

Raw

Food

Real

Families

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The full-version of the Cookbook includes:

36 pages of recipes - each a favourite dish from a member in the Raw Vegan Village!



AND... (Turn Page)

Uplifting biographies and raw vegan stories written by



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members of the Village! Here is a sample...

Gary and Karen McMahon



We started our raw vegan journey in May 2006, just as it was starting to get cold here in New Zealand. Winter is not a good time to start a raw food lifestyle but if you can survive winter you'll sail through summer.

During 1996 in London, I had my first child. It was a difficult birth, but thank god we both survived; I ended up having a blood transfusion and I felt extremely traumatized by the fact that I would have somebody else's blood running through my veins but went ahead with it. I left the hospital one week later on a cold November's morning feeling very weak and emotional - I was told by several midwives to keep moving and not to sit around. I now look back on this piece of advice and wish I had just listened to my own weary body, and did the absolute minimum.

After a few weeks, I felt extremely exhausted. But I thought that this was what all new mums go through, so I should just grit my teeth and get on with it. Six weeks after giving birth I ended up with severe pneumonia and spent the New Year in a hospitable bed with a mask over my face and powerful antibiotics intravenously fed. I was told to stop breastfeeding my baby as my body couldn't cope.



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I left hospital incredibly weak and spent the next couple of months living at my parent's house with my Mum looking after my little bundle because I couldn't hold him, let alone pick him up. Can you imagine not being able to hold your own newborn baby?!

It took me a couple of years to get strong again and we decided we would try for another baby as I was now 37. Alexandra was born in 1999 and after a few months I started to suffer cold after flu after cold after flu. On a good day, I was able to walk my little boy 200 yards to pre-school and on a bad day I made the beds on my hands and knees - I was completely exhausted. I sometimes would cry as I pulled the clothes out of the washing machine because it would use up all of my energy.

This went on for years; I had blood test after blood test and hospital visits but nobody could tell me what was wrong. I finally was diagnosed with Chronic Fatigue Syndrome - at last! My condition had a name. As soon as I came home after being diagnosed I set about researching this illness. How I was pulled to a raw vegan website I don't know, but I am so thankful that I was.

So we began, in winter of 2006. The whole family had a meeting and it was agreed that they would eat the same meals as me so that I didn't have to wear myself out even more by making two types of meals. It was incredibly hard trying to find meals that the children would enjoy but I persevered and got there in the end. Very soon after commencing this new way of eating I started to feel so much better. I hadn't had a cold, no aching joints, I could get up out of the chair without feeling stiff, I didn't feel dizzy - the list goes on and on. It is now two years later and I feel fantastic. I have so much energy and have only suffered with one cold (and that was because I didn't get much sleep one week). Besides my problems, my son no longer suffers with eczema and asthma, my daughter no longer suffers with constant ear infections, and my husband no longer suffers with psoriasis.

My children no longer moan about the diet; I have discovered some wonderful meals and they truly look forward to them. As far as I'm concerned changing to this diet has saved my life!

