

## SOLUTIONS TO HELP THE EARTH & YOUR HEALTH TODAY!

~Pick up trash off Mother Earth, especially at the BEACH !

Cigarettes & plastics end up in the ocean and animals eat the garbage.

~REDUCE, RE USE, RECYCLE

~RECYCLE ALL PLASTIC BAGS !!! 1 FAMILY OF 4 WASTES 20 GALLONS OF PLASTIC EVERY 3 WEEKS.

Rinse & wash all of your plastic (even candy wrappers) and take it to the grocery store to recycle it. They turn all plastic into pellets and remake new bags, compostie boards, and reusable bags. We all can solve this plastic problem.

~Conserve water ! How?

- Put a brick inside the back of your toilet to reduce the water being flushed down the toilet.

- Shut off the water while brushing your teeth.

- Water your plants with the water you wash your vegetables with.

- Turn off your hose spigot when you are done watering.

- Get rain barrels to water your garden. Everything that goes down the drain, ends up in the water we drink and in the ocean.

- Wash your paint brushes in a bucket outside and let it dehydrate outside.

- Throw the pharmaceuticals in the garbage not down the toilet. These synthetic drugs can not be filtered from the water easily and are causing disturbances in the health of children.

- Use natural biological soaps on your body. Everything that touches your skin goes into your body. Phthalates, parabens, phosphates are found in many body care products when we touch it into goes in to our liver. What goes on to soil ends up in the Aquifer & the Ocean.

~Fertilize responsibly: Use organic slow release granulated fertilizer during the growing times and not in the summer when the rains come.

Well nourished plants give you all the vitamins & minerals you need.

~Go Solar ! Florida has big rebates available same cost as your electric bill.

~Honor All LIFE ! Identify plants & Bugs before you kill them.

~Filter your water! Many toxins are in the water like chlorine and fluoride which deposit in the brain & gut and causes long term damage.

~Make your own cleaners. Peroxide & vinegar with the addition to essential oils work great and are antibacterial and healthy for you & your kids. Essential oils keep the bugs away too.

~Use natural pesticide & bug spray. Diatomaceous earth works great to keep the ants from crawling inside.

~Fire Ant KILLER: 1 cup Jelly, peanut butter, bacon grease, 3/4 boric acid, or 3 parts sugar to 1/3 borax. Place inside a plastic container with large holes drilled near the bottom, just big enough for the Ants to crawl inside.

\*\*Make sure honey bees cannot get to the jelly it could kill their colony.

~Reduce EMF radiation exposure. The WiFi sends so much radiation through your house. Keep cell phones away from your bed at night, it disturbs your own electrical system in your body causes endocrine disruptions and confusion, hair loss and premature aging. Do not sleep with a salt lamp next to your bed it pulls EMF's through the electric line. Unplug wifi & smart TV. Put a copper spiral near the smart meter or near Wifi.

~Plant more food & trees. Lawns are more maintenance, require fossil fuels and don't give us food.

~Permaculture is permanent agriculture . Grow edible landscapes and mulch with local mulch.

~THINK BEFORE YOU SPRAY HERBICIDES: these are killing off all life on a micro level & macro level.

Glyphosate /Round Up is causing major health issues in humans, such as lymphoma, autism, brain issues, kills gut flora, liver cancer, major carcinogens found in this product. It must be banned!!

COLLECT RAINWATER !

~WHY ORGANIC ??? Studies have proven that conventional foods are void of nutritional quality & full of pathogens, hormones, pesticides, fungicides & carcinogens that cause cancer and disease. Animals raised in crates & crowded conditions hardly see daylight & are pumped full of steroids & antibiotics because of this horrible farming method. Most are fed GMO's -genetically modified organisms, which are foods genetically

imbedded with animal genes & pesticides. What the animals eat, WE EAT. What plants EAT, WE EAT. Bad food chain!

Easy garden start up: Cardboard, fertilizer, mulch, 3-6 months it is ready to plant. Make a hole in the mulch, place 1-2 gallons of good soil in the hole that you are ready to plant, add 1 cup of good fertilizer in the hole mix it well and plant a veggie start in the hole. May need to fence it to keep out the bunnies.

~~~Like Ebb & Flow Farm ~~~~~Proceeds from Ebb & Flow Creations fund our mission~~~~

and support our non profit chapter~~~ Englewood Center for Sustainability! Like us all on facebook~  
TOXIC TEFLON !!!

Proven to release toxic chemicals into our food called Amonium Perfluorooctanoate linked to canc, birth defects, organ damage. Cadmium is released when the pan is overheated during frying. Teflon Flu- proven to cause flu symptoms, headache, backache & nausea. Aluminium linked to Alzheimers, highly reactive metal & leaches when salt or acidic foods touches it then dissolves into your food. Eating your way to Good Health !!!

Nutritional healing starts with a full change of eating habits. Not only just reintegrating good nutrition , but understanding the micro biome and importance of the reset of the system. When you reset your diet there is an overhaul of the micro organisms within the gut, so they can have a reaction which will cause loose stools and gas and bloating. Don't give up, know that your body is reorganizing the interior of microbes, so they put up a fight. They need a smackdown of healthy stuff too, the yeast go down fighting. So stick with the good food its just s reaction of chemistry until it changes. Take more probiotics to cull the bloating down. No diet is uniform for everyone, you must try to begin with elimination of foods, then reestablish them back in different healthier forms. What is most important is eating Organic food so your liver can detox. Remember that our agriculture system here in the USA does not regulate chemicals, they are not proven safe for human consulation, yet it is the industry standard to prove that they are dangerous. Most countries force industry to prove their safety, we have it reversed here. Try to go ahead and prove they are bad so they say, and most labs have very expensive testing. The FDA doesn't care enough to regulate farming. So Organic farmers who do not use chemically synthesized fertilizers that are byproducts of chemical industries are used and petrol chemicals used to kill pesticides dioxin, methamidophos, iprodione, procymidone, chlorothalonil, benomyl & maneb-dithiocarbamats sprayed on apples, grapes, strawberries, lettuce, pears, beans, bananas, & potatoes all contained residues not safe for human consumption

CLEANSE YOUR BODY !!!

WHY???

We are constantly exposed to environmental pollutions such as auto exhaust, lawn sprays, synthetic fertilizers, Round up/glyphosate herbicides, household cleaning products, cosmetics with chemicals. Skin is the largest organs and absorbs chemicals quickly. Many toxins are in municipal water, Industiral waste, dry cleaning fluid through clothes (methylene chloride, Alcohol, Tobacco smoke, synthetic Mega Vitamins, Bad Trans GMO fats, Cell phone, microwave radiation, X Rays & body care products.

FERTILIZERS & THE SOIL~ synthetic fertilizer, pesticide and herbicide, destroy soil's microbial ecosystem. Thus causing us to be the "God of the garden" giving us a constant job to fertilize the grass, kill pests and remove any plants we consider weeds. Which actually create diversity and attract beneficial organisms. What we are learning are those plants have medicine for us and the

soil. If we just allow the plants to naturalize they bring balance and without so much of our intervention we discover health returning to the gardens.

Just like our body, the plants and soil need natural sugars, amino acids, flavonoids, and fatty acids—that attract and feed beneficial microbial species while repelling and killing harmful ones. Just like our plants and soil, it is important for us to have a strong microbiome so we can naturally fight off diseases thus cladding our immune system with stellar armor. Now we truly see how much we are actually connected to our Earth.

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