

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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W.D.F.P.F.*

SPRINGTIME MARCH 2015 NEWSLETTER

It is great to be writing the initial few paragraphs of my first 2015 Newsletter in sparkly crystal bright sunshine under intense azure skies – and this is early February in Kingswinford! – True, I am wrapped up in a huge blanket and battling keys in gloves (!) though I adore being outside whenever I can, whether working from UK or Germany - whatever the weather!

Therapy has been abundant in Germany as of addressing my loss of Gren and absolutely is most gratefully received: This is an on-going process and although I seemingly ‘tick all the boxes’ at these early stages, in private moments, I still struggle most days.

Owing to the usual lengthy surgery, which we knew was not possible to repeat in December; it was decided to split into three shorter versions. This proved to be amazingly successful. Words fail me to describe USA surgeon’s innovative expertise - hence I can write to you all!

We now have a blueprint for next three vital surgeries required directly after our World Singles Championships.

The following poem written by our stalwart lifter John Gavin Walker is something I really wanted to share with all those unable to attend Gren’s passing ceremony. It has brought me much comfort.

For Gren - 18th May, 1926-25th November, 2014

God was standing on His golden platform,
His son Jesus was there on His right.
The saints of heaven were grouped as well,
they waited for someone, but God would not tell.

Because this was heaven's top power lifting gym.
and the person they waited for was then ushered in.
It was the new coach just arrived in heaven from earth.
His name was Gren, and he was Welsh by birth.

The door swung open and Gren said 'hello'.
and God said 'sorry you had to leave down below',
but we really do need your skill up here,
and after the workouts we can all have some beer.

You see we have a grudge match with a team from hell,
and we really would like to do very well.
If you'll be our coach, we must surely win
in fact, if you like, you can also join in.

Right God, said Gren, let me see all your styles,
and when he did, he was full of smiles.
You've been following that Westside routine, I feel.
I'll teach you all how to lift proper steel.

*You must go deeper in all those squats
and on the benching, I can see rising bots.*

*You are shrugging your dead lifts and that is a lark:
Gren realised that this would be no walk in the park.*

*He got stuck in coaching here, coaching there,
and Saints Peter and Paul were a strong looking pair.
He sorted all their techniques out, as Gren always would,
and then he said 'God, this team's looking good'.*

*On the day of the meet, Gren was chief referee,
of course that was as it was meant to be.
He red-sighted the devil, much to God's great delight
and heaven were winners and the fights all shone bright.*

*God said later 'Gren, you've done us all proud',
I'm promoting you to Angel, and he said it out loud.
All heaven's team applauded and cheered Gren, so
'Thanks God', said Gren, 'I'm glad I gave it a go'.*

*So now my old friend is up there with the best
and he still likes to wear his old power lifting vest.
Don't grieve and mourn cause he is doing just fine:
And God keeps him close, for all of the time.*

The following was compiled by Gren's son and daughter at the time of his passing ceremony:

Gren was born in Bangor in North Wales in 1926. This was a defining quality – he was Welsh, well and truly Welsh. You can just imagine that it didn't go down too well when, in City Hospital, next to his name and First Language they put English!

He was the only child of Will and Bonnie Elmore. His father, Will, was a quarryman who worked in the slate quarries in Bethesda. Dad used to tell us how the men had to travel up into the mountains every day in whatever the weather, in open top rail carriages. The owner of the quarry would not pay to have the carriages covered in to protect the men from the rain and snow. The anger that dad felt at this disregard for the care of people stayed with him all of his life and formed the basis of a second key characteristic – he despised social injustice and resented any situation where the “haves” exploited the “have-nots”. It shaped his views, affected his political leanings and influenced how he treated people himself.

At the age of 11 he won a scholarship to Friar's School in Upper Bangor. Perhaps it was here that he developed his regard for learning and especially his love of books and music. From somewhere, I think his father, he also developed a fascination with astronomy that led him, many years later, to become a member of Aston University's Astronomical Society. There can't be many small suburban houses in Great Barr that have an observatory in the garden – Dad wasn't a man to do things by halves!

At the age of 16, half way through the war, he left school and went to work on the merchant ships that operated out of Liverpool and at the end of the war he came to Birmingham in search of work. He began in the offices of H P Sauce in Aston but he then joined the Education Dept of Birmingham City Council where he was employed as an Education Welfare Officer, or as he was known in Ladywood, “The School Board Man.” For much of his long career he worked in Handsworth, where he met people from many different countries and backgrounds. What united them all was that life had presented them with huge challenges. As a result Dad learned compassion and he was never quick to judge. He would always look for the best in people. He went on to take his exams to become a Social Worker and

for this work as a Senior Education Social Worker he received a citation from the Lord Mayor of Birmingham on his retirement.

Of course, his partner in all of this was mum, Cepta, and they were married for 56 years. She had come over from Ireland also in search of work so we had the true celtic fusion of welsh and irish – a powerful combination!! But you didn't just get mum, you got the whole of her family, most of whom remained in Ireland but others came also to Birmingham, and to Manchester. Dad loved his Irish family and they loved him. When he used to visit there they called him "The Quiet Man" – quite clearly a joke, because with his booming Welsh voice you always knew when he was in the vicinity. You would hear him well before you saw him but you also heard the laughter that came with him. He was great company and you very quickly got drawn into his stories. Philip often recalls one time at home when he was telling us about a huge Russian weightlifter he had met in Finland. The only way he could get across the size of the guy was to pile up the furniture and climb onto it. It became not so much a story as a complete one-man performance. People responded to this warmth and he could speak to anyone and make them feel that they were really important to him.

Apart from his work in Education he also taught evening classes, initially in both judo and weight lifting. Apart from Mum, Sport was the other great love of his life. There is no time here to do justice to his achievements but you have more details. Sport took Dad all over the world as a competitor, a coach and a referee. He travelled extensively in Europe, made several visits to the United States and he also visited India and Australia as well as attending the Paralympics in Seoul. On the way to hospital recently the paramedic, who did weightlifting himself, asked dad what his best lift was. Dad told him. The guy was really impressed. He asked dad when this had been. Clearly he expected dad to say about 30 years ago. He was not expecting it to have been when dad was 84!! We are delighted that some of his friends from the world of power-lifting are here today including the President of the Association. You might be able to spot them! We are so very sorry that Pat Reeves cannot be with us because of her health issues, requiring immediate surgery. She is an extraordinary sportswoman in her own right and she took the greatest care of dad. She organised his travel to events and made sure he was where he should have been and she only 'lost' him once

which was at an airport. He had probably wandered off to go and speak to a complete stranger, so she did well to keep him under control and we are so very grateful to her as it allowed him to continue competing to the very end.

Not long ago a friend of mine asked if I was proud of my father. He said 'If my dad was a world champion I would be proud of him'. Well, I am hugely proud of him but, maybe strangely, not for his sporting achievements. I admire him enormously for those. He built on natural ability and persevered to be great at something he loved doing. I am proud of him more for who he was as opposed to what he did. Viv and I are proud of him for the values he stood for, his innate kindness and compassion, his openness and respect for all people and the fact that he was equally at home in the casino at Monte Carlo, being dined out in Paris or doing what he really loved, having a drink with Viv in The Towers or at Wetherspoons in Moseley and even better if Steph could be there as well. He was a true Man of the People – he looked down on no-one and he made time for all.

When we were growing up he used to say, "Why be ordinary when you can be extraordinary?" Well, as has been clear from the messages we have received, dad touched many, many lives. He was not just our dad, he was also an uncle, a cousin, a brother-in law, a neighbour, a sporting partner, but definitely to all, a friend. He was indeed "an extraordinary ordinary man."

(Note from me – my life has been massively enriched as having Gren in my life for well over a quarter of a century).

As you see, on 'events' section of our website I am hosting the first memorial event at the gym Gren and I first met many, many years ago. Hopefully we have a good attendance on 26th April.

Beyond National Full Power event later this month, I will be checking for listed referees, not actually refereeing over the past twelve months. A refresher course will be offered.

Whilst I normally have a house-sitter in situ when I am working in Germany, please note that telephoning me will result in a response-delay. Optimum is to email me at pat@foodalive.org with queries/concerns – I pick up emails all over the world on an hour-by-hour basis.

The following events have happened since my last Newsletter –

East Midland Championships, Stevenage, 15th January, organised by Glen Danbury

BDFPA East Midlands 2015

On January the 11th of January 50 competitors took to the platform at 1RM gym in Welwyn Garden city.

A new venue for the East Midlands and one which offered many of the first time lifters at this year's event a chance to experience their first competition in a gym which focus on power-lifting and created a cosy but electric atmosphere. The competition was open to both full power and single lift competitors

Like the current trend in BDFPA comps of late the female contingent is growing which can only be a good thing for the sport. The day ran as two sessions with females and lighter lifters doing squat, bench, dead all in the morning and heavier guys in the afternoon. This allowed a few officials to get their chance to qualify for the upcoming Nationals.

Some impressive lifting by all that attended but stand out lifter on the day where Tommy McGovern and Layla Henderson who took home the best lifter awards.

Special thanks go to 1RM gym for hosting the event and EQ nutrition who sponsored the event and provided all competitors with a free shaker bottle and t-shirt. Unfortunately the manufacturers did not deliver the T-shirts but these will be issued out to competitors at the Nationals

Dean Mikosz Memorial event, Sunbury, 17th January, organised by Neil Abery – no report available.

Eastern Counties Divisional, 24th January, organised by Pete Sparks

There were around 45 lifters entered for the Eastern Counties Divisional Championships, although due to a number of late withdrawals there were 35 lifters on the day from 4 different divisions. There were 15 ladies and 20 first-time lifters which was great.

Best female - Francis Carpenter 285kg @ 53kg

Best female Master - Pat Tombs M6 210kg @ 50.5kg

Best male - Michael Goodwin 680kg @ 100kg

Best male Master - Mick Amey M6 545kg @ 82.5kg

Female

Best squat - Carly Spencer 100kg @ 70kg

Best bench - Francis Carpenter 57.5kg @ 53kg

Best deadlift - Francis Carpenter 130kg @ 53kg

Male

Best squat - Michael Goodwin 230kg @ 100kg

Best bench - Lee Meachen 175kg @ 75kg

Best deadlift - Michael Goodwin 275kg @ 100kg

Southern Counties Divisional, 24th January, organised by Megan Batchelor – no report available

**Welsh Championships, 25th January, organised by John Williams
Report by Dean Roberts**

On January 25th, we witnessed the biggest divisional competition ever held in Wales. With 50 lifters entered, and a number of members refereeing and running the desk, all signs are positive for the division.

With the Bdfpa holding the World single lifts, 2015 is set to be a massive year for all involved, and this proved true at the event with all lifters pushing the boundaries of their lifting capabilities.

First up were the female lifters. Louise Brookwell and Wendy Evans lifted a great 245kg and 257.5kg respectfully.

Jessica Evans and Samantha Jenkins both showing big improvements from their previous competition, posted 302.5kg and 282.5kg totals respectively.

Rachael Armstrong showed massive promise posting a 325kg total and I believe will become a real force in the Bdfpa.

The 'best lifter' of the day was, again, Amanda Gisby. Posting a massive 340kg total, she proved, once again, she is one of the strongest female lifters in the Bdfpa.

With 37 male lifters, there was a lot of friendly competition going around the room.

Some great lifts saw Matthew Jones, Luke Phillips, and Matthew West with their categories.

With 9 raw lifters in the 90kg category, this was the class everyone was watching. Jonathan Mogford and Geraint Llewellyn came 2nd and 3rd respectively, Nicky May put in a good performance, finishing with a graceful 100kg deadlift. The class was won by the ever impressive Chris Protheroe, who has just moved into the M1 class and is still improving greatly. Let's hope he can help guide Wales to success at the 2015 4 nations.

Joshua Edwards, junior lifter, posted some great numbers, winning the 100kg class and had an attempt at a massive 300kg deadlift, narrowly missing it.

The 'best lifter' of the day was the ever present Peter Sutton. Posting an extremely comfortable 735kg total, is well on his way of hitting another 800kg total at the nationals in March.

This was an extremely well run event by John Williams. A special mention must go to Dean Roberts, Phil Webley-Parry and Robert West for refereeing all day. Thanks to our divisional rep, Sue Bethell for running the desk, allowing for a free flowing competition.

Last ditch qualifier for Singles event, 1st February, Telford, organised by Neil Thomas – no report available

National Single Lift Championships, 28th February, Beaconside, Stafford.

Work during the last few week's run up finalising the biggest event BDFPA have ever hosted was massive being both time and labour intensive for Neil and myself: Despite such extensive hourly input, it was also highly enjoyable and definitely rewarding for us to see so many of our members lifting maximally on the day. This year, it was entirely scheduled via yellow card system, with Pete Gaskin's brilliant computer skills catching up so fast – our website reflected the results almost before some lifters arrived home!

Necessarily being a long day – We began on time and there were no hitches, hold ups or breaks – I personally had no time to eat since 6 pm on 27th! I'm pretty used to this now especially with International events and simply take these times as 'fasting' days.

We even managed something quite unique, with three platforms in operation for dead-lift!

Kudos to all helping in whichever way, from our desk guys and girls, to the spotters and loaders and to all referees whom assisted – also with their mentoring our five newly upgraded National referees – congratulations to them – have personally emailed.

Some amazing results – as ever! Many Anderson deservedly gaining best lifter awards in most of unequipped and equipped disciplines – T3 Shachar Head put in a fantastic squat of 157.5 kg at 78.9 kg b/w earning her Best Lifter in this unequipped discipline. I feel this was particularly brilliant given that just a few days previous Shachar contacted me to assist losing almost four kg's in such a short space of time! From Frankfurt and UK, I worked with Shachar on a daily/hour by hour programme to effect. She stuck to it letter by letter and achieved desired results. Lesser mortals would have given up! – Truly deserved Shachar – well done!

Darren Wood achieved Best male Unequipped Squat with 270 kg at 112.20 kg b/w and Neil Abery, failing 283.5 kg on his second lift, I witnessed Neil battling everything to secure this on his third attempt. Well done Neil on your Best Equipped lifter award.

Bench press saw Mary Anderson picking up both unequipped and equipped best lifter awards – great lifting Mary!

Streaks ahead of anyone else, stalwart Andy Rigby, M3 and weighing in at 107.40 kg successfully achieved Best Lifter Unequipped with a 228 kg third attempt. Ian Hawkins, weighing in at 119.50 kg, benched 255 kg to attain Best Equipped Bench press trophy.

Dead-lift saw Lisa Tobias at a scant 46.50 kg b/w when I weighed her in, pull more than double b/w with her 110 kg opener and a staggering well-over triple bodyweight with her fourth attempt of 150 kg – way to go Lisa! A most worthy recipient of Best Unequipped Dead-lift award.

Best Equipped for dead-lift went to Mary Anderson.

Ranveer Singh Johal, at 66.40 kg b/w just edged out my local lifter, David Gray to second place. Ranveer successful with 245 kg deservedly awarded best Unequipped Dead-lift.

In 82.5 kg equipped dead-lift, no-one could come close to Chris Morgan, pulling 260 kg to win Best Equipped Dead-lift award.

Insightful memorial awards were presented by Neil to John Gallacher (John Fulton award) and Andy Davies (Gren Elmore award).

With virtually no training this year owing to required professional workload in Germany – definitely more there than UK! – and sadly, nursing a straight stable right knee fracture; with one session on the previous Wednesday, I was very happy to set new records in 53 kg class: It is a plan to increase slightly in June, which will likely be my last World event.

I was even more humbled and honoured to be singled out for the President's award. I am delighted to work within my many roles and I look forward to BDFPA both growing linearly and exponentially on a continuous basis.

Thank you Neil for your ongoing faith in me!

This quarter's 'food for thought' article follows -

How to Grow and use Living Foods

Living foods are a major key towards improving our health and overall longevity. Using these on a daily basis allows our digestive system to function as it should, without continually depleting our own bodily stores of digestive enzymes.

Given that we have evolved over a four million year period – and most of those were spent eating raw and living food – it is only relatively recently we began to cook our food.

If we study other mammals in their natural habitat, there is not any significant occurrence of the diseases that now pervade humans. Major conditions such as heart disease, diabetes, cancer and stroke are not that evident.

One important element in raw and living foodstuffs is water – and this is structured water that is incorporated easily into our tissues and allows for improved facilitation of our biological processes.

Vegetables and fruits – in their raw state - contain masses of such water. Our bodies are around 70% water – this must be replaced on a daily basis for all elements of our bodies to work properly. Once heat is applied to food it is denatured making it much harder for our bodies to digest and absorb.

Cooking our foods destroys about half of the protein content and approximately 60% of vitamins, with minerals being rendered non-absorbable by about the same amount.

Pesticides used on and in our foods break down to even more toxic metabolites – more easily assimilated into our cellular structure. Oxygen is lost and free radicals are produced.

What vastly interests me is the preservation of the food enzymes contained within uncooked food – the main reason why I follow this incredibly simple lifestyle is to hold on to the original enzymes, leaving my body with more energy to heal. Once these food enzymes are destroyed when heat is applied at above 118 degrees Fahrenheit the body has to call upon its own supply, which is never as perfect a mix as was originally contained within the raw foods. Hence fats, proteins, carbohydrates are only partially digested. This results in much clogging up of the digestive tract and arteries, etc.

Without enzymes, which are catalysts for every chemical reaction within the body – there is no cellular division, energy production,

immune system functioning – nor brain activity. Hormones and vitamins cannot perform their duties without them. Each enzyme, both metabolic and digestive has a unique task. Preserving our finite supply is easy using foods that are abundantly supplied with them. As stated earlier – a major key to optimum health.

Our bodies attack cooked food as if it were a foreign invader – Yes, you read that correctly! It does so with leukocytes – white blood cells – a pivotal cornerstone of our immune system. This is an attempt – using our finite supply – to break it down and excrete it. This places an enormous burden on the body's ability to produce digestive enzymes and leukocytes and uses ten metabolic enzymes to make just one digestive enzyme.

When you begin to incorporate foods in their raw and sprouted state your entire digestive system operates in optimal health. All organs, cells and systemic pathways are able to work for us in perfect balance. To maintain good working order, the body needs correct enzyme capacity, acid-base balance and a healthy digestive tract. All of this can be achieved by slowly changing how you prepare the foods you eat. When our systems reside in a stable healthy state we can manage even serious health challenges adequately and effectively; the reason that so little of our present disease is noted in mammals living in their natural habitat.

Cooked food destroys our bio-terrain whilst the inclusion and conversion to a living-food protocol actively supports it.

You can create a more energetic life when eating in this way. Less sleep is required and its quality improves. After just a few weeks you will be amazed!

How to sprout

First acquire large glass jars – Kilner jars work well – with necks wide enough to allow you to put your hand inside. The top of the jar can be covered with some muslin cloth or nylon mesh secured with a rubber band or piece of string. A draining rack will be required to allow the jars to drain at an angle of 45 degrees.

Alternatively, sprouting jars are available in health food shops making the whole process much easier and does ensure better results. Special sprouting trays – usually a series of round or square tiers that fit neatly into one another are also obtainable – normal seed trays also work. The Easygreen electric sprouter is also now available in the UK and simplifies everything even more. I use this exclusively for my personal needs.

Place the required amount of seeds, beans, grains, etc in a container, allowing the water you will be soaking them in to generously cover them by two or three inches and soak for approximately eight hours, usually overnight as a little longer won't hurt. Drain and rinse under running water, rinsing thoroughly so that the seeds are churned around by the water's action. This will remove any wild yeasts that may be present in the soak water. (Adding a half teaspoon of kelp powder to this soak water enhances their nutrition). Drain off all water residue by placing at a 45 degree angle.

Place sprouts somewhere pleasant for them to grow. Sunny windowsills, radiators and hot water heaters should be avoided as these will dry the sprouts out and put them under stress. In the winter time cold draughts and frosts should be avoided. Sprouts do best in temperatures and humidity that feel best for us. The worktop of most warm, sufficiently ventilated kitchens is best for successful sprouting. Rinse and drain sprouts once each day for the next two to five days or until they are ready to eat. In hot weather it will be necessary to rinse them twice each day.

Seeds and beans are tiny powerhouses of nutrients – when water is added – the magic begins!

Sprouted foods are one of the key constituents of a raw food eating regime because of the available vital substances and also because of the texture and flavour they lend to a meal. Just soaking seeds and allowing them to germinate has a radical effect on the bio-availability of the nutrients they contain. They are easier to digest when sprouted, as their starch breaks down – and their overall nutritional value increases up to ten-fold.

Apart from plentiful vitamin C, iron, calcium and magnesium, they contain the B group of vitamins, essential fatty acids and vegetable protein. They are very alkalising, which helps the body restore its acid-alkaline balance. Even more! – they are such fun to work with! You will be entranced each day as you watch them grow and their character changes. Do experiment with any organic seeds sold in gardening centres. It is not vital that you only use seeds sold specifically for sprouting, such as spelt, rice, buckwheat, barley, quinoa, amaranth, chickpeas, lentils, aduki, mung black eye peas, mustard, basil, broccoli, all the cabbages, onions, leeks, sunflower, pumpkin, sesame – this is not an exhaustive list!

Basically then, the value of sprouts is three-fold – the seeds themselves are easily transported from the shop to the home, the preparation required to turn the seeds into sprouts is absolutely minimal, the sprouts themselves provide fresh shoots, which are extremely rich in vitamin C and frequently in carotenes and the B complex, with a much increased amino-acid (protein) balance, together with valuable trace elements and minerals.

As has already been said, they are easily incorporated into the body to provide the vitamin and mineral needs of our bodies. Sprouts prepared at home in this way are eaten as required and do not have a chance to lose their nutritional value – you just grow them on a scale and at a rate to suit your own particular requirements. To obtain the full benefit of the nutrients, the seeds should be freshly sprouted, so that they are eaten at the very moment when they are at the peak of their nutritional value. The vital food factors in sprouts and other living foods are released from plant cells during the process of chewing and digestion, and become usable for the regeneration of the human body.

Sprouts are biogenic – they are alive. I am utterly convinced that a carload of cooked food cannot do for healing and regeneration of the human body what a single sprouted seed will do. Imagine a farmer cooking seeds before sowing them! For that matter – can you picture in your mind any food in your present diet that, when planted, will sprout and grow up to create a new life? Cooked grains, beans and vegetables won't. Neither will animal foods such as meat, eggs and cheese. Only uncooked germinated seeds, grains, nuts and beans can give us their living energy.

Plant proteins are the highest-quality proteins available and sprouts are loaded with them. Plant proteins are easy for the body to use, are low in fat and contain no saturated fats or cholesterol. In contrast, the proteins in animal foods are generally associated with large quantities of potentially harmful fats and are difficult for the body to incorporate.

Animal foods, especially when they have been cooked, tend to produce toxic waste products when they are broken down during the course of normal digestion. Among the sprouts, lentils are the richest single source of high-quality protein. Seven cups of sprouted lentils contain approximately 58 grams of protein – more than enough to meet the recommended daily allowance for the average active person. Proteins are constructed of building blocks called amino acids. There are eight essential amino acids, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophane, and valine, which the body must synthesise from the proteins we eat. When these eight are not provided by the diet, the body is unable to re-generate its cells properly and deficiency symptoms arise.

The other fourteen amino acids are equally as essential, but can be formed by the body internally when the above-mentioned ones are ingested. Amino acids act on the blood and body cells in the process of self-renewal that rejuvenates us and prolongs life. They are important to so many body functions and systems it would be impossible to list them all here. I can summarise their effect by stating that they are essential to proper digestion and assimilation of foods, cell renewal, immunity from disease and illness, rapid healing of cuts and wounds and for efficient liver function.

A deficiency of only one amino acid can result in allergies, low energy levels, poor digestion, lowered resistance and premature aging. The replacement of the missing amino acid can as easily result in a complete reversal of these symptoms. Amino acids are found in abundant variety in all living foods. Sprouted seeds, beans, grains and nuts provide complete protein, hence they will provide you with all eight essential amino acids. It is best, however, to eat a variety of sprouts, as each kind has a different proportion of amino

acids. In essence, the amino acids supplied by sprouts can make a difference between fair health and below-average energy levels – and overall well-being and vitality.

The question of whether we need nutritional supplements, including vitamins, is hotly debated – needlessly. Vitamins are essential nutrients that regulate chemical reactions in the body. They help to make the energy present in food available to our cell, and all the vitamins necessary for health are supplied abundantly when plenty of sprouts and living foods are eaten.

The majority of supplemental vitamins, while they may appear to be chemically identical to natural vitamins have a much less biological activity, making them a poor substitute for their natural counterparts. The vitamins found in fresh sprouts and other living foods are completely safe and are capable of sustaining us in good health as long as enough of the right kinds of foods are eaten. I recommend the use of several cups of sprouts each day in salads and various other guises. If this amount is not taken, supplements may become necessary for certain conditions.

Right up to the moment you eat a fresh raw sprout, it is growing and increasing in nutritional value. The nutrients remain intact until you begin chewing. Whereas other living foods, such as fresh vegetables, contain ample supplies of vitamins, their nutrient values begin to steadily decline as soon as they are cut. The vitamin C level contained in a crushed raw radish for example, decreases by half in about five minutes, and by up to seventy percent in twenty minutes. In cooking, much of the vitamin (and mineral) content of fresh foods is lost – thrown out with the cooking water, or oxidised by exposure to air and heat.

Amazingly, raw un-sprouted lentils have too low a vitamin C level to measure, but after sprouting their vitamin C level increases enough to make them one of the better sources of it. Vitamin C is important to the health of the skin, teeth and gums. It also aids growth and development and protects other vitamins from oxidation. Nutritionally, fresh lentil, cabbage, mung and aduki bean sprouts are good sources of vitamin C. Sprouted chickpeas and black eye peas (also known as cow peas), also contain this vitamin. Alfalfa

sprouts are not only a good source of vitamin C but a provider of vitamin A as well. In fact they have more vitamin A than is found in a comparable amount of tomatoes, lettuce, green peppers and most fruits.

The sprouts are also rich in vitamin A, containing up to four times more than raw, non-sprouted seeds. Sprouted cabbage, clover, peas and mustard are also excellent sources of vitamin A. This is in the form of carotene body cells, guarding them against acidic degeneration and invasion from harmful microbes, which live on acidic substances in the body.

To meet your body's requirements for minerals such as calcium, potassium, iron, phosphorus and magnesium, I recommend you take them in from sprouts and other living foods in the form of organic mineral salts. This is the way humans have been fulfilling mineral needs for millennia.

Sesame sprouts are an exceptionally good source of calcium, having about as much as cow's milk, and more than almost any other plant food. Almond, sunflower, alfalfa and chickpeas are also excellent, which is converted into vitamin A in the intestine, as needed.

Carotene is non toxic, even in large quantities, whereas synthetic vitamin A, or that found in fish oils, liver and other animal products, accumulates in our liver and can become toxic.

Vitamin A is essential for normal growth and development, for good eyesight and reproduction.

The B vitamins, thiamine (B1), riboflavin (B2) and niacin are abundant in sprouted almond, alfalfa, wheat, rye, sunflower and sesame. Sunflower and sesame sprouts are richer in these important B vitamins than are raw un-sprouted seeds (which even like this are considered to be a good source of B vitamins). Vitamin B complex assists the body digest carbohydrates and use the energy in them to promote resistance to infection.

Moreover the B complex, sometimes called the 'anti-stress vitamins', aid the normal functioning of the nervous system, thus bolstering it against stress of all kinds.

Wheat is one of the best sources of vitamin E, which functions as an antioxidant, preventing valuable nutrients from being destroyed or

wasted. In addition, this vitamin is a protector of the heart and a fertility tonic. Sprouting wheat increases its vitamin E content by three times over that of raw un-sprouted wheat. In addition, the type of vitamin E found in sprouted seeds, grains and nuts – such as oats, rye, alfalfa, sesame, sunflower and almonds – is at least ten times more easily assimilated by the body than synthetic vitamin

E. Vitamin E from sprouted wheat is more abundant, and of better quality than that from wheat germ – a noted source of this vitamin. Vitamin K is found in abundance in alfalfa sprouts. This little known vitamin is especially important during pregnancy, as it is responsible for blood clotting. It aids in the prevention of hemorrhage and miscarriage. Vitamin U, another less known vitamin is replete in cabbage sprouts. It is currently being investigated for its potential to prevent stomach and intestinal ulcers.

Dietary minerals are our lifeblood. They serve as the foundation for body's overall metabolism -the vital chemical and physical processes that keep the body functioning smoothly. Minerals figure in the formation and function of all body enzymes. They also keep the proper alkaline electrical charge in all sources of calcium in organic form.

Potassium is sometimes called the 'youth mineral' because it helps the body to maintain smooth and tight skin and balanced body weight. It also helps to maintain the proper alkalinity of the blood. Almond, sesame, sunflower, mung and black eye pea sprouts supply more potassium than many fruits and garden vegetables. Alfalfa, fenugreek, lentil, aduki and mung sprouts are good sources of the iron needed for red blood cell formation and the transport of oxygen from the lungs to the cells. Sprouted seeds are also rich in iron. Even though some of our own iron is recycled internally, we need to get additional iron in organic form from our food. This is especially true for women who may develop deficiencies due to menstrual blood loss.

In general, sprouts are excellent sources of trace elements, such as iodine, zinc, selenium, chromium, cobalt and silicon. Alfalfa sprouts and sprouted pumpkin seeds are especially good sources of zinc, which is essential for the synthesis of protein, for many liver functions and in the healing of cuts and wounds. Selenium, which is

now being tested for anti-cancer properties, is also supplied by many sprouts, especially alfalfa.

One of the most important nutrient compounds contained in sprouts – chlorophyll – has been thoroughly researched for its nutritional and healing properties. By itself, chlorophyll, a protein compound found in green plants including sprouts with green leaves (such as alfalfa, cabbage, clover, sunflower and radish), doesn't appear to be anything special. But there are two vital aspects of chlorophyll that should not be overlooked. First is its creation in the plant as a result of a conversion of the sun's energy – which makes it a sort of living battery. Second is its remarkable similarity to a vital component of human blood – hemoglobin. Circulating the bloodstream, hemoglobin molecules carry oxygen to the cells throughout the body.

Unlike humans and animals, both of whom derive energy from food, plants get their energy directly from the sun. Plants create and store carbohydrate energy as a result of the sun's action upon their leaves, in the process known as photosynthesis. In fresh green sprouts, this energy is readily available for healing and regeneration of our cells.

Moreover, the chemical elements contained in chlorophyll are effective in building up the red blood cell count of the bloodstream. Exactly how and why this can occur is still largely unknown, but many theories have been offered. The chlorophyll molecule is quite similar to hemoglobin. The main difference is that chlorophyll has a magnesium ion as a nucleus, whereas hemoglobin is structured around iron. It is conceivable that since chlorophyll is soluble in fat particles, and since fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll is converted (absorbed) into blood inside us. Once the chlorophyll molecule is absorbed, its magnesium ion is replaced with iron, making new haemoglobin. Enzymes and vital food factors, proteins, vitamins, minerals and chlorophyll – the nutritional benefits of including fresh sprouts in the diet are numerous. I urge you to make the most of what nature has to offer us – to effect your own exemplary health for a long and productive life.

FROM ADUKI TO WHEAT

An overview of the nutritional content of sprouts

Aduki – amino acids, iron, vitamin C

Alfalfa – Vitamins A,B,C,E,K, rich in minerals and trace elements

Almond – rich in protein, essential fatty acids, minerals, vitamins B & E.

Black-eye peas – rich in protein, carbohydrates, Vitamin A, C and B, plus a whole array of minerals

Buckwheat – rich in rutin, magnesium and manganese. Chlorophyll develops when grown to buckwheat ‘lettuce’

Cabbage – Vitamins A and C. S-Methylmethionine (Vit U), trace elements and chlorophyll.

Chickpea (Garbanzos) – Protein, fibre, carbohydrates, minerals

Clover (red) – Vitamins A & C, trace elements, chlorophyll

Corn – fibre, carbohydrates, minerals, Vitamins A, B and E

Fenugreek – rich in iron, phosphorus and trace elements

Lentils – rich in protein, iron and other minerals, surprisingly good source of Vitamin?

Millet (un-hulled) -carbohydrates, fibre, Vitamins B & E, protein

Mung – protein, iron, potassium, Vitamin C

Mustard seeds – mustard oil, Vitamins A & C, most minerals

Oats (whole groats are best – though somewhat difficult to obtain), carbohydrates, soluble fibre, minerals, Vitamins B & E, minerals

Pumpkin seeds – essential fatty acids, protein, phosphorus, iron and zinc

Radish – Vitamin C, potassium

Rye – carbohydrates, protein, mineral, Vitamins B & E

Snow peas – protein, carbohydrates, fibre, Vitamins A & C

Sesame seeds – rich in protein, calcium and other minerals, essential fatty acids, fibre,

Vitamins B & E

Sunflower seeds – essential fatty acids, proteins, mineral, Vitamins B & E

Watercress – Vitamins A & C, calcium, magnesium and trace elements

Wheat-carbohydrates, protein, phosphorus, Vitamins B & E

The many benefits derived from eating raw, plant-based foods are summarised below:

a) Supports overall health. When a high percentage of your daily food is prepared in this way chronic ailments such as acne, allergies,

irritable bowel syndrome, postnasal drip, dandruff, fungus infections, high blood pressure, depression, backache, pre-menstrual symptoms, overweight etc, just don't happen anymore. Life-threatening health challenges such as cancer, heart disease, diabetes, etc can either be prevented, minimised (as with myself) or cured with a raw regime.

- b) Avoids chemicals that are added to cooked (processed) foods and nutrient losses.
- c) More available daily energy.
- d) Provides a radical personal and political commitment for a better world.
- e) Increases sensitivity of the taste buds and pleasurable eating
- f) Effective method to free yourself from addictions and heighten self-esteem.
- g) Provides congruence with ecological values and health beliefs
- h) Develops an appreciation of the plant kingdom.
- i) Places you at peace with the animal kingdom and also at peace with your own body.
- j) Clarifies energy awareness and to become a channel of both energy and spirit.
- k) Offers the ultimate in healthy vegan food.

I began writing this Newsletter at my home early last month in sparkly wonderful sunshine, mostly added to it in Germany and have just completed at Schiphol airport in dull and dreary conditions, returning from patient work in Detroit: It has travelled somewhat!! I hope you all enjoy and benefit!

Up-coming events –

2015 British Full Power

Saturday 28th March & Sunday 29th March, Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry. **Registration and Entry forms for the European Full Power will be available and must be completed at the National Championships.** [Details and Entry Form Referee Attendance Form](#)

2015 Scottish Bench Press Championships

11th April, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. See [Scottish Website](#) for further details.

2015 European Powerlifting Championships

18-19th April, Gorey, Ireland [Info](#) [Hotels](#) [Entry Form](#) See note on news page about qualification

2015 South West Push Pull

26th April, Kernow Gym, Redruth. Further details to follow.

2015 Gren Elmore Memorial Championships

26th April, Hatchford Brook, Birmingham. [Details and Entry Form.](#)

2015 RAF Novice Training Camp and Seminar

27-29th April, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com Open to all RAF personnel. Other Military, Police and BDFPA members by request only.

2015 World Single Lifts

12th, 13th & 14th June, Telford, England. Click menu tab for details. [Entry Form](#) [Map](#)

2015 RAF Full Power Championships

24th June, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com Entry £10. Open to all Military & Police personnel. Other BDFPA members by request only.

2015 South West Mid Year Full Power

12th July, Plymouth Performance Gym. Further details to follow.

2015 West Midlands Push Pull

26th July, Dominator Gym, High Street, Tipton, DY4 9HP [details and entry form](#)

2015 Four Nations Powerlifting Championships

1st August, Scotstoun Stadium, Glasgow. See [Scottish Website](#) for further details.

2015 RAF Team Selection Camp

17-19th August, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com

2015 Scottish Nationals

29th August, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. See [Scottish Website](#) for further details.

2015 European Single Lifts

18-20th September, Riva del Garda, Trentino, Italy

2015 Combined Services Championships

23rd September, entry via Military reps only, email RCDM-JPAO-RAO@mod.uk for details

2015 West Midlands Divisional Championships (Split event)

26th September Women and up to 82.5Kg Men, 3rd October 90Kg and up Men, Alexander Stadium, Birmingham, more details to follow.

2015 Scottish Push Pull

3rd October, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. See [Scottish Website](#) for further details.

2015 RAF Push Pull Championships

14th October, RAF Cosford, WV7 3EX. More details from annie048squid@aol.com Entry £10. Open to all Military & Police personnel. Other BDFPA members by request only.

2015 South Winter Single Lifts

18th October, Plymouth Performance Gym. Further details to follow.

2015 World Powerlifting Championships

30th October -1st November, Gela, Sicily, Italy

2015 South Winter Full Power

8th November, Plymouth Performance Gym. Further details to follow.

2015 West Midlands Bench Press Championships

28th November, Alexander Stadium, Birmingham, details to follow

2015 UK Masters Championships

5th December, Glasow, details to follow

2016 British Single Lifts

Saturday 27th February , Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry, £5 third entry.

2016 British Full Power

Saturday 26th March & Sunday 27th March, Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry.