



## Dormans Evening W I

On a cold February evening members were taken to the even colder remote Lofoten Islands off the Arctic coast of Norway. Simon Ranger explained, with the help of wonderful slides and an in-depth talk, about the amazing properties of wild rack Seaweed which his Anglo-Norwegian company harvests from Sunrise Bay.

Seagreens is a unique mix of three Seaweeds, wild asco, wild fucus, and wild pelvetia, which interestingly the white wild elk graze on in turn showing us that nature knows how important the balance is, and yes we saw a beautiful slide of them. Many health bodies have done trials and research on this product proving as Simon says it contains "Oceans of Goodness" and used regularly in the daily diet will help our bodies optimize the nutritional value of the food we eat.

Simon with his love of Norway going back many years told of us of his almost accidental involvement and how he took 2 years to decide exactly what to do with this natural food plant. His company now has a factory which harvests during the summer months using a special boat/machine, then the seaweed is dried and produced in capsules, granules and large pieces.

Leslie Kenton of "Raw Energy" fame quotes Seaweed as the most nutritious form of vegetation on this planet - it contains almost the whole alphabet of nutrients. Simon has found poems going back to 15th century talking of this. Nothing new then!! Members were all given a pot of these capsules; watch this space with us all busy popping.

After our tea break, birthday members were presented with beautiful posies. Hever, Ditchling, Edenbridge & Oxted Show, plus other trips out will all be enjoyed during the months ahead. As always our monthly meetings are filled with interesting news and events, here's to our next meeting in March.

*Betty de Nervaux*