



Raw Magic

Superfoods for Superpeople



Kate Magic

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Photo by Suki Zoe

What is Raw Magic?

There are some foods that have the power to change your life.

There are certain foods that when you eat them, your body is in heaven, your cells start singing, your mind becomes ecstatic. “Yes,” they cry in unison, “Yes, these are the foods that I have been waiting for. These are the foods that I have been craving, that my body has been missing my whole life. Sometimes, it is a particular nutrient you have been lacking. But more often with these foods it is the synergistic properties. They have a magical energy that comes not only from the synergy of the nutritional composition but from the way they are grown, the lands they are from, their history. Many of them are sacred plants in their countries of origin.

There are many amazing foods I have omitted from this book, foods that are more commonly recognized as superfoods: vegetables like broccoli, kale and cucumbers, fruits like cranberries, blueberries and grapefruit, sprouts like lentils, sunflower or alfalfa. I was tempted to include avocados and olives, buckwheat and oats, all foods I eat on a daily basis. But these are foods that most of us are familiar with, and if you are not then there are plenty of books out there that do cover them. This book is about the new breed of superfoods that are unique to the West in the 21st century. Never before have we had access to such a wide variety of plant foods. Some of them we are accustomed to in different forms, like cacao; others have been around for a few decades now, like spirulina; some are widely known in their country of origin, but novel to Europe and the U.S., like goji berries; and some others are utterly brand new to us, like purple corn extract. When I was a child, avocados and kiwifruit were considered exotic; now they are standard fare in every shopping basket. I believe that such is the potency and vitality of the foods in this book that as people catch on to them, they are going to revolutionize the way we eat, shop and live.

These foods are transformative. By eating such high-potency foods they change the very nature of our reality. They affect our consciousness and raise our energetic level to a degree that has profound implications in all areas of our lives. It is not possible to eat these foods on a daily basis and not feel altered. We live in a culture that is intrinsically false; fueled on junk food, media lies, false gods and political whores, we have forgotten how to be our true selves. These foods help us realign, connect with who we really are, and tune into our higher selves. The more we eat this way, the more we live our power. This can be a hard adjustment to make in a world where the individual is fundamentally disempowered. Revealing our inner core is usually painful; as we let the masks of self-deception slip away, we have to let go of people and life situations which have been holding us back and preventing us being fully who we are. It is a scary thing to do, to step into our truth and reclaim our birthright when we have been taught our whole lives to avoid truth at all costs, to keep up the façades and not rock the boat. But the more of us who make these choices, the easier it becomes. And what’s more, the more we attract into our lives people who have made the same choices and appreciate us for who we honestly are.

Rocking the boat is what we are here to do! Isn't it exciting and exhilarating when you stand up for what you truly believe in? Our time has come, and the old ways are not working anymore. Paradigms are crumbling and new ones are rising in their place. As we understand eternal truths, we see the world for what it is, and understand how desperately things need to change. We align with our higher purpose, the divine intelligence, and see what our life's path is. What mission have we been given? What is our role here at this time? It is to wake the world up, to guide humanity through these massive shifts and changes that are taking place. And of course, that starts with ourselves. We must awaken ourselves. We must keep the balance between being masters of our own reality, taking full responsibility for our lives as a manifestation of our own inner state of being; and being of service, helping to awaken the sleeping masses, and doing everything we can to help people through these times. And you know what the best part is? It's fun. Believe it or not, the universe actually wants us to be happy, it doesn't want us to suffer. And the more we work with the universe, the happier we become, the less we suffer.

We are used to a duality in our minds over food. When I grew up, I had issues around my weight. I was trapped in a no-win situation. I could either eat and feel fat and sluggish, or I could not eat and feel clear and light, but spaced out and weak. As most teenagers do, I was worried about how I looked. I fluctuated between liking the look of my body and feeling happy about myself by not eating, satisfying my instinctive biological need for food, but not really liking myself. I turned to drugs to help me see my way out of this duality, to escape into an artificially induced state of oneness and bliss. The chemicals I put into my body for years didn't do me any favors physically. But they did open me up to a higher state of being, an understanding that I could experience life the way I wanted to. I understood that my life's path involved trying to find ways to recreate those highs naturally, to adopt lifestyle choices that could assist me in living in my highest truth. I turned to raw foods and yoga, and have been working with those disciplines for over two decades now. I can honestly say the process has been revelatory. It has been an arduous and at times painful journey, but the results just keep coming, and they keep getting better and better. Every time I am opened up to a whole new level of being in myself it blows me away.

This journey is like peeling back layers of an onion. You peel back one layer, you make improvements in your diet by adding certain foods and cutting out others, make changes in your lifestyle to move closer to having the life you really want. For a while you feel amazing, on top of the world. But then you uncover a whole other layer of issues, another set of physical, emotional and mental blocks to work through that had been lying hidden deep within you, but are now out and exposed because you have peeled off the rubbish that had been covering them. This process never stops, it is the path we follow as humans, and the more we are in it, the more we learn to love it, accept it all, not to resist but to enjoy it all, the ups and the downs; the pain and the pleasure are equal gifts, two sides of the same coin.

So how can foods have such a powerful transformative effect? Thanks to films like *What the Bleep?* and *The Secret*, and books like *The Hidden Messages in Water*, people are beginning to fully grasp the concept Buddha taught us, "With our thoughts we make the world." Everything is energy and everything is connected. Every thought we have, every action we take, affects the quantum field. The universe is a living breathing intelligent mass and we are inextricably a part of it. If we focus on something long and hard, we affect the quantum field. If we tell the universe over and over, "I haven't got a boyfriend, I haven't got a boyfriend," what's the result? No boyfriend. If we replace that with, "I am attracting a beautiful loving nurturing relationship into my life," result? Result. The skill is maintaining that focus and intent when the spanner gets thrown into the works, when we have to deal with the stuff that we manifested for ourselves without realising popping its handsome head up. Even a single food in this book gives us a boost to such a degree that we feel noticeably better about

ourselves. When we feel better about ourselves, we take more forthright action, make clear decisions. Challenges are more easily overcome, obstacles more easily dissolved. That's *Raw Mag* in a nutshell; it's a win-win-win situation. Your body, your health, your mind, your life, your family, your friends, your planet; everyone's happier. It's a simple concept, but it really does have the power to change the world. It's time for us decide for ourselves that this is the future, and the future is now.

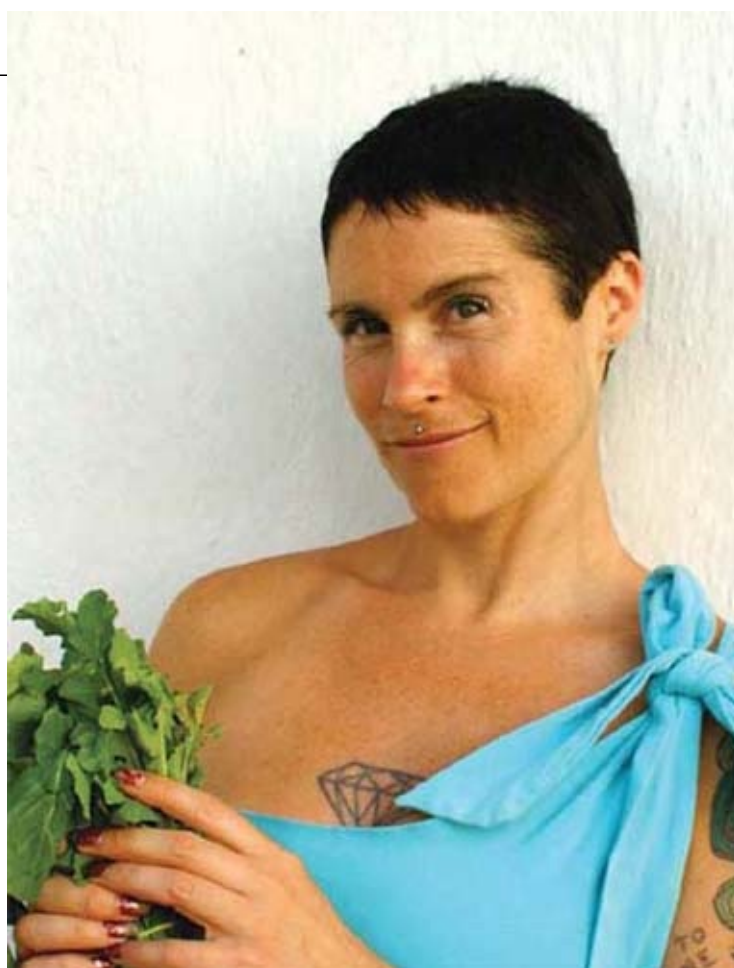


Photo by Nicolas Thorsen

Why Eat Raw Foods?

I made the conscious decision to “become a raw fooder” in 1993, and I can say, hand on heart, that every year it keeps getting better. For sure, there are challenges that arise in my life: I uncover emotional issues I need to work on; I encounter situations in my life that I need to change to move forward; more problems occur that demand a clear sharp focus to resolve; physical detoxification and healing comes up. But month on month, I find myself with increased levels of vitality. The joy I feel just through existing on this beautiful planet bubbles up and up; the energy and enthusiasm I have for life surges through my veins. The positivity and passion I feel for making the world a better place just keeps growing, no matter the setbacks I encounter on the way. I am more able to keep a clear intention and understand the steps I must take to reach my chosen goals. Every time I reach a new level of awareness and understanding, another one opens up before me. This journey is infinite, and it just keeps getting more magical.

I see raw foods as an integral part of optimum health and vitality. When you are eating pure plant foods with all their energy and life force intact, you are assisting your body in tuning into its own wisdom which is aligned with that of the earth from which the plants have grown. One of the basic tenets of raw foods is to eat food as close to the source as possible, sunfoods. So we don't generally eat animals and animal products, because the animals have gained their nourishment from the plants and the plants are one step closer to receiving energy direct from the sun. Many of the superfoods grow in mountainous regions, e.g. maca, gojis—they are literally closer to the sun! Raw foods assist us in helping our bodies vibrate at the highest possible frequency; eating this way unlocks the potential within us to become more fully who we are.

Raw foods form the basis of a successful health program for a variety of reasons.

Enzymes

When we heat food above 42° C (118° F), the enzyme content is destroyed. Enzymes are necessary for almost every function in the body, especially digestion. As children, our bodies manufacture all the enzymes we need, but after adolescence we stop being able to make them ourselves and become dependent on food sources to get them. Enzymes are associated with aging; a diet high in enzymes promotes youthfulness and immortality! I consider them so important, I take extra enzyme supplementation with my raw food diet, which I find gives me even more energy and strengthens my immunity.

Nutritional Content

Nearly all foods have a higher nutritional content when eaten raw; heat destroys many vitamins, minerals, and amino acids. There are a few exceptions, such as lycopene, found in tomatoes and carrots. Lycopene can still be absorbed by the body if the cell walls have been broken down, by juicing for example.

Whole, Unprocessed

Generally, raw fooders eat foods that are less denatured. They are consuming less chemicals and artificial additives and preservatives with their foods. They are getting more fiber, and a higher water content.

Alkalinity

Thanks largely to the work of Dr. Robert O. Young, the public are becoming more widely aware of the benefits of a high alkaline diet. Most junk foods and heavily processed foods are acidic, causing stress on the body which increases weight gain and decreases immunity. Ideally, the diet should be made up of at least 70% alkaline foods. A raw food diet high in vegetables easily satisfies this requirement. When our systems are alkalized, we feel calmer, can think more clearly, feel more on top of things, and have a stronger immune system.

Immune System

Cooked foods put a greater strain on the immune system than raw foods. When cooked foods are eaten, the body has an immune response known as leucocytosis. This does not occur when raw foods are eaten, although cooked foods can be eaten if they form less than 50% of the meal, and the raw foods are eaten first, in which case the body does not produce leucocytes. Generally, raw fooders find they are less prone to catching viruses than when they ate cooked foods, and when they do catch them they tend to get them less severely and to shake them off faster.

Raw fooders tend to eat from four main food groups: vegetables, fruits, nuts and seeds, and sprouts (grains and pulses). From these foods, we can get all the requirements that conventional nutritionists state we need. To be successful, I believe a raw food diet should consist of at least 50% vegetables, the majority being green vegetables such as lettuce, spinach, rocket, broccoli, kale, celery, cucumber. The green leafy vegetables contain the most minerals and are also a surprisingly good source of protein. Juicing vegetables is an excellent way to up our daily intake. Fruit should be eaten minimally as a high fruit diet upsets blood sugar levels and can contribute to tooth decay. Try and eat local and seasonal fruit in preference to tropical fruits, which have lost a lot of their freshness and vitality when they have been shipped across the world. Nuts are a good source of protein but are generally acidic and mucus-forming. Soak nuts before using to activate enzyme inhibitors, and try and use seeds in preference. Seeds such as sesame, sunflower and pumpkin are highly nutritious, more easily digestible, and less acidic. Sprouted foods, like lentil, alfalfa, sunflower, wheat and buckwheat, are one of the best sources of nutrition because they are guaranteed fresh, raw, seasonal and locally grown! Sprouts have a superhigh nutritional content, and are cheap and easy to grow yourself.

My current thinking is that the ideal daily raw food diet should look something like this:

- 2–3 liters highest quality water available (this can include nut and seed milks, teas, and juices)
- Around 50% (in volume) of local, organic seasonal vegetables

And a balanced mix from the following food groups:

- **Nuts and seeds**
 - **Sprouts and indoor greens**
 - **Sea vegetables**
 - **Fruits**
 - **Superfoods**
-

I think it's crucial to include daily EFAs in the form of flax oil and hemp oil (at least 1 tablespoon) and fermented foods and drinks such as sauerkraut or kombucha are also extremely beneficial.

I believe for raw foods to become successfully integrated into our existing lifestyle, it's important not to get too fixated on our diets. Many people fail because they set themselves unattainable goals which they can't stick to, and then they feel that the raw food diet must not be for them. For it to be sustainable, it is far better to introduce raw foods gradually than rush at it headlong. Just increasing 50% of your diet to raw will reveal the benefits to you, especially when combined with the daily consumption of superfoods. The rest will come in time. Raw is a journey not a destination; it's the key to a door but we must walk through the doorway unassisted, with no crutches. When being 100% raw becomes the goal, we are missing the point; if sticking to the diet is making us unhappy because we can't share food with friends, we are getting it wrong. Emotional health is just as important as physical health, and it is vital we keep that perspective: preparing and eating your food with love is just as beneficial as the quality of the food itself. When done properly, we shouldn't have to think about it; raw is there to enable us to live our lives more fully, to free up energy to enjoy ourselves, not to become another set of rules to be entrapped by. Raw foods open up a whole new paradigm within us, a world of unlimited life and abundance, where there is no death, just a continuous rebirthing process. The potential for the transformation of humanity as more and more people open themselves up to this way of being is mind-blowing.

If you are interested in finding out more about raw food nutrition, and want some recipes to get you started, I go into more detail in my earlier books, *Eat Smart*, *Eat Raw* and *Raw Living*.



What Are Superfoods?

“Be the change you wish to see in the world.”

—MAHATMA GANDHI

I adore superfoods. I have been eating them every day for over two decades, and I can say unequivocally that they provide me with that edge which helps me deal with the demands of life as a woman in the 21st century. Of course, I could do fine without them, but I don't want to just do fine, I don't want to just get by, I want to live a fulfilling and abundant life, and superfoods are a major factor in my being able to juggle and balance the varying and often contradictory elements of my world. I run a successful business, I enjoy many creative projects, I spend large amounts of quality time with my children, I have a full and fun social life, I am a conscientious and dedicated homemaker, and I get plenty of time in solitude to meditate and reflect. I am not leading a life that everyone isn't capable of, and I don't come from an exceptional background. I have had little support from family and society in my life because of the unconventional paths I have chosen to take, and I have lived for long periods of my life in relative poverty. But I had a dream, and I kept focused on that dream, and my focus has led me to this point today. As a teenager growing up in the 1980s I knew there must be more to life than the picture of doom and gloom presented to us in the media, and the drudgery and boredom of my parents' lives. I sought to find alternatives, to find a deeper truth, a more beautiful way of living. My journey brought me back time and time again to the answer that all we have, all we need, is here in the moment, and the more we live life in our highest truth at every turn the more we are rewarded. “Being the change” means being aligned in body and heart, constantly reminding ourselves of our focus and our truth in life, of how we can play our part to make the world a better place. And that is how I came to be so passionate about superfoods, foods that help create that inner and outer alignment in our lives.

People are becoming more familiar with the idea of superfoods, but there still remains a lot of confusion as to what actually qualifies as a superfood. I would classify them as natural plant foods which have two primary qualities: firstly, they are exceptionally high in nutrition and thereby provide the body with increased energy, and secondly, they have special intrinsic properties which can enhance our lives greatly. In my book, broccoli and blueberries are not superfoods! They may be excellent food choices, but they don't have the incredible charge and power of true superfoods. True superfoods really do make superbeings!

Because all the nutritional properties of these foods are so packed in, they are amazingly efficient, and make the body's job of extracting what it needs and utilizing it so much easier. When our bodies are getting their requirements met abundantly, and when the digestive process isn't being strained in the process, so much energy is released, we feel the revitalizing effects very quickly. This is a major factor in their growing popularity; the difference in your performance between when you take them and when you don't is remarkably obvious. Superfoods are in a different league from

supplements because they are actually whole foods. Their natural synergy is preserved and the messages they send to the body are much more easy for it to receive and process than those of isolated components that have been manufactured in a laboratory.

As you are reading this book, you are very likely wondering why you haven't heard of many of these foods before. Most of them grow in areas where the land is purer and unspoiled because the indigenous populations are living lives of isolation and poverty, still relatively untouched by Western materialism. They are often celebrated and revered in their native countries, but unheard of outside of the regions where they are grown. As we Westerners start to realize the importance of really treating our bodies as temples, demand for innovative and original products increases, more research is done and we are being introduced to many exciting new discoveries. As word spreads about their efficacy, people are joyfully consuming superfoods on a more and more regular basis.

If you are looking at the many superfood blends that are on the market, then I would advise you to remember that old adage "You get what you pay for." There is no such thing as a bad superfood and I have never come across one which cannot help with healing to some degree, but the quality between brands varies immensely. Some are bulked out with cheaper fillers, others are of a high potency. But what you are paying for when you buy these products is the formula development, the complicated manufacturing process of blending the powders to an exact recipe, the packaging and the branding. When you are taking the superfoods in this book, in my experience the body responds better because it is not being overwhelmed by the complex information contained in these branded blends. The body is like a child: it works best when it's being treated in as straightforward and uncomplicated a manner as possible, and is much happier being given one or two toys at a time to play with than a huge toy box where it's just going to lose half the pieces and then not be able to find the bit that it wants!

When you first enter the world of superfoods, it can be hard trying to decide which ones are right for you. They all have unique qualities which makes it hard to say that one is better or worse; it's like trying to compare peas and carrots or an apple with a banana. Some days, you fancy an apple, some days are banana days. It's best to start with just two or three, so you can notice their effects, and get to know them, then you can tune in and decide which ones you need at a particular time. It's also not easy recommending a daily dosage. It is always advisable to start off with a little and work up until you reach a level you feel comfortable with. Often the body will go through a healing crisis as it rebalances. Old complaints like skin problems or gut reactions may flare up, in which case return to a minimum maintenance dose, allow yourself some time to rest and let the body do its thing, and after a few days you should be feeling you've reached a new level of vitality as you've cleared your old stuff out.

Virtually all the superfoods in this book contain substances which regulate the body's metabolism and thus control cravings. They help us tune into the body's natural appetite, so that when you are eating superfoods on a daily basis, it becomes really hard to overeat or undereat. When superfoods are an integral part of your daily diet, you just don't get hungry in the same way. Low blood sugar, unhealthy food cravings, and issues around weight become a thing of the past. Weaknesses over food start to fade away, and sustained energy and vitality replace them. When I wrote *Eat Smart, Eat Raw*, one of my sayings was "If you want to lose weight, stop counting calories and start counting nutrients." Perhaps now we should change that to "Stop counting calories and start eating superfoods." Not only are weight issues a major factor in illness, they are a preoccupying concern for so many people in society, particularly women. Think how much female power will be released when women stop obsessing over their dress size and are able to channel that trapped energy into more positive and creative pursuits!

It is the alchemy contained within these foods that puts them in the elite class of superfoods. It

an incredible nutritional profile, combined with an amazing vibration from the land where they are grown, and then presented within an easily accessible and bioavailable form that the body naturally recognizes and understands. Superfoods are “you can have your cake and eat it” foods, foods of enlightenment, foods of the gods. They fulfill both our needs from food: to be delicious, nutritious, irresistibly good, and satisfying, but also to meet all our nutritional requirements and fuel our bodies to the optimum. You need to love your food while you are eating it, and it needs to love you while it is in your body. It’s all about the love, and double the love isn’t just love plus love, it creates a magic which is infinite love. Eating these foods cause chemical reactions in your brain which put you on the right pathways, they guide you back to yourself, your inner wisdom, and enable you to make empowered choices which will create the life of your dreams. When we are living in accord with our higher intelligence, we become tuned in to ourselves and each other, and the magic flows. These foods nourish our bodies at the deepest level, the cellular level, and when we create harmony and alignment in our bodies, it manifests in our lives. That’s why superfoods create superbeings. And the world really needs more superbeings right now.



Photo by Phat Teddy

- [On Benefits \(The Complete Works of Lucius Annaeus Seneca\) for free](#)
- [Crash of the Titans: Greed, Hubris, the Fall of Merrill Lynch, and the Near-Collapse of Bank of America here](#)
- **[No Doors, No Windows here](#)**
- [read Challenge the Ordinary: Why Revolutionary Companies Abandon Conventional Mindsets, Question Long-Held Assumptions, and Kill Their Sacred Cows book](#)

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