

Nutrients Grow and Protect Life

Kelly Pomeroy, M.H.

Spring is a time of renewal and beginnings; buds, blossoms, and babies, bringing us joy and a newness of life. Knowing how to care for and create the best environment for this new life is important and affects us all.

I took a horticulture class while enrolled with *The School of Natural Healing* and was so impressed with principles I learned. I couldn't help but see a correlation between caring for the health of the earth and plants and caring for our body. The organic farmer, Steve Sprinkel, and economist, Charles Walter Jr., helped unearth fundamental truths of health for all living things. The points they addressed are ordered numerically and italicized, while my comparisons to animals/humans are below each item. These principles are also outlined in the book entitled *The Acres U.S.A. Primer*, by Charles Walters Jr.

1. *Fertilizing with only nitrogen, potassium, and phosphorus does not provide plants with all the nutrients they need.*

Eating food, only to fill our bellies, will not provide us with the nutrients we need. Nutrients that will truly feed the cells of our body are found in fresh produce, whole grains, nuts and seeds, that are rich in phytochemicals, enzymes, vitamins, and minerals which help protect, build, and repair the body.
2. *Plants properly fed protect themselves against insects and disease.*

People and animals, properly fed, have remarkable immune systems and elimination channels that protect them from infections and diseases. If you feed the body nutrient dense foods, the body will be able to protect itself and efficiently remove disease.
3. *Insects are nature's disposal crew and quite properly remove weak and diseased plants.*

Disease and sickness can serve as nature's garbage crew to help the body sweat out, break down and remove waste and toxins, thus getting the body to a healthier state. This is best accomplished by supporting the body's elimination channels of the bowels, kidneys, lungs, and skin as well as the liver and bloodstream. To learn more, see *Herbal Home Health Care*, appendix A.
4. *Weeds are indicators of the soils condition and using herbicides doesn't cure soil deficiencies.*

Disease is an indicator of the condition of the body and where nutrient deficiencies are occurring.
5. *Crop losses due to drought and cold are worsened by nutrient deficiency.*

Sickness becomes more intense and severe when our body is lacking nutrients.
6. *Chemical pesticides and herbicides wrongly salvage unfit crops.*

Some medications and supplements do not heal the body's core issues and ailments, but put "band aids" over them, masking deep deficiencies.

7. *Man-made chemical molecules do not exist in nature and do not break down in our lifetimes.*

Man-made chemicals do not exist in nature and have great difficulty processing through our body. Some examples would be herbicides and pesticides, hydrogenated oils, high fructose corn syrups, and some man-made medications that leave residues in the body that can remain for years and years stored in fatty tissues, the liver, bowels and bloodstream.

8. *The time for change is now.*

"Insanity is doing the same thing over and over again and expecting different results." This quote is reportedly from Albert Einstein. If we want to see change, we have to make needed changes.

One of the nutrients recommended for nourishing gardens is kelp. The organic farmer in the horticulture class sprays kelp onto the gardens and uses far less potassium, nitrogen, and phosphorus than most farmers. Their produce is healthier and less likely to get disease. Another great herb for nourishing your plants is comfrey. Making a tea of the leaves and/or root, provides a natural fertilizer, rich in nutrients, especially nitrogen, potassium, and phosphorus.

Dr. Christopher teaches us how to nourish our bodies in his book, *3-Day Cleansing Program and Mucusless Diet*. He recommends a diet of fresh produce, whole grains, nuts, and seeds. Supplementing with nutrient dense foods including kelp, black strap molasses, cayenne, and apple cider vinegar will revitalize, heal, and build strength in the body. The Mucusless Diet advocates avoiding dairy products and only consuming meat sparingly (very, very little amounts). 4

Whether we are bringing a baby into the world, raising children, planting a garden, or tending to our own health, may we consider these foundational truths of nutrition.

Kelly Pomeroy is a Master Herbalist and works for The School of Natural Healing. She is also a Foot Zone Practitioner and Instructor. She enjoys learning about health and plants, and sharing that knowledge with others. Kelly lives in Utah with her four children.

References

1. Walter Jr., C. (1992). *The Acres USA Primer*. Acres U.S.A.
2. The New Garden. *Principles of Organic Gardening with John Dromgoole* [DVD]. United States.
3. Christopher, J. (2004). *Herbal Home Health Care*. Springville: Christopher Publications.
4. Christopher, J. (2002). *Dr. Christopher's 3 Day Cleansing Program, Mucusless Diet, & Herbal Combinations*. Springville, Utah: Christopher Publications.