

# GASTRONOMIC GURU

**B**erlin-based **Boris Lauser** is a gourmet raw food chef and certified spiritual life food instructor. In the German capital, where the ubiquitous curry-wurst (sausage doused with curry powder and ketchup) is driving up cholesterol levels, Lauser is trying to change people's tastes to favour raw, organic delicacies.

"Not heat-treating food above 42 degrees Celsius leaves all vitamins and minerals, phytonutrients, proteins, and enzymes intact," says Lauser. "Raw food is not only up to 80 per cent more nutritious than cooked food, but it can even cure diseases such as diabetes," he claims.

The former information management specialist has tapped into the benefits of social media to spread his raw food message. He initially started out as a blogger while attending raw food training at academies in Arizona and Bali. After a *New York Times* rave review, his blog evolved into a company offering raw food courses, catering, coaching and even Ayurvedic massage resources.

Lauser believes that raw food is a legitimate movement in Europe, with raw food holidays and training academies springing up like mushrooms.



*Chef Boris Lauser believes that raw food is more than a passing trend.*

[WWW.BALIVE.ORG](http://WWW.BALIVE.ORG)

## MOBILE MANTRAS

**STRESS FREE WITH DEEPAK CHOPRA** is the best-selling author's iTunes app. It is a meditation course designed to eliminate daily stress using interactive exercises, music therapy and tailored nutrition advice for the mind, body and soul – all in six weeks.

[BLOG.DEEPAKCHOPRAMOBILE.COM](http://BLOG.DEEPAKCHOPRAMOBILE.COM)

## MUST-ATTEND EVENT

**HOLLYWOOD** celebrity coach Harley Pasternak will be at FIBO, the leading international trade show for fitness, wellness and health.



April 14-17 in Essen, Germany  
[WWW.FIBO.DE](http://WWW.FIBO.DE)



## THE IMPORTANCE OF ACCESSIBILITY

**IMAGINE BEING BORN IN PERU**, having a genetic bone disorder that confines you to a wheelchair, then moving to Germany with your family and feeling isolated in the so-called welfare state.

Not being able to meet up with friends because of the lack of wheelchair-accessible venues was frustrating, as was the difficulty of travelling on Berlin's S-Bahn without a fully functioning wheelchair ramp. Raul Krauthausen's experiences inspired him to become a passionate advocate for social change. He decided to invent Europe's first online portal dedicated to mapping wheelchair-friendly shops, cafés and public places.

Krauthausen presented his Wheelmap project at Europe's largest gathering of media, tech and global innovation leaders at DLD (Digital Life Design) in February.

All of Wheelmap's location data comes from Openstreetmap, the world's largest user-generated mapping project. Think Wikipedia for maps. There's even a free, downloadable Wheelmap application for iPhone, iTouch and iPad. Currently users can check the wheelchair accessibility of a location; in the future it will be possible to tag locations.

[WWW.WHEELMAP.ORG](http://WWW.WHEELMAP.ORG)  
[WWW.RAUL.DE](http://WWW.RAUL.DE)