

YOUR ORGANIC BODY

I have been extolling the virtues of chemical free certified organic foods. It seems extraordinary that 30,000 tonnes of chemicals and 500 tonnes of antibiotics are needed annually to be able to produce food conventionally and none is needed under the “organic” system. You might ask how the certified organic farm grows lush nutrient dense food without harm to the environment, and not only sustains but may improve the soil.

The new vogue in health is nutrition. So, let’s go forward to the beginning. Food and the environment in which we live was always our medicine. It is today and always will be. It is also the basis of our social and family life, celebration and in the production of it, provides our means of living.

If everyone questioned whether the foods, we are offered will renew life, sustain it or deaden it we might make better choices in what we consume.

When I was a little girl (1940’s 50’s), my dad farmed organically. He ploughed with draught horses and he left the fields to go fallow (crop free) to rest for a season. He would plant a field of peas and plough them back in to put the nitrogen back into the soil. One of our jobs as kids on a dairy farm was to shovel the yard cow manure onto a slide and the draught horses knew to walk slowly up and down the field as we shovelled the manure onto the fields. What were we doing? We were farming organically! It wasn’t called “organic” farming then. It was what everyone did, and the soil was fed, and rested. Most of the time the rain came in season too. We drank water from tanks; all our vegetables were grown in the house garden, the soil fed with manures and compost. We drank raw milk which was about one quarter fat (cream) content. We could dig in a paddock anywhere and get the biggest worms to fish in the creek. We ran barefoot on the earth. And we were all well. No artificial fertilisers were used.

Phosphate fertilisers were introduced later. They became the latest and greatest innovation that every farmer had to have. This meant that he didn’t need to leave his paddocks go fallow and lose all that production time. And so, another decline in the health of the soils and society began.

Organic farming principles are the same now but more scientific. Feed the soil vegetable matter and seaweeds which has been left to rot to become compost (concentrated nutrient). Rock dust (minerals) is important too. Let the soil rest, and don’t compact it. Tractors compact the soil. Soil needs to be aerated, so oxygen can get in for the worms which contribute in every way to the health of the soil. Some organic farms still employ draught horses to do the work. When the soil is healthy, the plants are healthy and they will thrive if planted to grow in the seasonal conditions that are right, and even better still, if cultivated under the biodynamic principles, that take into account vibrational forces and moon phases. When grown in friable healthy soils the roots are more abundant and grow deeper, accessing moisture and minerals, and produce more nutrients per acre, and will better withstand drought. Healthy plants will not attract the pests, insects, fungi, and viruses as the less healthy conventional plants do.

There is a direct correlation in all of this to our own health. When we are fully hydrated, well rested, fully mineralised, and with healthy worms in our gut (friendly bowel flora), and we are fully oxygenated and completely nutritionalised by eating fresh foods that go rotten but eating them before they do, we too become resistant to disease. It’s called building up your immune system, so that we become immune to the pests, the viruses and bacteria. When adversity strikes, we have resilience just as the plants do. When we stay more in balance our hormones bring us joy, rather than grief. And we need the sun daily, just as the plants do, to bring growth and health to every aspect (cell) of our bodies, mind and emotions.

Healthy soil, healthy plants, healthy animals, healthy humans is a natural chain of events.

Concentrated nutrition comes in many forms. It can be in the most natural form of nuts, seeds, beans, whole grains, raw milk and meat products, fresh fruits and vegetables. It can also come in powders, liquids, tablets or capsules. These are called supplements, (a thing added to supply deficiencies -Oxford Dictionary) and are needed to take with the foods you eat if you are not eating the certified organic dense nutrition just mentioned. We can’t go back to the “good ole days”, but we can go forward with the knowledge of what causes soils to be healthy, capitalise on the knowledge and

enhance it, in the most effective way. You will see much more in mainstream about the importance of nutrition to do with our health. Even the scientists found out the other day that fibre in the diet is good for us!! They are catching up, albeit slowly, but we are ahead.

You can race ahead into excellent health and vitality by going natural, organic and using your own common sense and intelligence.

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