



A NEW BODY LIFESTYLE PROGRAMS

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“Can You Dig It?” ~ Part 1

Transform Your Urban Landscape into an Edible Landscape

In the words of an American icon and Soul Singer *Ancestor* Marvin Gaye, **“What’s Going On?”** and **“Mercy Mercy Me (The Ecology)!”** What’s going on with American’s fast-paced and disconnected lifestyle? We’re eating and drinking on-the-go out of bags, boxes and plastic/styrofoam cups. By literary “inhaling” our food, we’re not taking the time to leisurely enjoy eating our meals with unfortunate consequences. Excessive electronic so-called communication ~ cell phones, black berries, blogging, emailing, twittering, etc. with Electromagnetic Radiation Field/Fluctuation (EMF), Radio Frequency (RF) Radiation and Wireless Internet (Wi-Fi) health exposure and hazards. Over the past 20 years, Americans have become increasingly sedentary, and these lifestyle choices have led to an overweight and obese population. By mimicking their parent’s lifestyle behaviors, for example, excessive television viewing, over consumption of processed foods, poor nutrition and eating habits, and a lack of physical activity, children have been caught in the middle. With obesity from childhood to adulthood reaching epidemic proportions, the medical industry is experiencing a surge in diagnoses of Type 2 diabetes, cardiac disease, liver damage, joint pain and lower back problems in our youngest youth. With this industry becoming increasingly unaffordable, inadequate and non-delivery of medical care amongst many communities in the richest and best country in the world, **what’s going on?**

We’re confounded by how children (and adults for that matter as well) don’t understand their connection to the Earth they walk on, where food actually comes from, and what real food actually tastes like. It was such a thrill to witness our First Lady Michelle Obama, plant an 1,100 Square Foot Organic “VICTORY GARDEN” and herb section on the southeast corner of the South Lawn at the White House on EARTH DAY ~ March 20, 2009. This is the first White House vegetable garden since Eleanor Roosevelt’s during WWII, came partially in response to pleas that the White House promote locally grown food. Mrs. Obama said the project would give the First Family access to healthy fruits and vegetables and educate the students and the country on the importance of a healthy diet. "What I found with my girls is that they like vegetables more if they taste good," Mrs. Obama says. "Especially if they were involved in planting it and picking it, they were more curious about giving it a try." What an important lesson and example for children of ALL AGES (meaning us adults too) to experience growing and eating REAL & GOOD food. Also, and for youngsters to know that food does not come from the grocery store, out of bags & boxes, and thinking that cucumbers sprung fully grown, wrapped and adorned with stickers from the supermarket womb!

For these and many other reasons, we’re embarking upon a series of **“Can You Dig It?”** articles: “Turn Your Home Into A Victory Garden”, “Transform your Urban Landscape into an Edible Landscape”, “Your Homegrown Supermarket”, “Turn your Home Into A Farm to Feed You and Your Family”, “Eatin Good in tha Neighborhood”, etc. including topics pertaining to:

- Principles of Permaculture (**permanent agriculture**)
- Soil Deficiency and its effects on nutrition.
- Soil Remediation
- Composting

- Types and Styles of Gardening: Container, Gardening in Small Spaces, Square Foot, Raised Bed, Children Horticultural Therapy...
- Plant Selection: Heirloom, Hybrid, Conventional
- Planting Cycles: Succession or Year-Round Gardening
- Herbs to Know
- Spiritual, Mental and Physical Health and Benefits
- Intergenerational Communication and Interaction

Home gardening continues to grow in popularity. One of every three families does some type of home gardening, according to conservative estimates, with a majority of gardens located in urban areas. Texas gardeners can produce tasty, nutritious fruits and vegetables year-round. We're already seeing organic seeds being back-ordered, out-of-stock and not available. It would be a good idea to shop for your favorite organic seeds, as well as saving seeds grown from your own fruits and vegetables.

There are many reasons why people enjoy gardening:

- Growing delicious fresh fruits, vegetables, herbs and edible flowers that taste good.
- Relaxation
- Good exercise.
- Personal satisfaction.
- Learn about and enjoy nature.
- FUN!

As we all strive for optimal health while inhabiting and being conscientious good stewards of Mother Earth, may we Eat, Drink, Wear, Live and Be GREEN!!!

We're creating a "**Can You Dig It?**" Network, please contact us at (713) 639-3571 or mail@acwbinc.org placing "**Can You Dig It?**" in the **SUBJECT HEADING** with your favorite:

- Gardening Clubs, Farmer's Markets, Junior and Master Gardener Programs, County Extension Programs, etc.
- University Agriculture and Sustainable Living Programs, etc.
- Places to shop for seeds, seedlings, plants, flowers, soil, containers, supplies, etc.
For example, in the Greater-Houston Galveston area: Back Yard Gardner, Buchanan's Native Plants, Wabash Antiques & Feed Store; in Austin: Natural Gardener, and the Garden-Ville Stores throughout Texas.
- Favorite websites for articles, growing tips, seed and plant purchases, etc.

REFERENCES:

Introduction to PERMACULTURE Bill Mollison with Reny Mia Slay ISBN # 0-908228-08-2

PERMACULTURE: A Designer's Manual Bill Mollison ISBN # 0-908228-01-5
Tagari Publication www.tagari.com

Maisha Tianuru and **William Hancock** are Alternative Wellness Specialists, coordinating activities for the **www.ACWBInc.org** Health Network established in 1994 to disseminate **Natural "WHOLISTIC WHEALTH"** care information for the spiritual, mental, emotional, physical, financial and legal well being of humankind.