



Organic **Connections**

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The magazine of Peter Gillham's Natural Vitality

Dr. David Pascal

Nutrition for World-Class Athletes

Conservation International

Protecting Acres of Tropical Forest

Bob Cannard

Farming with Nature for True Taste

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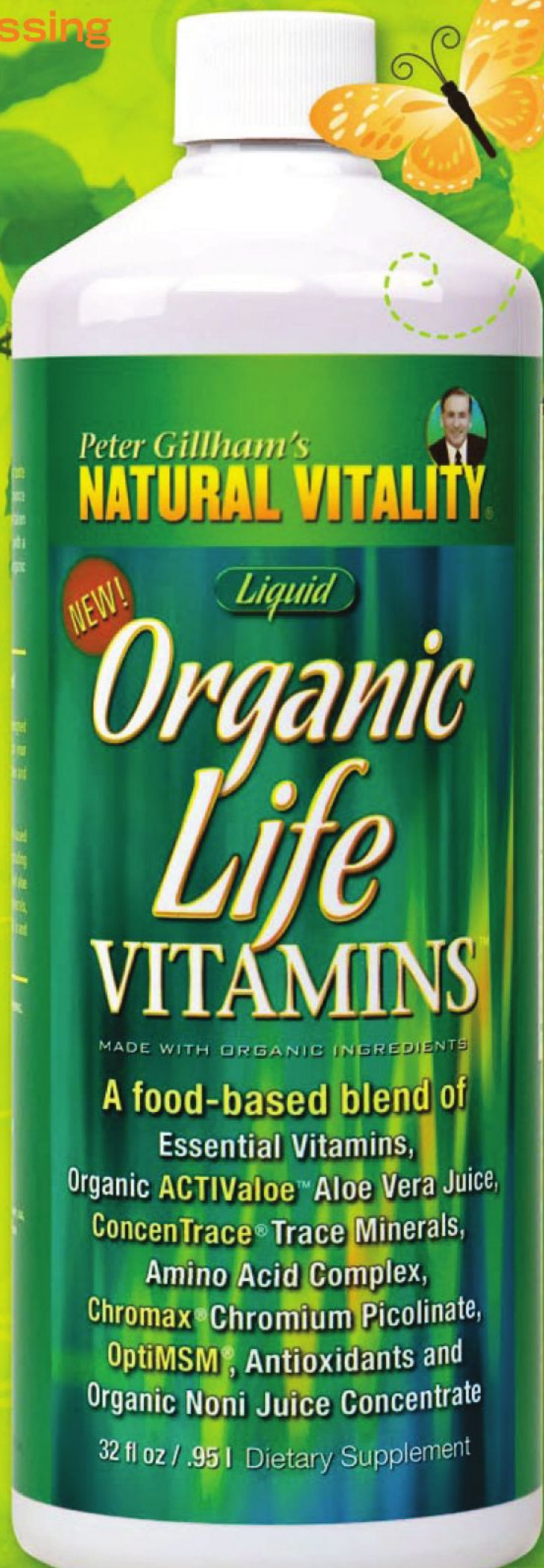
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The war of intelligence versus arrogance

In this issue



The dictionary defines *arrogant* as “having or revealing an exaggerated sense of one’s own importance or abilities.” It comes from the Latin root meaning “claiming for oneself.”

Why is this of interest? Because it helps to explain some of what we see around us. Rather than seeking to live with one another in a *civil* civilization, some opt for power and wealth (claiming for themselves) *no matter the cost to others*.

Arrogance brought us atom bombs; drugs with long lists of “side” effects; pollution; manufactured goods that can’t easily be disposed of; genetically modified crops; toxic fertilizers and pesticides; huge quantities of industrially farmed, nutritionally lacking “food”; gas-guzzling cars; the current economic crisis; and, sadly, the list goes on.

But, like every coin, this one has two sides. The flip side is intelligence. Our dictionary says it’s “the ability to acquire and apply knowledge and skills.” It also comes from a Latin root, but this one means “understand.”

Like it or not, we’re in a battle for the future of our race. The planet will continue—the only question is, will it continue to support mankind?

Unfortunately, it’s not only the various crises we have to deal with (war, economy, environment, energy, health...), it’s also the fact that in each of these situations there is a battle between intelligence (trying to improve conditions) on one side and arrogance (seeking to keep things just as they are for personal gain) on the other. If you ever thought that some of these disasters might not be all that *natural*, then you get the idea. Turns out we’re not all on the same team.

The good news that doesn’t make the “news” is that there are a lot of people who realize that life on this planet is an *interdependence*. There are some good examples in this issue. We have a doctor who specializes in using natural nutrition to support world-class athletes, an environmental organization that is saving tropical forests from being slashed and burned, and a farmer who works by understanding nature to produce high-nutrient fruits and vegetables with “true taste.”

The interesting thing is that arrogance is built on lies. It seeks to use wealth and force to sustain its power. Intelligence seeks to live with the truth. Telling the arrogant from the intelligent is quite simple. Look at the results. If there’s pain, suffering and death involved, it’s arrogance. If there’s life, health and happiness, it’s intelligence.

Ken Whitman
PUBLISHER

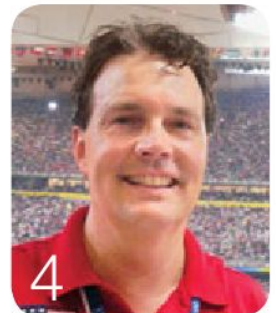
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or•gan•ic [ôr gan’ik]

denoting a relation between elements of something such that they fit together harmoniously as necessary parts of a whole: *the organic unity of the integral work of art* • characterized by continuous or natural development: *companies expand as much by acquisition as by organic growth*.

4 Dr. David Pascal

A gold medalist in the 1983 World Games, Dr. Pascal specializes in working with world-class athletes. In Beijing, his athletes won 20 medals (including 10 gold). He talks about his views on nutrition.



7 Conservation International

Through its Protect an Acre program, CI has saved 18,000 acres of tropical forest. Add to this the 143 million acres it has already preserved and you’re seeing seriously effective environmental action.



10 Bob Cannard

This natural farmer supplies fruits and vegetables to famed chef Alice Waters and works with nature to grow nutrient-rich produce that has “true taste.”



NATURAL REVITALIZATION

A portion of the profits from the sale of *Natural Calm*® and *Organic Life Vitamins*® goes to our Natural Revitalization environmental action initiative addressing global warming, which helps fund **Conservation International** (www.conservation.org) and **Remineralize the Earth** (www.remineralize.org).

Dr. David Pascal

Nutrition for World-Class Athletes

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Whole books have been written on the subject: what kind of nutrition does it take for a body to blaze through, break world records and win medals? Dr. David Pascal knows.

A Cary, North Carolina-based chiropractor and nutritional expert, Dr. Pascal comes by the field honestly. He is a world-class athlete himself—a gold medalist in the 1983 World Games for the 1,500-meter run—and hence it was a natural progression for him to specialize in track-and-field competitors when, twenty-two years ago, he began his chiropractic practice. Since then he has treated athletes at 2 Olympic Games, 3 World Championships and 25 US Championships. In Beijing, the athletes Dr. Pascal has worked with over the last two years won 20 medals—10 gold, 5 silver and 5 bronze.

Dr. Pascal recently sat down with *Organic Connections* to share his experiences—and some of his advice.

Under the Hood

When new athletes come to Dr. Pascal, is there a particular regimen that he immediately puts them on? The short answer: no.

“It’s totally individualized,” Dr. Pascal said. “It depends on that athlete and their needs. I look at their nutritional intake. So I need to know, How much processed food are they eating? Are they eating organic foods? Are they eating raw or cooked foods?”

“I put them on a baseline nutrition program, which includes essential vitamins and minerals such as magnesium, CoQ10 and amino acids. I also put them on MSM,

which is the third most abundant nutrient in the body and assists cellular repair. As they go through the season, I may see a need for a liver, kidney, colon or even a total body detoxification, and I’ll run them through those as needed.”

Dr. Pascal will recommend dietary changes if requested. Some athletes actually have him choose everything they eat; for others he handles only their supplements.

One mineral that Dr. Pascal finds essential to athletic performance is magnesium. “Magnesium is actually the ‘stress mineral’ and is needed for about 350 different chemical processes within the body,” he said. “By *stress mineral* I mean that a body uses a lot of magnesium to handle physical stress, chemical stress and mental stress. Of course, athletes are under a tremendous amount of

the Olympic Trials, I treated 40 of my athletes. One of the things I really had to be concerned about was the heat and muscle cramping, and so I used magnesium preventatively. ‘Take your magnesium.’ That’s the first thing I said when I saw the athletes in the morning and the last thing I told them at the end of the day. None of my athletes had muscle cramps—before, during or after their races.”

Unfortunately, that same advice was not given to those who weren’t his patients. In the same trials, a top American sprinter, not being treated by Dr. Pascal, ran the fastest time ever run by a human being in the 100-meter dash. Five days later, he came back to try out for the 200-meter. Just into the race, his leg went into spasm and he fell. The result was a partial muscular tear. This

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Cramping: the Mortal Enemy

Magnesium is also essential in addressing an issue common to almost all of the athletes treated by Dr. Pascal—muscle cramping. “When athletes first come to me, many of them have a history of cramping up. They get muscle cramps in their workouts and even in their races. When that happens, I know they do not have enough magnesium in their bodies.”

Being so aware of this vital magnesium requirement, Dr. Pascal has virtually eliminated this issue for those he treats. “When I was in Eugene, Oregon, this summer for

same athlete had won three gold medals at the previous year’s World Championships and was favored for three gold medals in Beijing; but with the torn muscle, he had to suspend training. He had healed by the time of the Beijing Games, but having lost the training time, he wasn’t in shape to truly compete.

“Cramping is a very serious business for these competitors,” said Dr. Pascal. “It doesn’t matter how many gold medals you have or how many world records you’ve set, if you get a muscle cramp, you’re going to fall flat on your face and that’s the end of it.”

High temperatures were also a factor at the Olympic Trials and in Beijing, as heat can be a very heavy contributor to cramping. “Heat affects you because you will be sweating more,” Dr. Pascal explained. “As you sweat,

Opposite page, clockwise from top left: Dr. Pascal in Beijing. Men’s 4x100-meter final “anchor leg” runners waiting for batons. Some of Dr. Pascal’s athletes: Me’Lisa Barber, World Championships gold medalist; Beijing double gold medalist LaShawn Merritt (white top, in the lead) at the World Championships men’s 400-meter semifinal; James Carter, World Cup gold medalist.



OUR BODIES NEED **EXTRA SUPPORT**, AND USING NUTRITION THAT HAS HELPED SOME OF OUR GREATEST ATHLETES CAN CERTAINLY MAKE **A MAJOR DIFFERENCE** IN OUR BODIES TOO.

you're going to be losing magnesium, which is water soluble. In addition, you'll be sweating out electrolytes, and of course water too. These losses mean that the ratio of calcium to magnesium will be changing in the body: the percentage of calcium will increase; and since calcium is a muscle contractor, the muscles cramp and that's it.

"Additionally, most people think that they have a problem with heat due to the high temperature or humidity," Dr. Pascal added. "This isn't true. Heat builds up in the cells primarily because there are not enough minerals and electrolytes to carry the heat out of the cells. If there are enough of these elements along with water, it wouldn't matter how hot it was—the cells would never overheat and people would never get heat stroke, because the minerals would transfer the heat out of the cells."

Bioavailability of Nutrients

Dr. Pascal is very particular about the nutrients he gives his patients. "It doesn't matter how much of something you take if your body cannot absorb it and use it," he said. "The nutrition that you take has to be 'bioavailable' to make it into your system and go to work."

For magnesium, he gives his athletes *Natural Calm Plus Calcium* from Peter Gillham's *Natural Vitality*. "I like to use the *Calm Plus Calcium* because it has 600 milligrams of magnesium and 400 milligrams of calcium in a water-soluble form. You're getting 50 percent more magnesium, which is good because most athletes—and most people in general—tend to have a high amount of calcium in their diets and not enough magnesium. It also has other elements, such as potassium, vitamin D3, vitamin C and boron, to increase its assimilation. Best of all, *Natural Vitality's* unique formulation has a high bioavailability so the body can actually use what it is taking."

As a general vitamin and mineral supplement, he uses *Natural Vitality's Organic Life Vitamins (OLV)*. "OLV is like the kitchen sink—it has everything in there," Dr. Pascal said. "Instead of having to take 12 bottles of

something or 20 different pills, you can take one drink of *OLV*. It has B, C, A, D and E vitamins. It has minerals, and also amino acids, which are the building blocks of protein. It has MSM, a full range of trace minerals, plus whole-food functional nutrients from organic aloe vera."

Crossing the Line

Dr. Pascal's amassed knowledge in both chiropractic and nutrition has led to some remarkable results.

One shining example is LaShawn Merritt, who won two gold medals in Beijing. Merritt has been a patient with Dr. Pascal for three years and has consistently obtained better results under his care. "I started working with LaShawn in 2006, just after he turned pro," Dr. Pascal related. "At the end of our first year together, LaShawn told my daughter, 'Your dad is amazing! Every time he treats me, I run faster!'"

Merritt's words almost became a prophecy. That year he came in third for the

400-meter in the World Athletics Final. In 2007, at the World Track and Field Championships, he came in second, taking home the silver medal.

"Each time he raced, he just kept getting better," Dr. Pascal said. "In 2008, we went to the Olympic Trials and he was having some cramping problems. I just upped his dosage of *Natural Calm Plus Calcium* and made sure he was taking *OLV* and other nutrients as well. He won the trials in a huge upset over the defending Olympic champion."

In Beijing, the climate was formidable. Temperatures were in the upper 90s with 90 percent humidity, and Dr. Pascal was again worried about cramping. "I just kept saying, 'Take your *Natural Calm Plus Calcium*. Take your minerals. Take your *OLV*.' LaShawn never had any muscle issues at all, while a lot of others did because of the extreme heat."

Merritt went right to the top, winning the gold medal in the men's 400-meter by the largest margin in the history of the Summer Games, and then scored his second gold medal while helping to set a new Olympic record in the 4x400-meter relay.

High-Performance Proving Ground

Just as he would with his many regular patients, Dr. Pascal concluded by reminding us that it's not just world-class competitors who require nutrition. "Athletes are pushing their bodies to the limits of human performance. The nutrition that they take plays a major role, not only in allowing them to do that, but also in facilitating recovery from stresses and in preventing their bodies from breaking down."

"These elite athletes act as a real-life high-performance human proving ground that bears out the benefits and efficacy of nutritional products. Although you and I may not be under the same high level of physical pressure as elite athletes, we actually live on a chemically, physically and mentally challenging planet. Our bodies need extra support, and using nutrition that has helped some of our greatest athletes can certainly make a major difference in our bodies too."



Mechelle Lewis, gold medalist in the World Championships and Beijing Olympian on the US team, has been using *Natural Vitality* products since 2007.



Conservation International's Protect an Acre Program Lets Everyone Play a Part in Salvaging Our Planet





What could possibly motivate a superstar of Harrison Ford's caliber to be filmed having his chest hair ripped off with a leg-waxing strip? In Mr. Ford's case, it could be only one thing: something he cares about deeply.

In this humorous but extremely communicative public-service announcement for Conservation International, the *Indiana Jones* star is seen entering what appears to

portion of chest hair, then Ford looks back at the camera) "...really hurts us over here."

So was launched, in May of this year, Conservation International's "Protect an Acre" campaign, enabling anyone and everyone to save an acre or more of endangered forest.

"Protect an Acre is part of our larger campaign to raise awareness for the role of forests in helping mitigate climate change," Beth Wallace, Vice President of Digital Marketing for Conservation International, told *Organic Connections*. "Our larger campaign points out that 20 percent of the world's carbon emissions come from the destruction of forests. It's a fact that many people aren't aware of, and we wanted to raise awareness for that fact and also give people who want to take action a chance to help protect forests."

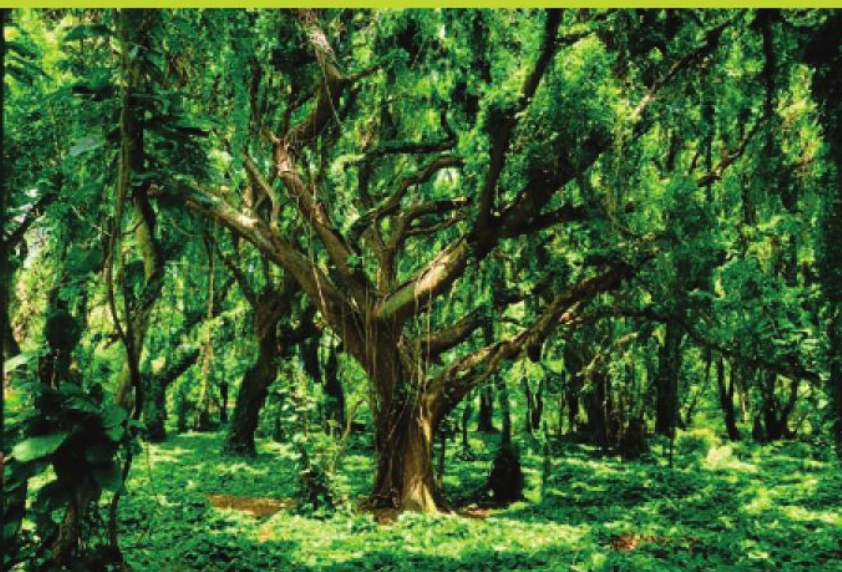
The campaign and its accompanying Web experience are CI's attempt to generate this

Central America, and 5 in South America. The website allows the visitor to focus in on these regions and the specific areas targeted for protection.



Such focus is an experience that will definitely motivate one to donate. For example, under "South America" one finds the Tropical Andes. The richest and most diverse area on Earth, the Tropical Andes region contains about a sixth of all plant life

OVER THE PAST THREE YEARS CI, IN CONJUNCTION WITH ITS PARTNERS, HAS CONSERVED **143 MILLION**



be a high-tech beauty salon. His voice-over says, "When rain forests get slashed and burned, it releases tons of carbon into the air we breathe. It changes our climate..." Shortly he is seated, shirtless, in a stylist's chair. As a frocked woman applies the waxing strip, he speaks to the camera: "Every bit of rain forest that gets ripped out over there..." (a close-up follows of the strip being briskly yanked, removing a neat

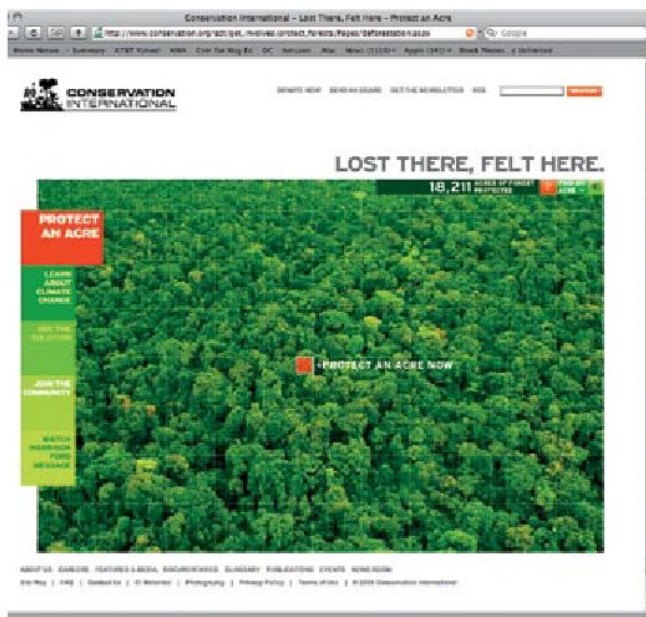
awareness and to raise money to further their work in the 34 designated "biodiversity hotspots" throughout the world. CI's scientific investigation has shown that over 50 percent of the world's plant species as well as 42 percent of all terrestrial vertebrate species live in these 34 regions, the world's most biologically rich but most threatened places. These include 8 in Africa, 13 in Asia-Pacific, 4 in Europe and Central Asia, 4 in North and

on less than 1 percent of the world's land surface. Among the plants is the Andean bromeliad—a species that requires 100 years to mature. Animal life includes the threatened yellow-eared parrot, the yellow-tailed woolly monkey and the spectacled bear. This hotspot also maintains the largest variety of amphibians in the world, with 664 distinct species. Alarming, almost 450 of these species are listed as threatened.

Although a quarter of its habitat still remains, the region is facing a variety of threats including mining, timber extraction, oil exploration and narcotics plantations, which are all expanding due to the continual growth of many large cities in the region. The cloud forests are facing increased pressure from hydroelectric dams. Invasive species such as the American bullfrog and grasses for cattle grazing are becoming problems as well.

But it's obvious that the Protect an Acre program is making a difference. The campaign's innovative website shows a screen-sized block of green forest divided into square "acres." Mousing over the squares reveals individual names and the number of acres each person has donated to protect. So far, 18,000 acres have been saved, and more are being rescued by the minute.

A central red square invites viewers to "protect an acre now," and clicking on it takes



ACRES OF FOREST—THE EQUIVALENT OF REMOVING 10 MILLION CARS FROM THE ROADS



them to the appropriate page. Donating is affordable even in these uncertain economic times; the cost is \$15 per acre, and you can start with as little as one acre.

Saving such regions is a task that CI has taken on effectively. Over the past three years CI, in conjunction with its partners, has conserved 143 million acres of forest—the equivalent of removing 10 million cars from the roads. Saving these lands means much

more than protecting trees: it also protects the habitats of threatened and endangered species and preserves the livelihoods and incomes of local communities.

"CI feels that this is an important solution in the entire portfolio of projects that fight climate change," said Wallace. "So many of the energy and technology solutions are years or even decades away from coming to reality. Protecting standing forests is

something that we can do today and has an impact today."

Peter Gillham's Natural Vitality is proud to be a partner in Conservation International's Center for Environmental Leadership in Business. If you would like to protect an acre or more of tropical forest, visit www.conservation.org and follow the link to the Protect an Acre program.

Bob Cannard

Farming with Nature for True Taste

by Bruce Boyers





America has a health crisis. We're concerned about cancer, heart disease and osteoporosis; there is an epidemic of obesity and diabetes; and it seems that despite the endless parade of TV commercials touting the latest wonder drug, the only thing that we can count on is skyrocketing healthcare costs. The causes behind this crisis appear to be mysterious and unknown, apparently only solved by throwing more and more money at it.

Old-school dietitians continue to tell us that if we eat a balanced diet, all will be well—this despite the fact that our food

point where good or bad health originates.

There are a few farmers and agriculturists who have thrown away the “standard” texts and procedures of farming. They are raising crops that are free of disease, pests and chemicals *and that have nutritional values far beyond the norm*. And yet, they insist, this is what the norm should be.

One of these farmers, a leader in what is becoming known as the “Real Food” movement, is northern California grower Bob Cannard, who has been evolving and refining his unorthodox methods for nearly 30 years. The produce from his fields is so

Connections had heard a great deal about Bob and his crops, and had also heard that his growing methods hark back to nature in ways rarely seen.

Recently we decided to go check it out for ourselves. We had no idea what kind of adventure we were really in for.

Chez Panisse

Before setting off for Bob's Greenstring Farm, we decided to sample a few of the results beforehand. Achieving the near impossible and managing to swing a lunch reservation, we stopped off at Chez Panisse in Berkeley, California, and ordered six dishes from the menu that we knew would contain some of Bob's vegetables.

There is really no way to describe the experience that crossed our palates. Items like dandelion greens that would normally be bitter were full of a rich flavor that bordered on sweetness. The cauliflower, eggplant, tomatoes and other ingredients made it seem as if we'd never really tasted these foods before but had only been given a small hint of what was truly possible.

By the time we had finished our meal and had contacted Bob to let him know we were on our way, we were more than ready—armed with cameras and tape recorder—to discover some of the secrets behind this unparalleled flavor experience.



today has lost between 15 and 75 percent of its nutrient value, largely due to industrial farming practices.

If you buy into the concept that, physically at least, you are what you eat, then you have to go back to the farm and the soil as the

bursting with taste and nutrition that, a number of years ago, he was handpicked by world-famous chef Alice Waters to supply fruits and vegetables to her Chez Panisse restaurant, renowned for its completely organic cuisine. I and others here at *Organic*

THE PRODUCE FROM HIS FIELDS IS SO BURSTING WITH TASTE AND NUTRITION THAT, A NUMBER OF YEARS AGO, HE WAS HANDPICKED BY WORLD-FAMOUS **CHEF ALICE WATERS** TO SUPPLY FRUITS AND VEGETABLES TO HER **CHEZ PANISSE** RESTAURANT.

IF YOU WANT TO GET SOMETHING THAT HAS **TRUE TASTE**, THEN IT HAS TO ARISE, IDEALLY, FROM PHYSICAL COMPLETENESS OF THE PLANT, AND THAT PLANT HAS ITS OWN FULL-SPECTRUM NUTRITIONAL **MINERAL-GENERATED BALANCE**.

The Divergence from “Tradition”

Having driven north of the San Francisco Bay Area for about an hour, we found ourselves in the rolling green hills bordering California’s famed wine country and turned into the long dirt drive that led us to Greenstring Farm. Parking next to others who had come to purchase produce from the farm’s open-air market, we were immediately overwhelmed by a profusion of scents. Even from some 100 feet away, the health of these fruits and vegetables was readily apparent.

We were then greeted by Bob Cannard himself, a tall, gray-haired man, covered from head to foot in the dust of his trade, with a piercing, intelligent gaze.

To begin, we were treated to Bob’s philosophy of the land, which runs almost entirely counter to that of modern farming practices. “I have developed a concept of using the plants that I grow as an indicator of their completeness and their physical health: their color, their posture, their texture, their symmetry, their anchorage of the soil,” he said. “The plant is naked and we’re the ones with the sensory capacities and observation of every detail of the plant, right down through the taste.”

To demonstrate, he walked us out to

a field. He got down on his knees and attempted to uproot an extremely robust looking red pepper plant. Despite application of all his strength, he was unable to do so and had to try several plants before he found one that would come loose. He finally freed it and held it up for us to see. The roots were obviously very alive, almost seeming to actively reach back for the soil from whence they came.

“This is what you want,” he told us. “You want a good, strong, highly diversified root system that has lots of branches to it, holding on to the soil. This is a fibrous, ‘I’m happy where I am,’ diversified root. There’s even a worm here—a youngster—an indication of healthy, aerobic soil. If a plant is malnourished, there will be a small number of long, narrow roots looking for stuff, instead of what you see here.”

“If you grow a plant to physical completeness, then it doesn’t have any internalized hunger,” Bob continued. “Freed from internalized hunger, the plant is able to form and function all of its systems to completeness, including its immune system. It builds all of its regular molecular sugars to completeness and runs its body effectively. And beyond that, it gets to manifest its flavor, its refinement of taste and its release of energy in your system.”

Remineralization

Bob rose and hefted a large bucket he had brought along. He made his way down a row of Italian dandelions—the very same sort we had sampled earlier at Chez Panisse. He then turned toward us and began throwing dust from the bucket across the crop as he made his way back up the row.

“This is rock dust,” he explained. “It has about 70 common elements and holds thousands of different mineral compounds. It’s those compounds that biological systems use as the catalyst to control all activities of life. We’ll use about 100 pounds per acre per year of the crushed rock directly applied to the crop, like I just did.”

A foundation for Bob’s success with crops is his utilization of these minerals, and also minerals from seawater. “In natural process gardening, you use study of nature,” he said, “and you see that up in the high mountains the rocks start big and they tumble against one another and pulverize each other, along with all of the softer elements, and most everything goes into the solution of the floodwater. It carries what I call the ‘mineral tea’ from the mountain to the flood plain and brings a new mineral recharge every time there is an incidence of flooding. When we plow up the soil and use commercial fertilizer and remove all of the organic food for people and do nothing for the soil, the soil biology begins to collapse. As the biology collapses, the soil loses its surface area and begins to turn into a hard, unworkable reduced level of clay or aggregate of some sort, depending upon where it lies.”

Where modern farming applies chemical fertilizers and nutrients to try and alleviate this problem, Bob simply returns the soil to its original native state. The difference is astounding: while conventional crops are plagued by pests and disease, which then have to be treated with yet more chemicals, Bob’s crops are both pest and chemical free.

“Pests” as Diagnosis

Part of the reason Bob has no problem with insects is that he doesn’t oppose them; he sees their presence in a diagnostic light.





"I don't look at bugs as pests at all," he said. "I don't do like everyone else and take a stance of adversity with nature. That's our historical training—to have adversity with nature. Instead, I look at bugs as what they are: indicators of plant health."

Bob explained that plants have innate immune systems. Just as with humans, if a pest is attacking and destroying the plant, there is some deficiency that is allowing this to occur. Remedy that deficiency and the pests vanish.

"We teach our agricultural students to deal with nature as though it's hateful, like it's a war out there—you've got to *kill* the bugs!" Bob said. "No. Bugs and plants are intimate and you need both of them. Then we talk about weeds as if *they're* the enemy. They aren't the enemy either."

How true this is. Millions of dollars are spent yearly by herbicide companies researching the most efficient ways to kill weeds without poisoning crops. Bob paused to give us an example of his own methods in this regard. "See between these rows of eggplants? We have a fine eggplant crop, which is still the dominant crop, still blooming and still setting fruits; and if you look directly *between* the rows of eggplants, you will see a winter cover crop starting to happen. This is time-space sharing. Soon we'll have a frost and the eggplants will die, and all the sunlight and space will come to the winter soil-support crop, and so nature will get its lunch."

It was fascinating to think that a traditional farmer, seeing the "weeds" growing between Bob's crops, would be wondering why Bob hadn't used a herbicide to eliminate them. And there we were, seeing these plants being used to assist the soil and the growth of the primary crop—which, incidentally, was thriving.

Going a little farther on, Bob showed us another example. "These are cauliflowers, and most of them have been harvested. At the same time, the soil isn't bare; it's filled with soil-support crops. In this case it's mostly purslane, which is a very good companionship weed." This means that plant matter goes back into the soil, which actually requires it.

Bob turned and pointed out an entire field that had been planted with a soil-improvement crop instead of a harvestable crop for humans. "When you grow a soil-improvement crop to full maturity and allow it to die of its own volition, you get several benefits," he explained. "The first

physical benefit is you have durable organic matter, and you actually build soil with that. You get a steady-state food reservoir happening in the soil that isn't used up by the soil biology. Some of this food supply carries on to the next year, and some of it carries on to following years; so it actually builds soil as time goes on. Just like in nature: you find the oak tree leaf that's falling off now, and last year's leaf, and the year before's leaf. In temperate-forest-like conditions, you'll have about 15 years' worth of accumulated organic matter that provides this steady state of nutrient



reserve and protects the soil from all the vagaries of our environment."

The Whole Truth

Near the end of our visit, which included a tour around the farm in Bob's pickup, we were treated to tomatoes we plucked ourselves right from one of his fields. The taste literally exploded in our mouths.

"You can eat a junky tomato and it doesn't do anything for you," Bob said. "You can stop right now, go to some deli or another 'good' place, and you can get a tomato sandwich, let's say, and you can eat it. The tomato was picked green; it wasn't grown for completeness in the first place. Or, you can go get a well-grown tomato: you can bite into it, make a sandwich out of

it, whatever you're going to do—you can *taste* it; you can feel its energy immediately flowing into your bloodstream."

As for myself, I *could* feel that energy entering my system.

Bob concluded our visit with a statement of the direction farming needs to take if we're ever to improve nutritional conditions on Earth. "We need to change the paradigm, and instead of agricultural students being taught adversity with nature, *dominance* over nature, we need a first-semester course in recognition of plant health characteristics. There's not a single textbook out there that talks about plant health characteristics in a broad-spectrum fashion. It should be a first-semester required course.

"If you want to get something that has true taste, then it has to arise, ideally, from physical completeness of the plant, and that plant has its own full-spectrum nutritional mineral-generated balance. And then you're going to feed that to your child, and the child's going to get it. If we could start growing plants as I attempt to grow them, we could feed our children this flavor- and nutrient-rich food that's grown with intelligence. We just need to use our senses to observe the posture and the color and the texture and the anchorage and all these other kinds of things with plants.

"We have cultures that have highs and lows because of food supplies alone. We breed up a lot of people, then we exhaust the nutritional foundation of the regions that those people grew up in. They then denude and exhaust the food-productive capacity, the forest capacity, the fuel capacity, the fabric capacity, of the soil.

"We've been taking trillions of dollars and using it to try to manage the people of Iraq. We could have taken these same trillions of dollars and we could be well on our way to turning the Sahara Desert into a meadow. We'd have millions and millions of people in the African continent—people who suffer from the lack of opportunity of human expression, which starts with food on the table and the opportunity to do something for compensation—to put food on the table for the next generation that a parent is responsible for. They would have employment opportunity and they would have constructive activity. That's a choice in life, and we have a life of choice."

To learn more about remineralization and the Real Food Campaign, visit www.remineralize.org.

Winning Formula



Feel healthier—be happier!

*These statements have not been evaluated by the Food and Drug Administration. Products mentioned are not intended to diagnose, treat, cure or prevent any disease.

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Natural Calm Plus Calcium is designed for sportspeople, for those who work out and for anyone who is physically active. It features a 3-to-2 magnesium-to-calcium ratio to make up for magnesium lost during physical exertion, as well as the nutrients needed for optimum calcium absorption. This formula has been proven in competition by world-class athletes to prevent muscle cramping and other symptoms of magnesium depletion.

Natural Calm Plus Calcium is available through major distributors or from Peter Gillham's Natural Vitality: 800.446.7462.

For more product information, visit www.petergillham.com.