

The Raw Vegan Society MAGAZINE



Spring 2026



What is the Raw Vegan Society ?

The Raw Vegan Society is a non-profit initiative that welcomes anyone interested in living a vibrantly healthy lifestyle; reducing animal suffering; and nurturing the global environment.

We strive to provide raw vegans, and those interested in this graceful way of life, with a myriad of resources, support, guidance, inspiration and education.

We provide a hub for the meeting of like-minded friends and organize gatherings all over the world: so that members can find community and make raw vegan connections.

Our Mission Statement

To transition humanity to an ethical raw vegan diet and lifestyle: through global outreach, education, guidance, and support of its members: for the sake of all sentient beings; planetary salvation; and an increase in human consciousness.

Welcome

The warmest of welcomes to the second E-magazine of The Raw Vegan Society!

Members will receive four magazines per year and we are committed to making them educational, motivational, inspirational and supportive.

There will be regular contributors and we will also be showcasing feature articles compiled by experts in their field.

In order to best meet the needs of our members and continually improve the quality and value of our magazine, we invite you to send us constructive feedback.

Please email your comments and suggestions to
Rosalind.karunaunity@gmail.com

Happy reading!

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Chris' and Tom's Kitchen

Thi Mango Noodles

Ingredients:

Napa Cabbage (1lb / 460g)

3 Mangoes (1.5 lb / 690 g)

1/2 Red Pepper (.25 lb / 115 g)

1 Stalk Celery (.08 lb/ 35 g)

1 Lime (2 tbsp / 30 ml juice)

1 Bunch Cilantro (.2 lb / 90 g)

Thai basil (.1 lb/ 45 g)

1 Green Onion (.03 lb / 15 g)

Optional: 1 Garlic Clove



Slice the napa cabbage in half lengthwise, then finely slice each half into thin “noodles.” Chop the small remaining stem end and place it in your Vitamix or blender. Transfer the cabbage noodles to a large mixing bowl.

Add the mango, celery stalk, lime juice, onion, and optional garlic to the blender with the cabbage stem. Blend until smooth. Then add the basil and cilantro, pulsing briefly to combine and keep some leafy texture in the sauce.

Finely dice or thinly slice the red pepper, and stir it into the cabbage noodles. Pour the dressing over the noodles, toss well, and enjoy!

(Approx. 475 calories)

Tip: If you're not a fan of cilantro, fresh dill makes an excellent substitute in this sauce.



Doug's Orchard

The Time Honored and Versatile Avocado

The avocado, scientifically known as *Persea americana*, is a fruit native to Mesoamerica with a history dating back over 10,000 years. Civilizations such as the Aztecs and Mayans cultivated and consumed avocados in Mexico and Central America. Introduced to Europe by the Spanish in the 16th century, its production expanded globally in the 20th century due to its versatility and growing demand. Currently, Mexico leads as the world's top producer with nearly 28% of the global total, followed by countries such as Colombia, Peru, the Dominican Republic, and Indonesia.

Avocado thrives mainly in tropical and subtropical regions with warm climates (20-30°C, 70-90°F), well-drained soils, and moderate rainfall. Methods including row planting spaced 6-8 meters apart, grafting for commercial varieties, and drip irrigation optimizes water usage in dryer areas such as Michoacán (Mexico) or La Libertad (Peru). The most popular commercial avocado variety is the Hass, with its bumpy thick green skin that turns purple and even black as it ripens.

The rich nutty flavoured avocado dominates 80% of the international market for its high yield and post-harvest shelf life. Other varieties include Fuerte (smooth green skin), Bacon (cold-adapted), and Reed (larger size). These three offer a softer, slightly more watery texture, and a 10% lower overall fat content. The avocado's uses are vast: in cuisine as a guacamole base, chopped or sliced in salads, spread on toast, and even in smoothies. In cosmetics avocados are used for moisturizing oils.



Nutritionally the avocado is known for its monounsaturated fats, vitamins E and K, potassium, and fibre. Avocado farming faces challenges like high water use (up to 2,000 litres per Kg), deforestation in some areas, and pests such as fruit flies, but sustainable practices such as agroforestry and organic certifications promote responsible cultivation in Europe.

As one of the few fruity fat sources, many people find the avocado far more easily digested than nuts or seeds.

What is your favourite way of enjoying the versatile avocado?





Lewis's Plot

WINTER/SPRING

Lewis Trevor, was trained by, and worked for, the world-famous Kew Gardens. In each issue of our newsletter, Lewis will be sharing his immense knowledge of horticulture and offering tips on how to nurture gardens, biodiversity, and our ecosystems.

There are plenty of jobs to be getting on with in late winter/early spring- such an exciting time for gardeners as the days lengthen.

HABITAT: Any remaining Seed-heads can now be removed and upcycled into invertebrate habitation. Remove the Seedheads by cutting the stems 15-20cm from soil level. Bundle together the collected seed heads into bouquets. Be playful with the arrangements. These dried bouquets can then be strung up and to create structures in the garden. Be creative! Adding complexity will conserve and increase biodiversity. In addition, the remaining 15-20cm hollow cut stems will also provide perfect habitation for cavity nesting invertebrates.

Habitation creation and conservation contributes to the notion of Integrated Pest Management. In this case, Integrated Pest Management long term is a sustainable ecosystem led strategy to completely eradicate the use of insecticides by attracting and supporting beneficial invertebrate predators, such as ladybirds, to control agricultural pests.

Bed Preparation

1. Before any planting or sowing - selectively clear any undesired vegetative growth. This can include any unwanted dense / invasive perennial weeds. *Remove these weeds by the root. Grass included.

This process is great to improve self-initiated plant identification in order to be selective and highlight beneficial plants that can remain and work for the cultivated plant community. This coincides with the notion of companion planting. Another recommended approach is to cut back all the vegetation to soil level. This retains the existing root diversity and consequent structure and soil health. This approach will need more time and attention in order to establish prospective desired plant growth. Keeping the existing naturalised vegetation low amongst prospective cultivated seedlings and plants - mimicking natural grazing of fauna. A manual tool called a broadfork can then be used to aerate and improve drainage whilst preserving soil structure.

2. An organic mulch can then be applied to any bare exposed beds being used specifically to grow edibles or around any existing perennial plants in-situ. A localised mulch is optimum and preferred. It's better to cover a smaller area with 7-12 cm if you can. If there is no access to organic compost on site I would recommend either 'chop and drop' or apply bought organic compost from a local provider. Chop and Drop is where spent plant material is left directly on the soil surface in the vicinity of the parent plant to decompose. This technique can be used in conjunction with conventional application of a compost mulch on top (7-12 cm).

3. Excess material can also be used to create 'live' composting mounds in the beds.

Propagation

1. (Temperate Zones) Sow Tomatoes / Chilli's / Aubergines in modular plug trays (recommended) inside, under cover. ([Link >> Biodynamic Sowing and Planting Calendar 2025](#)). Plug trays help for future efficient potting on and transplantation.

Tamar organics [Tamar Organics – Organic Seed & Garden Supplies](#) are a great reputable supplier of seeds and [Incredible Vegetables - We grow perennial vegetables](#) are a great source of inspiration for niche perennial vegetables.

2. Sow a mix of hardy annuals and perennials for companion planting. This is where research into beneficial companion planting is necessary. Yarrow / Comfrey / Calendula are to name a few.

3. Sow broad beans direct in a sunny location. A recommended source for ideal sowing and planting metrics is the RHS website.

Composting

Some experts advise to keep pernicious weeds separate from the main composting process. An approach that has seen success is Charles Dowding's method of composting all organic green waste (3 parts Nitrogen) to brown (1 part Carbon) in one place without any turning or intervention for at least a year with complete light exclusion. A tarpaulin is perfect for covering compost.

Another method to manage pernicious weeds is to place them on top of any dead hedges.

Book Recommendations

Seed Money (Bartow J. Elmore) - A deeply researched and eye-opening history that shows how Monsanto came to have outsized influence over our food system.

Weeds and Aliens (Edward Salisbury)-first published in the 1960's is still a great resource.

Research

Dead hedges -see [RSPB](#) for an example.

Use of herbs in agricultural polycultures – [check this site out as an example](#)



DARE TO BE DIFFERENT!

Faychesca's File

This part of the newsletter is where Faychesca Graham shares her lifelong experience as an ethical raw vegan and offers advice, guidance, support and insights.

Spring is just around the corner, blossoms are adorning the trees, the sun is making a more regular appearance, and every now and then a brimstone butterfly flutters past. Spring is a time for letting go of the old and bringing in the new, and not just materialistically (although a bit of spring cleaning never hurt). It is a time to leave behind old habits, and grow new ones, just as the trees grow new leaves every year.

Many people make goals - or change themselves - to help them conform to society and fit in with their peers: changing their mannerisms, wearing the same clothing brands, chasing the same body image, changing political views, and just generally trying to fit into the 'box'. Well, what if you tried setting goals and changing yourself to fit into your own box rather than one someone else made? What if you dared to be different?

Today's society can be fast, shallow and based on online interactions, gullibility and a short attention span. Go back in time a bit and you'll find that, not only was life slower paced (and therefore, time and memories more appreciated) but people did things by hand and with care. Children were more innocent, adults more polite and friendly.

Growing up as a raw vegan, homeschooled and more innocent than my peers, I always just felt that being different was normal. That did not however, stop me from wanting to fit in during my teenage years. I changed things about myself, I started to conform to the box that all my friends fitted into. I changed my clothing choices, the language that I used, even some world views, just to fit in. And I didn't even realise it. I will add that my stance on ethical veganism didn't, and won't ever, change.

Over the last year or so, my social circles changed, and I began to come back to myself. I've started wearing dresses again, instead of shorts and a t-shirt. I've become more eloquent. In the new year, I started handwriting a diary with a dip pen every night. I'm handwriting letters to people and sealing them with a wax seal. I've expressing my own world views that I have researched myself, rather than those set out by other people. Finally, I'm finding myself again.

Stepping outside the box can be scary, it feels like if you do you will be completely alone. But isn't every person supposed to be unique? If we all fit into the same box then what's the point? Everyone's the same. You don't have to be the same as everyone else - create your own identity, your own hobbies, tastes, ideas. Start thinking for yourself rather than just following the crowd. Just because it's what everyone is doing doesn't mean it's right. You've already taken the first step by being vegan. You are already different. Own it.

I'm not suggesting you make some drastic change, just that you accept the fact that you're different, and stop letting your diet be the thing that defines you as different. Listen to the music that you like - not what society says you should like. Create a body image that you are happy with - not what everyone else says you should look like. Have your own hobbies - if you like going and sitting in the countryside with paints, a canvas, and an old straw hat then go for it!

Believe it or not, your fear of being judged is far greater than the chance of you actually being so.

Have fun, find yourself,

Dare To Be Different



NATURAL HYGIENE

Natural Hygiene is the art and science of living in such a way as to maximally support the well-being of mind, body, and spirit by living in accordance with natural laws.

A Simple Introduction to Natural Hygiene

By

Prof. Rosalind Graham

The term Natural Hygiene describes an entire approach to living, not just a diet.

The word hygiene is derived from the Ancient Greek word ‘hugieine’: meaning ‘healthful’ or ‘health’ (originally taken from the name of ‘Hygieia’, the Greek goddess of health, cleanliness and sanitation). Over the years, the term Natural Hygiene has evolved in its meaning to describe those dietary and lifestyle practices that build robust health and, thus, prevent disease.

The word ‘health’, on the other hand, means different things to different people. For example, many people think it simply means the absence of disease, whilst for others it is believed to represent a united vibrancy of mind, body and spirit. Health can also be thought of as a state of dynamic aliveness, whereby the organism is able to cleanse, repair, heal and rebalance itself.

Contrary to common belief, health is not automatically lost through the process of ageing. The reason that so many conditions are associated with older age is due to the accumulative effect of unhealthy dietary and lifestyle choices over the preceding decades.

There are, however, certain aspects of functional potential that naturally decline with age: such as pure strength and reaction times, but even these would not be noticeable by a truly healthy older person, unless they were striving for high levels of athletic performance.

From birth to death, the entire human organism is innately designed and programmed for survival. This is made possible by the fact that every activity of the body, from the digesting of food to the healing of a wound, is ultimately governed and directed by the brain. It is an entirely self-healing entity, and there is nothing outside of the body that can orchestrate its healing. Even the most advanced technology cannot mend a broken bone, heal a cut or even grow hair! Only the organism itself has the intelligence to perform such apparent miracles.

Just like every other creature with whom we share this amazing planet, we have been provided with a diet that perfectly matches our anatomical, physiological, and biochemical requirements. Likewise, our bodies are designed to move in specific ways, sleep and rest in rhythm with Earth's cycles, and be vital participants in the exchange of planetary gasses.

In truth, our lives are wholly dependent upon the survival of the natural world around us and Natural Hygienists recognise how health is dependent upon this symbiotic interdependence between humans and, directly or indirectly, all life forms on earth.

Within us, the brain and body are likewise inseparably linked; co-dependent; and constantly affecting each other. To be physically healthy is not possible where mental health is lost and vice versa.

In order to secure overall health, it is paramount to:

1. Remove the causes of disease (Stop hitting your finger with a hammer if you want the injury to heal). The cure is not in the treatment but in removal of the cause.
2. Use the aspects of the body for what they are designed for, the motto being 'use it or lose it' (i.e. Adopt an active lifestyle).
3. Avoid overusing any aspect of the body (i.e. Looking at a screen for 12 hours non-stop).

4. Provide the body with all that it requires in order to thrive (For example: a low fat organic raw vegan diet; regular exercise; uncontaminated air; pure water; appropriate exposure to sunlight; ample sleep and rest; meaningful occupation; healthy relationships etc.).
5. Develop a joyous, peaceful, and loving disposition that exudes gratitude and desires to be of service. This is a very important aspect of Natural Hygiene, yet one so often ill-considered. The nurturing of a connection with the divine is, in my opinion, the absolute bedrock of all mental and emotional health.

To practice Natural Hygiene is to practice trusting...trusting that the divinely created, perfectly orchestrated, beautifully fashioned and intrinsically co-dependent miracle of life is flawless in its manifested glory, for the thriving of all who believe it to be so and live accordingly.



Celebrating Creativity

This space is for the sharing of creative expression where poetry, prose, art, and more can be displayed and enjoyed by all.

Dare To Be Different

written by Faychesca



Click [HERE](#) to listen to the song that inspired the Dare To Be Different articles!



Have Fruit, Will Travel!

Raphael Resch and Dr. Doug Graham are exceptionally qualified to be our regular contributors when it comes to all things travel: with Dr. Doug visiting more countries in any given year than most people get to see in a lifetime!

Is the challenge of travelling by air as a 'raw fooder' really a reason for staying home? We think not.

So, how and what do we manage to eat on an airplane? A first consideration when flying is: what fruits and vegetables are typically used in airplane food, and which are rarely seen. That information provides some important clues as to which foods travel well and which travel poorly.

For instance, airlines typically serve extremely unripe bananas. As it turns out, ripe bananas are very sensitive to the pressure changes commonly associated with air travel. This makes them bruise extra easily, become quite mushy in texture, and overall, less appealing for eating.

What are the main concerns regarding eating on an airplane? Depending upon the time of day, the length of the trip, and seasonal availability, foremost considerations include: hydration, volume, calories, and taste.

The easiest raw foods to travel with are nuts and dried fruit. However, these are not perfect choices, simply due to their dehydrating effects and relatively low volume but they are good back-up.

While almost any fruit could be used for a meal or two, the following are a few of the most tried and trusted fruits when traveling by air: citrus, grapes, apples, and fuyu persimmon, though really whatever is in season is perfect. We recommend bringing one type of fruit for the flight, or one type for each meal. Favourite travel vegetables are cucumbers, lettuce, and celery, in that order.

For longer flights, eating 'ripe' bananas on your way to the airport, or in the airport after check-in before going through security is a great strategy.

Do bring plenty of food for your flights. Eating on flights rather than fasting as will help you stay hydrated and regular. Many long-haul flights will provide a 'fruit-plate' or 'raw vegetarian meal' on request in advance. The IATA codes for these are: RVML - Raw Vegetable Meal-A vegetarian (and vegan) meal that consists of exclusively raw vegetables and salads.

FML - Fruit Platter- this is a plate of seasonal fresh fruit.

Food choices on airplanes often stimulate interesting conversations with other travellers. Often enough, doors open, connections are made, and people discover that they too are open to eating more fruits and vegetables. Travel with confidence, indulge in great food, and let your dietary choices openly convey your message. A final point is not to over-estimate the amount of fruit you need as excess may need to be discarded on arrival if customs regulations prevent import of fresh fruit and vegetables.

See the next page for a list of airlines that provide edible food!

PS – Airlines that offer:

Raw vegetable meal: Adria, Air Astana, Air China, Air India, Air Serbia, Air Tahiti Nui, Asiana, Avianca, Bangkok Airways, Brussels Airlines, Cathay Dragon (Dragonair), Cathay Pacific, China Airlines, China Eastern, China Southern, Croatia Airlines, Emirates, Etihad, Eva Air, Finnair, Garuda Indonesia, Gulf Air, Hainan, Hong Kong Airlines, Iberia, Malaysia Airlines, Oman Air, Pakistan International Airlines, Qatar Airways, Silk Air, Singapore Airlines, South African Airways, Tarom Airlines.

Fruit platter: Adria, Aegean, Aeroflot, Aerolineas Argentinas, Aeromexico, Air Astana, Air Canada, Air China, Air India, Air New Zealand, Air Serbia, Air Tahiti Nui, Asiana, Avianca, Bangkok Airways, British Airways, Brussels Airlines, Cathay Dragon (Dragonair), Cathay Pacific, China Airlines, China Eastern, China Southern, Copa Airlines, Croatia Airlines, EL AL, Emirates, Etihad, Eva Air, Finnair, Garuda Indonesia, Gulf Air, Hong Kong Airlines, Iberia, Jet Airways, Korean Air, Lufthansa, Malaysia Airlines, Middle East Airlines (MEA), Oman Air, Pakistan International Airlines, Qantas, Qatar Airways, Shenzhen Airlines, Silk Air, Singapore Airlines, South African Airways, TAP Portugal, Tarom Airlines.





Borneo

The Fruitarian Paradise

By Dr. Silvia Konaklieva

Borneo... whenever I think of my dream holiday there is always one place I want to go time and time again - that's Borneo! It's awfully far away - reserve a day (or more!) for just getting there. Prepare yourself for endless airplanes and airports which will make you dream fondly of the good old day of pirates and scurvy...OR the gleaming bright future of teleportation that gets all your molecules scrambled up.... But you know what? It's all worth it to get to Borneo! And this is coming from a confirmed cat lady who avoids travel like the plague.

Yes Borneo - I've been there three times already since 2020. Enough said - the end!

Just joking! Let's get the full low down on Borneo from an intrepid fruitarian point of view!

So far, I have visited parts of Sarawak and Sabah both of which are part of Malaysia, West Kalimantan in Indonesia and the tiny kingdom of Brunei! In a combination of going loose and as part of organised groups - flying, driving, boating, hiking and wild-camping with lots of joy and zero regrets because even the mosquitoes, leeches and wild dogs are nicer in Borneo. My plans are to keep visiting new places on this island which accommodates three countries and to get to know all its nooks and crannies! But why?

The answer is FRUIT with all capital letters! Different places have different rare local fruits. I have a big bucket list when it comes to fruit and I'll keep on ticking. Borneo is an absolute heaven for the most delicious, glorious and amazing fruit! I'd say better than anywhere else. (Although I'd be happy if other places take the challenge and prove me wrong!)

The fruit in Borneo is the gift that keeps on giving and elevating you into pure fruit ecstasy. True abundance, teaching you in fact how precious your stomach space is, because there is ALL that beautiful fruit and you unfortunately only have one stomach...

Borneo will be the land where you learn true fruitarian self-love, become a real connoisseur, a true fruit snob, and understand that you deserve and can afford to eat only the very best!

All the artocarpuses are singing to you "Just prize us open!" The nangka (jackfruit), the tarap - so mild and breakfasty, the pedalai that smells of onions and tastes like rice pudding, and my favourite cempedak (pronounced chempedak) with its hybrid cempedak nangka or cempejack, (which could be in turn either ducky cempejack and jacky cempejack depending on which one was the mother tree!) so sweet and juicy, smelling of tropical life itself...and even the humble breadfruit which is lovely raw when fully ripe. Plus, all their wild jungle varieties with orange pods and various tropical smells...



Tarap, orange jungle tarap and cempedak

Then you have the beautiful anonas - the soursop which is like the lushest yoghurt, rollinia like lemon meringue pudding, sugar apples...

Then the little round things with juicy inside like the longans, langsats, duku, Isau, Mata kuching (cat eye) - all very more-ish and being small they easily lure you into giving them some stomach real estate! And then the rambutans and pulasans that literally take you by ambush as you are leisurely trying to do a digestive walk and avoid food coma!



Mata Kuching, Isau, wild jungle rambutan and pulasan.

The mangosteen family won't give up without a fight, the grand battle for your stomach's real estate! Not just the Queen of Fruits you already know, but also the rare wild tampoi fruits from the jungle of all different varieties - yellow, red, orange, white...Kurenji like miniature velvet tamarind... Bilimbi - fresh, a bit sour, but also weirdly nice and addictive... Mararing - absolute nature given marshmallow...Crystal fruit, which breaks like crystal is shiny inside like crystal and Elliot said tastes "a bit like crab sticks"...Belunu - the white creamy tropical scented mango which for us "in trouble" with the airport security in Brunel, but also made the ladies ask where we got it and for how much...Bambangan - the pizza, marinara sauce flavoured mango that looks like a round rock and holds the record for thickest mango skin and which we actually managed to bypass security with (it's one of the fruits they consider smelly and don't allow normally on a plane)... Each and every one of them is, of course, must try!!!



Red and yellow tampoi, sweet-sour bilimbi, mararing (which I call "marshmallow") and kurenji

But then of course come the big guns! The King of fruits himself - the Mighty Durian! And not just the well known and loved Zibethinus species (the one that has many varieties like Musang King and Monthong)! But with all his cousins and extended family coming in full force to wipe out all other fruit competition with their spiky cannonballs... (And speaking of cannonballs, how can we forget the Giver of water of life, of mother's milk, the Holy grail of Hydration - the Green Coconut, which can be also orange, yellow and pink! All tastier than mother's milk! But don't let me digress, back to the durians!) The tiny Durio Oxyleanus which tastes like baby cake frosting. The orange fleshed Durio Cutejenses which tastes like cooked sweet potatoes. The Durio Graveolens which has a dense, yellow, orange or even red flesh, and tastes like peanut butter! The extremely rare Durio Dulcis which is deep red on the outside, buttery yellow on the inside and has a mint and chocolate cookie smell (yes, I know, so unlike what we think of as durian smell, isn't it?)! Then, the many wonderful suluks or hybrids between the Durio Zibethinus and the other jungle durian species and all the milky kampung durians... You can find these durians for sale, if you are lucky, but overall, they are not commercial. Most grow wild in the jungle and only local people know where to harvest them. You get to make friends whilst searching for these delectable species.



Extremely tasty kampung durian, likely suluk, Durio Graveolens and Durio Cutejenses

Overall, the red apple bananas and lady finger bananas and the papayas stand no chance to win some of that precious stomach real estate. You simply don't have any space left, sorry.

Next morning you swear you'll go on a cleansing diet with coconut water and purple dragon fruits (potentially hoping for faster passage of the visitors in your digestive tract, so that you can honour more....), but you give in and

have durians for breakfast, again! And for lunch and for dinner!

But that's not all! Because, did I just say dinner? Dinner is when people like to eat something savoury... Well, fellow raw vegans, Borneo has the most delectable savoury fruits too! (Oh Lord have mercy on our ever-distending stomachs! For which, no regrets though!!!)

Here, I absolutely have to gush! Have you heard of Dabai? Dabai, dabai, dabai - so many different flavours, mashed potato with cheese, cream cheese, rosemary roast potatoes, olives, the list goes on. Bluish black in the outside, looks deceptively like a date, big dabai, little tiny dabai, long and spindly, round and fat, purplish on the inside or white, or yellow like egg yolk...And there's the rare red on the outside dabai... You'll never miss cheese or anything savoury, I promise you. I think this was probably the original taste that humans later tried to replicate with mere inadequate dalliances like cheese!

But that's not all! We've got engkala - aka the jungle avocado - which looks like miniature bright pink eggplant and tastes of buttery deliciousness. You have Livingstona palm fruit which men claim taste like beer and sausages...Oh and there's the rare jungle kembayao manis! Which is truly amazing - my descriptive powers fail me slightly - but just for the sake of argument - imagine macaroni with feta or cottage cheese and a bit of sugar (we used to have this for breakfast as kids in Bulgaria - sweet-savoury and somehow wholesome!)



Kembayao, engkala and black and red dabai (the black is a mix of different varieties too)

What else? A few things I don't know the name of like that thing we bought off some kids in the jungle that looked like a rugby ball and had flesh similar to very nice ripe pineapple. Or like the fruit I picked from the abandoned Sabal forest park that looked like a green-yellow medlar and tasted like a baked apple. I asked people - a lot don't know - it's just buah (fruit) of some kind. Or the massive thing that looked like an elephant foot, but apparently is a young palm trunk that you can eat. Something we picked off the side of the road which looked and tasted like a cross between cucumber and melon. A small hairy thing that looked and tasted like Rambutan's first cousin...

Honestly our best finds have been at very random places. Not at the bigger traditional markets but bought from people we meet on our way somewhere, at random stalls by the roadside and most interestingly at one very notable for us service station (Betong) on the motorway between Kuching and Sibuluan. When we go back (as we will!!) We are definitely checking out this particular service station again, though it may be the most obvious tourist attraction!

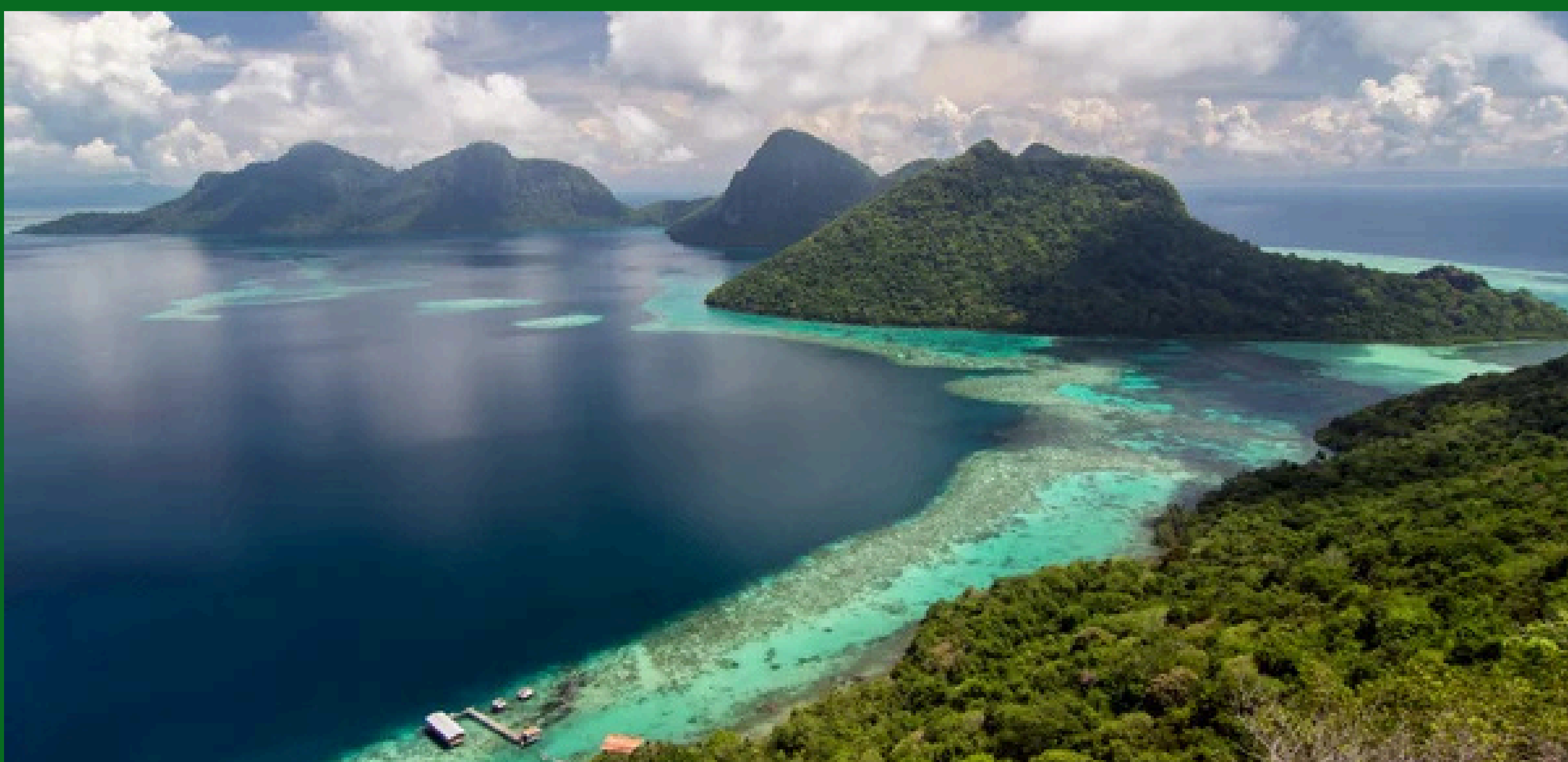
And of course, the foraged stuff tastes the best! Fruits randomly discovered during forest hikes, such as taraps and cempedaks...The best tree-dropped orange cempejacks we ever had, were found by chance close to some abandoned hot springs which had fallen victim to landslides - we just had to save them from being wasted and they turned out phenomenal!

Drowning in fruit already? OK I'll have mercy and stop. And I won't tell you about our trick we discovered that helped us pick fruits from very high trees in the jungle. I'll skip our little Indonesian adventure where we harvested fresh kembayao with some local tribespeople and almost had jungle durians (from some of the most beautiful and tall trees I have seen) fall right on our heads, which would have been a fitting death for a fruitarian, I suppose. I'll just say it was epic and I'm looking forward to going there again. I'll have to skip about the beautiful waterfalls and mountains and caves and rivers, the national parks, the orangutan and proboscis monkeys, but they are all there too - all beautiful and breathtaking.

There's so much to say and so little space for more words (similar to the lack of stomach space, I'm afraid). Feel free to ask me privately for more.

More about the life there, more about the great people... But if I can just inspire you to go there and help preserve the local rare fruits and the lush nature (that seriously feels like the cradle we all came from), that's enough really!

Just a quick note - everything is seasonal, at least the durians, dabai, artocarpuses and jungle fruit. There's coconuts, papayas, bananas, watermelons and other more well-known fruits all the year round, so nobody is doomed to die of starvation in any case. But, if you're the rare fruit hunter, go with the seasons!





WHAT exactly is the California Fruit Festival and WHY is there a need for it?

By Doreet Dijke

The California Fruit Festival is the grandchild of the very successful Raw Lifestyle Film Festival and its' offshoot, the Green Lifestyle Film Festival. The global lockdown that started in 2020 was a very long, drawn-out process in Los Angeles. There was much agitation and restlessness throughout the Los Angeles area and a strong need for community. So as soon as some restrictions began to lift, I assembled a team (most of whom, while being vegans, were not in the living foods community) and against huge odds we inaugurated the first ever California Fruit Festival.

It was a struggle!

We were up against so many restrictions and new laws at tremendous cost to my own savings account as the cost alone was prohibitive. The response was huge. So many people wanted to attend but were fearful even though most of it was outdoors at a Japanese Wellness Centre where I was a member. So, I decided to add a virtual component to it, and since no one else on the team was interested in an online version, I undertook to do this by myself while still organizing the in-person event.

The response to the online version was so gratifying that I turned the California (CFF) into only a virtual event on Zoom by the next year. This way I was also no longer limited by all the bureaucracy and extremely prohibitive expense of putting on events in Los Angeles and people around the world could take part and gain so much information and knowledge that would help them.

While the CFF is no longer an in-person event, I have been very fortunate to still have the same leaders of the first virtual California Fruit Festival (CFF) from around the globe and Ariane Glazer joined with me in creating what we think is a very innovative online event open to everyone, anywhere, from the comfort of their own surroundings without the expense and energies associated with travel and lodgings.

Each year we have a theme. This year our Living Foods Leaders will be discussing FRUIT PHOBIAWHY? I am constantly astonished at the incredible amount of disinformation and misinformation being spread about fruit!

Plus, so many people are suffering needlessly, that the Truth about fruit must be told.

In addition, we will also end the Virtual event on Zoom with 2 Stories of Dramatic Transformation. We invite anyone who wishes to submit their story to send it in (written or video) to cafruitfestival@gmail.com with MY CFF TRANSFORMATION STORY ENTRY written in the Subject line.

The team and I will choose the 2 stories that really stand out for us and we will invite those 2 people to join us at the Virtual California Fruit Festival to share their story live. These 2 people whose stories are selected will also receive prizes (yet to be determined)

Thus far here are the distinguished Panelists on our Fruit Phobia Panel (more to be added later):

Dr Tim Trader, Dr Karin Dina, Dr Rick Dina, Dr Aris Latham, Anne Osbourne, Chris Kendall, Grant Campbell, Karen Ranzi.

The 2026 Virtual California Fruit Festival will be held on ZOOM on SUNDAY 24th of May from 10am to 2pm PDT (Los Angeles time). To contact us please email cafruitfestival@gmail.com and join our Facebook page here:

<https://www.facebook.com/CaliforniaFruitFestival/>

Information can also be found here:

<https://www.elegantlyhealthy.site/california-fruit-festival/>

EARLY BIRD, specially discounted TICKETS for the Raw Vegan Society members are available here: <https://events.ticketleap.com/events/california-fruit-festival=>





Vitality In Paradise

By Raphael Resch

Well, first of all, was travelling to Bali in November 2025 worth it? Yes! That basically sums up this whole article, right?

Not so fast! There is more to this story - more valuable detail, that will help you with some context on traveling far and traveling to a tropical country. If you're like most humans, you prefer a climate that's warm enough to not need more than a couple of clothes and homes without heating. If additionally, you rather like your fruit and lots of them, preferably sweet, then chances are, you're dreaming one of the classic dreams - the dream about living in a kind of tropical paradise ... you know, like the one in the ancient book of Genesis - a book considered by many religions as one of the oldest ever written.

So, as many of us do in this raw food movement, you at least make sure to visit a tropical country once - if for no other reason than to give yourself a proper reality check! And that is very wise, actually, because life being life, even tropical countries have their drawbacks! Yes, really!

Here's some of them: High humidity - making it hard to breathe sometimes and giving your body a hard time to cool itself by sweating; uncomfortable animals - some snakes, some special ants, leaches, scorpions in some places; and vastly different cultures - making some of your most deeply ingrained habits a potentially huge social liability.

BUT, and yes it's a bit BUT: the fruit is just amazing and Bali last year was no different!

The Mangosteen, Jackfruit, Cempedak, Durian, Rambutan, Salak, and even things we recognize more readily like the various Bananas, Mangos, Pineapples and Dragon Fruit all tasted much better than expected.

Even eating them in big quantities for more than three weeks didn't get boring!

Especially the Jackfruit really did it for me on this trip. We 'only' had the classic firm and yellow variety, so no new exploring with the orange or soft varieties. It was however, just a really juicy, sweet but also richly flavourful and nicely textured experience! It's just great to have a sweet fruit that really satisfies with the calories provided but also has some floral aroma qualities, that can be had in a Mangosteen for example. And of course, as is so often the case when fruits are exceptionally good, it was in high season.

Yes, there are also many fruits that simply don't grow or grow well in tropical climates. You will be hard pushed to find a decent apple in Thailand or be most definitely out of luck in Bali if you want top blueberries, persimmons or oranges. Dates, many of the tomato varieties we're used to and quite a number of well-known kitchen herbs and lettuce varieties are usually simply not available.

Does it matter? No. Aren't there other things to supply the lack? Yes there are. But the point is much simpler: we're all human and in all generality, we want it all! That's our problem because we will never get everything we want ... But, having said that, Bali is well worth your time and money! I had high expectations and it was not my first tropical country, but the combination of beautiful, natural countryside, very friendly locals and amazing fruit does not fail to impress. The tropical dream is very much alive and well so look out for the next raw vegan retreat in Bali!

Vitality In Paradise 8th-15th of November 2026

<https://www.hygiene-heaven.com/vitality-in-paradise>



Reflections from Susan

Dr. Susan Barker-Everett is a highly valued committee member and editor for The Raw Vegan Society. With her wealth of knowledge and experience in a vast array of subjects; her enquiring mind; and her warm heart, Susan's reflections are guaranteed to provide nourishment for thought... and a feast for the pure delight of living.

History of Raw Veganism (updated)

Have you ever wondered how the raw vegan lifestyle came about? Rynn Berry wrote 'Raw History' in 2003 and provides an excellent overview. His article provides the foundation for this updated and expanded overview with a larger global perspective which we hope our members find useful.

Revised and updated from: Rynn Berry

<http://www.satyamag.com/june03/berry.html>.

Early human diets would have been varied according to the climatic region they lived in and certainly evolved over several million years. There is evidence from micro-wear on the earliest human teeth that they were frugivores obtaining nutrition primarily from fruit, nuts & seeds, grasses and leaves. Our nearest primate relatives, the bonobos (pygmy chimpanzees) with whom we share 99 percent of our DNA, are also frugivores. Over time in the evolution to modern humans, the human diet diversified as fire was harnessed for cooking and tools developed. The changes saw increasing animal protein and fat as well as lactase persistence which enabled humans to digest milk. However, it all started with a raw vegan diet!

In classical Greek antiquity, Pythagorians followed a vegetarian diet for health, spiritual and compassionate reasons believing that any being which experienced pain or suffering should not have pain inflicted on it unnecessarily. In addition, Pythagoras is said by Diogenes Laertius to have insisted that his disciples become apuratrophists and eat their food unfired (apura).

Pythagoras is said by Diogenes Laertius to have insisted that his disciples become apuratrophists and eat their food unfired (apura). So, to be a Pythagorean, as many people were in the ancient world, was in sensu stricto to be a vegan raw foodist. (Pliny tells us that most lower and middle-class Greeks lived on uncooked barley gruel, which was the staple of their diet.) The early Buddhists were also said to have been raw foodists, or fruitarians. With a rise in the consumption of animal flesh during the 19th century, the use of cooking in food preparation became more common to minimize food-poisoning.

In the U.S., one of the earliest proponents of a raw food diet was the 19th century advocate for healthy living (who gave his name to the Graham cracker), Sylvester Graham (1794-1851). In his book, *Lectures on the Science of Human Life*, he elucidates the reasons why humans should return to eating their food in its unfired state). In 1850, he was one of the founders of the American Vegetarian Society.

Other 19th and early 20th century Americans who advocated a raw or semi-raw diet were Dr. John Harvey Kellogg (1852-1943), who, despite having invented flaked cereals and (according to some) peanut butter, lived chiefly on apples and nuts; Dr. James Caleb Jackson (1814-1895), who served raw and lightly cooked vegetarian meals at Our Home, the country's first successful health spa in the 1850s; Bernarr MacFadden (1868-1955), who lived as a raw fooder supporting grape therapy and popularized fasting for health as he sat atop one of the country's largest publishing empires at the turn of the century; and Herbert Shelton (1895-1984), who systematized raw foodism into Natural Hygiene from the 1920s to the 1970s. Apparently many Native American Indians in the U.S. consumed their food in its unfired state. In his book, *The Founders of America*, Francis Jennings, Senior Research Fellow at the Newberry Library Center for the History of the American Indian, writes of the California Indians: "Their staple foods were acorns, properly leached and pounded into a powder or paste, supplemented by dried salmon and nuts".

The 19th-century European Lebensreform (life reform) movement advocated a return to nature, with Maximilian Bircher-Benner (1867–1939) a Swiss physician, being a key early proponent who opened a "Vital Force" sanatorium clinic in 1904 promoting raw foods, believing cooking diminished plants' natural vitality. He treated patients with a diet of raw foods, including muesli. He believed cooking destroyed the "sun energy" in plants and that humans, like other animals, were naturally meant to eat raw food.

At the turn of the 19th century a group of German raw foodists settled in Southern California. These German-American naturmenschen included such diverse luminaries as Dr. Carl Schultz, a pioneering naturopathic physician, legendary fruitarian farmer-philosopher Bill Pester, and Arnold Ehret, a prolific author of books on fasting and raw foodism. What motivated these German émigrés to seek a paradisaical existence in Southern California? Gordon Kennedy in his book *Children of the Sun* (1998) offers two reasons. Germany was heavily industrialized at this time and the younger generation, born in the 1880s, was rebelling against the pollution of the landscape, and engendered raw foodism, heliotherapy, hydrotherapy, and naturism (nudism). He also suggests that there had always been a quiescent strain of raw foodism that lay just below the surface in Germany that had been most successfully exploited by a religious group called the Adamites, an extreme Hussite sect that flourished in Germany and Holland in the Middle Ages. Among the Adamites there was a recurrent upwelling of the desire to return to the primitive bliss of the Garden of Eden.

Mr. & Mrs. Eugene Christian, authors of the 1904 book Uncooked Foods and How to Use Them, claimed to have cured all their stomach ailments with complete restoration to perfect health after following a raw food diet for a year. They held a seven-course banquet dinner in New York City to bring their theory to public attention.

In 1912 George Julius Drews wrote 'Unfired Food and Trophotherapy' and influenced early raw food restaurants.

Additional key pioneering figures include:

- **Norman Walker:** An influential figure in the 1970s, he popularized raw food dieting, particularly through his Norwalk Juicing Press
- **Leslie Kenton:** Her 1984 book, *Raw Energy – Eat Your Way to Radiant Health*, significantly boosted the popularity of raw foods like sprouts, seeds, and fresh vegetable juices
- **John Robbins:** His book *Diet for a New America* introduced the concepts of veganism to a broader audience
- **Brenda Davis and Vesanto R. D. Melina:** Co-authors of *Becoming Raw: The Essential Guide to Raw Vegan Diets*, a comprehensive guide to the lifestyle.
- **Frederic Patenaude:** A French Canadian author who has written extensively on raw foods since 1996, including the book: *The Raw Secrets*.
- **Carlo Alvaro:** A philosopher who penned *Raw Veganism: The Philosophy of The Human Diet*, offering a ethical and health-focused perspective on the diet.
- **Douglas Graham** 80/10/10 diet and FoodnSport
- **Rosalind Graham** – founder of the Raw Vegan Society 2025. Almost 40 years as a raw vegan and leading light internationally in the field of natural hygiene, as well as healthful and compassionate living.

The rise of 'Evidence-based medicine'.

As scientific understanding of nutrition and health advanced, the notion of evidence-based medicine became commonly used to support or dispel various diets. Evidence based medicine is the integration of individual clinical expertise with the best available external clinical evidence from systematic research. Unfortunately, there is scarce research on raw vegan diets but there is plenty of research on the health value of raw fruit and vegetables. Indeed evidence-based medical advice around the world promotes eating of fruit and vegetables and minimising ultra-processed food.

Do we need research evidence to support a raw vegan diet?

Taking responsibility for our own health is critical and certainly being aware of current understanding of research in health and nutrition is valuable. However, in our small and growing community we have plenty of extremely healthy raw-vegans, who can provide that evidential basis. The raw vegan society will share research outcomes through our website as well as share real life stories of the benefits of a raw vegan diet. The story is still unfolding....

We owe enormous debt to the early pioneers who brought their knowledge of raw foodism and arcane healing arts to the world. Many were ridiculed for their beliefs and it took great courage to uphold their values especially considering that many were not based on western standard scientific evidence. We are indeed standing on the shoulders of giants.

Today with the rise of social-media and digital media platforms, raw-fooders from around the world have a opportunity to easily share perspectives and support of the raw vegan lifestyle. You do need to be discerning but give it a go, type in Raw-Vegan into Google, Instagram, Facebook or whatever platform you like- a whole new world awaits! Current Raw Vegan Society members with a presence on social media include Chris Kendall with the [Raw Advantage](#), Raphael Resch [Festival Frischer Fruechte](#) as examples.

Compassion Corner

By Rosalind Graham

One Dog's Comparative Tale



Recently, the Coalition for Animal Rights published the story of Nikki, the lone and grieving German Shephard dog from Detroit.

Tragically, Nikki's beloved human companion had died, leaving the devoted dog homeless, deeply grieving and alone.

Unable to catch her, residents could only watch the heart-wrenching sight of Nikki wandering the streets day and night, in rain and storms, clutching in her mouth a very worn stuffed toy animal. It turned out that this treasured possession was all that Nikki had that smelt of what was once her loving home.

A grieving waif with nowhere to now go; Nikki progressively lost weight and became weakened, but at no point did she stop carrying the only thing she had left to comfort her. The worn-out old toy was her security blanket and she guarded it with everything she had.

Eventually, she became so sick and weak that it finally became possible to get close enough to take her into care. It was found that not only did she have malnutrition but was also suffering from an infestation of heartworm.

Even during her rescue and consequent treatment, she refused to let go of her 'stuffie' as the rescuers called it. This scruffy old toy obviously held deep meaning for Nikki.

Nikki has now been rehomed by a loving foster family and her treasured 'stuffie' remains by her side at all times.

This true story carries with it a potent message, an awakening for anyone who doubts that the beautiful creatures of this world have feelings comparable to ours. Many species of animals form deep attachments. There exists, documented scientific studies proving that dogs have very similar brain activity to ours when experiencing comparable emotions.

It is not just dogs that demonstrate clear grieving behaviours when mourning for their dead loved ones.

There are films of Elephants stroking the bones of their dead family members.

Orcas don't abandon the bodies of their dead calves but carry them. Chimpanzees perform gentle rituals for their lost friends. The list goes on...

Following the story of Nikki, who proved to us all how emotionally vulnerable animals are, the Coalition for Animal Rights advises us to :

- Pay more attention to all of the animals around us
- Speak up and take action when necessary
- Adopt animals that are desperate for a loving home rather than support the pet trade by buying one
- If you see a stray or injured pet, DO something!
- Volunteer your time at an animal shelter
- Speak up against cruelty
- Teach children that animals have feelings comparable to theirs
- Give your own animal family members more love and cuddles
- Be a voice for the voiceless

The mission of the Coalition for Animal Rights is to end suffering, abuse, and exploitation of non-human animals through information, education, and advocacy. They believe, that animals matter for their own reasons and that they should not be used by human beings for profit, pleasure, or simply because it is a habit to do so.

They can be contacted by email at animalrightscoalition@msn.com



BOOK REVIEW

Dr. Tim Trader
N.M.D., PhD., D.D

Popular, though scientifically unfounded denial of the reality of Vitamin B12. I have read “*The Enigma of Vitamin B12: Nature’s Only Mistake*” from cover to cover. The author of “*The Enigma of Vitamin B12*” is looking for a conspiracy where there is none. The whole premise of the book is that because vitamin B12 is not in plants, that it obviously is not something real and then since the animals used for food, now must also be supplemented with Vitamin B12, it is another piece of evidence that Vitamin B12 is not real.

The reality of the situation is that vitamin B12 has been found in plants, though by the time it gets to the store or the lab, it has largely been degraded to the point where it cannot be found. We know that the bacteria which metabolizes Vitamin B12 is much less prevalent in soils that have been sprayed with chemicals; this lessens the bacterial population leaving the bacterial metabolite, cobalamin (Vitamin B12) scarce. Animals that are used for food, if they are organic and grass fed, have a higher Vitamin B12 content than the animals who are fed industrial concocted feed, that is fortified with Vitamin B12.

Vitamin B12 is highly susceptible to oxidation, particularly in its active, reduced Cob(I)alamin Co(I) form, which readily converts to Co(II) or Co(III) states, causing inactivation. This redox-active compound is sensitive to oxygen, light, and extreme pH, which can degrade it, while compounds like vitamin C can accelerate this loss. Vitamin B12 is stabilized inside animal cells primarily through binding to specific chaperone proteins and transporters that protect the molecule from degradation and ensure its safe delivery to mitochondria or the cytosol for metabolic use.

Vitamin B12 in fortified foods is stabilized primarily by using cyanocobalamin, the most stable form of the vitamin, which resists degradation during storage and processing. I do agree with the author of "*The Enigma of Vitamin B12*" that the synthetic cyanocobalamin is not a healthy choice for supplementation.

Where our opinions differ is that methylcobalamin and adenosylcobalamin are the two, naturally occurring, metabolically active coenzyme forms of Vitamin B12 that the human body directly utilizes for essential functions and can be great in supplementation. Methylcobalamin works in the bloodstream for nervous system health and methylation, while adenosylcobalamin acts in the mitochondria for energy production and metabolic pathways.

The author of "*The Enigma of Vitamin B12*" states that blood tests for vitamin B12 are unreliable, and there is some truth to that matter. Standard serum vitamin B12 blood tests are considered unreliable because they often produce false-normal results, missing up to maybe 50% of true deficiencies. These assays measure both active and inactive vitamin B12, and can be impacted by factors like pregnancy, liver disease, or high-dose biotin. Accurate diagnosis usually requires assessing symptoms alongside more sensitive markers like methylmalonic acid (MMA), homocysteine, or holotranscobalamin.

The author of "*The Enigma of Vitamin B12*" seems to be confused, as for instance, talking about the bacteria as if it is vitamin B12. Many of the issues are taken out of context or misrepresented and some items are plainly not true, case in point that there is something called the "chlorophyll effect" which makes green spots on your skin if you eat too many green vegetables and you are exposed to the sun.

The author of "*The Enigma of Vitamin B12*" seems to be in denial because she needs her diet to be solely perfect in all the nutritional needs of her body.

If we were living in a less industrial environment where we could pick our food fresh from the trees and from the garden, we might be closer to the ability to get more of what we need, instead we live in a world of chemical bombardment and far away from truly fresh plant foods. This industrial environment we live in may even require more nutrients, including Vitamin B12, to help us live a healthy life.

I am a whole plant exclusive vegan, something like the author of “The Enigma of Vitamin B12” and understand her need for her way of eating lifestyle to be perfect. But this kind of denial will only lead to health problems for those who follow this advice. I cannot stand here and say nothing and let people be hurt.

Note: Dr Trader will be presenting at the March online meeting of the Raw Vegan Society (29th March 14.00 GMT via ZOOM. Check out the RVS website Events Page for further details.

Chris Kendall is sitting on the ground in a garden, surrounded by various fruits like watermelon, oranges, and grapes. He is wearing a colorful, rainbow-patterned t-shirt and has long blonde hair and a beard. He has a surprised or excited expression on his face with his mouth open and hands spread out. The background shows lush green plants and a blue structure.

Chatting with Chris

Chris Kendall invites members to pull up a chair and join him for a chat! In this issue, the roles are reversed and Isabella Vanasse interviews Chris about his life and passions.

IV: Please what is the landscape like where you are in your immediate area in Sweden?

CK: The landscape in Sweden is very similar to where I grew up in Saskatoon, Saskatchewan, Canada. It's fairly flat, but a big difference is that I live close to the sea here in Malmö, so I can easily access it, and Denmark is nearby as well. There are a lot of wooded areas, trees, and wildlife outside the city. Compared to Canada, you have to go further north to find similar landscapes. Summers are decently warm, seasons are distinct, and winters here are milder than in most of Canada, more like Vancouver, rarely dropping below zero with snow that doesn't stick for long.

IV: What is a day in your life like regarding activities, relationships, and food? Both for a day off and a more professional day.

CK: On an average day, I wake up between 8 and 9. I usually spend half an hour to an hour doing some work on my phone and getting a little red light therapy. Then I rebound on my Bellicon for 10-15 minutes to wake up and hydrate. I typically go to the gym for an hour to an hour and a half for rehab, strength training, and sauna.

CK: After that, I have a large sweet fruit meal, often bananas, sometimes a smoothie or pudding, occasionally grapes or mangoes. Sometimes I include greens like arugula (rocket), spinach, or barley grass juice powder.

In the afternoon, I focus on work, tackling at least one or two big tasks, then either hang out with friends, go skateboarding, or spend time with my sweetie Kamilla. Dinner usually starts with fruit if I'm quite hungry or just finished more activity/exercise, then a large vegetable-based meal like a curry or stew, sometimes over two kilograms. The evening winds down with either more work or some relaxation, aiming for bed around 11 p.m. Professional days are similar, exercise, work, and time with friends or my partner remain consistent.

IV: Do you work full time as a health coach or less than 30–40 hours per week and make that work in creative ways? Teach yoga locally?

CK: Overall, I work semi-full-time. Between computer work, emails, and social media, I usually work 25–30 hours per week during a regular season, but it can go up to 40–60+ hours during busy periods. Health coaching is a big part of it, but a lot of my work is behind the scenes online. I do yoga sometimes online and at smaller local events, but I don't have a regular teaching gig. I enjoy the creativity of juggling multiple roles, from coaching to social media, video creation, teaching yoga, speaking at and cheffing at events.

IV: Do you receive recurring YouTube money after all these years putting work into inspirational and funny video creation?

CK: Funny enough, after 17 years of consistent posting I don't make much from YouTube. Lately, it's about \$60–\$80 a month. It often just covers my bananas ahha, but I really create videos to share information, inspire, and entertain. It also drives traffic to my website, so that does factor in as well. I'm happy to have created these videos and hope people find them funny, delicious and inspirational.

IV: How many retreats per year do you host and chef at? Where have you hosted and cheffed? Favourite moments?

CK: I've hosted up to three retreats in a year and cheffed at three or four others. I've been all over: Mexico, Costa Rica, Canada, Sweden, Slovenia, Denmark, Croatia, France, the UK, and smaller retreats in Bali. My favourite moments are introducing people to new foods, like durian or noni, and connecting with amazing people in heart-centred, like-minded communities.

IV: What are your chief hobbies now for pure recreation and amusement?

CK: Skateboarding has always been my main hobby, it's been central to my life and fitness. Other hobbies include yoga, surfing, rock climbing, gym workouts, trampoline and rebounding, gymnastics, calisthenics, walking, skydiving, bungee jumping, cliff diving, bicycling, and martial arts. I like mixing things up to stay active and have fun.

IV: Any additional forms of community service or community building locally or more broadly?

CK: I engage with the community through social media, interviews, summits, online events, and in-person events and festivals. I also organize fruit lucks, raw food potlucks, and small pop-up events to build community and bring people together.

IV: What are your next goals personally and professionally? Do you see yourself as highly motivated by goal acquisition? Has that changed over your raw journey?

CK: Personally, I want to create a skateboard video part I'm proud of, travel more, and see my family. Professionally, I aim to update my website and services, making them easier to use and searchable, including meal plan and shopping list tools. I also want to leverage my past content to reach more people efficiently.

CK: Over time, I feel slightly more relaxed about social media, focusing instead on quality, accessibility, and helping others.

IV: Any favourite visualization practices or affirmations you recommend?

CK: I have aphantasia, so I can't visualize. I focus on meditation, contemplation, and being present. My main affirmation is "breathe love", simply breathing in and out love.

IV: Have you been to or do you go to raw events in Europe?

CK: Yes, I've attended events in Denmark, Sweden, the UK, Croatia, Slovenia, Prague, and hosted my own in Sweden. I'm also looking forward to the Dutch Fruit Festival in the Netherlands this summer.

IV: What do you recommend for a raw/vegan bucket list throughout the world?

CK: Try subtropical and tropical fruits like durian, jackfruit, cherimoya, and meringue in their natural environments. Attend retreats and festivals for community experiences. Explore communal living or host your own events like fruit lucks or potlucks to grow community connections.

IV: How has your vegan clothing journey been, discovering footwear, warm clothing, etc.?

CK: Once I went vegan, I committed to only wearing vegan clothing. I was sponsored by companies like Etnies Footwear and United Clothing for skateboarding, which helped since they always had vegan options, and I also make some of my own clothing. I love thrift shopping, exchanging items with friends, and gifting. I enjoy finding high-quality, ethical clothing and wearing it consistently.

IV: What are your favourite fruits beyond the classics?

CK: My favourite fruit is always the one in peak ripeness in my hand.

CK: Specifically, I love cherimoya, durian, red dragon fruit, tomatoes, mangos, figs, and high-quality papaya.

IV: Favourite super simple smoothie recipe? Do you drink smoothies often?

CK: My favourite smoothie is just bananas, sometimes with grapes, mango, barley grass juice powder, arugula, or spinach. I drink smoothies most days, depending on produce quality. I find them nutritious, versatile, and easy to eat, especially for maintaining calories on a raw food diet.

IV: Growing up, what health wisdom came from your parents?

CK: My mom emphasized fresh fruits and vegetables. She made things from scratch and always had fruit and greens available. Her cooking inspired me to get creative in the kitchen.

IV: What do you do for fun with your partner? What do you love about her? Favourite raw creations?

CK: Kamilla and I enjoy walks, having fun while doing errands, watching our fave shows, playing with our cats, foraging for wild foods and mushrooms in the forest, gym visits, and beach trips. I love her kind, golden spirit, shared humour and enthusiasm for life. She eats both raw and cooked foods and makes excellent raw desserts and savoury dishes.

IV: Presently, what are your basic foundational meals at home?

CK: I usually eat two meals a day. Lunch is often a large sweet fruit meal, sometimes 15–18 bananas with greens or barley grass juice powder. Dinner begins with fruit and moves into a large vegetable-based meal like a curry, salad or stew with a handful or two of seeds such as chia, flax, hemp, or walnuts.

CK: *If I eat three meals, breakfast is juicy fruit, lunch is juicy or sweet fruit, and dinner remains similar. My meal timing and portion sizes depend mostly on activity and produce availability.*

IV: *When travelling or at events, what are your emergency foods?*

CK: *I rarely find that I have needed emergency foods since I have learnt to be prepared by eating first and or bringing food, and besides that some fruit and/or vegetables are usually accessible almost anywhere. On an odd occasion, I've had pasteurized juice/smoothies, or a salad from places like Subway, but most of the time I just sip water until I find some raw food that suits me better.*

IV: *Do you ever eat oil or cooked nuts, even in an emergency?*

CK: *Very rarely, there have been times at raw events or raw restaurants where either of those may be in a dish, I'll then choose if I want to eat any, but generally, I don't find myself in a emergency nor worry about calorie intake or satiation on any single day as I can eat later or adjust the next day.*

IV: *Favourite one-liners for deflecting criticism or concerns?*

CK: *It depends on the situation. First and foremost I like to connect with the individual to feel out and connect with their intentions and go from there. Sometimes I make monkey noises, lighthearted gestures, or I explain that I prefer to follow my heart and act with compassion. I emphasize that all life is sacred and that a raw vegan lifestyle is sustainable, ethical, and nourishing.*

IV: *How do you respond when family or friends report heart attacks or cancer but aren't interested in changing food intake?*

CK: *It's challenging and can be really sad. I try to connect with them from the heart, emphasizing the love and care I have for them and our relationship, and then sharing information if they're open.*

CK: *Otherwise, I respect their choices, focus on love, authentic time with them, and do my best to let go without judgment.*

IV: *Personal story of falling off the wagon and getting back on.*

CK: *In my first year of eating raw, I hadn't figured out caloric density yet. I was travelling for the first time as a raw foodie, on a tight budget, less than \$2 a day, and my body and mind was suffering for it. I was dropping weight, old joint pains were creeping back, and mentally I was swinging between manic highs and depressive lows. This was during a sponsored skate trip to California with a solid crew of friends. On paper it should've been everything, skating, good people, good vibes. But by week two I had no energy, I was half injured, and while everyone was out partying and skating their best I was quietly falling apart. One night I snuck off and ate a Snickers. Then, feeling like I'd already blown it, I went and binged on fast food, burgers, fries, the works. The guilt, shame and genuine self loathing I felt afterward was something I buried for years.*

That experience taught me more than any perfect day of eating ever could. Caloric density matters. Being prepared matters. Getting enough calories consistently isn't optional. But more than anything, I learned to be more conscious and honest with myself mentally and emotionally, and to be patient and loving with myself when I'm having a hard time. Building coping mechanisms outside of food takes time but is a game changer. Developing a calmer more big picture mindset, reflecting on why I'm doing this (veganism / raw), always growing my reasons, is what has made consistency possible, and over time, very easy.

IV: *Have family and friends changed their food choices by your example?*

CK: *Yes, my immediate family has tried raw food for a month and eats more raw foods regularly. Friends and cousins have experimented as well. Some still think I'm eccentric, but many have become more mindful and holistic in their approach.*

IV: *How do you balance financial wellbeing and the cost of raw foods?*

CK: *I spend less on raw food than on any of the other diets/lifestyles I have had. I usually spend around \$10 a day, sometimes \$4–\$5, depending on deals, bulk purchases, what I eat, and shopping smartly. I prioritize wellbeing and occasionally splurge on high-quality foods, but I mostly thrift shop and budget consciously.*

IV: *How do you respond to questions that seem open but carry criticism?*

CK: *It depends on the situation. I aim to provoke thought and connect with people's hearts. If it's trolling, I may respond lightly. Otherwise, I answer thoughtfully, planting seeds without wasting energy.*

IV: *How have family connections and childhood friends changed over the years?*

CK: *Initially, they thought my lifestyle was unusual. Over time, seeing my health and recovery, they became supportive and more curious. Positivity and understanding now define these relationships.*

IV: *Favourite foods growing up? McDonald's? Pizza toppings? Knowledge of veganism?*

CK: *I loved chili, rice, corn, burgers, pizzas, and fries. At McDonald's, I'd pick the two cheeseburger meal or the Big Mac meal. Favourite pizza toppings included double bacon cheeseburger and extra cheese. I didn't know many vegetarians growing up; my older sister became vegetarian and then vegan, when I was around 12-13 which seemed silly to me at the time and I would make dinosaur noises at her while eating meat. My understanding of vegetarianism and veganism grew through yoga and personal research around 18–19 years old and blossomed from there.*

IV: *What was your local Canadian community like as a child? Siblings? Parents' health?*

CK: I had a tight-knit skateboard community, very open-hearted. Saskatoon had around 350–400k people, a small city with everything accessible. I have three siblings, two sisters and a brother, spaced three years apart each, mostly in Saskatoon, all in Saskatchewan. Their health is generally good with a few scares, but are all decently knowledgeable about raw food / health creation and willing to make shifts at times. My parents and siblings are mindful of holistic health, and overall, everyone is doing reasonably well.

IV: Secret or surprise recommendations for airports, restaurants, or potlucks?

CK: When I am travelling I often bring dates, celery, apples, mandarin oranges etc, and when going to restaurants I usually eat something before and then, tomatoes, avocados, or even a dish or dressing. In most situations I aim to eat a large meal beforehand so I'm already satiated and only need small snacks or can enjoy the event's food within my comfort zone.

www.TheRawAdvantage.com

www.youtube.com/user/ck1nsh

www.linkedin.com/in/kendallchris

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www.instagram.com/therawadvantage



RAW SPIRIT

connect to All That Is

The Power Of Raw

By Rosalind Graham

There is power in the word raw. That power is the power of life itself: the ever-pulsating and rhythmical vibrancy of existence.

Compare the emerging bud of an early spring to the charred remains that lays lifeless in a bonfire's pit; and the effortless polishing of rocks by a mountain stream with the awkward scrubbing of a saucepan.

The leap of a lamb, and that sweet symphony that sets our inspiration aflame as little bird-angels rejoice in the dawn of another day, is the very music of life.

It is not just our own lives and the lives of our loved ones that we often take for granted, but the global celebration from beetle to whale and humble daisy to giant redwood.

Who amongst us has not witnessed the rising of the sun and felt the deep stirrings of our innate life-force?

So brimming over is our inner exuberance that dance and song, running and swimming in the Earth's oceans provide a delightful quenching for our often-suppressed joy.

We endure, we struggle, we work through our days as if our destination held some accolade: to be awarded at the end of our time. Like an underground spring, our pure raw joy of being alive remains untapped: desiccating our daily rounds of conformity and dry obedience.

To be raw is about far more than not subjecting our foods to the destructions of heat. To be fully raw means to be fully alive: to fling our arms and our hearts open to the winds of all possibilities.

It is the carnival without the carnage; the summerhouse without the slaughterhouse; the belief without the grief; the fun without the gun; the hugs without the drugs; it is the good without the should.

It takes only a moment amidst the pure elixir of nature's raw life force, to observe the overcoming, striving and unstoppable expression of life itself.

Pushing its way through a crack in a rock, a tiny flower makes its stand. The pruned limbs of shrubs are quick to birth new foliage; and the severed worm grows a new tail and continues on.

To state that we are raw is to affirm our position as part of the irrepressible vibrancy of life: to defy oppression; repel dictatorship; and know that within us lies a divinity that can neither be taken from us nor perverted by those with one foot in the fires of greed.

To be fully raw means to never give up and to never give in. It means to affirm our aliveness; strive for liberation of our mind, body and soul: that we may transcend and transmute all that is oppressive, and believe...with absolute trust and certainty...that good will prevail as we journey towards the light of our potential.

In the depths of winter, I finally learned that within me there lay an invincible summer.

Albert Camus 1913 - 1960

It's better to light a candle, than to curse the darkness.

Eleanor Roosevelt (1884 – 1962)

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.

Elizabeth Edwards

Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.

Catherine DeVrye, *The Gift of Nature*

Live life with **RAWSILIENCE!**



Upcoming RVS Events

March 29th

March Online Gathering

April 26th

April Online Gathering

May 31st

May Online Gathering

June 15th

Summer Magazine

Available

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Thank you to everyone who contributed!