



PHOTO BY RACHAN

2 RECIPES FOR A GREEN SMOOTHIE

Here is a GREAT way of increasing the amount of raw foods into your daily diet – quick AND easy, with little food preparation and minimal equipment!

RECIPE BY MARIANNA

Green smoothies not only taste great but pack a huge nutritional punch! When blended, all the valuable nutrients in the fruits and greens are broken down into tiny particles that are easily absorbed by the body. A good ratio for optimal human consumption is about 60% ripe fruit to about 40% green vegetables. Enjoyed anytime of the day, here are two delicious combinations that can get you started! Remember, you are only limited by your imagination.....

Banana Papaya Green Dream

Ingredients

- 2-3 bananas
- 1 cup papaya (paw paw)
- 2-3 cups cos lettuce, curly-leaf lettuce, or baby spinach.
- 1 - 2 cups of water to taste

Pineapple Banana Blend

Ingredients

- 2 bananas
- 1 cup fresh juice of orange
- 1 cup pineapple
- ½ head cos lettuce
- 1 - 2 cups of water to taste

Whiz all ingredients in a blender for 15-30 seconds until smooth!



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The rawfood lifestyle embraces the consumption of uncooked, unprocessed plant-based foods. It is about having fun, enjoying food and loving the life you live.

We are a passionate group, each of us with a unique story of how we embarked on our raw adventure.

We welcome your interest in this journey of a lifetime!

Events

April

Sat 4th, 12pm Rawfood Picnic at Synergy Parkland in Kings Park. Look for "raw" sign. All welcome, bring a plate to share! admin@rawhope.org or Rachan 0431 991 813

Tue 7th 5:30-8:30pm; Sat 11th 4-7pm Raw Discovery un-cooking classes in Dunsborough \$60p/c Last in a series of six! 9779 9977 www.samudra.com.au

Tue 14th Living Raw Magazine Issue 2 goes on sale www.livingraw.com.au

Thu 16th Raw Lifestyle Coaching Program www.caseylorraine.com

Sat 16th Super-Smoothie W/shop Meredith 0450 125 657 / 6219 5114

May

Sun 3rd, 12pm Rawfood Picnic (details are the same as month of April above)

Dr Fred Bisci Australian Tour:

Bookings: John A Wood 9252 0426
johnawood@iintet.net.au

Discounts if attending:

All 4 Seminars: \$260

Seminars 3 & 4: \$240

Seminars 1 & 2 + either 3 or 4: \$160



DUNSBOROUGH Samudra

Mon 4th, 5:30-7:30pm Seminar 1, \$30

PERTH Guildford Landing Func Centre

Thu 7th, 7-9pm Seminar 1, \$30

What It Takes To Be Healthy

Fri 8th, 7-9pm Seminar 2, \$30

Taking Your Health To Another Level


Sat 9th, 9-5pm Seminar 3, \$130 (incl. tea & lunch) A Lifetime Of Regeneration And Wellness – Part 1

Sun 10th, 9-5pm Seminar 4, \$130 (incl. tea & lunch) A Lifetime Of Regeneration And Wellness – Part 2

ROAR VANILLA www.roarvanilla.com

Sun 10th & 31st Raw Chocolate W/shops Catherine 0403 176 633

Sat 16th Super-Smoothie W/shop Meredith 0450 125 657 / 6219 5114


Late last year I decided to sponsor Dr Fred Bisci to deliver a four state tour (WA, NSW, QLD & VIC) to help people see new possibilities. People who are eating in the best interests of the planet and our fellow species, but not necessarily in the best interests of their own health. Add to that minority the bulk of the population eating their way to an early grave on the Standard Australian Diet (SAD) and I felt compelled to act. 

For much of my life I was vegan or vegetarian. Two and a half years ago, as well as suffering from several health problems, I was diagnosed with prostate cancer. Clearly, a poor vegetarian diet was no protection against serious illness, as I thought it would be.

Against the tide, I decided to treat the cause of the cancer rather than have it cut, burnt or drugged out. My search for an alternative but proven healing approach took me to Dr Fred Bisci, a 79 year old Raw Vegan Nutritional Scientist living in New York, who awakened me to the possibilities of healing by transforming my nutritional intake, exercise and state of mind. After two and a half years as a 100% raw vegan and under Dr Bisci's direction, I have


made powerful progress.


- Weight reduced from 83.7kg to 60.7kg
- Blood pressure down from 135/85 to 110/60
- Thyroid Function: TSH down from 27.90 to 3.12 (Healthy Range 0.40 – 4.00).
- Normal bowel movements.
- Skin conditions 100% healed.
- LDL Cholesterol (the bad stuff) down from 3.8 to 2.6 (Healthy Range < 3.5).
- Prostate cancer test results continue to show steady improvement with a much reduced PSA and a reduction in the size of the tumours.

Feeling stronger, healthier and more energised than I can recall at any point in my life. I recently completed a VO2 Max test and scored in the elite class for a 40/44 year old group. Another test showed my metabolic age as 52. Not bad for a 67 year old non athlete who only started exercising recently. 

There are thousands of vegetarians/vegans, even raw foodists eating an environmentally sustainable diet and an ethical diet, but not necessarily one that is

nutritionally balanced and good for one's own sustainability. More importantly there are millions of Australians eating a SAD diet, and filling our surgeries and hospitals with very sick people.


Fred has a simple but scientifically based and powerful message and delivers it where each person is "at": vegan, vegetarian, raw foodist, or standard diet. He achieves remarkable results - especially remarkable because many of the clients he sees have already been written off by mainstream medicine as incurable. He has treated over 35,000 patients/clients and works a regular 10 hour day. 

In sponsoring Fred's Australian visit there is nothing in it for me financially or for the people helping me in each State organise this rather large undertaking. Fred is a genuine man and, at the prices we are charging for the seminars he will return home with very small compensation. But hopefully he will have done a lot of good along the way. 

You can contact John Wood to make a booking for the seminar series by Dr Fred Bisci in early May. More details are in the Events section overleaf.

Events in Perspective

by Rachan 

Issue 2 re-designs RIPE! newsletter to use less colour and more space in order to help keep it FREE on our limited budget. Thank you for spreading the word and supporting RIPE! newsletter in whatever way you can! 

During the previous two months we were grateful to have some big names and big events in town. Our appreciation continues with the coming of international speaker Fred Bisci to our doorstep. Fred holds a PhD in Nutritional

Science backed by years of practical experience and knowledge, so we just might learn a thing or two!

Roar Vanilla's successful screening of *Simply Raw: Reversing Diabetes in 30 days* in March created such an interest that they will be screening it again in June! Also last month in Dunsborough I visited Samudra, an inspiring centre with inspiring people who continue to hold regular raw events of high calibre.

Thank you to those who came to the picnics at Kings Park, hope to see more next time while the weather's still fashionable to be around in!

Thank you!

Holistic Counselling

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www.naturaltherapypages.com.au/therapist/19608

Be a sponsor of RIPE! and place your ad for only \$30! The more sponsors we have, the more copies we can print for distribution.

The Raw Food Association of Western Australia is here to celebrate raw, plant-based foods and connect the community through events and activities. For more information or to be a sponsor in the next issue of RIPE! contact Rachan on 0431 991 813 or admin@rawhope.org. Join our raw food picnic email list and download the newsletter's PDF at www.rawhope.org 