



GUIDE BOOK TO THE NATURECURES LIFESTYLE

A GUIDEBOOK ON HOW TOO LIVE MORE
NATURALLY WITH MOTHER NATURE UTILIZING
THE 12 PRINCIPLES OF PERMACULTURE

WRITTEN BY
KEITH OF THE FOREST





12 PRINCIPLES of Permaculture



Observe & Interact



From Pattern to Details



Catch & Store Energy



Integration, not Segregation



Obtain a Yield



Small & Slow Solutions



Accept Feedback



Value Diversity



Use Renewable Resources



Use Edges & Margins



Produce No Waste



Creatively respond to Change

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Stewards of This Land

Generations before any European Settlers came to Turtle Island and put up fence and grew single crops for cattle, there were the original caretakers of this Native Land. They stewarded the Forest and managed it way beyond what they were given credit for by the settlers.

They lived harmoniously, observing and Interacting with Nature in a manner that gave restoration to the land. There was always plenty to harvest locally from what the Forest provided plenty, so they were always obtaining a yield. This was Forest Gardening intuitively utilizing the 12 Principles of Permaculture. Give thanks and honour the Ancestors of this great land.

Message From The Forest

Growing up in Scarborough when it was still a suburb of Toronto, I never really seen much agriculture growing. It was not until I hit Teenager, that I was sent to go live with my dad in a hamlet called Cherrywood in North Pickering, this is when I got my real first glimpse at agriculture. I was blessed to have lived on a small ranch with our own horses to care for and ride, so I got a bird's eye view of the farmland expropriated by the Provincial Government for the Seaton Community that was never developed, there is also federally expropriated farmland north of Highway 7, this land was expropriated for an airport never built.

This was my first exposure to farmland and what I seen was Monoculture, a form of Agriculture where only one type of crop grows in rows annually every year after plowing and tilling the organism's right out of the soil. All around our country home was cattle corn, hay and soy fields for miles. Mono-cultures as far as the eye could see. Who would have known this would become what's known today as the GTA Greenbelt?

Farmers who buy Monsanto's patented Roundup Ready seeds are required to sign an agreement promising not to save the seed produced after each harvest for re-planting, or to sell the seed to other farmers. This means that farmers must buy new seed every year. Those increased sales, coupled with ballooning sales of its Roundup weed killer, have been a monetary bonanza for Monsanto.

Having a greenbelt around a city can save plenty of sensitive land from being developed and preserves the land for food production. Food production is crucial to our survival and the closer it can be grown to the table it gets eaten on the fresher and more nutrient it is for people to eat. Let's turn the table around and take a good look at what has happened to this so called greenbelt?

GMO: For centuries—millennia—farmers have saved seeds from season to season: they planted in the spring, harvested in the fall, then reclaimed and cleaned the seeds over the winter for re-planting the next spring. They also relied on growing perennial crops and ground covers. Monsanto has turned this ancient practice on its head with the introduction of Bio-Engineering GMO seeds.

Monsanto developed G.M.O Genetically Modified Organism seeds that would resist its own herbicide, Roundup, this offered farmers a convenient way to spray fields with weed killer without affecting crops. Monsanto then patented the seeds. A genetically modified organism

contains DNA that has been altered using laboratory genetic engineering. Genetically modified animals are mainly used for research purposes, while genetically modified plants are common in today's food supply

This radical departure from age-old practice has created turmoil in farm country. 99% of the so called GTA Greenbelt is now primarily brown dead soil. This is from over tilling, over cropping and exposure to the elements causing mass soil degradation and extinction. Monoculture, planting one type of seed onto large uncovered plots of farmland, requires Genetically Modified Seeds that are resistant to Monsanto weed and pest kill products. Any crop grown in a mono crop fashion will have both bugs and weeds causing harm to the plants, without using roundup the crops will be destroyed.

It has become time for a radical reunion with old age practices in farming. Time to regain our sovereignty with the land and resilience it offers. Growing the Solution with ways like Regenerative Farming, utilizing Permaculture Principles, Sound Resonance, Alchemy and Bio-Dynamics. These proven ancient methods, ideals and principles when practised in everyday lifestyle and food production will ensure we mimic Mother Nature and stay aligned with the Cosmic Universe.

<https://www.naturecures.tv/programs/keith-of-the-forest-reporting-for-mother-nature-375359?categoryId=109948>

The Guide Book to the NatureCures Lifestyle - Growing the Solution.

This guide is meant to be an everyday guide to a healthy, happy, regenerative lifestyle. I Keith OftheForest a sovereign being have developed this Guide Book to The NatureCures Lifestyle, intended to assist people to live more naturally with Mother Nature utilizing the 12 Principles of Permaculture. To all my friends and followers who have asked for this, I present it to you in good faith and to the best of my knowledge. Keep it with you close at heart as you live your life knowing you are deciding life for many to come.

Here are a couple of sayings that inspired me to choose this lifestyle and to promote it to others:

"The Peacemaker taught us about the Seven Generations. He said, when you sit in council for the welfare of the people, you must not think of yourself or of your family, not even of your generation. He said, make your decisions on behalf of the seven generations coming, so that they may enjoy what you have today." Native Proverb

"For every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature." Rudolph Steiner_

Permaculture is nothing new, for centuries farmers mimicked the way Nature farms like a Forest Garden. These methods typically include a diverse inter-planting of edible perennial species such as fruits, berries, nuts, perennial and self-seeding annual vegetables and herbs, mushrooms. If desired, small livestock such as bees, poultry and other animals. But forest gardens can also include many other yields such as medicinal plants with a wide range of crafting activities, flower production, harvest-able timber species, perennial plants for bio-fuel production, and beautiful spaces for relaxation, recreation, learning and retreat.

David Holmgren, co-originator of the permaculture concept (alongside the late and great Bill Mollison), created the 12 permaculture principles to help society with this mindset shift of holistic thinking and doing.

The 12 permaculture principles are a simple yet powerful thinking tool that you can use when you're designing anything at all – a garden, or a home, or your dream job – or indeed, even your everyday lifestyle practice or your community organization. You don't need to use all 12 principles at once. Some will apply more strongly than others, at times, depending on your context, and what you're designing or planning.

<https://www.naturecures.tv/programs/permaculture-with-naturecures-1-cbae50?categoryId=106152>

12 Principles of Permaculture Explained

Principle 1: Observe and Interact

Take a year minimum to Observe & Interact. By taking the time to engage with nature we can design solutions that suit our particular situation. By mimicking what we have seen we can reproduce year after year with less effort in planting & more towards harvesting & preserving

Principle 2: Catch and Store Energy

Using simple methods such as catching and storing rain water in barrels for dryer days. By developing systems that collect resources when they are abundant, we can use them in times of need. Using renewable energy systems such as solar, wind and hydro generators and storing the energy in batteries for future use is another good example of Catch and Store Energy.

Principle 3: Obtain a Yield

Ensure that you are getting truly useful rewards as part of the work that you are doing. One way of doing this is planting fall garlic bulbs, 6-8 inches of good compost soil, plant bulbs root down and by early summer you are harvesting scapes and by late summer you will have full gloves of garlic you can split up and replant half the crop again in the fall. Planting more perennials such as fruit and nut trees early will ensure yields to come for future generations.

Principle 4: Apply Self-Regulation and Accept Feedback

We need to discourage inappropriate activity to ensure that systems can continue to function well. To work as plants do humans can learn from them to be more supportive while keeping good space to not intrude on the community. Accepting feedback is key to each other's growth as we learn and absorb from one another and learn to forgive ourselves.

Principle 5: Use and Value Renewable Resources and Services

Make the best use of nature's abundance to reduce our consumptive behaviour and dependence on non-renewable resources. Make contact with local arborists and utility companies and let them know you are a location accepting tree mulch drop-offs. Food waste is great as a compost amendment mixing 40% sawdust or fine mulch will speed up the composting. Be careful when using pine or other softwood needles as they tend to be more acidic making them good for plants like blueberries that thrive in acidic soil.

Principle 6: Produce No Waste

By valuing and making use of all the resources that are available to us, nothing goes to waste. "This principle brings together traditional values of frugality and care for material goods, the modern concern about pollution, and the "more radical" perspective that sees wastes as resources and opportunities. The earthworm is a suitable icon for this principle because it lives by consuming plant litter (wastes), which it converts into humus that improves the soil environment for itself, for soil micro-organisms, and for the plants. Thus the earthworm, like all living things, is a part of a web where the outputs of one are the inputs for another". David Holgren

Principle 7: Design from Patterns to Details

By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go. God created the universe on this concept!! Patterns catch our eyes on a daily basis without us being aware of it because they are visually appealing to our eyes and brain. Patterns in nature are visible regularities of structure, shape, and form of plants and animals. Natural patterns include spider webs, trees, shells, leaves, spirals, scales, meanders, waves, spots, stripes, and many more! This type designing from Patterns to Details mimics nature into the Permaculture Design.

Principle 8: Integrate Rather Than Segregate

When God puts the right things in the right place, relationships develop between them and they support each other. Separation of living beings can take away this support required for healthy growth. Allow everything requires its own space we each can play a role in supporting one another in health, love and abundance.

Principle 9: Use Small and Slow Solutions

Small and slow systems are easier to maintain than big ones, making better use of local resources and produce more sustainable outcomes. Small and slow solutions will be increasingly important in an energy-constrained future. Large, fast solutions typically use more energy and are more expensive. It may be appropriate to use a lot of energy to set up a system, but in the long run the system should be self-sustaining. "Make the least change for the greatest possible effect".— *Bill Mollison*

Principle 10: Use and Value Diversity

Diversity reduces vulnerability to a variety of threats and takes advantage of the unique nature of the environment in which it resides. Biological diversity, is the variation of life at all levels of biological organization, referring not only to the sum total of life forms across an area, but also to the range of differences between those forms. Biodiversity comes from the genetic diversity in a single population to the variety of ecosystems. Greater biodiversity in ecosystems, species, and individuals leads to greater stability. For example, species with high genetic diversity and many populations that are adapted to a wide variety of conditions are more likely to be able to weather disturbances, disease, and variable climates. Greater biodiversity also enriches us with more varieties of foods and medicines.

Principle 11: Use Edges and Value the Marginal

The interface between things is where the most interesting events take place. These are often the most valuable, diverse and productive elements in the system. These valuable often overlooked margins are in fact where two ecosystems meet that we often see the greatest amount of diversity, exchange and creativity. Highly productive edges are where both the natural world and human interactions meet.

Principle 12: Creatively Use and Respond to Change

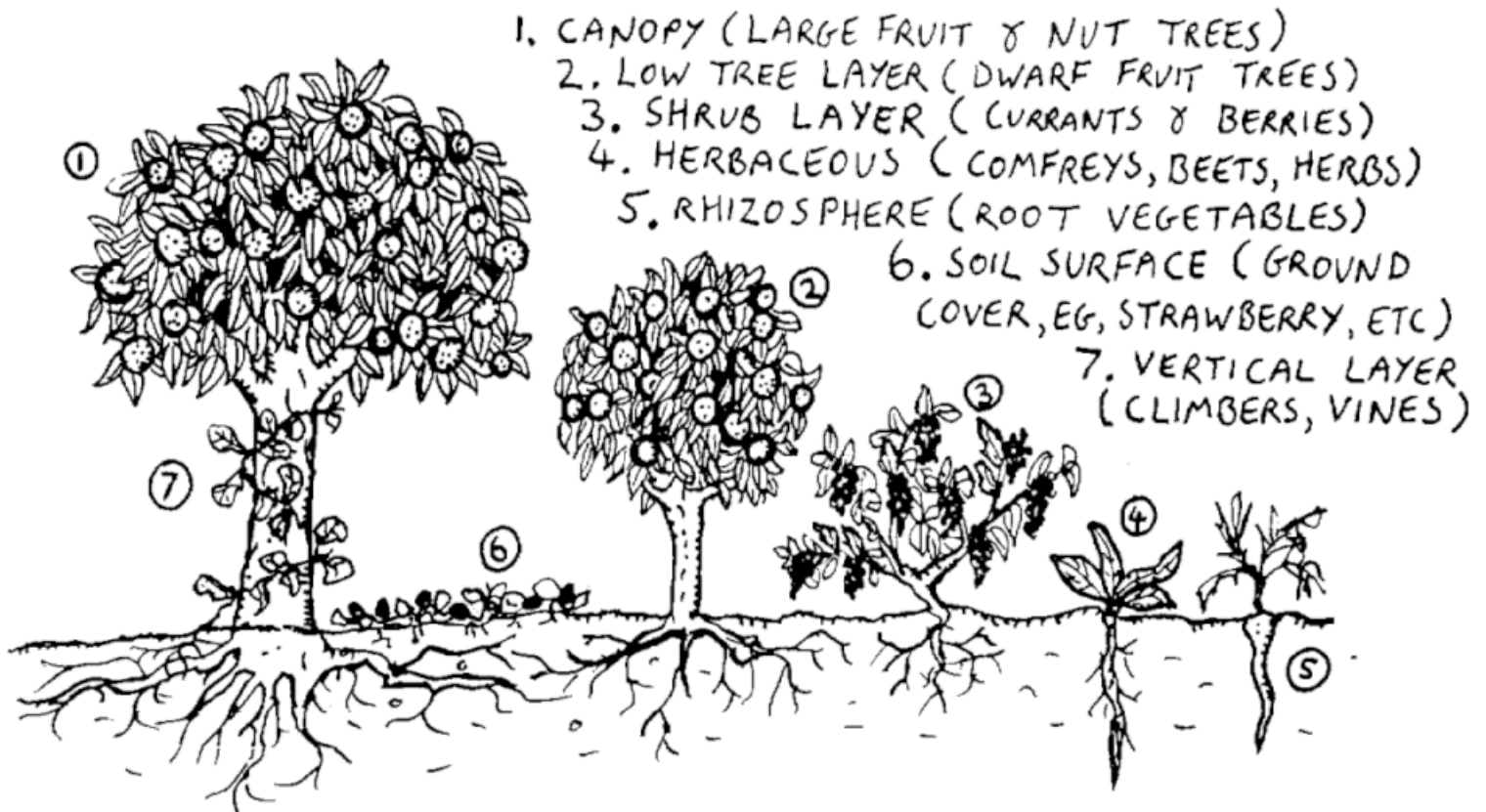
We can have a positive impact on inevitable change by carefully observing, and then intervening at the right time. This principle is about anticipating and working with change, generating change for positive results and adapting to change that we can't control. It seems like change is the only constant and the more you can be comfortable with that and even value and use change, the easier life will be. There is also the aspect of working with nature and not against it.

Lawns to Food Forest

Are you ready to learn how to start a food forest on your property? A food forest is an excellent way to provide food for your family year after year. Becoming more self-reliant means growing as much of our own food as possible. After researching the best ways to grow more food in our tropical climate here in Florida, I started researching permaculture techniques and came across the idea of an edible food forest. Lawns have a legacy that has endured throughout the last several hundred years. With them come the status symbol of having the land to lord over a controlled immaculate estate. A safe clearing away from the threats of the jungle. "That's not why I have a lawn," you might find yourself saying? Perhaps not consciously, but where there lies a full of lawn is the wealth to hire labourers or grazing animals to keep the ever-infringing forest at bay. Making one's home a sanctuary is a lovely goal and for this lawns have their place. There is that great feeling of sitting atop a wet lush lawn on a hot summer day. That said, now is a great time to begin figuring what exactly it is that a lawn has done for you lately. Might you be able to earmark a corner of the lawn and begin experimenting with what edible crops grow well in your place? Changing lawns to edible food forests is the number one way to combat the ever so approaching food shortage crisis. Starting a food forest may sound like it requires more space than many of us have to work with, but the reality is even gardeners with small yards can implement this permaculture growing method.

What Do 'Polyculture' and 'Food Forest' Mean?

Polyculture means mixing many types of plants together in a garden or farm field, rather than one single crop. Having a wide variety of plants leads to higher yields and more resistance to pest and disease pressure. The classic example of annual polyculture is the "three sisters" method of growing corn, beans and squash together, a Native American tradition. The corn stalks provide a trellis for the beans to climb up. Beans are legumes that fix nitrogen in the soil, which benefits the corn. The squash spread out, suppressing weeds. The concept of a food forest or forest garden goes back thousands of years. Darrell says native people observed forest edges and recreated the ecology. It started with a clearing that was planted with fruit trees plus annual vegetables and herbs. More plant diversity was added each season, and once the trees got big the annual plantings would be moved to a new plot. Imagine walking outside and being able to pick fruit from your own trees, fresh strawberries off the vine, and more. That's what a food forest provides for you and your family. And it provides that nutrition year after year!



THE FOREST GARDEN: A SEVEN LEVEL BENEFICIAL GUILD

Bio-Dynamics in Farming

Cow manure is a dense nutrient rich material, when placed in a cow horn under the ground, where the temperature is constant throughout the winter, the manure ferments much like a sourdough inoculate, or a kombucha culture, ferments. When it is exhumed, the material looks like chocolate and has a beautiful earthy aroma. This inoculate is then added to water and broadcast on soil, where it directly impacts the microbial life of that soil.”

Biodynamic farming [from the Greek words “bios” (life) and “dynamis” (energy)] first came into being in Germany in the 1920’s. German farmers were becoming increasingly concerned with the degradation of soil quality and the declining health of crops and livestock due to overuse and the introduction of chemical fertilizers. And this was almost a century ago!

Biodynamic farming emphasizes the importance of soil health in successful organic agriculture. Organic manures, composts and sprays are used exclusively, in lieu of chemical fertilizers and pesticides. Special attention is focused on the natural rhythms of the land, and timing agricultural activities with these cycles. In short, regenerative agriculture is a system of farming principles and practices that seeks to rehabilitate and enhance the entire ecosystem of the farm by placing a heavy premium on soil health with attention also paid to water management, fertilizer use, and more. It is a method of farming that “improves the resources it uses, rather than destroying or depleting them,” according to the Rodale Institute. Cover crops excel Carbon Sequestering as 1% of organic matter equals 10 tons carbon per acre. By switching to Regenerative Farming land owners could increase their profits by 100 Billion US.

Bio Sequestering

Biological carbon sequestration is the natural ability of life and ecosystems to store carbon. Forests, peat marshes, and coastal wetlands are particularly good as storing carbon. Carbon can be stored in plant tissue, such as long-lived tree bark or in extensive root systems.

Compost Key to Sequestering Carbon in the Soil

Carbon is sequestered in soil by plants through photosynthesis and can be stored as soil organic carbon (SOC). Argo-ecosystems can degrade and deplete the SOC levels but this carbon deficit opens up the opportunity to store carbon through new land management practices. Soil can also store carbon as carbonates. Such carbonates are created over thousands of years when carbon dioxide dissolves in water and percolates the soil, combining with calcium and magnesium minerals, forming “cliche” in desert and arid soil. Carbonates are inorganic and have the ability to store carbon for more than 70,000 years, while soil organic matter typically stores carbon for several decades. Scientists are working on ways to accelerate the carbonate forming process by adding finely crushed silicates to the soil in order to store carbon for longer periods of time. About 25 percent of global carbon emissions are captured by plant-rich landscapes such as forests, grasslands and range lands. When leaves and branches fall off plants or when plants die, the carbon stored either releases into the atmosphere or is transferred into the soil. Wildfires and human activities like deforestation can contribute to the destruction of forests as a carbon sink.

https://www.naturecures.tv/programs/keith-of-the-forest-carbon-farming_0-306e3e?categoryId=106152

What Is Compost? Compost is a nutrient-rich, soil-like material comprised of decomposing organic matter—most often made up of your own fallen leaves, grass clipping, plant debris, vegetable scraps, and yard waste. The key idea behind composting is that the materials and waste that you might normally throw away can actually be recycled to help plants grow, delivering better harvests and flower blooms.

Also, compost fixes soil problems. If the key to a successful garden is good soil (and it is), compost is the gardener's secret weapon. It has been lovingly called the gardener's great equalizer because of its ability to amend soil. Is your soil too sandy? Compost will hold sand particles together so they can absorb water like a sponge. Troubled by hard clay soil? Compost attaches to particles of clay, creating spaces for water and nutrients to flow to plant roots. Even in perfectly loamy soil, compost brings something to the table: a ton of nutrients. **How to Make Compost** Grass clippings, pruning's, and other cut-offs from the lawn or garden are thrown away by most people. This is a huge waste, because all of those things can be reused. You can compost them to recycle the nutrients in your garden, improving your soil without using extra fertilizer. Buying your fertilizer or compost works fine, but you never really know what you are putting into the soil when you do that. With homemade compost, you always know exactly what you are getting.

The first step in composting your waste is to shred it or cut it as much as possible. Smaller pieces will decompose more quickly. You can do this by hand if you like, but that is going to take a long time. A much better method is to use a garden shredder. These tools are designed to make shredding garden waste into tiny bits a quick and easy task. You feed the waste into the top end, and the shredder quickly chops it all up into small pieces. This is especially crucial for lawn clippings. If the clippings are left in large pieces, they will stick together and create a waterproof layer. This layer will trap moisture on one side, which will cause uneven and incomplete decomposition.

What Is Hugelkultur?

German for "hill mound". In its original form, a shallow pit would be dug and filled with rotting wood, gradually making a long and narrow mound. Atop the logs dirt would be mounded, creating a long, tall structure that has a lot more planting space than a flat garden bed would. Initially, the logs add bulk to the bed. As they gradually decompose, the hill gradually sinks down, and the rotting logs inside hold extra moisture. As long as it stays planted out fully, there's very little erosion of the soil layer, and it becomes its own little ecosystem. In raised garden beds, this isn't quite the process that's most commonly in use. Certainly, you could create a long, narrow bed and fill the centre with logs, then mound dirt over them for a more traditional hill mound structure. But for most people who grow in raised beds, they just want to have enough potting mix to make nice, level beds. Hugelkultur raised beds provide the best of both worlds. When you build a hugelkultur bed, you're using wood to make up a little less than half of the material to fill your raised beds. Other materials such as grass clippings, food scraps, coffee grounds, and the like can be used to fill in around your wood to speed its decomposition process. Atop all of this, you'll add your preferred growing blend. This method allows you to utilize permaculture techniques to reduce the amount of materials needed to fill your hugel beds. At the same time, you're able to reduce the number of branches, logs, and other woody material you might have lying around. If done right, the hugelkultur portion of your bed should be free of charge and will save you some money.

Market Gardening

A market garden, also called a micro-farm, is a small plot of land – a very small farm – where fruits, vegetables and flowers are grown and sold to the public. The crops are cash crops grown for profit. Market gardens are typically from one to a few acres in size. Many consist of large greenhouses, or a combination of plants grown both indoors and outdoors. Most market gardens grow and supply fresh produce through the local growing season. Unlike large scale farms, they generally have a wide range of crops and are less industrially intensive, i.e. crops are picked or harvested using manual labor, with gardening rather than intensive farming techniques.

MARKET GARDEN - START UP COSTS - YEAR 1 EQUIPMENT & RESOURCES

ESTIMATED COSTS Year 1 Greenhouse \$10,000.00 Irrigation System (hoses, rain barrels, sprinklers) \$3,000.00 Starting Trays \$500.00 Potting Soil \$1,000.00 Compost Soil \$3,000.00 Tarps & Row Covers \$1,000.00 Seed \$500.00 Tools \$2,500.00 Labour \$10,000.00 Utilities \$500.00 Total Costs \$32,000.00 **MARKET GARDEN - RETURN ON INVESTMENT (ROI)**

Year 1 Market Garden Plan **ESTIMATED REVENUE** - establish 15 garden beds - 50'x3' (150 sq ft each) - land use - 1/3 acre - 3 succession plantings per bed - estimated crop value per bed (\$550 x 3 x 15) \$24,750.00 crop value - Community Shared Agriculture (CSA) Memberships - 30 families (average 4 people per family) - \$800 cost/family (20 baskets @ \$40 value per basket) \$24,000.00 Total Gross Sales -\$8,000.00 Loss **MARKET GARDEN - COSTS - YEAR 2 EQUIPMENT & RESOURCES**

ESTIMATED COSTS Year 2 Potting Soil \$500.00 Compost Soil \$3,000.00 Tarps & Row Covers \$1,000.00 Seed \$1,000.00 Tools \$1,500.00 Labour \$20,000.00 Utilities \$500.00 Total Costs \$27,500.00 **MARKET GARDEN - RETURN ON INVESTMENT (ROI)**

Year 2 Market Garden Plan **ESTIMATED REVENUE** - add 15 new garden beds - 50'x3' (150 sq ft each) - additional land use 1/3 acre - 3 succession plantings per bed - estimated crop value per bed (\$550 x 3 x 30) \$49,500.00 crop value - Community Shared Agriculture (CSA) Memberships - 50 families (average 4 people per family) - \$900 cost/family (20 baskets @ \$40 value per basket) \$45,000.00 Total Gross Sale \$17,500.00 Net Profit **MARKET GARDEN - COSTS - YEAR 3 EQUIPMENT & RESOURCES**

ESTIMATED COSTS Year 3 Potting Soil \$500.00 Compost Soil \$1,500.00 Tarps & Row Covers \$500.00 Seed \$1,500.00 Tools \$1,500.00 Labour \$25,000.00 Utilities \$500.00 Total Costs \$31,000.00 **MARKET GARDEN - RETURN ON INVESTMENT (ROI)**

Year 3 Market Garden Plan **ESTIMATED REVENUE** - add 15 new garden beds - 50'x3' (150 sq ft each) - additional land use 1/3 acre - 3 succession plantings per bed - estimated crop value per bed (\$550 x 3 x 45) \$74,250.00 crop value - Community Shared Agriculture (CSA) Memberships - 80 families (average 4 people per family) - \$900 cost/family (20 baskets @ \$40 value per basket) \$72,000.00 Total Gross Sales \$41,000.00 Net Profit



Vermiculture Worm Castings

We share the earth with over 9,000 species of earthworms, and a few key varieties are commonly used in vermicomposting systems. Vermicomposting worms are epigeic worms, worms that prefer to live near the surface of soil, as opposed to burrowing worms. These worms consume organic scraps such as leaves and fruit and quickly reproduce, making them ideal to process large amounts of compost. Using the right worms is essential for making the vermicomposting process work. It is not recommended to use worms harvested from your own yard/garden, unless you know specifically what kind of earthworm they are. Many common worms will not survive as well or make as much worm castings in a compost bin as the worms we discuss below. Red Wigglers are commonly used for this type of composting.

What is Vermiculture? Vermiculture is the rearing of various species of earthworms to process food and paper waste into nutrient and beneficial bacteria-rich worm castings. Vermicast, also known as worm castings, is the excreta (AKA poop) of earthworms. Thanks to Sir Charles Darwin, gardeners have known the benefits of having worm-filled garden soil since the 1800's. Today, Vermiculture has applications across various industries. At commercial worm farms, worms are fed cow manure and farm waste to produce prepackaged worm castings. In Malaysia, researchers have been exploring applications of Vermiculture systems to process municipal sludge waste. In backyards, mud rooms, and basements across the country, growers are installing or constructing their own miniature worm farms to take advantage of the wondrous benefits of worm castings.

Before we burrow in further, it's important to stress that we're referring to earthworms, also known as terrestrial worms throughout this discussion. There are many types of worms including parasitic worms and worms that live in the ocean, as well as insect larvae that are referred to as worms, but Vermiculture involves the use of terrestrial worms only. How do Worms Process Waste Worms survive in soil by consuming things like dead plant matter, algae, and fungi. In the pursuit of these tasty treats, worms will eat and break down these types of organic materials that are oftentimes found in soil, on top of soil, or in compost mixes. As a result of consuming then excreting these materials, worms enrich the surrounding soil with a supply of plant-available nutrients that you can feed your garden as fertilizer..

They are rich in all essential plant nutrients in a water soluble slow release form that WILL NEVER BURN plants Loaded with beneficial microbes that contribute to a thriving soil environment – 100X more beneficial bacteria than your typical potting soil blend

Act as a buffer helping plants where soil is PH unbalanced

Castings hold 9X their own weight in water and increase the soil surface area adding to aeration and drainage.

Form soil aggregates to help prevent erosion and soil compaction giving roots a stronger hold

Can act as a natural plant defence against disease as well as they contain the enzyme Chitinase which can act as an effective pest repellent.

Herbalism

Now that we have covered holistic farming methods, that can help reduce Carbon in the atmosphere, let's talk about the plants we grow harvest and forage that play a key role in sequestering the carbon into the soil. People have used herbs for thousands of years, relying on powdered supplements, teas, tinctures, and skin creams to help treat everything from skin rashes to mild depression. Herbal supplements, also known as botanicals, are made from the leaves, flowers, roots, and bark of plants.

An herbalist is someone who uses plants for healing. These practitioners are not medical doctors, though some practitioners are also referred to as medical herbalists. Herbal medicine is medicine made from plants, either the whole plant or sometimes parts of it, for example leaves, flowers, roots or bark. It has been the main source of medicine used by people for thousands of years.

Herbal medicine focuses on the patient and the cause of their illness rather than the symptoms that they have. The choice of herbs that a practitioner prescribes is based on detailed information given to the practitioner by the patient and the result of any clinical examination carried out during the consultation. So much healing comes from our relationship with plants, this stems from a symbiotic relationship we have with them as we breathe in Oxygen and they absorb Carbon. We in turn breathe out Carbon while our counterpart plants exhale Oxygen. Plants same as humans thrive in a Polyculture Community.

What is Herbalism?

From a technical perspective, herbalism is the art and science of applying herbs for promoting health. It has persisted as the world's primary form of medicine since the beginning of time, with a written history more than 5,000 years old. From a more holistic perspective, herbalism is truly about the human-plant connection. It's an ever-evolving relationship to not only understand the "medicinal value" in herbs but to understand them in the greater context of the natural world and the interrelation of plants and human activity. It is in this journey of discovery that your love for the plants will lead you down your own unique path.

Generally speaking, herbalists are people who dedicate their lives to working with medicinal plants. This understanding of the medicinal aspects of plants may lead them to become traditional healers, clinical herbalists, scientists, naturopaths, holistic medical doctors, researchers, writers, herbal pharmacists, botanists, herbal medicine makers, wild-crafters, herb growers, or midwives, to name a few. You might even find an herbalist in your family tree educated through passed down herbal traditions.

<https://www.naturecures.tv/programs/tasty-thursdays-caring-for-indoor-herb-garden-fe0e62?categoryId=135493>

NatureCures Forest Garden Ghaga Tea

Chaga has a unique status among super-foods. According to TCM, Chaga tonifies the kidneys, liver, and spleen, clears toxins, builds Qi (Chi), and nourishes the blood. Given its known immune modulating complex sugars and antioxidant content, it is not a wonder that the list of uses for Chaga over the millennia has been long and the mushroom is a favourite in northern traditional medicine as an all-around preventative supporting fungi. Chaga is most often enjoyed as a tea, wherein the mushrooms are simmered at a low heat for many hours until a thick black tea forms. Crock pots are the most luxurious way to enjoy Chaga tea. Chaga (a.k.a. the King of Mushrooms) will only grow in symbiosis with a wild birch tree and has medical recognition dating back to 3,300 B.C. - even being used by the Native Americans, Egyptians, and Mesopotamians.

We always like to have a pot of Chaga Tea brewing, steep overnight a small chunk of Chaga with your choice of blends you like to ad. Ginger is always a good medicine to ad as well. Start to lightly boil to a desired brew. Keep a go throughout the week adding apple peel gives a sweet flavor to the pot. Enjoy many cups of tea using natural sweetener like maple syrup and raw honey. This will help keep your immune system activated and ready to respond to foreign radicals penetrating your body.

Health Benefits of Chaga Tea

- preventing ageing and derailing cancer cells
- Healing of the digestive system
- Improves bowel function
- Reduces arthritic pain and swelling of the joints
- Improves eyesight
- Reduces insomnia or irregular sleeping patterns
- Improves skin tone
- Removes skin tags
- Reduces appearance of discolorations, liver spots and ugly looking moles
- Increases energy levels
- Reduces bad cholesterol
- Controls blood sugar levels
- Reduces hyper activity in children and assists concentration
- Lowers the risk of hypertension



NatureCures Forest Garden Tea Blend
Starts with Chaga that we forge and harvest while out on nature outings. We then add our own blend of bio dynamic herbs that we produce in our own gardens. These Herbs Include: Sea Buckthorn, Peppermint, Mullen, Burdock Root, Lemon Balm, Blueberry & Strawberry Leaf, and cinamon.

Sprouting and Microgreens

Humans don't have the enzymes to break down phytates, but the sprouting process helps release enzymes in the plant to do just that, which allows for minerals to be freely absorbed. Sprouted seeds and greens have more vitamin C, B vitamins and antioxidants that materialize at higher concentrations. Most seeds have what is called enzyme inhibitors which naturally block enzymes from releasing from seeds. Once seeds are soaked and start the sprouting process the inhibitor is removed and enzymes are released from the seed, this makes eating sprouts more nutritious & give more life force to the body.

How to Use Sprouts

Sprouts are easy to grow and full of real life force nutrition, they are great added to salad, go well on top of bread and in a wrap. Add to your soup and even your smoothies. Any way you can make them part of your everyday lifestyle, always have a sprouting jar on the counter growing and a reserve in the fridge for everyday use. Your family's gut will love you for it and keep the doctor away.



Health Benefits of Eating Sprouted Seeds

- | | | |
|----------|---|---|
| 1 | INCREASES NUTRIENT ABSORPTION - B12, IRON, MAGNESIUM, ZINC |  |
| 2 | MAKES FOODS EASIER TO DIGEST |  |
| 3 | DECREASES ANTINUTRIENTS & PHYTIC ACID |  |
| 4 | INCREASES PROTEIN AVAILABILITY |  |
| 5 | INCREASES FIBER CONTENT |  |
| 6 | BREAKS DOWN GLUTEN FOR EASIER DIGESTIBILITY |  |
| 7 | HELPS REDUCE OTHER ALLERGENS FOUND IN GRAINS |  |
| 8 | MAY INCREASE ENZYMES & ANTIOXIDANTS |  |

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How to Grow Sprouts in a Jar

Sprouts are great for adding a bit of flavour or crunch to a salad or sandwich, and can really boost the nutritional value of your meal. For example, one cup of bean sprouts provides 119% of your daily Vitamin C, and broccoli sprouts are considered by nutritionists to be a "cancer-fighting super-food" due to high levels of phytochemicals. When you consider the additional fact that sprouts are the single simplest crop to grow, and that anyone can grow them in approximately four inches of counter-top space, we can't imagine why there isn't a sprout jar in every kitchen. Equipment for Growing Sprouts in a Jar Wide mouth jar (Mason canning jars are ideal, but you can reuse a jar from peanut butter or pasta sauce, too. Just wash it very well.) Sprouting seeds Fine mesh strainer or cheesecloth Bowl with lid or plastic storage bag for storing sprouts Seeds and Varieties The important thing to note about buying seeds for sprouting is that you should look for seeds specifically labelled as "sprouting seeds" or "for sprouting." The reason behind this is that they have been cleaned well and are pathogen-free.. How to Grow Sprouts in a Jar growing sprouts in a jar is easy. Here's how to do it: Place one to two tablespoons of seeds in your jar, and cover with approximately two inches of warm water. Let this sit overnight. Drain the water, using a fine sieve or cheesecloth. Rinse the seeds by adding water to the jar, swishing the seeds around, and draining. Repeat twice a day, every day until your sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprout you're growing. Sprouts are best when they're still fairly small and just starting to turn green. Store your sprouts in a covered bowl or food storage bag with a paper towel inside to absorb excess moisture. Use the sprouts within a week.

How to Grow Microgreens

How To Sprout Microgreens 1 Fill Trays with Growing Soil 2 Fill the trays with 0.5-1.5" of soil. Using a block, a piece of wood, or your hand, smooth and flatten the soil. Don't press too hard, as compaction can result in slow growth. Dampen grow medium and place in tray. 2 Soak the seed soaking the seed accelerates the germination process. Generally, the larger the seed the longer the soak time. Peas and sunflowers can be soaked overnight. Many growers soak larger seed in a 5 gallon bucket covered with mesh secured with bungee cord or tourniquet and drain, tilting the bucket at an angle so excess water can drain out. They then allow the seeds to sprout for 1-2 days or until a small tail appears. Rinse and drain twice a day. This is generally done to save space so fewer trays are in use at a given time. Smaller seed will absorb water through the hull in 2-4 hours Seeds from the Brassica family can drown if over soaked, so generally shouldn't be soaked for more than 2 hours. Gelatinous and very tiny seed shouldn't be soaked 3 Sow the Seed Sprinkle the seed evenly over the entire tray. The seeding density depends on the stage at which you're planning to harvest. Sow the seed quite thickly (one thin layer with the seeds touching one another) for small 1 week microgreens; leave a bit more space between the seeds for 2-3 week microgreens. Mixes: As we know, diversity is important in any agricultural system, including a microgreen operation. We've found over the years that sprouts and microgreens will generally grow better when mixed with other seeds. Creating your own mix is a great idea. Just be mindful of only mixing seeds that can be harvested at approximately the same time. 4 Press seeds lightly press the seeds into the soil. 5 Cover the Seed Traditionally, seed would be covered with soil, but this leads to a longer harvesting process, and it takes time to rinse the soil from the small leaves and stems.

I prefer covering the seed with a layer of unbleached paper towel. Another advantage of the paper towel cover is that it stays moist longer than a soil cover. This is a great addition to your compost. If using cloth towels, be sure to sterilize between uses.

6 Water Give the seeds a generous amount of water, using a spray bottle or a garden spray nozzle set to light/medium. Don't worry about over watering during this initial watering, since the soil will absorb much of the water. Under watering can cause the seed to dry out and the germination process to stop.

7 Stack or Cover with Lids At this stage, some growers choose to stack the trays to allow the roots to set deeply into the soil. If you choose to stack the trays, you may want to put an empty tray on the very top of the stack and put a light weight on top. The trays typically remain stacked for 2-3 days. Check twice a day to see if the trays need water. (The soil should be moist, not wet.) After 2-3 days, cover with lids (see below). If choosing not to stack, simply cover the trays with clear plastic or dome lids. Check the trays twice daily and water if necessary.

8 Water the Germinating Seed Check the seed twice daily and water as needed. The soil should be moist, not wet. After 2-3 days the paper towel will start to lift off the seed. This is an indication that the microgreens are ready to be exposed to indirect sunlight.

9 Expose to Indirect Sunlight during the initial germination process (the first 2-3 days) the sprouts don't require light. After 2-3 days, the microgreens should be ready for indirect sunlight. Be careful not to expose the plants to direct, hot sunlight as this can damage the delicate microgreens. Another option is to use florescent or grow lights. If the microgreens begin to get quite tall and leggy, this is an indication that they may need a bit more light.

10 Harvest! Typically, microgreens are harvested at 1-3 weeks. Scissors are a very effective tool for harvesting microgreens. Wash and dry well. A small fan is an effective means of drying.

How to Use Microgreens

Just like sprouts microgreens are packed full of real life force nutrition. Greens like Pea shoots are a great snack kids love to munch on. Adding to radish microgreens to soups and salads spices it up. Wheat-grass is best when extracting the juice and can be added to smoothie in Vitamix. You can also dehydrate some microgreens and make a powdered spice.

Benefits of Hemp Seeds

Hemp seeds, which are also often called hemp hearts, are a highly nutritious food. They're over 30% fat and are rich in two essential fatty acids: (omega-3) and (omega-6). The ratio of omega-6 to omega-3 is typically 2:1 or 3:1 in hemp seeds, which is considered excellent for human health. In addition to the essential fatty acids, hemp seeds are a great source of protein, which makes up approximately 25% of their calories. These small seeds provide many important health benefits, Hemp Hearts are an excellent source of dietary fibre They contain soluble and insoluble fibre, both of which are necessary for healthy digestion. Healthy digestion is important for avoiding issues such as constipation. Getting enough fibre in your diet is also linked to a lower risk of developing certain health conditions, such as heart disease, diabetes and colon cancer.

How to Use Hemp Hearts and Hemp Oil

Hemp contains plenty protein and essential fatty-acids, so they are great to blend into your everyday diet especially if you are steering away from meat and eggs. Sprinkle hemp hearts on just about anything from PB and Toast to Salad. Hemp Hearts have a subtle nutty flavour that goes with anything.

Hemp Oil is best use raw so avoid cooking with it unless camping and it's all you have. Mix it with Vinegar's to make salad dressing, add it to smoothies and oatmeal breakfast. Use it instead of butter on flapjacks and French toast.

HEMP SEEDS



HIGH FIBER
OMEGA'S
VITAMIN E
PHOSPHOROUS
MAGNESIUM
ANTIOXIDANTS
POTASSIUM
COMPLETE PROTEIN
MANGANESE
ANTI-INFLAMMATORY

HEMP, THE MOST NUTRITIONALLY COMPLETE FOOD SOURCE IN THE WORLD.

Per gram, Hemp has

- MORE DIGESTABLE PROTEIN THAN SOY
- MORE DIGESTABLE OMEGA'S THAN FLAX
- MORE DIGESTABLE FIBER THAN KALE

Highs

- CALCIUM
- IRON
- AMINO ACIDS
- FATTY ACIDS
- VITAMIN A
- ENZYMES

Lows

- SATURATED FAT
- CHOLESTEROL
- CARBS

What is it good for?

- BRAIN FUNCTION
- IMMUNE FUNCTION
- WEIGHT LOSS
- SKIN
- INFLAMMATION
- REDUCES THE RISK OF HEART DISEASE & CANCER

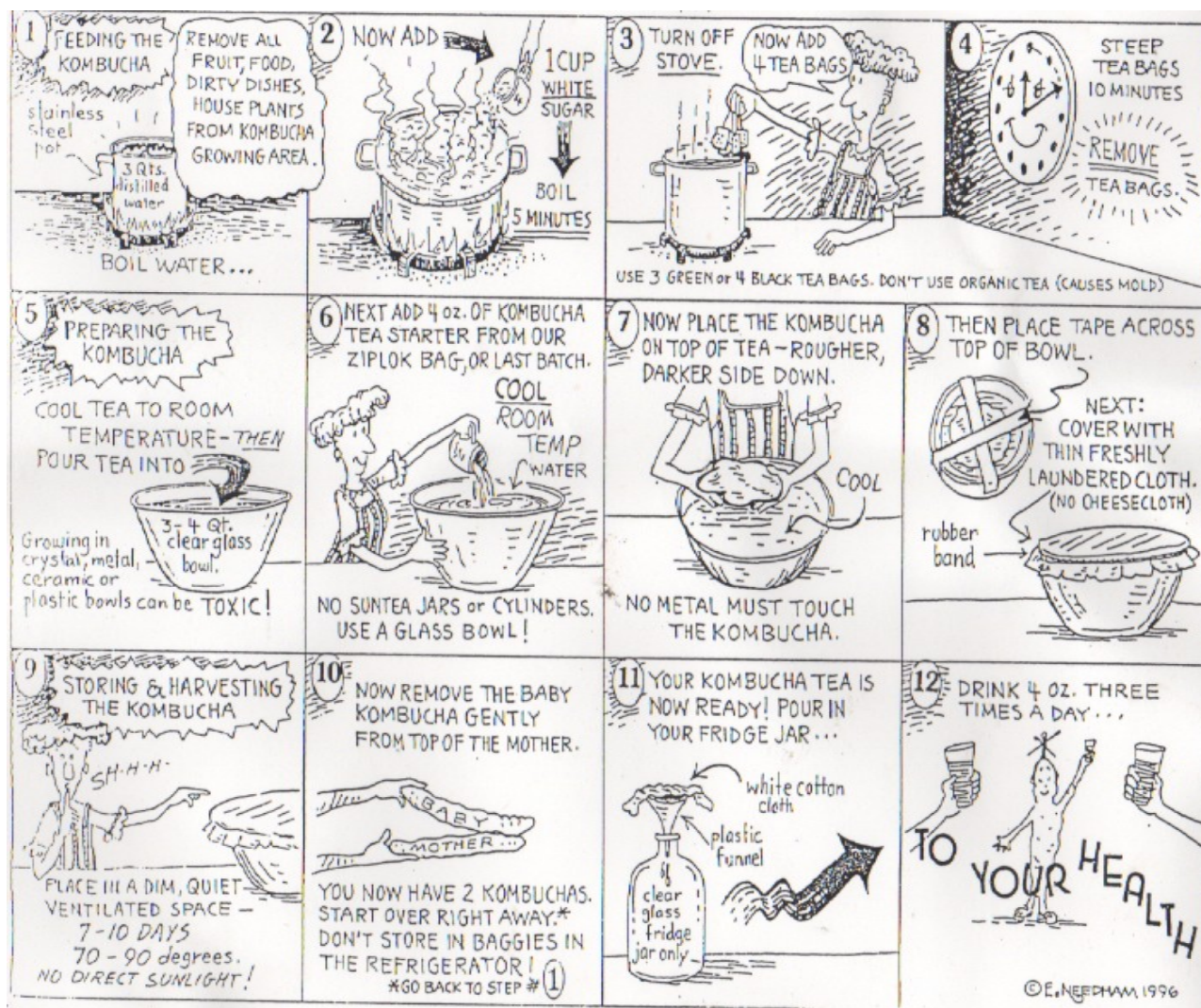
www.NatureCures.ca



Kombucha tea is a fermented drink made with tea, sugar, bacteria and yeast. To make the drink, bacteria and yeast must first grow together to form a culture. The culture is added to the sugar and tea. Then the mix is allowed to ferment. The end result is a liquid that has vinegar, B vitamins and many other types of acids, including amino acids. Kombucha tea helps prevent and treat health conditions, from blood pressure to cancer. There is limited data on kombucha tea. A small amount of research suggests that kombucha tea may give benefits similar to probiotic supplements. For example, some research suggests kombucha tea may support a healthy immune system and prevent constipation.

How to Use Kombucha

Kombucha can be flavoured and fermented a second time using Grolsh beer bottles. They have quality resealable lids for reuse. Ginger is good to add a small few pieces, choose your favourite berry like a blueberry and add into second ferment in the bottle. Usually takes 20 to 30 days to ferment and create some carbonating fizz. Carefully open letting out some carbonation and strain contents into jar. Add some honey if you like sweetener and cool in fridge before serving.



Growing Mushrooms in the Garden and Types of Mushrooms to Grow

Reishi- Almost magical, these mushrooms are very rare. From a group of 10,000 aged trees, only two or three produce the network of fungus that can grow Reishi mushrooms. These mushrooms are known as the “King of Herbs”. Ganoderma Lucidum is a polypore mushroom also known as Lingzhi in China and as Reishi in Japan. These Medicinal Mushrooms dried Retail Price \$29.00/lb Wholesale \$16.00/ lb

Turkey Tail - Turkey tail mushroom, like other medicinal mushrooms, has long been esteemed in traditional Chinese medicine. This natural mushroom is believed to have healing elements to strengthen the body against illness and disease. Retail Price \$29.00/lb Wholesale \$16.00/ lb

King Stropharia or Wine Cap (*Stropharia rugoso-annulata*) -This mushroom is good for outdoor growing. It can be easily cultivated in a shady bed of hardwood chips and/or straw. Some gardeners use beds in cold frames to produce crops from summer to fall. These mushrooms grow to enormous size, weighing five pounds and more. Since these mushrooms have not been widely commercialized there is no established market. However, there is the opportunity to combine stropharia with other products of a small farm for sale at a farmer's market or vegetable stand. Expect prices in the \$5 per pound range. They also have the advantage of turning your waste wood chips or sawdust into a rich compost while providing mushrooms for several years.

Psilocybin (Magic Mushrooms) therapy is an approach being investigated for the treatment of mental health challenges. It combines the pharmacological effects of psilocybin, a psychoactive substance, with psychological support. Psilocybin is an active ingredient in some species of mushrooms, often referred to as ‘magic mushrooms’. Early studies conducted in pioneering academic centres have shown signals that psilocybin could be a safe and effective medicine for patients with depression, anxiety, addiction and other mental illnesses, when administered with psychological support from specially-trained therapists.

<https://www.naturecures.tv/programs/forest-garden-mushroom-project-ep1-90327-6840f9?categoryId=106152>



Substrates

Your substrate needs to have 1 to 2 percent nitrogen. Most substrates (like sawdust or straw) need to have additional materials added to them to reach this threshold.

Your substrate needs to contain a small amount of magnesium, potassium, calcium, sulfur and phosphorus. Most raw substrates already contain these minerals, but this does vary depending on where the material came from. You'll likely need to experiment here to see if you need to supplement with additional minerals.

Your substrate needs to be slightly acidic, with a PH level of about 5 – 6.5. (Some mushrooms, like oyster mushrooms, can tolerate a PH up to about 8.)

Your substrate needs to have a good structure to enable air exchange. This is necessary for the mycelium to colonize.

Your substrate needs a moisture content of 50-70%.

Finally, your substrate needs to have an absence of competing organisms.

Preparing Substrate

Before a substrate can be inoculated with mushroom spores or mycelium, first it needs to be prepared. Water will need to be added to the substrate and it may also need to be amended with extra nutrients. Once that is ready, the substrate needs to be sterilized or pasteurized. This kills off any competing mold or bacteria and gives the desired species of mushroom the best chance at taking hold. The mycelium will need weeks or potentially months to decompose the substrate and spread completely throughout it. Once colonization is completely finished, the entire substrate will be covered in mycelium. At that point it's ready to fruit. You will know everything has been done correctly when you start to see signs of colonization, or the mushroom's mycelium growing and spreading throughout the substrate.

Garden Food and the Benefits of Eating as Local as Possible

If you want to eat healthy, the most life force food you can get is right in or around your property. Real Life Force Food recognizes your bodies Life force, in a symbiotic relationship between you and the plants, A life form underground called Mycelium, which is also known as the Wood Wide Web. This network of rotting root systems act as a communication network between the roots of lifeforms in the Forest. This live network interface reads your DNA left behind in the garden from walking barefoot and actually peeing around your gardens. It then analyses your nutrient and mineral levels to do a search on the network for what you are missing. Miraculously plants can appear around the grounds of a person with an ailment to which the plant can prevent and often derail.

Knowing the land around you is resilience you require to have as our civilization crumbles. Always scope out the Forest and Meadows around your area, make sure you are not trespassing so get to know the locals and share in resources and any abundance. Foraging can go on all season our calendar starts with tapping Maple Trees in early March or whenever first thaw begins in your area with 3 days above zero during the day and below 0 temperatures at night. This is when the mineral water known as tree sap starts running from the Sugar Maple Tree making Maple Syrup possible.

Nature and Music Therapy

Human beings evolved in connection with the Earth's energy. We walked barefoot and we slept in contact with the Earth never realizing that its surface contained limitless, natural, healing energy. Walking around barefoot is not our main mode of travel any longer. We live indoors much of the time and when we do walk or run outside we wear rubber soled shoes which prevent our feet from being able to absorb the Earth's subtle energy. Rubber is not conductive, but our bodies are! So here we find ourselves. Civilized in a modern world, but disconnected from a primal, powerful source of energy and healing. See, the Earth is basically a six sextillion (that's a six followed by twenty-one zeroes) metric ton battery that is continually being replenished by solar radiation, lightning, and heat from its deep-down molten core. The natural rhythmic pulsations of energy flowing through and emanating from the surface of the Earth keep the biological machinery and global life running in rhythm and balance-and that includes you! Unfortunately, we live like cut flowers, detached from the nourishing Earth energy. Earthing, also known as grounding, is simply reconnecting to the Earth's healing energy. Music is another great way to get grounded

<https://www.naturecures.tv/programs/spirit-melodies-in-c-by-anna-argante-4011c2?categoryId=113118>



Contact the *NatureCures* *Natural Health Center*

To arrange your group or personalized healing experience and learn the healing powers of Forest and Nature Bathing.

You will receive hands on knowledge of the nutritional benefits to "Naturally" growing, handling and preserving cultures and foods, while using Permaculture Principles!!

Participate in Windhorse Music Care Sessions which offer tools and activities for promoting personal growth and Holistic Music Making!!



Research shows that time spent in nature, eating well and listening to music can reduce anxiety, depression, blood pressure, and pain as well as improve sleep quality, mood, memory, increase some cognitive functions, enhance learning, and concentration while warding off the effects of brain aging. It is long been said that Nature and Music is *Mind Medicine*. Advances in Neuroscience and Brain Imaging are revealing what's happening in the brain to prove this true!!!

WHY USE NATURE AS THERAPY?

THERE IS A STRONG BODY OF RESEARCH CONFIRMING THAT DIRECT CONTACT WITH NATURE INCREASES MENTAL HEALTH AND PSYCHOLOGICAL AND SPIRITUAL DEVELOPMENT. BENEFITS INCLUDE; STRESS REDUCTION, A SENSE OF COHERENCE AND BELONGING, IMPROVED SELF-CONFIDENCE AND SELF-DISCIPLINE!!

BENEFITS OF HOLISTIC NUTRITION

THE PRACTICE OF HOLISTIC NUTRITION IS BASED ON THE PRINCIPLES OF WHOLE FOODS, UNPROCESSED NATURAL INGREDIENTS AND EATING FOOD WITH A MINDFUL ATTITUDE. HOLISTIC NUTRITION CAN IMPROVE YOUR IMMUNE SYSTEM & BENEFIT YOUR HEALTH IN MANY WAYS.

AT OUR HEALTH CENTER, WE ARE SEVERAL YEARS INTO GROWING MEDICINAL PLANTS. WE FORAGE FOR GHAGA MUSHROOM TO BLEND OUR OWN FOREST GARDEN HERBAL CHAGA TEA. WE GROW OUR OWN CULTURES TO PRODUCE PROBIOTIC FERMENTED DRINKS AND GROW YEAR ROUND LEAFY & MICRO GREENS. THIS IS A POWERHOUSE OF NUTRITION!!

EXPERIENCE WINDHORSE MUSIC CARE

WINDHORSE SESSIONS USE THE MANY TEXTURES AND VIBRATIONS WITHIN MUSICAL NOTES, INTERVALS, CHORDS, RHYTHMS AND MELODIES TO SET INTENTIONS, CONNECT WITH OTHERS, EXPRESS EMOTION, OR FIND FOCUS, SOLACE, JOY, AND SPIRITUALITY. WE OFFER SIMPLE GUIDES TO APPLY MUSIC CARE IN OUR EVERYDAY LIVES. GROUP OR ONE ON ONE SESSIONS USE INTERACTIVE MUSIC MAKING THAT CREATIVELY BRING OUT THE NATURAL MUSICALITY WE ALL POSSESS.

DISCOVER MUSICAL SPACE INSIDE YOURSELF, OR AS A GROUP. LEARN WAYS TO FIND FOCUS, EXPLORE MOODS, SET INTENTIONS, INCREASE MIND AND MUSCLE MEMORY, OR DEVELOP SENSE ASSOCIATIONS THROUGH SIMPLE MUSICKING.



How do you ground?

It is very simple; you've no doubt done it before! Walk barefoot in the grass, sand, dirt or on concrete. Like your body, these are conductive surfaces and the Earth's energy flows through them and into your body. Wood, asphalt, and vinyl, are not conductive. You can also connect to the Earth's energy by using simple barefoot substitutes. Barefoot substitutes consist of mats, bands, patches, and sheets, that when connected to the ground port of a grounded home or office outlet with a simple cord, connects you to the Earth's energy via the ground wire of the outlet.

Why should you ground?

In recent years, inflammation has come to the forefront of medical attention and has been recognized as the leading trigger of chronic pain and most major health disorders, including cardiovascular disease, diabetes, arthritis, Alzheimer's, and cancer. "All roads to chronic disease lead through inflammation," researchers are increasingly saying. Bodies are on fire. Earthling appears to extinguish the flames through the transfer of negatively-charged electrons from the surface of the Earth into the body where they neutralize positively-charged destructive free radicals involved in chronic inflammation. The Earth's energy makes the ground beneath our feet an extremely effective and abundant antioxidant! And it's free. No pills, no prescriptions. All you have to do is reconnect.

Natures Guides

Gardening with Natures Guides is for anyone seeking to consciously communicate with Natures Spirits. These include Jesus and his Angels, Elementals, Devas, Fairies, Gnomes and Pans on the "Other Side." These forms are territorial and can be contacted to assist with design and care of your garden space. Each plant genre has its own elemental that oversees its life from germination to maturity. The Nature Guides take the DNA of the plant and bring it into form. Wonderful results appear when consciously asking for advice from these beings. By clearly connecting you can ask elementals to help plants grow stronger and healthier.

Natures Guides are universal overseers and can be asked for advice on placement of plants and their needs such as sunlight, watering, fertilizer and pruning. They can also be useful in designing birdbaths, seating, and designing from patterns to details into your gardens. You can work with your guides in the garden, have conference calls through pan and ask them for advice on how to utilize the principles of permaculture.

"Elementary principles" in English is a phrase used to describe the building blocks for further development of a given subject. The Greeks used the word "stoicheia" to mean "elementary or rudimentary principles," but the word can also be used for the "physical elements" of the world: earth, water, air, fire, or it could even mean "elemental spirits."

Bee cautious when calling in your garden guides and do not mistake them as spirits or anything less or more than God. This practice is meant to be a fun way to design and care for gardens, always practice thankfulness to God and all creation while planning, planting, and reaping what you sow.



The Benefits of Bee Keeping in Permaculture

Information on the mutual benefit of agriculture and beekeeping as complementary activities for a good quantity of crops, addresses the factors that can affect the health of honeybees and provides a broad list of activities so that beekeepers and farmers adopt new habits that protect bees, one of them, and perhaps the most important, is greater communication and cooperation between the two activities. Although there are many factors that can affect the health of pollinators, apiculture and inadequate agricultural practices are practically the first cause that provokes losses of bees or hives in Latin America. "That is why we bet on education and training, because we are convinced that with better habits farmers and beekeepers can protect bees and have a more productive relationship," says José Perdomo, president of Crop Life Latin America.

It has been identified that in many Latin American countries, there is no communication between beekeepers and farmers. This situation often occurs for cultural reasons, especially in areas where there is fear among the population of Africanized bees. This causes some beekeepers to decide not to tell their neighbours about the location of their hives. As a result, we have accidents involving bee losses, because farmers make pesticide applications to protect crops from pests without knowing that their neighbours have beehives nearby.

Garden to Table Life Force Recipes

To some people, it may seem like a stretch to make a connection between gardening and carbon emissions. There is, however, a direct relationship between how we as consumers grow and distribute our food and the carbon emissions that are a major contributor to a deteriorating Earth. According to the Government studies approximately one quarter of global carbon emissions are caused by the worldwide industrial production of food. Emissions start with the clearing of land to make room for mono-culture crops such as corn and wheat. The removal of trees and the breakdown of key lifeforms, reduces nature's ability to absorb, distribute, and store carbon, releasing more into the atmosphere and contributing to the increase in greenhouse gases. This is compounded by the burning of fossil fuels in the mining, transportation and use of synthetic fertilizers and the long-distance distribution channels of the grown food products.

The result of this non regenerative closed loop of consumption is damaging our environment at an alarming rate, affecting our own health. Food produced on such a massive scale requires consumable dirty synthetic additives and preservatives to stabilize it for the long periods of time between production, distribution, and consumption. This kind of manufactured "nutrition" has no real Life Force.

The solution is both obvious and regenerative: we need to get back to supporting a direct connection with Nature and how we produce and consume our food. It's important that people understand how and where their food is grown, what choices impact the nutritional the

environment and nutritional value of their food, and how to obtain it efficiently and cost-effectively.



NATURECURES MISSION

Is to assist people in learning how to live a more natural lifestyle with Mother Nature



Twelve Principles Permaculture



NatureCures Lifestyle Toxin Cleanse Routine

In today's busy society many people have lost sight of how to go on living healthy lifestyles. A world full of processed foods, water, medicine & even the air we breathe, are leaving humans with their mind, bodies & souls clogged of toxins and heavy metals.

The NatureCures Lifestyle Toxin Cleansing Routine is specifically designed to clean the organ pipes and help drain Lymphatic system that will filter out bad gut bacterial Intestines. This cleansing will also help decalcify the Pineal Gland your Third Eye, raising Vitality.

Learning and implementing this routine into your everyday lifestyle takes time, patience, practice & some finances out of your pocket. We are so convinced that by learning and doing this daily routine you will cleanse your mind, body and soul from processed toxins or we will refund your investment. Participants can learn this in person at the NatureCures Natural Health Center or remotely from the comfort of home. We will also do house calls!!!

What kind of easy to implement habits will Participants Learn?

The Benefits & how to soak, sprout and growing microgreens
How to make your Kombucha, Kefirs & Fermented Preserves
The 12 Principles of Permaculture & how to utilize in your lifestyle
The medicinal properties of plants & making Teas & Elixir's
Simple ways & techniques on getting & staying grounded
Explore knowledge about Land Resilience, and Foraging

Testimony - *"NatureCures transformed my life radically, Keith helped me connect with Mother Earth & guided me to learn about Permaculture & Medicinal Plants. I went from Feeling like I was 60 to a 20 year old in less than 3 years. If you want to learn about growing food & herbs naturally connect with Keith"* Anna Argante

FOR MORE INFORMATION OR TO SCHEDULE YOUR FIRST CUSTOMIZED SESSION PLEASE CONTACT KEITH AT FORESTMAN1968@GMAIL.COM

55 Kennedy Drive, Bobcaygeon, Ontario, K0M1A0 705-320-0463

www.naturecures.ca