

Adventures In Living Naturally



Natasha Martel

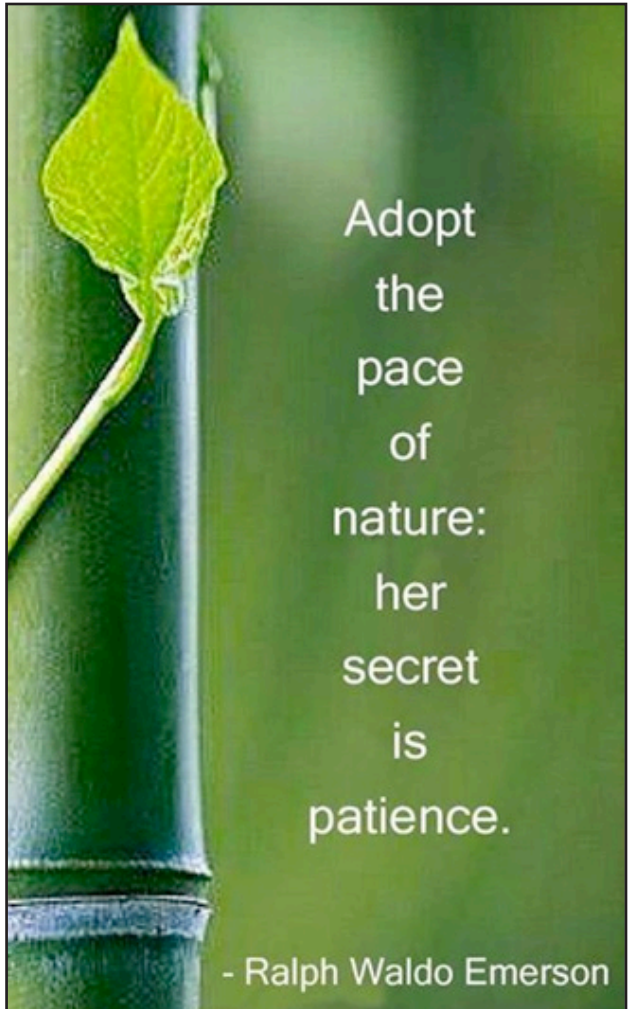
Sometimes You Need To Look
At Life From A Different Perspective



**THERE IS NO SUCH THING AS
"JUNK FOOD".**



THERE IS JUNK, AND THERE IS FOOD!



Adopt
the
pace
of
nature:
her
secret
is
patience.

- Ralph Waldo Emerson



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5 Lessons in Life from Dr. Seuss



1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

INTRODUCTION

WHY I STARTED THIS ADVENTURE

This is a continuation of the project that I did last year. For those of you who saw my Student Academic Conference presentation you know that I was working on becoming more resilient and self-sufficient.

This year I wanted to continue on this journey and have that be a part of building my own land ethic, and bring what I learned towards building a community land ethic.

Part of what I wanted to focus on this year is reducing the toxic load on myself and on the earth. I mean this physically as well as

spiritually.

My health issues this semester have made this even more poignant project to work on. I decided to create a recipe/reflective guide to share this experience. I hope that through my discoveries I will be able to share with others how to reduce their toxic load on themselves and on the earth.

Some of these methods are relatively new, others come from ancient traditions. Through this project I am learning how to apply traditional knowledge, and use it to naturally help my body fully

realize the beautiful creation that it is meant to be.

There is a podcaster that I listen to named Angelo Coppola who always says, "Human's are not broken by default."

I think that this wise statement echoes much of what we have been learning in this class about ourselves and creation.

Creation when left to its own devices knows what to do, and will provide. When we interfere or add unnatural inputs that is when we begin to see problems, both within ourselves and in our world.

WHY I HAVE FOOD ON MY FACE

This is a continuation of my project of trying to create a non-toxic and preferably edible personal care routine. Below outlines some of my adventures and discoveries.

By the end of reading this section, you might think that I am aspiring to be Winnie the Pooh; however, I have come to the conclusion if you have a problem that honey, coconut oil, baking soda or apple cider vinegar can't solve, then it must be a major problem.

FOOD ON MY FACE

No I am not 3, I just want to smell and look good naturally. What if I told you that soap and all the fancy store bought stuff that we buy to make our skin 'look good,' including soap does more damage than good? Sadly, this is true.

I have had bad (acne prone with oily and dry patches) skin since I was 7, so I am no stranger to the myriad of 'miracle' skin care products out there.

But honestly I have never found anything that works better than the following methods. When you start reading them you are probably going to think that I am crazy, but if you hang in and give them a try, there is a good chance they will work for you too.

The other crazy thing I have discovered is that I don't need to cleanse my skin every day. In fact it actually makes things worse. You just need to cleanse when you feel dirty.

That seems so basic, but it is not how we are taught to think of our skin care routine. Most of the time all we need is to gently rinse-off with water.



We were young and beautiful

Now we are just beautiful

the average woman

WEARS

515

CHEMICALS
on the average day.

(say what?)

THEY LOOK LIKE THIS:



www.bodyunburdened.com



The Honey Cleansing Method:

get soft and clear skin!



First recipe and I am already starting to sound like Pooh Bear.

But in all honesty honey is amazing for your skin and a much healthier and affordable alternative to facial cleansers!

THE BENEFITS OF HONEY CLEANSING

- Honey gently removes dirt and impurities without stripping the skin of natural oils. Foaming cleansers and soaps frequently strip the skin of these protective oils and cause the skin to overproduce oil.
- The natural antibacterial and pro biotic properties of raw honey effectively reduce breakouts and prevent new acne.
- Since it is so gentle and nurturing to the skin, it is ideal for very sensitive skin, rosacea, and eczema.
- It works well on all skin types. It balances oily skin and moisturizes dry skin.
- As far as excellent facial cleansers go, it is much cheaper than store bought options!
- Although any raw honey works excellently, manuka honey boasts superior antibacterial and healing properties. It is recommended for acne-prone skin.

•

HOW TO WASH YOUR FACE WITH HONEY

1. Buy some 'raw' or 'unpasteurized' or 'unfiltered' honey. Preferably from a local keeper. Keep in mind that 'all natural' doesn't mean that it is any of the above, and most store bought honey is cut with corn syrup and is so processed it kills most of the beneficial parts of the honey. For best results you can buy manuka honey which is more potent.
2. Take about half a teaspoon of honey, and rub it with your hands to warm it up a bit. Sometimes adding a couple drops of water can help make it a more spreadable consistency. Then, gently smooth it over your face.
3. For best results leave the thin layer of honey on your face for at least 10 min. before rinsing off with warm water and gently pat your face. Don't scrub, that is harsh on your skin, and can counteract the benefits. Those 10 minutes are a great time to work some contemplative practice into your day, such as deep breathing!

Note – this will not remove makeup. If you are wearing make up use the oil cleansing method (<http://empoweredstenance.com/wash-face-with-honey>)

THE OIL CLEANSING METHOD

You are probably thinking I am off my rocker for telling you to wash your face with oil, but hear me out.

Think back to science class, remember the phrase “like dissolves like,” well that means oil dissolves oil, which helps to restore the balance on your face without stripping the natural oils and damaging your skin.

This is great to do in the evening before going to bed, and it works great to get makeup off, even the waterproof kind. This leaves my skin feeling soft and clean.

There are many different oils you can use. Coconut oil generally is not considered the best because some people have found it to clog their pores.

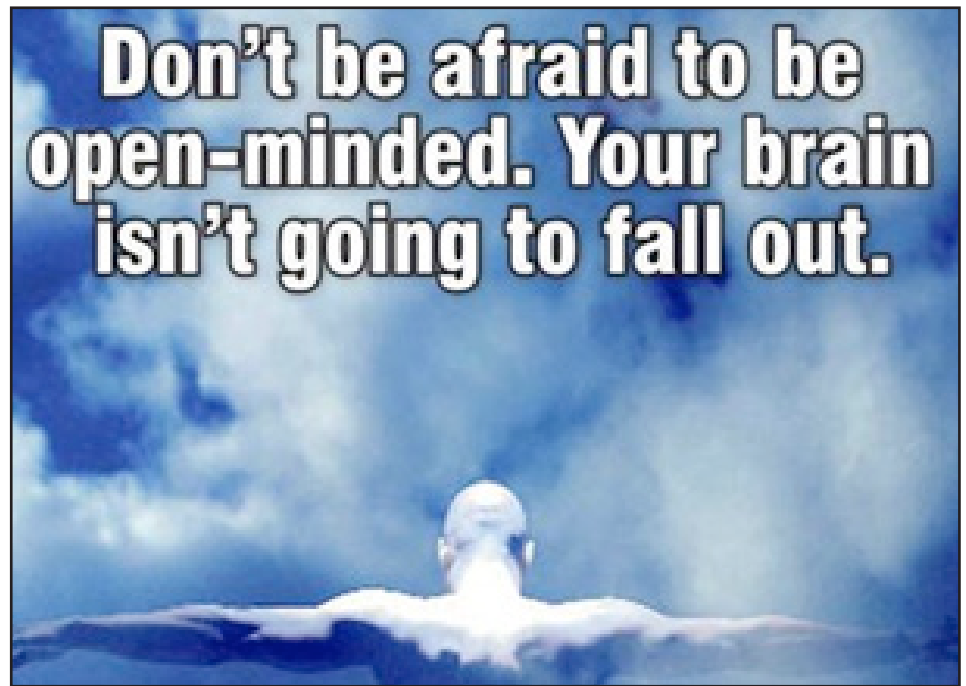
Castor oil is considered the most effective cleansing oil, but if you don't have any it is not necessary. Also, it is a controversially sourced oil.

If you are using castor oil the ratios to keep in mind generally are:

Dry skin: 3 parts other oil to 1 part castor oil; Normal skin: 1 part other oil to 1 part castor oil; Oily skin: 1 part other oil to 3 parts castor oil.

The following are some examples of oils you could use with castor oil, in combination with each other, or on their own: sweet almond, grape seed (not recommended for people with hemophilia), jojoba, avocado, olive or apricot kernel.

Keep in mind, highly processed oils are NOT suitable. You want the highest quality cold pressed oil you can find.



HOW TO WASH YOUR FACE WITH OIL

1. Pour slightly more than a quarter worth of oil in your palm. Rub your hands together to warm the oil. Then smooth the oil over your face.
2. Massage the oil into your face for up to about 10 minutes again (if you are in a rush you can do it quickly). This is time to pamper yourself a bit, take time to relax and massage your face, do some deep breathing, or other contemplative practice. Use slow and firm circular motions to get the oil deep into your pores. Take extra time on problem areas. This is great to remove makeup, dirt, and any other grimy residue that you might have accumulated over the day (some posts I have read say this is great to get
- off residues from having children i.e. snot).
3. Once you feel like your pores are fully saturated, soak your face cloth in hot, but not scalding, water. Place the cloth over your face and let it steam your face until the cloth cools off (at least 10-20 seconds). You should feel your pores opening a bit.
4. Gently wipe (don't scrub) your face.
5. Repeat steps 3 and 4 until you feel that the oil is off of your face.
6. If your skin feels too tight or dry then you can take a couple drops of the oil and simply massage into your face. No need for any moisturizers besides the oil. It is a great all in one product

(<http://www.thankyourbody.com/oil-cleansing-method>)



THE NO'POO METHOD

This has been one of my more trying experiments. I started off with the baking soda and apple cider vinegar mix since I had a couple friends who has success with that. When that transition period was not going well, I tried a coconut milk mix, that just made things worse, so I went back to the BS/AV version.

It seemed to get a bit better, but it still wasn't great. I finally had some success when last month when I tried the Honey Shampoo. Once that balanced my hair out, I started doing a weekly apple cider vinegar rinse, and shampoo as needed. However, since we are all unique I will include all of the recipes below.

The ugly truth about ditching commercial shampoo is that it takes awhile for your body to adjust. I gave my body from June to October to transition, but it just never adjusted.

In August I gave in and let the hairdresser wash my hair for a wedding I attended this summer because I didn't like how I was looking.

The transition period is a different length for everyone and with every method for the honey wash it took less than a week for my hair to adjust.

APPLE CIDER VINEGAR RINSE

This is essentially a pH balancing conditioner. I have used this in conjunction with the other methods, and now I am using it once a week by itself.

Some people add essential oils because they cannot stand the smell of apple cider vinegar, just be careful that you use an oil that is safe to use topically, and isn't photosensitive.

You might need to experiment, but the ratio I use is:

1 part (1/4 cup) apple cider vinegar to 1 part filtered water
<http://empowered sustenance.com/honey-shampoo-updates>

BAKING SODA SHAMPOO

Don't use more than this ratio, but if it seems to harsh then use less, you might want to make small batches until you find the one that works for you.

Some people find this dries their hair out too much, or leaves it dull and lifeless. It also gave me horrible dandruff, though that is common in the transition phase apparently.

The following link also has some great reasons to stop using commercial shampoo.

Up to 1 tbs of baking soda to 1 cup of water
<http://www.crunchybetty.com/no-poo-to-you-too>

COCONUT MILK SHAMPOO

This method did not work for me at all, but I have naturally oilier hair. However, for those who don't want to go without the sudsiness of normal shampoo this is a good option.

1/4 cup coconut milk (Some people mentioned that canned stuff did not work well for them, but that homemade coconut milk worked great... Depending on your hair type, homemade may be better for you)

1/3 cup Liquid Castille Soap (like Dr. Bronners)

1/2 of a teaspoon (or several capsules) of Vitamin E oil (completely optional)

20 drops of Essential Oils of choice (For example: peppermint, lavender, rosemary and orange or combinations of those)

For dry hair: add 1/2 tsp olive or almond oil (optional)

How to Make the Coconut Shampoo:

1. Combine all ingredients in an old shampoo bottle or jar of some kind (pump soap dispensers and even foaming dispensers work well for this. If you use a foaming dispenser, add 1/4 cup of distilled water)
2. Shake well to mix.
3. Keep in shower for up to a month.
4. Shake before each use.
5. Use about a teaspoon every time you shampoo.
6. If you use a foaming dispenser, it also makes a great shaving cream- just dilute with 1/4 cup distilled water!

(<http://wellnessmama.com/3701>)



DO NOT wash your hair in the shower!!

It's so good to finally get a health warning that is useful!!

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR BODY WHEN YOU SHOWER WITH IT. WARNING TO US ALL!!!

Shampoo Warning! I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning "FOR EXTRA BODY AND VOLUME".

No wonder I have been gaining weight! Well! I got rid of that shampoo and I am going to start showering with Dawn Dishwashing Soap. The label reads "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE".

Problem solved! If I don't answer the phone - I'll be in the shower!!

WONDERFUL HONEY SHAMPOO

1 tbs raw honey to 3 tbs filtered water

I made it with this ratio every time I used it, because I was worried if I made a big batch it would go moldy. It really doesn't take long.

I would just heat it up in the microwave for a few second or use boiling water to make it easier to

mix the honey and water.

My hair has never felt so amazing!

It also helped to get rid of my dandruff and frizz.

Also, one of my medical complications this semester has included my hair falling out, and this seems to have at least decreased that problem.

<http://empoweredstunance.com/diy-honey-shampoo/>

WHAT DO YOU MEAN YOU DON'T USE SOAP?!

To wash my body I have stopped using conventional soap or body wash, and I can't tell you how much my body has thanked me.

Most soaps, particularly anti-bacterial soaps kill the bacteria on us indiscriminately. This means we are killing off the beneficial bacteria that are essential for our own wellbeing. Also, chemicals really freak me out so I was looking for an edible alternative.

HOMEMADE UNSOAP

- *3.5 tbsp cacao butter | promoted skin elasticity and healing as it is high in Vitamin E and antioxidants*
- *3.5 tbsp coconut oil | a known antifungal and antibacterial agent used to treat skin problems*
- *100g honeycomb | antibacterial, antimicrobial and antifungal, and even purported to have anticancer properties. Honey and beeswax are also humectants, which means that they attract water*
- *5 tbsp oat flour | to soothe the skin. The oat flour is an anti-irritant and anti-inflammatory, and makes the unsoap milky on your skin as it melt*
- *5 tsp Almond Oil | a natural vegetable-derived extract that dates back to ancient times, nourishes and revives skin without clogging pores.*

Place all ingredients, except for the oat flour, in a pot on the stove on medium low. Allow all ingredients to melt down. Add the oat flour, and then blend everything together until there are no lumps. Pour your mixture into bar-shaped moulds and set in the freezer for at least half an hour. Chop your unsoap bars into single-use slices and store in the fridge or freezer.

If you don't keep the soap cool, you risk finding a melted mess when you next go to use it – and it is absolutely fine to use your unsoap that way too.

Although there are no preservatives in the recipe, your unsoap contains multiple antifungal, antibacterial and antimicrobial agents, and it will last for months even unrefrigerated, but it is a natural product so keep



an eye on it.

This may seem like an expensive recipe but, you likely will find that you don't need expensive moisturizers and other products for your skin. Your skin might feel waxy after using your unsoap in the bath or shower. However, the natural oils do soak into your skin as it dries and cools.

I could never get this to form into a bar, so I keep it in a small canning jar and just scoop out a little bit onto my hands.

(<http://blog.afoodlyaffair.com/2011/02/21/edible-soap>)

WATER AND OTHER

Yes, just water. We only really need to wash when we are dirty, usually only a couple of times a week. Often just a face cloth and water is good in between and doesn't strip away your body's natural oils.

If you occasionally (definitely only occasionally) feel like you need a deeper cleaning or a bit of exfoliating then a little bit of baking soda heavily diluted with water can work.



My first try with making my own toothpaste was not the most pleasant experience in the world. It tasted bad and the texture was horrible. I will include the recipe here, because I know some people prefer that method. I just am not one of them. There are a couple of other things I have done which are included below.

BUYING HEALTHIER TOOTHPASTE

After my failed attempts at making toothpaste, I found a lady at the Vernon Farmers Market who was selling some toothpaste that I basically agreed with. It contains water, bentonite clay, calcium carbonate, organic coconut oil, chlorophyll, Okanogan propolis, BC sea salt, essential oils: spearmint, wintergreen, clove, tea tree. The texture took a day or two to get used to, but I like it. My boyfriend tried some and wasn't as keen. As with any other personal care item it takes some experimentation to find what works for you.

COCONUT OIL BAKING SODA TOOTHPASTE

6 tbsp coconut oil
6 tbsp baking soda

A few drops of essential oil (whatever you prefer— I've used peppermint)

This is the recipe I was not too fond of, but it is easy.

(<http://familysponge.com/health/coconut-oil/homemade-toothpaste-coconut-oil>)

OIL PULLING

Yes, you read that right, mighty coconut oil strikes again! I know it sounds crazy, but this works better than any mouthwash I have every tried and isn't full of health compromising chemicals.

How to Do Oil Pulling:

The concept is incredibly simple. Basically, a person swishes a couple teaspoons of a vegetable based oil (coconut, sesame or olive) in the mouth for 20 minutes and then spits it out and rinses well. Oil pulling is best done in the morning, before eating or drinking anything, though Dr. Bruce Fife suggests that it can be done before each meal if needed for more severe infections or dental problems.

Put 1-2 teaspoons of oil into the mouth. I prefer to use 2 teaspoons of organic coconut oil. I scoop it out as a solid and let it melt in my mouth before swishing (I don't like

the texture of solid coconut oil).

I also pour a few drops of Brushing Blend (naturally antibacterial) into the mix.

Swish for 20 minutes.

Apparently the timing is key, according to Dr. Bruce Fife, author of Oil Pulling Therapy, as this is long enough to break through plaque and bacteria but not long enough that the body starts re-absorbing the toxins and bacteria. The oil will get thicker and milky as it mixed with saliva during this time and it should be creamy-white when spit out.

Spit oil into the trash can.

Especially if you have a septic system like I do... don't spit into the sink! Do not swallow the oil as it is hopefully full of bacteria, toxins and pus that are now not in the mouth!

Rinse well with warm water.

Warm water seems to clean the mouth better (my opinion). I swish a few times with warm water to get any remaining oil out of my mouth.

Brush well.

This website shares a lot more of the medical/scientific insights into why this works, and some of its historical significance.

(<http://wellnessmama.com/7866/oil-pulling-for-oral-health>)

BANISHING BO NATURALLY

We have all heard scary things about deodorants, and antiperspirants. How they have been linked to cancer, Alzheimer's, and other diseases. It only makes sense to try to find alternatives then. Below are some deodorants I have tried. Note that they are primarily deodorants, not antiperspirants.

HOMEMADE DEODORANT

Our bodies are always changing, and therefore the products I use are always changing. This worked for me for a few months then it stopped working.

2 tablespoons shea or cocoa butter

2 tablespoons coconut oil

2 tablespoons baking soda

2 tablespoons arrowroot powder

A few drops of preferred essential oil (optional) (Be warned, however, that some essential oils can irritate the skin. I would suggest testing any oils before adding them to the deodorant.)

1. Put everything into a saucepan over low heat, mix until melted and milky in colour.
2. Remove from heat. If you're adding a secondary smell, add it now.
3. Pour into a lidded container.
4. Put it into the refrigerator to firm up.
5. You're done!

Keep in mind... The refrigerated mixture will be rather hard—the consistency of very cold butter. At room temperature, it will loosen up a bit. This is perfectly normal. Mine ended up being

the consistency of lotion. The smallest amount goes a long way. Shea butter and coconut oil can be pricey. The good news is, they go a long way. I reckon you could get a good year's worth of deodorant out of one container of each. In the end, I know it'll be much cheaper than buying deodorant sticks all the time. And your body will thank you. Baking soda can irritate freshly-shaven skin. Please keep is in mind, ladies. I would wait a little bit after shaving to apply it.

(<http://wellnessmama.com/1523>)

HOMEMADE PROBIOTIC DEODORANT

Once again this product worked for me briefly, but then I started to find that it wasn't working terribly well, and that it was irritating my skin. I think that is more a symptom of my health problems than a problem with this product. Mine turned into more of a cream than a stick.

Ingredients:

1 tbsp. cocoa butter

1 tbsp. coconut oil

1 tbsp. shea butter

1 tbsp. beeswax

2 1/2 tbsp. arrowroot powder

1 tbsp. baking soda

1/4 tsp. vitamin E oil

15 drops essential oil of your choice

2 capsules powdered pro biotic

Method:

1. Melt cocoa butter, coconut oil, shea butter, and beeswax over low heat.
2. Remove pot from heat, then add arrowroot powder and baking soda. Whisk with chopsticks until all

powders are dissolved and combined. Add vitamin E oil and essential oils at this time. Allow mixture to cool in pan. Once it is cooled and the consistency of pudding, open capsules of pro biotics and add powder to mixture. Stir with spatula quickly to combine.

3. Add mixture to clean, used deodorant container. Place in refrigerator to cool and harden. After this, product may be stored on counter (Note: Using a shelf stable pro biotic such as Bio-Kult will prevent the need for refrigeration). This recipe will fill container and last for 3-4 months. Remember... a little goes a long way!

(<http://frugallysustainable.com/2011/11/homemade-probiotic-deodorant-that>)

MILK OF MAGNESIA

Yes, the kind that you take for stomach problems. I know it sounds crazy, but at least for me it actually works. All I do is wet my fingertips with the milk of magnesia (shake the bottle first) then spread it on and wait for it to dry. If there is any white residue, just wipe it off. It is best if you get the most basic kind you can, it has less additive and some flavourings can irritate the skin.

Other unusual uses of milk of magnesia can be found at the link below.

(<http://findwholeness.hubpages.com/hub/The-Many-Uses-for-Milk-of-Magnesia>)

LOOKING PRETTY WITH MOTHER EARTH



"We live in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."

-Alfred E. Newman-

I have only just started experimenting with make up, but here is what has worked for me thus far. I don't wear much makeup in the first place, I basically just do my eyes.

I am going to continue experimenting to see what works best for me.

EYE SHADOW BRONZER LINER

I have mixed arrowroot powder, coco, cinnamon, and activated charcoal to make a bronzer/eye shadow combo.

I have also used just arrowroot to add a bit of white shimmer to the inside of my eyes.

If you want to turn it into liner, just mix with a drop or two of water or oil and apply like eyeliner.

MASCARA

I did not have much success with the kind I made. I just mixed oils and activated charcoal. The result was mascara that melted... not very attractive.

I have been told adding clay can help so that will be one of my future experiments.

Hello, I didn't mean to interrupt your scrolling, I just wanted to say that you're beautiful.

LUSCIOUS MOISTURIZER

Moisturizer is something that many of us use. But have you ever looked at the ingredients on the store bought kind, they are scary and counter intuitive. For example, try to find a commercial brand that doesn't have skin drying alcohol in it... it is nearly impossible. I have found that commercial moisturizers give me few minutes of relief, then my skin ends up feeling just as dry, if not more so than before. Below are solutions that I have found to work well in the long term. These also work as lip chap.

HANDMADE BODY MOISTURIZER RECIPE

If you want to get fancy, this is a great recipe! It works particularly well if you have severely dried or chapped skin.

Like fresh food, this will go bad after a certain period of time. If you don't think you'll use it within three months, store it in the refrigerator. Makes approximately 2 cups

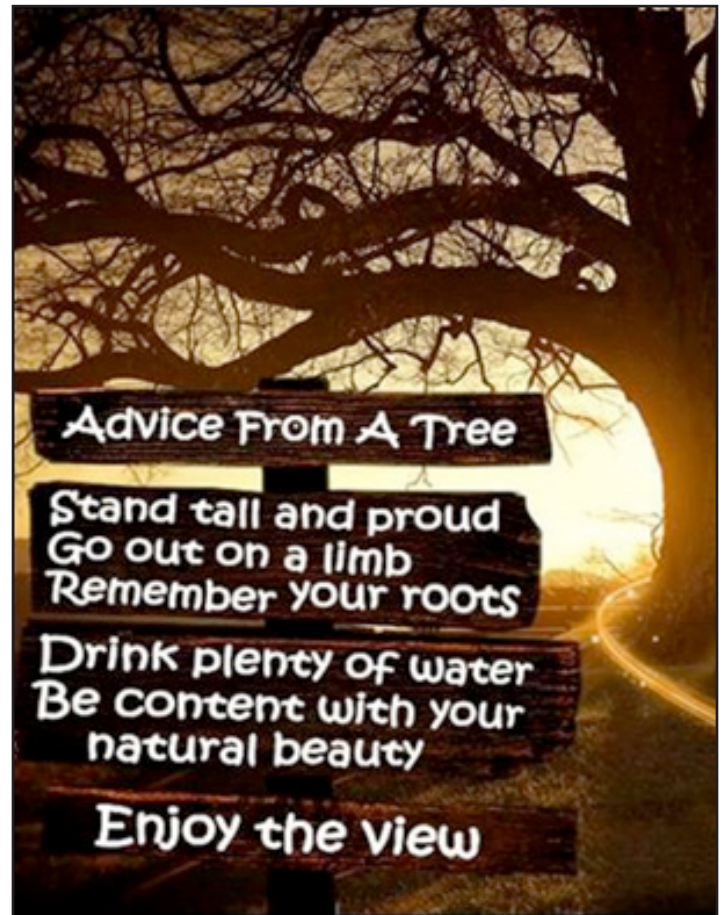
1 cup filtered water, cold brewed tea, orange blossom water, or rose water (I used rose water)

¾ cup oil such as olive, almond, unrefined coconut, or avocado (I used ¼ cup cocoa butter, ¼ cup coconut oil, and ¼ cup Almond oil)

3 tablespoons grated beeswax

Optional: a few drops of essential oil of your choice, for fragrance (I used peppermint)

1. Set up a blender and pour in the water and essential oil (if you are using). Prepare clean, dry glass jars for packaging and have them nearby.
2. Put the oil and the beeswax in a Pyrex measuring cup. Place the cup in a pan or small pot and pour in water to reach about halfway up the cup. Bring the water to a gentle boil, and heat the oil and beeswax until the beeswax melts. You'll know when the wax is melted because you won't see it anymore. As soon as the wax is melted, remove the cup from the water and let the oil cool for two minutes.
3. Turn on the blender and start blending the water at medium speed. Remove the stopper in the blender lid so you can pour the oil through the top while blending. Slowly pour in the oil and the mixture will begin to emulsify. If there is still some water on the surface, turn up the blender and blend the



mixture 30 seconds to a minute longer.

4. With a clean rubber spatula, transfer the cream to the glass jars. Cover the jars with cheesecloth for an hour, or until they've reached room temperature.
5. Placing the lid on the jar when this is warm will cause condensation to form under the lid, which will water down the lotion and form bacteria. When the lotion is cool, screw on the jar lids. Store at room temperature for up to 3 months or in the refrigerator for 6 months.

NATURAL OILS

Honestly, this is cheap easy, and much more effective than store bought varieties. My favourite is coconut oil, but I also enjoy avocado oil. I also use some of the oils mentioned in the Oil Cleansing section. You can use whatever oil you have handy when you feel like your skin/lips need a little something. Just don't use highly refined oils, especially vegetable/canola/etc.

YOU ARE WHAT YOU EAT, WHO DO YOU WANT TO BE?

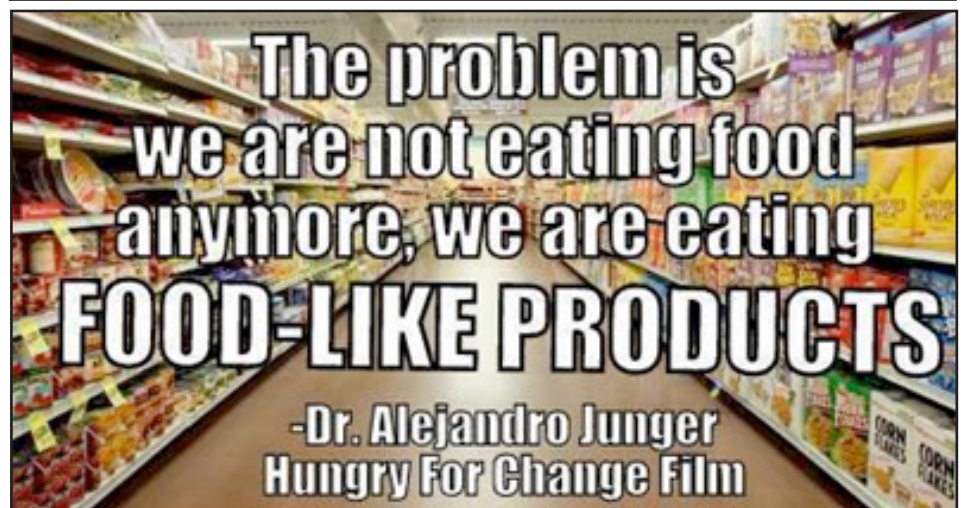
Our cells cycle out about every 30 days, therefore, you could become a relatively new person within a month. Do you want to be fast, easy, and cheap? I was guessing probably not. So why are these the principals that so many of us assign when picking food.

We have a chance to consciously decide what we want for ourselves, for our community and for our world every time we eat. We have the choice to eat mindfully, to value where our food comes from, and effect it will have on our own well-being. Every time we eat there, is an increasable opportunity to find the connection between our spirit and that of the land, and of all that went into helping the food get to our plate. I don't know that we are able to fully appreciate the wonder and the connection between what we eat and how that reverberates through us and the world.

For a variety of reasons, I have adopted an ancestral philosophy towards my food, specifically closer to the Primal/Paleo variety. I have spent a lot of time researching how to use food to heal and empower the body.

I have also spent time both within classes at Augstana as well as in other aspects of my life looking into the ways that the choices I make in the food I buy can make a difference in how it is grown and my impact on the land.

People like Don Ruzica, and Takota have open my eyes to the fact that food can be grown/raised in a manner that respects the land rather than degrades it. While I do not always make the best decision, I strive to make the best of the



options available to me.

I could continue on and on about food, as it tends to be one of my passions, however if you want to know more about my journey you can check out my personal Facebook page (Natasha Martel), my website paleostart.weebly.com.

I would also like to invite all of you to check out the Facebook page Camrose and Area Food Forum. I started this page as a project for one of my classes in hopes that we could come together as a community to discuss our

variety of concerns surrounding food, and hopefully together, we will be able to help address the concerns/questions/quires that others have about food in our area.

Also, if you haven't already you could check out the Spirit of the Land Facebook page. Lastly, as I am sure you have notices, I have also put some of the images that I have shared on Facebook as part of my reflections throughout, and many of them pertain to food and how we are what we eat.

FOOD AS

MEDICINE

With modern medicine, we tend to forget what traditional medicine has taught us over the years. The world has equipped us with everything that we need. However, with our made-mad technologies we have come to forget how to listen to the spirit of the earth, and to learn from it. However, there are some who are reclaiming that knowledge, and are seeking to share it. I have been trying to learn as much as I can on this front from a variety of sources, though admittedly mainly the internet. Below are a few of the things I have learned. I think that possibly there is nothing so beautiful as the idea that we can learn to live in a beautifully reciprocal relationship with the land and allow it to fully nourish and heal us, and in return we can do our small part to help care for it.

NATURAL REMEDIES

Ginger- add to 1-2 teaspoons daily to diet for general muscle pain. It is also good to help treat nausea, and other problems with digestion. You can make a tea from an inch or so of peeled and grated fresh ginger (can sweeten with raw honey to taste). It is an anti-oxidant and anti-inflammatory. Safe during pregnancy.

Cloves- chewed gently for toothache/gum inflammation. The essential oil is also good to use in homemade toothpaste for the above reasons. Is an anti-inflammatory, anti-oxidant and anti-bacterial.

Apple Cider Vinegar - This is one of the most diverse traditional remedies. 1tbsp mixed with water before meals for heartburn. Use the rinse shown above to help dandruff, and other scalp/hair problems. Known to help with diabetes, high cholesterol, heart health, cancer, weight loss, digestive complaints.

Garlic (made into a special oil for earache – recipe at the original article) helps boost the immune system. It has cardiovascular benefits, is an anti-inflammatory, antibacterial and anti-viral benefits, possible cancer preventive.

Cherries-It is known to ease aching joints, guard your colon, control cholesterol, help against migraines, help eyesight, and improve sleep. – 1 bowl per day. It is an anti-oxidant.

Oily fish -Salmon, tuna, sardines, trout, mackerel, herring – helps with intestinal inflammation – 18oz per week. Helps with overall inflammation as well. The standard American diet is rich in the essential fatty acid Omega-6 which is important, but pro-inflammation. However, oily fish are rich in omega-3's which are naturally an anti-inflammatory and therefore can help with any chronic inflammatory diseases such as heart disease, Alzheimer's, cancer, depression, arthritis, healthy skin, etc.



NATURAL REMEDIES CONTINUED

Yogurt- It is a pro biotic, which is beneficial for gut health. Can help with PMS, blood sugar, and digestive health. Homemade is healthier than store bought, because it doesn't have all the additives.

Turmeric - It is an anti-inflammatory, helps with digestive issues, provides relief for chronic pain, cancer preventative properties, helps with liver function, cardiovascular protection, lower cholesterol, and can prevent against Alzheimer's.

Salt-hot, salty foot baths for ingrown toenails – 1tsp per cup of water – 20 minutes twice daily. Natural salts are preferred to conventional, because it has less additives.

Pineapple- Contains anti-inflammatories, has digestive benefits, provides immune support, and can help prevent macular degeneration.

Peppermint- It soothes the stomach, possible anti-cancer agent, the oil is anti-microbial, as aromatherapy can help you breath better, traditional source of nutrients, and can help calm your nerves.

Grapes- It is an anti-oxidant, anti-inflammatory, has cardiovascular benefits, helps blood sugar regulation, cognitive benefits, anti-ageing benefits, anti-microbial, and possible anti-cancer benefits.

Water- hydration, helps with general injury pain, helps wash away the pain-triggering histamine, can help control calorie intake, I think we all generally know the benefit of water.

Horseradish- has been considered a remedy for sinus infection, anti-biotic, active against a variety of bacteria, helps with bladder

infections, diuretic, digestive issues, constipation, can help with respiratory issues, can help topically with sciatica, gout, joint-ache or hard swelling of the spleen and liver, skin blemishes, and many other uses.

Blueberries- powerful anti-oxidant, cardiovascular benefits, cognitive benefits, blood sugar benefits, eye health, anti-cancer benefits, and can help with bladder/urinary tract infections.

Raw Honey- anti-bacterial, anti-viral, anti-fungal. Helps with respiratory ailments, protects against free radicals, and can be used topically to treat severely dry lips and cold sores.


Flax – must be ground or seeds will pass right through! Rich in omega-3 fatty acids (anti-inflammatory), cardiovascular benefits, cancer preventative benefits, digestive health, helps post-menopausal symptoms,

WHAT YOU EAT
TODAY WILL
IMPACT HOW YOU
LIVE TOMORROW

Don't dig
your grave
with your
own knife
and fork.

~ English Proverb

www.thankyourbody.com



FB/GROWFOODNOTLAWNS

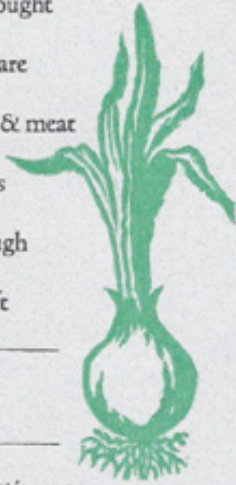
WE PAY THE DOCTOR
TO MAKE US BETTER
WHEN WE SHOULD REALLY
BE PAYING THE
FARMER
TO KEEP US HEALTHY.

RETHINK **HEALTH CARE**
- ROBYN O'BRIEN

Food

1. Buy it with thought
2. Cook it with care
3. Use less wheat & meat
4. Buy local foods
5. Serve just enough
6. Use what is left

Don't waste it



U.S. Food Administration - 1917

Food is the most abused anxiety drug. Exercise is the most underutilized antidepressant.

About 80% of the "foods" on supermarket shelves today didn't exist 100 years ago.

EAT. REAL. FOOD.

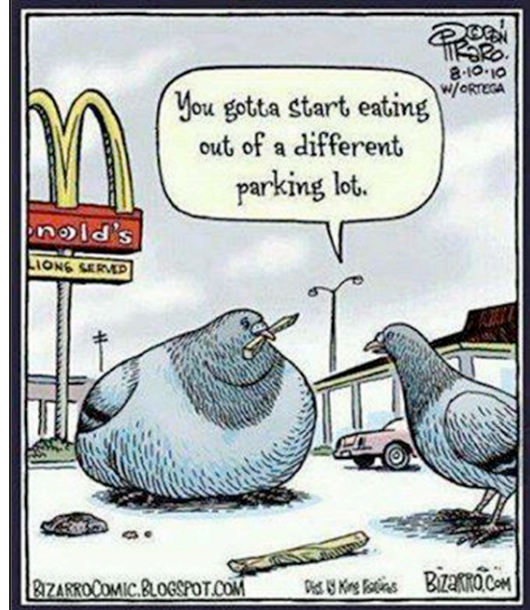
www.thankyourbody.com



The greatest medicine of all is to teach people how not to need it.



The Texan



if it came from a plant, eat it.

if it was made in a plant, don't.

Michael Pollan

www.bodyunburdened.com

You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.

- Julia Child

Do not use **YOUR STOMACH** as a **TRASH CAN.**



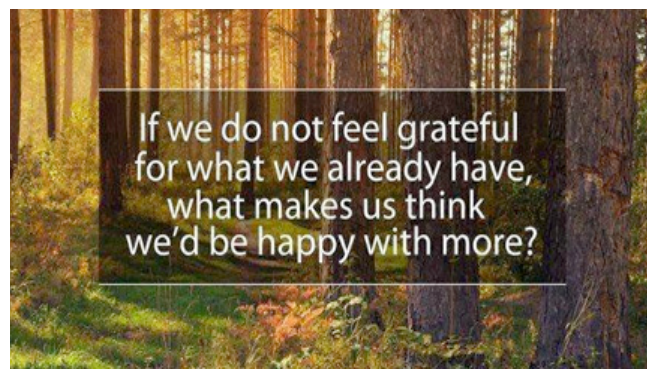
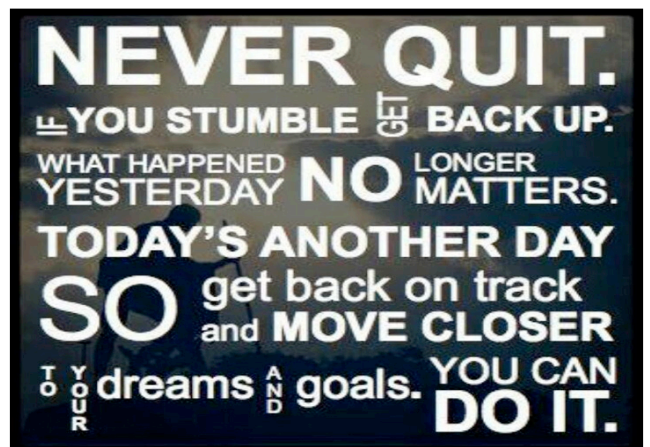
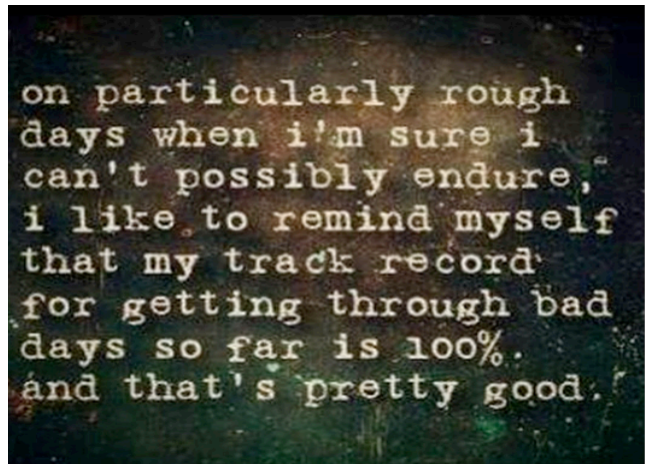
FINAL THOUGHTS

This booklet is a snapshot into some of what I have discovered. If you want to know more, or how to do anything, I would recommend just looking online, and there are usually normally a number of different ways of doing any particular thing. Alternatively, you can always ask me if you have any questions, or would like some suggestions of places to look for inspiration.

I hope you can see that most of the readings this semester inspired me to try new things, and to find the spirit of the land in both the projects that I had already undertaken, as well as in the new projects. I found myself drawn towards exploring the concepts of earthing through reading Louv (sorry I didn't have time to cover that at all in this, through the other readings I found myself trying to be more connected with my local produces, and to learn from traditional knowledge and to incorporate that into my practice, both physically and spiritually. I have found myself practicing a variety of contemplative practices in many parts of my life. As I said above I find cleaning my face to be an excellent time to include this.

In the future I am hoping to experiment with the concepts of grounding, try new ways of making make-up, working on focusing on natural fibers in my clothing, and becoming more systematic in making my own cleaning products for around the house. I have a few recipes saved, I just need to make the time to try them. I know that change is a process, particularly if it is a change that you want to do mindfully. Don't be too hard on yourself, remember that this takes time. Sometimes I wish I could just devote my days to researching, experimenting, and teaching others about how to live more naturally.

I hope that this booklet has helped inspire you to look at how you can start finding a connection to our earth through being mindful of your daily routines, and learning to increase your personal resilience. I think as a community we hold a tremendous body of knowledge, the key is finding ways to share it. I am so thankful to have this opportunity to share a bit of mine with you.



When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need

- Ancient Ayurvedic Proverb



Empowered  Sustenance

YOU CAN
DO ANYTHING,
BUT NOT
EVERYTHING.

-David Allen



People were created to be loved.
Things were created to be used.

The reason why the world is in CHAOS,
is because things are being loved,
and people are being used.

Never discourage anyone
who makes continual progress,
no matter how slow.



I AM READY NOW TO ATTRACT ALL THINGS
THAT ARE GOOD, HAPPY, HEALTHY, AND
LOVING INTO MY LIFE!



"The Earth is the Mother of all
people and all people should have
equal rights in it"

HINMAHTOO-YAHLAKET
(Jefe Joseph)



To plant a garden is to believe in
TOMORROW

- Audrey Hepburn

