my skin started to heal. My face started to look healthier, not inflamed or irritated but started to regain my natural color. I still had pimples but there were much fewer breakouts. Healing process for me went by very fast it took around 1 year to fully heal. But my skin never looked better, I could finally say I had glowing skin.

Some of the products I use are a skin brush and gloves. They help to exfoliate dead skin to give way to the new healthy skin. I only use organic or all natural products on my skin now, with that being said the only brand I truly trust on my face is Acure Organics. They great cleansers that I use and I also about once a week use their green face mask. After having acne for so long I try to do my best to re-search product lines before I decide to use them, and Acure has not let me down. The other product line I use is a toner by Thayer’s, I enjoy using the rose petal one the most, because it helps to reduce redness. What I use to spot treat is organic tea tree oil, as long you don’t mind the smell it helps to kill and treat the pimple!

Some quick tips for acne:

1. One of the best things you can do if you have a pimple is to put ice on it, this helps to reduce the swelling and inflammation.
2. DO NOT PICK THEM! I know this one is hard to do but it helps to prevent scarring in the long run.
3. Drink lots of water, if you aren’t staying hydrated your body will suffer. Staying hydrated gives, you supple and glowing skin, and also helps you to flush out toxins. If you add lemon or apple cider vinegar that’s a huge plus!
4. Eat your vegetables and fruit (Preferably organic). If you are giving your body the right fuel, the better you will look and feel!
5. Teas are great ways to help detox your body and help to heal your skin internally. My favorite teas for gentle detoxing are Yogi-detox, Traditional Medicinal- Everyday detox, Milk thistle (great liver cleanser), and Burdock Root (another great liver cleanser).

I hope my story is able to help some of you struggling with acne! If any of you are looking for personal help with this disease please go to my website- www.haleyferretti.com, or email me at haleyferretti@me.com. I would love to offer my guidance in helping you beat acne!

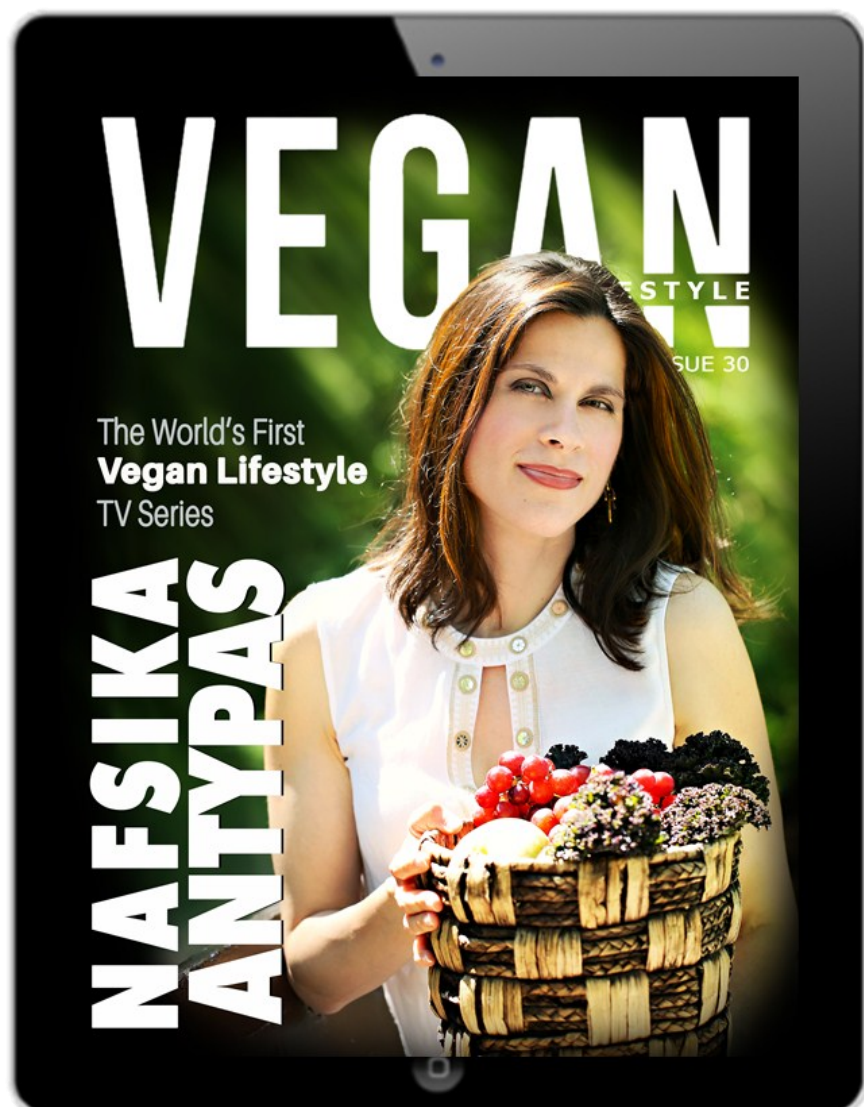


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MAGAZINE

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A woman's profile is shown in the upper left, looking down. Her hand is positioned in the center, with fingers spread, showcasing a variety of colorful nail polishes: red, purple, blue, teal, and magenta. She is wearing a large, ornate gold ring with multiple facets on her ring finger. The background is a dark gradient with vibrant, colorful splashes of paint in shades of purple, blue, and pink. The overall aesthetic is elegant and artistic.

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Vanilla Bean Body Butter

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VANILLA BEAN BODY BUTTER

By Amie Sue Oldfather

This body butter is light, fluffy, and glides onto the skin. As you rub it in, it initially feels a little more on the oily side than a lotion. However, I find that it soaks in nicely.



Shea Butter

Shea butter is also known as “Vitamin A Cream.” This is a pretty powerful vitamin for the skin. It aids in the skin’s natural collagen production and helps to protect, as well as nourish the skin to prevent drying. It’s great to help with bug-bites, skin allergies, and even frost-bite.

Cacao Butter

Cocoa butter is the best salvation for people who have sensitive skin. Cocoa butter moisturizers are good at protecting skin from heat, healing such diseases as eczema and other problems. A cocoa butter cream will definitely help you keep your skin soft and supple.

According to Dr. Axe, “Cocoa butter contains compounds called cocoa mass polyphenols. Research shows that its polyphenols have several positive indicators for skin health, including improved skin elasticity and skin tone, better **collagen** retention/production, and better hydration.”

Jojoba Oil

This oil works by creating an oily layer on the top of the skin that traps water in the skin. It works on your face, neck, hands, feet and hair. I have been using jojoba oil for years now as a face cleaner of all things. One wouldn’t think that washing your face oil makes sense but it works. It removes dirt, makeup and bacteria from your face. It’s even safe for cleaning eye makeup, and it’s hypoallergenic. I just put some in the palm of my hands, rub them together and then rub it over my face. I then remove it with a warm washcloth. It is rich in iodine, which fights harmful bacteria growth that leads to breakouts. The antioxidants present in jojoba oil also helps to soothe fine lines, wrinkles and naturally slow down other signs of aging.

Coconut Oil

Coconut oil is rich in protein which helps keep the skin healthy and rejuvenated, both internally and externally. These proteins also contribute to cellular health and tissue repair. Coconut oil contains Vitamin E, which soothes eczema, sunburn and psoriasis, and its antiviral and antifungal benefits even help to treat bug bites.

Look for the words “unrefined,” “cold-pressed” or “crude.” This means that the product was extracted with natural methods that don’t overheat the ingredient during the process, thus destroying some of its nutrients.

Ingredients:

- 1/4 cup shea butter
- 1/4 cup cacao butter
- 1/4 cup coconut oil
- 1/4 cup organic jojoba oil
- 10-20 drops lemon essential oil
- 1/2 tsp almond extract
- 1 vanilla bean, seeds only

Preparation:

Melting in double boiler:

1. Simmer a few inches of water in a saucepan and set a stainless steel bowl on top, making sure the bowl fits snugly. Or use a double boiler if you have one) The water in the bottom pan shouldn't be touching the top bowl.
2. Combine the shea butter, cacao butter, and coconut oil in the top bowl.
3. Gently melt and stir until the mixture is liquid.

Melting in dehydrator: (this is what I do)

1. You will need a dehydrator that has a large cavity such as an Excalibur. A stackable tray dehydrator won't work.
2. Place the containers of the oils in the dehydrator and warm to liquid.
3. I find this method much easier as I don't have to scoop out hard butters/oils from their jars... I just melt it all, use what is needed, return the lid and let it set back up



until I get another wild hair to make body butter.

Whipping the body butter:

1. Once the oils have melted, stir in the jojoba oil and allow the mixture to partially set up.
 - I placed mine in the freezer for a few minutes until it started to partially set up.
 - Be careful that you don't let it stay in the freezer too long or it will totally harden. Simply re-melt it if it does.
2. Once the mixture is partially set, add the lemon essential oil extract and vanilla bean seeds, whip with a hand mixer or stand mixer until the body butter is fluffy and stiff peaks have formed.



- If it blends creamy but isn't getting fluffy, slide the bowl in the fridge or freezer for a few more minutes, then continue to whip it.
 - There shouldn't be any lumps in the body butter.
 - Be sure to scrape the sides down during the mixing process.
 - You will notice that the mixture is more on the yellow side when you first start but after whipping it, it turns white.
- 3.** Spoon or pipe the creamy butter into a jar.
- I like to pipe the body butter into the jars, this keeps everything clean.
 - I put a ziplock bag into a tall jar or glass and fold the opening of the bag over the edges of the jar. I then put the butter in the bag, remove the bag, zip shut, and snip the bottom corner off of the bag.
- Pipe into the jar, stop occasionally and tap the jar on the counter top to help settle the body butter into the jar.
- 4.** In an air tight jar, you can expect this body butter to stay fresh at room temp between 3-6 months.
- 5.** Always use clean hands when scooping out the butter or use a plastic or wooden popsicle stick.
- 6.** It is best to store the body butters in amber or cobalt colored jars as they protect the contents from sunlight which promotes oxidation. If you use a clear jar, keep out of the sunlight.
- I am not 100% sure on the shelf life, but I am guessing if you use it on a regular basis it will keep just fine. :)

Olive & Sun-dried Tomato Nut Cheese
Nouveauraw.com





OLIVE & SUN-DRIED TOMATO NUT CHEESE

By NouveauRaw.com

Ingredients: Yields 6" Cheese Wheel

- ◆ 1 cup raw macadamias, soaked 4 hours
- ◆ 1 cup cashews, soaked
- ◆ 1 cup water
- ◆ 1 tsp probiotics powder

Preparation:

1. Blend all ingredients in a high-speed blender until smooth.
2. Place the mixture in a strainer that has been lined with cheesecloth and place a weight on top. The weight should not be so heavy that it

pushes the cheese through the cloth, but heavy enough to gently start to press the liquid out.

3. Leave to ferment for 48 hours at room temperature.

Once fermentation is complete stir or process in the following ingredients:

- ◆ 1/4 tsp Himalayan pink salt
- ◆ 1 tsp nutritional yeast
- ◆ 1/2 tsp lemon juice

Then stir in the following:

- ◆ 1/4 cup Kalamata olives
- ◆ 1/2 cup sun-dried tomatoes, soaked 2 hours and drained





Assembly:

- 1.** I used a 6" Springform pan to mold this cheese. I lined it with plastic wrap and placed the mixture within the ring, smoothing it out.
- 2.** Place in the refrigerator to firm up a little. This is best done overnight.
- 3.** You can enjoy the cheese as is, or place in the dehydrator to create a rind on the surface. That is what I

did to create the look in these photos.

- 4.** Remove the cheese wheel and place on the non-stick sheet that comes with the dehydrator.
- 5.** Dehydrate at 145 degrees for 1 hour, then reduce to 115 degrees for roughly 8 hours.

Slice and enjoy on crackers, on bread, or as is.

Pomegranate Chocolate Clusters

raw • Nouveauraw.com • vegan





POMEGRANATE CHOCOLATE CLUSTERS

By NouveauRaw.com



Ingredients:

- ◆ 1/2 cup raw cacao butter, melted
- ◆ 1/2 cup raw cacao powder
- ◆ 2 Tbsp raw agave nectar or maple syrup
- ◆ Pinch Himalayan pink salt
- ◆ Pomegranate seeds

Preparation:

Dehydrator method:

1. You can use a double boiler method or dehydrator method (which is what I used). I have a

9 tray Excalibur dehydrator which allows me to remove the trays and place bowls in the cavity of it. It worked perfectly for this recipe.

2. Shred about 1 cup of raw cacao butter in a 2 cup measuring cup. You can use a bowl but this way once melted, you can double-check your melted measurement (this just saves dishes). Place the measuring cup in the dehydrator. I also place a metal bowl in there to warm the surface of the bowl.

3. Once the butter is completely melted pour the liquid into the metal bowl. Whisk the cacao powder in, making sure to work out any lumps.



Add the sweetener while you continue to whisk, then the pinch of sea salt.

Double boiler method:

- Set up the double boiler and add melt the cacao butter until it is completely melted.
- Add the cacao powder, whisking during the process. Work out any lumps.
- Add sweetener, stirring really well. Add the pinch of salt and stir some more.

Assembly:

- Line a cupcake pan with liners.
- Place 1 tsp of pomegranate seeds.
- Pipe the chocolate over the seeds, roughly 3/4 way full.
- Top with more pomegranate seeds and slide in the fridge to harden.
- Enjoy! These will keep at room temp (under 70 degrees (F) safely) or store in the fridge.

SMOKY SUMMER VEGETABLE TANGLE



By Golubka Kitchen.com



SMOKY SUMMER VEGETABLE TANGLE

By GolubkaKitchen.com

Ingredients:

For the smokey sauce:

- ◆ 2 tablespoons Dijon mustard
- ◆ 2 tablespoons olive oil
- ◆ 1 tablespoon smoked paprika
- ◆ 1 teaspoon tamari
- ◆ juice of 1 lemon
- ◆ ¼ teaspoon sriracha/hot sauce of choice
- ◆ 2-3 garlic cloves - minced

For the tangle:

- ◆ 1-2 small to medium firm zucchini - sliced into noodles using a julienne peeler, spiralizer or mandoline (I use [this one](#))
- ◆ 1 medium carrot - shaved into ribbons with a vegetable peeler
- ◆ ½ tablespoon plus 1 teaspoon neutral coconut oil - divided
- ◆ 1 shallot - chopped
- ◆ ½ lb crimini mushrooms - sliced
- ◆ tamari for drizzling - to taste
- ◆ 2 large handfuls young green beans - strings removed if present
- ◆ juice of ½ lemon
- ◆ handful parsley leaves - chopped (optional)
- ◆ salad greens and/or microgreens
- ◆ few tablespoons chopped hazelnuts or almonds - toasted if preferred



Preparation:

To make the smoky sauce

1. Combine all ingredients in a small bowl and whisk until smooth. Set aside.

To make the tangle

1. Combine zucchini and carrots in a large mixing bowl or platter. Set aside.
2. Warm ½ tablespoon coconut oil over medium heat in a large saute pan. Add shallot and saute for 5 minutes. Add mushrooms and saute for another 5-7 minutes, until they begin to brown. Lightly drizzle with tamari and stir around until absorbed. Add the sauteed mushrooms and shallot to the zucchini and carrots.
3. Warm the remaining 1 teaspoon coconut oil over medium heat in the same saucepan. Add green beans and saute for 2-3 minutes, until bright green and blistered in places. Squeeze lemon juice over beans and lightly drizzle with tamari. Cook for another 1-2 minutes, until liquid is evaporated and beans are crisp-tender. Add to the bowl with the vegetables.
4. Add parsley, if using, and salad greens and/or microgreens. Drizzle the smoky sauce over vegetables. Toss to coat and sprinkle with chopped nuts. Serve immediately. You can also store the tangle in the refrigerator for up to 3 days. The vegetables will become marinated and delicious in a new way.

ROSE AND RHUBARB FROZEN YOGURT



By Golubka Kitchen.com

ROSE AND RHUBARB FROZEN YOGURT

By GolubkaKitchen.com



Ingredients:

- ◆ 1½ lb rhubarb - sliced
- ◆ ½ cup dried rose petals (optional)
- ◆ ½ cup maple syrup - divided
- ◆ 32 oz vegan yogurt
- ◆ 2 tablespoons rose water

Preparation:

1. In a medium saucepan, combine rhubarb with rose petals, if using, and ¼ cup maple syrup. Bring to a boil over medium heat, reduce to a simmer and

cook for 10 minutes, until rhubarb is soft. Let cool to room temperature and chill in the refrigerator for about an hour.

2. Combine well-chilled yogurt with half of the rose-rhubarb mixture, remaining ¼ cup of the maple syrup and rose water.
3. Process in an ice cream maker for 20 minutes or according to the manufacturer's instructions. Spoon into a container, alternating between layers of frozen yogurt and the remaining rose-rhubarb mixture. Eat right away as soft serve or place in the freezer and make sure to remove from the freezer 10-15 minutes before serving.

NOTES

If you don't have an ice cream maker, you can make popsicles. Just pour the final rhubarb-yogurt mixture into popsicle molds and freeze. Rose petals are optional, rose water gives plenty of flavor.

SUPER MAGENTA – BEETROOT HARISSA RED LENTIL PÂTÉ

By ShisoDelicious.com





SUPER MAGENTA – BEETROOT HARISSA RED LENTIL PÂTÉ

By Shisodelicious.com

Ingredients: Makes around 400 ml

- ◆ 200 ml red split lentils, washed
- ◆ One medium beetroot (ca 120 g) peeled and sliced in 3 mm discs
- ◆ Coconut oil, OR extra virgin olive oil for roasting
- ◆ A pinch of garlic granules or half a garlic clove
- ◆ Juice of half a lemon
- ◆ 1/2 teaspoon quality salt, or to taste
- ◆ 1/2 tablespoon Harissa spice mixture. This can be substituted with 1/2 tsp ground cumin, 1/2 tsp sweet paprika, 1/4 tsp chili powder, 1/4 dried mint and 1/4 garlic clove.

Extras – The pâté tastes beautiful with the above ingredients, but if you want to lift it to next level of delicious complexity add one, two or all three of the following:

- ◆ 1 teaspoon dry rose petals
- ◆ Half a wedge of preserved lemon (1 wedge = about 1/8 of a whole lemon)
- ◆ 1 clove black garlic



RECIPE SUMMARY

- 1.** Wash and cook the lentils in unsalted water until soft, 15-20 mins. Let drain in a sieve.
- 2.** Roast the beet, drizzled in oil and sprinkled with salt and garlic granules for 15 minutes either under a grill, high setting, or at 200°C.
- 3.** Blend lentils, beetroot, salt, harissa and extras.

METHOD

- 1.** Turn your oven to 200°C. If you prefer to use your oven grill, leave it off for now.
- 2.** Wash the lentils and boil in lots of unsalted water until soft. The whole process should take about 20 minutes. I cook with the lid off – apparently this helps with evaporating some of the lentils' gas-producing compounds. Another tip to have less 'issues' after eating lentils is to scoop off the foam that forms on the cooking surface. I feel it helps! When done, drain and discard the water and let the lentils drip off for a few minutes in a sieve to be as dry as possible.



Overnight Oats with Blueberry Cashew Cream

By ShisoDelicious.com



Overnight Oats with Blueberry Cashew Cream

By Shisodelicious.com



Ingredients: Overnight Oats

- ◆ Enough rolled oats for two people, 1-2 cups
- ◆ 2 tablespoons chia seeds
- ◆ 2 tablespoons flax seeds
- ◆ One pinch quality salt (optional)
- ◆ Water or nut milk to cover

Ingredients: Blueberry Cashew Cream

- ◆ 1/2 cup cashews
- ◆ 1/3 water to blend
- ◆ 1-3 dates, to taste
- ◆ One pinch vanilla powder (ground up whole vanilla pod) or a few drops liquid vanilla extract
- ◆ 1/2 cup frozen or fresh blueberries

Method:

- 1. Evening:** Place the overnight oats ingredients in a big bowl, cover with water or nut milk and stir to combine. Place cashews and dates in a big glass and cover with water. If your dates are very soft already, you can skip this step. Cover both containers and leave at room temperature or in your fridge overnight.
- 2. Morning:** Stir up the oats and divide them into two glass jars.
- 3.** Drain the cashews/dates. Blend them with fresh water and vanilla for at least one minute on high until they become very smooth, light coloured and thick. Add blueberries and blend for another few seconds. A small jug works best to make cashew cream, I use my blender's spice mill attachment.
- 4.** Scoop the cream onto the oats and top with more blueberries.



Shiso Delicious draws inspiration from her Scandinavian-Japanese roots and background as a London based artist-designer to create plant-based, vibrant recipes and imagery.



PEACH VIBES: PEACH SALAD WITH CARAMELIZED PECANS

By JustineKeptCalmAndWentVegan.com



PEACH VIBES: PEACH SALAD WITH CARMELIZED PECANS

Ingredients:

For 2 Servings

- ◆ 200g of quinoa
- ◆ 5 ripe peaches
- ◆ a handful of pecans
- ◆ 100g salad of your choice
- ◆ 100g of cherry tomatoes
- ◆ half an onion
- ◆ agave or maple syrup
- ◆ half a lemon
- ◆ olive oil, salt, pepper
- ◆ coconut oil

Instructions:

1. Put the quinoa in boiling water for about twelve minutes. Remove the water and let the quinoa as it is for a moment.
2. It's time to caramelize the pecans in a pan with a little bit sweetener of your choice. Let them cool down on a baking paper afterwards.
3. Halve the peaches and roast dem gently in a pan with some coconut oil.
4. Halve the cherry tomatoes and cut the onion into small pieces. Mix it with the salad.
5. Add the pecans and the quinoa to the salad. Season it to taste with some salt, pepper lemon juice and olive oil. I also add a little bit of coconut milk to make it more creamy.



By JustineKeptCalmAndWentVegan.com



FLUFFY PEANUT BUTTER PUDDING

By JustineKeptCalmAndWentVegan.com



FLUFFY PEANUT BUTTER PUDDING

Ingredients:

For 4 Servings:

- ◆ 6 heaped tablespoons peanut butter
- ◆ 250g dates
- ◆ 2 bananas
- ◆ half a ripe (!) avocado
- ◆ 140ml almond milk
- ◆ opt:
coconut yoghurt,
espresso and fresh
fruits



By JustineKeptCalmAndWentVegan.com

Instructions:

- 1.** Blend all the ingredients for the pudding until it's smooth.
- 2.** Serve it with coconut yoghurt and maybe espresso or fresh fruits.



**SNACK O'CLOCK:
OVEN FRESH CRISPY
AVOCADO SLICES**

By JustineKeptCalmAndWentVegan.com



SNACK O'CLOCK: OVEN FRESH CRISPY AVOCADO SLICES

Ingredients :

For 2 Servings

- ◆ two avocados (not ripe)
- ◆ 4 heaped tablespoons kibbled linseeds
- ◆ 2 heaped tablespoons corn flour
- ◆ 1 teaspoon paprika powder
- ◆ one spring of rosemary
- ◆ salt, pepper
- ◆ coconut oil



By JustineKeptCalmAndWentVegan.com

Instructions:

Preheat the oven on 200 degrees. Cut the avocados in pieces. Brush both sides of each slice with coconut oil. Cut the fresh rosemary into little pieces and mix it with the linseeds, the corn flour, the paprika powder and some salt and pepper. Now it's time to bread the avocado slices with the breadcrumb coating. Put them in the oven for 10-13 minutes. Serve them oven-fresh!

RAW FERRERO ROCHER

By Rachel Smith
Rawberry Fields





RAW FERRERO ROCHER

By Rachel Smith
www.rawberryfields.co.uk

These Ferrero 'Rawcher's are a raw-ified versions of the famous Ferrero Rocher! With a silky smooth hazelnut truffle centre, covered in rich raw chocolate and a coating of roasted hazelnuts, these raw Ferrero Rocher are better than the real thing!

Ingredients: Serves: 20

Hazelnut Truffle Centre

- ◆ 125g smooth chocolate hazelnut butter (if using plain hazelnut butter, add 50g cacao powder)
- ◆ 2 Tbsp (heaped) coconut oil
- ◆ 50ml grade A robust maple syrup
- ◆ 1 Tbsp (heaped) cacao powder
- ◆ 60ml coconut milk (canned) + 2 Tbsp (heaped) coconut cream

Optional: *1/2 tsp vanilla bean paste*

Optional: *(if using a blender): 20g roasted hazelnuts for a stronger Nutella taste*



Raw Chocolate Coating

- ◆ 50g cacao butter
- ◆ 35-40g cacao powder (add more if you desire a thicker consistency)
- ◆ 25ml grade A robust maple syrup
- ◆ *Substitute: 100g raw or dark chocolate*

To Decorate:

- ◆ 20 roasted (or blanched) hazelnuts
- ◆ 140g roasted hazelnuts (chopped into small pieces)

Instructions:

1. *To make the hazelnut truffle centres:* Place the hazelnut butter, cacao powder, vanilla bean paste, coconut oil, maple syrup and the

RAW FERRERO ROCHER

By Rachel Smith www.rawberryfields.co.uk



coconut milk and cream in a blender (or a medium sized bowl if you don't have a blender) and blend until smooth before transferring to a medium-sized bowl. Place the mixture in the freezer to firm up. Mine took roughly 2 hours to harden.

2. Line a tray with baking/greaseproof paper.
3. When firm, remove the truffle mixture from the freezer, and use a melon baller, or small spoon, to scoop out balls of the mixture. Press a hazelnut into the centre of the ball whilst the mixture is still in the melon baller, before gently removing and rolling in your hand to create a ball. The mixture melts quickly in your hands, so if you need to, roughly shape the balls before placing them in the freezer for 10-15 minutes to harden before reshaping.
4. Place the balls on the tray, and put them in the freezer to harden whilst you make the chocolate coating.

5. *To make the chocolate coating:* melt the cacao butter over a bain marie. Add the cacao powder slowly, stirring constantly, then add the maple syrup and coconut milk powder if using and stir to combine until it resembles melted chocolate.
6. Place the hazelnut truffles balls on the end of cocktail skewers, before dipping them into the chocolate mixture. Then allow the excess chocolate to drip off each ball before rolling them in the chopped hazelnuts to coat. If you're feeling fancy, coat them in another layer of chocolate!
7. Place the raw Ferrero rocher's back on the tray, before returning them to the fridge for an hour before eating.

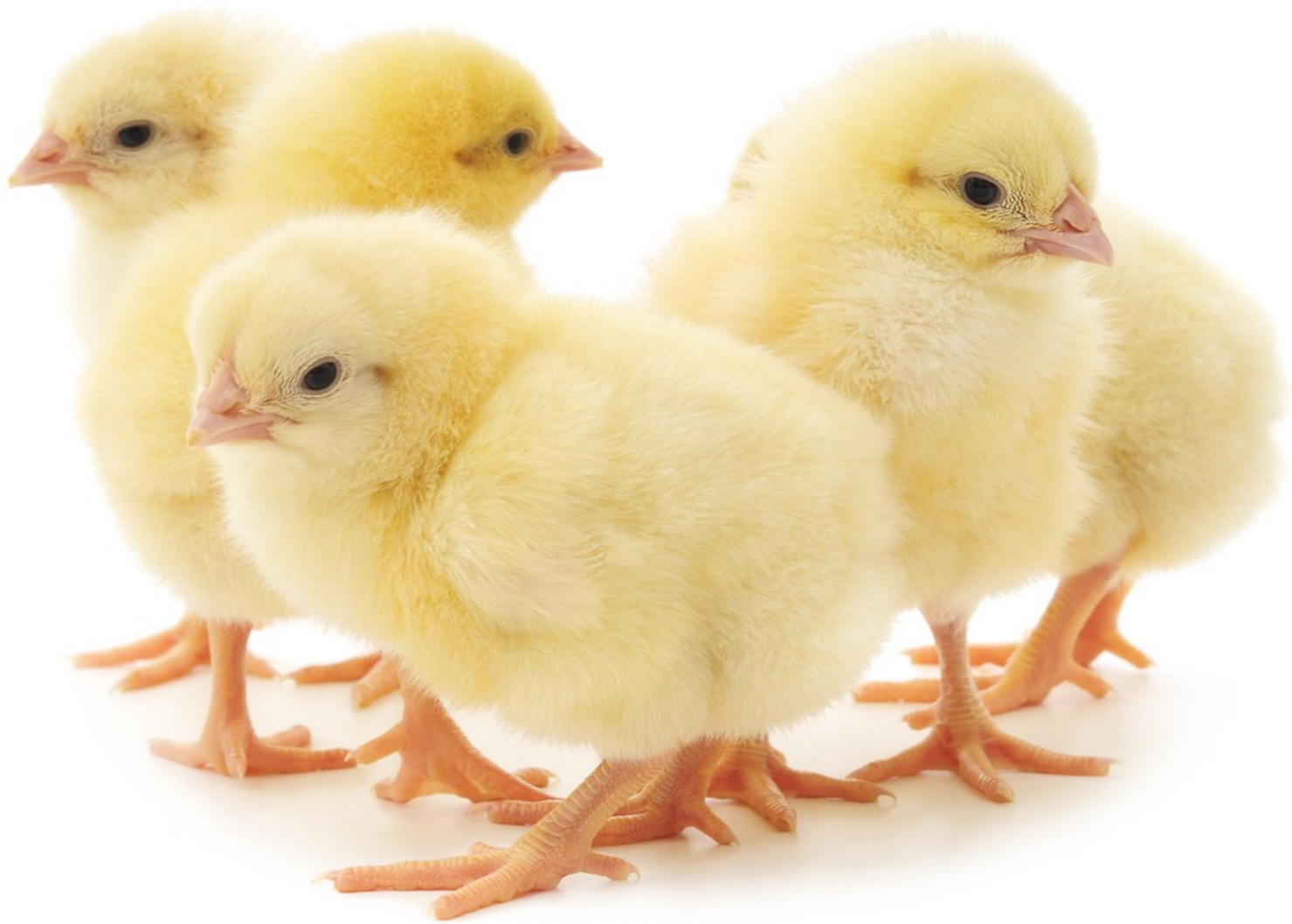
These taste best the day after making, as the centre is nice and firm and Ferrero Rocher like! Store them in an air-tight container in the fridge for up to 2 weeks.



facebook

THE HARM OF
SOCIAL MEDIA
CENSORSHIP

By Olivia Gramprrie



A few weeks ago I shared to my Facebook wall a video of baby male chicks riding, what I have deemed, the animal agriculture industry's conveyor belt of death. This was an attempt in educating my peers on the fact that when a chick is born male and of no use to the industry, as he is unable to produce eggs, he is sentenced to immediate death through horribly inhumane methods such as grinding or suffocation. Then, yesterday, as I was looking back over my Facebook page I came across this video once again and noticed that it was now censored by Facebook and headed with the warning "This photo was hidden because it shows mature content, such as graphic violence". My immediate reaction was shock and anger. However, after a few deep breaths and some rational thought my feelings were reshaped into disappointment.

Real methods used every day in our food production being labeled as "mature content" is a huge problem. Yes the video showed gruesome imagery and potentially scarring material but it should be no surprise that those are the reasons it was shared in the first place. It is disappointing that something so connected to human life as the food we eat is able to be legally produced in a manner thought of as only suitable to be seen for mature

audiences. Yet it is predominantly disappointing and honestly extremely frustrating that Facebook felt the need to censor my attempt in spreading this disturbing truth. Especially because I could post a video of bacon sizzling in a hot, oiled pan or a golden roast chicken pulled fresh from the oven and Facebook wouldn't blink an eye.

Over the last few decades the disconnect between the food we see on our plates and the actual process of production has grown exponentially. This is problematic because people need to know where their food is coming from and the manner in which it is being produced. Especially when large industrial farms and their myriad of lobbyists work tirelessly to hide the inner workings of the animal agriculture industry. Exposing the truth is imperative and food education is an instrument crucial to accomplishing this goal.

Facebook, priding itself on being a platform for progressive, open-minded discussion across a range of other controversial topics, should hold itself responsible for continuing this stance on all issues, no matter the level of unease they may bring about. We need to stop the violence, not increase the damage by pretending it doesn't exist.



SCIENTIFIC STEPS TOWARDS WEANING
MEATHOOKED
WESTERNERS **OFF MEAT**

By Marta Zaraska



The vast majority of Westerners are meat eaters, despite all the studies linking meat-eating to cancer and heart disease, despite the yearly suffering of billions of farm animals, and despite the fact that meat-eating contributes more to climate change than does driving cars. For most people giving up meat is not easy. What can help them are meat substitutes, and scientists and start-ups alike race to invent one that could help wean humanity off meat. Enter lab-grown meat, plant-based meats, and edible insects.

Although eating insects is not the ultimate solution for a meat-less future (after all these are still animals, and some studies suggest they may perceive pain, it can help wean the meathooked majority off the flesh of vertebrates – which would be a step in a good direction. The edible bugs - and there are about 1900 species of them - are choke-full of nutrients. Termites, grasshoppers, caterpillars may be better protein sources than beef or chicken. Some species of edible termites have as much as 29mg of iron per 100g by comparison beef has “just” 3.5mg. And that’s not the end of good news. Raising insects for food would be much less harmful for the planet, too. To raise one kilogram of crickets, for example, you need just 2.1kg of feed. To raise the same amount of beef you would need a staggering 12 times more feed. The problem, though, is convincing people in the West to eat insects instead of steaks or burgers. The approaches are many. Some companies, such as the Australian “Vitabug” or the French “Jimini’s”, try to sell insects as snacks. They offer “chilli + garlic” crickets (Vitabug) or sesame and cumin

seasoned mealworms (Jimini's). Another approach is to try to make the bugs less visible, grinding them into protein powders or hiding them inside energy bars (the Australian Ecobars offer mango and orange cricket-flour bars). And yet others turn insects into food art. In the UK a start-up called Ento strives to make insects resemble sushi, while designers at London South Bank University use insect flour to 3D print bugs into works of art.

Yet no matter the beauty of 3D printed insects, they likely won't taste exactly like a real burger, either. But a lab-grown one could – with zero suffering involved. When in 2013 scientists from Maastricht University, the Netherlands, unveiled the world's first cultured burger, those who tried it claimed it tasted "almost" like real beef. Back then the costs were staggering - over \$420,000 for the 140g patty (\$3 million per kilogram). In 2016 an American company Memphis Meats managed to create a lab-grown meatball and bring the costs down to \$52,000 per kilo. And in 3 to 5 years, the producers say, the cultured meats should be cheap

enough to make it to the shelves of upmarket butcher shops. Growing meat in labs out of stem cells (taken from live animals via biopsy) could solve many of the woes surrounding conventional meat. According to a 2011 study a pound of cultured meat would be responsible for up to 36 times less greenhouse gas emissions than a pound of traditional beef. To help people overcome the yuck factor surrounding these products, backers of cultured meat promise such curiosities as dinosaur meat or meat that resembles yarn and can be knit into - and yes, eaten. That's all in the far future, though.

For now the simplest solution to satisfy the meat cravings of the Western world comes from plant-based fake meats. The meat substitutes market is growing fast, and by 2020 will likely be worth \$6.63 billion. And these products already taste great. When in 2013 a Whole Foods store in the US mislabelled its chicken salad made with a plant protein substitute as "real" chicken, no one noticed and no one complained. What's more, mock meats are no longer limited to minced or chopped products, either.

In November last year scientists at Wageningen University, the Netherlands, unveiled a super-sized cut of steak made out of processed soy protein. As meat-replacing technological advancements go, nothing will beat the ease of a simple lentil or bean-based veggie dish, of course. But for meathooked societies something more meat-like is needed to ease the cravings. Whether it will be insect burgers, lab-grown burgers or plant-burgers (or all three), only the future will tell. Let's just hope that that future comes sooner rather than later.



Marta Zaraska is a science journalist published in *Scientific American*, the *Washington Post*, the *Atlantic*, etc. She is author of *Meathooked: The History and Science of Our 2.5-Million-Year Obsession with Meat*, which was published by Basic Books in February 2016.

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An Aussie bull watched in terror as one by one his companions skulls were smashed with a sledgehammer- some still standing after 5 blows to the head. He fought and cried out when he realised he was next.

Tragically, the reality for countless animals exported to Vietnam is that their deaths will not be swift. Some will suffer multiple, agonising blows with a sledgehammer before finally succumbing to oblivion in a filthy slaughterhouse, so many miles away from home.

Barnaby Joyce and his Department of Agriculture have shown that they are either unwilling or incapable of stopping cruelty. Despite repeated 'bandaid fixes', the trade has been in disarray — for years.

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TURKEY'S HOMEGROWN VEGANISM



PART 2

By Chantal Blake

The general impression of Turkey's vegan community is that they are mostly young college students who are eager for change. They are bold enough to reject the status quo of meat-centric eating and have allied their veganism alongside socialism, anarchism, feminism and other socio-political leanings. It's not surprising to find that a listed vegan restaurant is actually an apartment or suite opened for business. Public parks, art spaces, and bars have served as DIY hosts to plant-based dining, campaign organizing, and fundraising, all in support of the vegan cause.

To bring veganism into the mainstream, Turkish-born İnci Özcebeci, can be credited for normalizing the word "vegan" in major shopping chains and supermarkets. Starting out as an ethical vegetarian at the age of 15 and then vegan five years later, her diet and lifestyle has evolved to suit her ethics around animal consumption. She first tasted a meat alternative while traveling abroad and returned with a vision to import it to Turkey. Unfortunately, import policies for meat substitutes are strict in the country. "As a result, I declared it to be my mission to produce meat-like products here in Turkey and spent almost a year for R&D [research and development], creating recipes, finding the right raw material, how to make the best taste and so on," shares İnci, the owner of VEGGY®.





When it was time to try her meatless meat on the market, Inci was challenged both inside and outside of the local community. Purists argued that meat shouldn't be imitated or substituted. Supermarkets had no idea where to put her products and would place them beside packaged meats or cheeses. A great deal of her work is educating and informing markets about her *etsiz*, or meat-free, products. She is literally making space on the supermarket shelf for a vegan industry in its infancy.

Though she is now supported by a customer base that has fallen in love with her version of Turkish comfort food, her strongest selling point is talking up the health benefits of a plant-based diet. Made from locally grown, GMO-free soybeans, her products have given ex-meat lovers something savory to chew on.

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Chantal Blake is a freelance travel writer and unschooling mom of two from New York City. She archives stories and adventures of her travels and expat life at

www.WayfaringGreenSoul.com

"GOOD MORNING VIETNAM!"

I've wanted to say that for so long!

By Laura Bougourd





After a smooth border crossing from Phnom Penh in Cambodia we arrived in Ho Chi Minh City with empty bellies and a craving for traditional Vietnamese pho soup.

Wherever you are in Vietnam just look for the word 'Chay' which means 'vegetarian' or simply ask 'Co Do Chay Khong A Koo Dou Chai Khoong Aa?' Which translates 'Do you have Vegetarian Food?' Finding vegan friendly food in Vietnam was easy and there is an abundance

of plant based buffets offering delicious veggie dishes. Stalls selling Banh Mi (freshly baked baguettes filled with tofu, coriander, salad and lots of sauce!) are on every street corner.

Whilst in Ho Chi Minh a visit to the famous Cu Chi Tunnels was a must. After a day crawling through the tunnels we found a little place called 'Healthy Farm'. Here you 'build your own' noodle soup, selecting fresh produce, noodles, faux meat and

mushrooms from a series of fridges. At the back of the building is a small shop with a huge range of vegan products including mock meats, soup bases, stocks and sauces.

From Ho Chi Minh City we headed north, stopping off in the coastal town of Mui Ne and making our way to Dalat where we sampled some of the most delicious pho soup with mountains of fresh crispy bean sprouts and fragrant herbs torn over a steaming bowl of noodles and broth.

Be sure to ask for 'Không thịt' - no meat or 'Saya tidak makan daging' - I don't eat meat.

Sometimes 'Saya tidak bisa makan daging' - I can't eat meat is more useful as occasionally the meat is simply picked out of the dish rather than just omitting it.

Vietnamese coffee is like drinking sump oil and like other Asian countries they like to add lots of condensed milk! Just ask for 'Khong Duong/Khoong Duoong' which means 'No Sugar'. Between feasts we explored The Elephant Falls and coffee plantations on the outskirts of town.

Another trip on a night bus took us through Nha Trang and we arrived in the early hours of the morning in the beautiful old city of Hoi An.



Our guest house was situated down by the river and we spent our days exploring the busy markets and crumbling town on a couple of rusty rental bikes. There were some excellent vegetarian buffets in the market offering traditional dishes served with tofu.

After leaving Hoi An we took another night bus to the city of Hanoi, stopping off in Hue for a couple of hours to explore the city. With so many places to eat in Hanoi it was had to make a decision. A vegan joint called 'Jalus' soon became our favorite place for a steaming mug of chai tea and delightful raw vegan cakes and treats.

Down the backstreets in the older part of the city, up a steep set of concrete steps you'll find La Studio, a small vegan bakery/cafe in the art gallery. It's the perfect place to get away from the craziness of the city and relax. An Lac Vegetarian, located down an alleyway offered one of the best all you can eat buffets we have had so far. The choice of Vietnamese dishes on offer was mind blowing and we ate so much food I am surprised we weren't asked to leave! From Hanoi we took a day's cruise in the famous Halong Bay to end our amazing trip through his stunning country. We will miss you Vietnam!

Next stop.....Malaysia, to continue our foodie adventure through Asia!



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Vegan Scramble Breakfast Pockets by Gardein

The 'coming soon' breakfast pockets are a wonderful vegan collaboration with Follow Your Heart's Vegan Egg and Daiya cheese!" The public recently tested them at Natural Products Expo West and the results "WOW" cannot wait to see them on the shelves.



Cultured Vegan Butter by MIYOKO'S KITCHEN

Miyoko's Kitchens latest creation is certainly going to butter you up! European-style real churned butter, this is the perfect answer for all of your needs, whether baking, cooking, or just slathering on toast. It tastes, melts, bakes, and browns just like butter! Whether you're making flaky pie crusts or making *beurre noisette*, our cultured butter is just the thing. AND it's the only butter alternative on the market *without* palm oil.



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Kite Hill's ricotta has sweet, and cultured overtones, and a buttery, smooth finish. It is moist and incredibly versatile. Its silky texture makes for a great mascarpone substitute and is ideal for desserts. Can be used in any recipe that calls for dairy ricotta so great for pasta and cheesecakes.

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By: Justin Nigh, Regenerative Designs
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How to Choose
The Right Mulch for your Garden

Mulch can offer many benefits for your garden, but if you don't know how to choose the right type for your needs, you might be doing more harm than good.

Types of Mulch

Generally, there are two types of mulch. The type you choose depends on your needs. If you want to cover the soil to retain moisture, limit water usage, or suppress weeds, you need ground cover mulch applied on top of the soil. If you want to improve and condition your soil, you need soil conditioner mulch mixed into the soil.

Ground Cover Mulch Benefits & Characteristics

Ground cover mulch can save water by keeping the ground moist, suppress weeds, and slowly release nutrients into the soil. Only chunky mulch with 5% or fewer fines, 0% fines is ideal, offers these benefits. Fines are small particles that may have a soil like texture. Using mulch

with greater than 5% fines will not deliver the benefits expected of ground cover mulch; in fact, it may have the opposite effect. Chunks of wood or bark make a good ground cover mulch, but wood is best. Pieces should be ½" (15mm) to 1 ¼" (30mm) in size. Apply on the soil surface at 2" to 4" (50-100mm) deep. Hardwood chip meeting these specifications is good long-lasting ground cover mulch.

The Problem with Some Ground Cover Mulches

The key to good ground cover mulch is airflow. If there are too many fines, airflow will be poor and the soil surface will remain wet for too long. Poor airflow combined with constantly wet soil can contribute to crown or root rot and disease. Humid climates compound these issues.

Mulch with fines can also bind together to make a mat that repels water, having the opposite effect intended. Unless a considerable amount of water is applied, it can't penetrate the mulch to reach the soil surface. Chunky mulch with little to no fines allows water to reach the soil but also keeps the soil surface cool, thereby reducing evaporation and saving water.

Ground cover mulch that contains fines creates the ideal environment for weeds. While it may suppress weeds under the mulch, the fines trap seeds that blow onto the mulch, which act like a soil, allowing them to germinate and take hold due to excess moisture. Seeds that blow onto chunky mulch either fall down to the soil where their growth is stifled by the mulch, or they



germinate on the mulch surface and the spaces between the mulch prevent the roots from taking hold before dying.

Lastly, uncomposted mulch containing many fines causes a condition known as nitrogen draw down, making nitrogen unavailable to plants until the composting process is finished. Composted mulch containing 5% or greater fines won't tie up soil nitrogen, but still has the other problems mentioned. Chunky mulch takes longer to degrade; releasing nutrients slowly over time and avoiding nitrogen draw down.

Soil Conditioning Mulch Benefits & Characteristics

Soil conditioning mulch improves sandy soils by adding organic matter, increasing water-holding capacity. It breaks up clay soils, improving drainage. This helps reduce watering requirements, retains fertiliser in the top layer of soil where plants need it most, and slowly releases nutrients. It also adds beneficial fungi and bacteria to the soil, boosting plant health.

Thoroughly composted fine grade mulch is ideal for soil conditioning.

Apply at a depth of 2" (50mm), and then incorporate into the soil to a depth of 8" (200mm).

For more information on this and other sustainable gardening methods, visit my YouTube channel at

www.youtube.com/user/RegenerativeDesigns

or my website at

www.regenerativedesigns.com.au



Justin Nigh

is a horticulturist, permaculture designer, educator and founder of Regenerative Designs Australia, where he plans and designs, landscapes, gardens, and properties that empower people to live a more sustainable lifestyle.



VEGAN LIFESTYLE REVIEW



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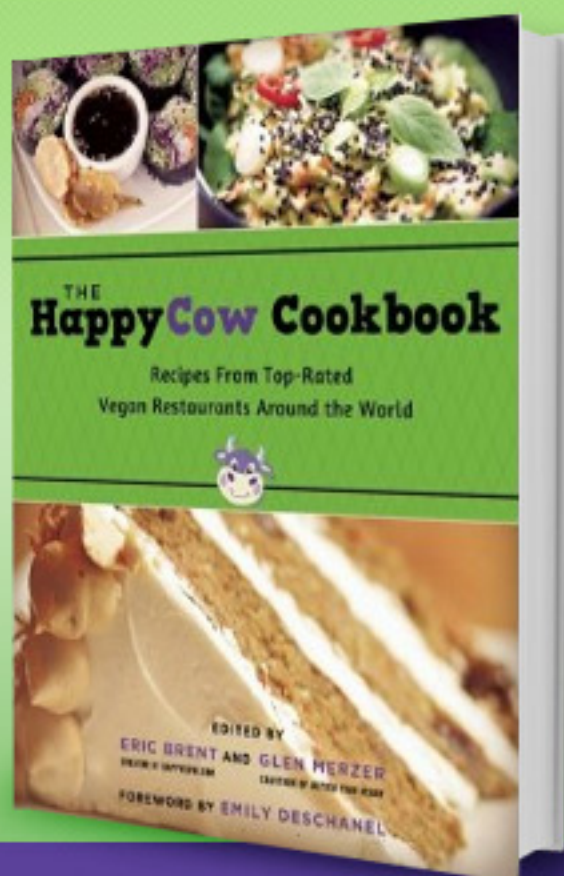
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