

THE

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The magazine of The Vegan Society

# Vegan

Autumn 2007

**LAB-GROWN MEAT: IS IT THE ANSWER?**

**RAW FOOD: IS THERE A RAW ADVANTAGE?**

**VEGAN FOOD FAIRS: HOW TO ORGANISE ONE**

**LAUNCH OF OUR NEW YOUTH BOOKLET**

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[www.vegansociety.com](http://www.vegansociety.com)

## ■ FREERANGERS



Freerangers' deliciously comfy vegan shoes come in two lovely new colours: Rose and Baked Earth. Also new is a 100% hemp shopping bag, handmade in the UK. You can find many other brilliant vegan shoes, accessories and skin care products in their catalogue (call 01207 565 957) or on line at [www.freerangers.co.uk](http://www.freerangers.co.uk).

Freerangers will be at the Incredible Veggie show in Glasgow in September, which will be a great opportunity to try on those shoes you always fancied, test their lotions and kit yourself (or your male loved ones) out in vegan sporrans and kilt belts.

Ladies' Laurel shoes costs £66.

The Incredible Veggie Show will be held at Strathclyde Suite, Level 3, Royal Concert Hall, Sauchiehall Street, Glasgow on Saturday 29th September between 10.30am and 4.30pm

## ■ TOTAL RAW FOOD – SUPERFOODS AND SUPER CHOCOLATE!

When chocolate is vegan it's great, when chocolate is vegan and raw and full of delicious superfoods, such as goji berries and mesquite, it's fantastic! These gorgeous raw chocolate bars from Total Raw Food are made with high quality raw chocolate and sweetened with raw agave nectar, a low GI alternative to unhealthy refined sugar, so you can treat your body with nutritious gifts of nature whilst getting your chocolate fix.



The Real range includes: Real Gold with a mesquite crunch, Real Silver with ionic silver & suma, Real Red with whole goji berries, Real Purple with purple corn and Real Blue with blue green algae. A 38g bar costs £2.25.

Available from many health food stores and [www.TotalRawFood.com](http://www.TotalRawFood.com) or call 0700 340 1233.



## ■ SHEA BY NATURE

Made with 50% shea butter, coconut oil and palm kernel oil, this moisturising liquid soap makes a luxurious skin softening shower gel and face wash. African black soap has been traditionally used in parts of Africa for centuries and is excellent for more sensitive skins. Beautifully scented with essential oils and fairly traded too.

[www.africanblacksoaponline.co.uk](http://www.africanblacksoaponline.co.uk)  
Tel: 07716853180

## ■ SPARITUAL

SpaRitual combines luxury with a spirit-conscious philosophy bringing us this line of beautiful hand, body, foot and nail products made using specially sourced organic plant essences and presented in eco-friendly packaging.

We are particularly excited about this line as the nail polish, which come in a range of exciting modern and classic colours, is the first to receive the Vegan Society trademark! New to the collection of 12 unique Nail Elixirs, which are free from toluene, formaldehyde and DBP, and 72 custom blended DBP free Nail Lacquers is the seasonal collection: 'intuitive'.



The 'Intuitive' collection of 12 bottles of nail lacquers costs £39.95 + VAT each.

[www.sparitual.co.uk](http://www.sparitual.co.uk) Tel: 0808 202 0855 (Freefone)



SPARitual are giving away 5 'Intuitive' collections with a range of blacks, chocolates and mocha sheer creme lacquers. Please send your name and address to us at The Vegan Society before 28th September. The first 5 entries to be picked out of the hat will win one of these fantastic prizes. Please mark your entry 'SpaRitual Competition'.