



www.natureswayresources.com

JOHN'S CORNER:

NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

by John Ferguson

We often talk about the benefits of seaweed in gardening to help plants grow, as both a foliar and soil fertilizer to strengthen a plants immune system. Many folks take seaweed supplements to support their general health.

Another interesting use of seaweed has been found. By adding small amounts of seaweed to cattle feed, it reduces their greenhouse gas emissions by 82 percent. PLoS ONE (2021)

Since seaweed is from the ocean, it is full of trace elements needed by all life, which will make the beef more nutritious. Additionally, some of the trace elements will end up in the manure which will slightly increase its value for composting and gardening.

Natural News had an article back in March titled "Is the money you Save buying GMO foods worth the price of cancer later in life?". If one buys organic foods for 20 years (two decades) one would spend an average of \$83,000 more. In just 5 years fighting cancer one will spend over \$60,000 out of pocket plus and additional \$30,000 per month near the "end" for cutting edge cancer treatments that do not save you anyway. Not to mention the suffering and extremely poor quality of life.

This is only one disease or health issue they looked at. If all the others from asthma, allergies, disease, stroke, heart attack, diabetes, etc. then the cost of eating poor quality food is many times more over one's lifetime.



www.natureswayresources.com

Each year as we learn more, the reasons to be an organic gardener and grow as much of one's own food as you can (or at least buy from your local farmer's market) increase.

Last week we mention a book "Your Brain on Nature" and the health benefits of being a gardener. A study by researchers at several universities have found another benefit of being in nature. They discovered that natural sounds are good for us also. When listening to natural sounds people experienced less pain, lower stress, improved mood, and enhanced cognitive performance. Journal Proceedings of The National Academy of Science (2021)

I love the pond in my backyard with the running water splashing down the little waterfall, birds splashing and taking bath to the fish breaking the water to grab a food pellet. The wind rustling the leaves in the tree to even the chimes off in the corner gently giving out their soothing sound.

Maybe this is one of the reasons so many people are tearing out their lawns and converting to habitat gardening. The state of Minnesota is even paying residents \$400 each to get rid of their lawns and plant wildflowers to create an urban meadow.

There are other benefits from getting rid of lawns and planting flowers or shrubs. It helps pollinators, birds and wildlife, greatly reduces water requirements, they require less work, they promote better health, they give better results, they save money and they look beautiful.

The University of California - San Francisco has released a new study that has found 55 NEW chemicals in people and 42 of these are mystery chemicals whose sources and uses are unknown. These chemicals are showing up in pregnant women and are being transferred to their babies. Journal Environmental Science and Technology (2021)



If you want to learn more about the toxic chemicals in our food and society, there is an excellent book on the subject.

Food Forensics - The Hidden Toxins Lurking in Your Food and How You Can avoid Them for Lifelong Health, Mike Adams, BenBella Books, 2016, ISBN: 978-940363288.

In this book, Adams summarizes all the meticulous testing he has done on common grocery store items, fast foods, dietary supplements, spices, protein powders and much more.

He has tested over 800 foods in his state-of-the-art laboratory doing the work the EPA, USDA and FDA has refused to do, sharing the information with the public so consumers can make informed decisions.

According to physics, every thing in creation has a natural vibration (frequency). Mike scales these vibrations down into the hearing range of humans. Elements and chemicals good for us blend together smoothly in harmony and are pleasant to listen to. The sound of toxic chemicals like glyphosate or DDT makes the sound of one's fingernails scratching on a blackboard sound good by comparison.

The description of the science can be found at:

- [Scientific synthesis of atomic physics and musical harmonics](#)
- [Now you can HEAR chemistry](#)

In this video demonstration, he plays the musical sequences for many different molecules of life, including water, oxygen (O₂), carbon dioxide, magnesium oxide, calcium carbonate and even progesterone.

To view and listen to the sounds (only 5 minutes long):



www.natureswayresources.com

- <https://www.naturalnews.com/Symphony/>

The reasons to be an organic gardener continue to grow daily. Many people are expanding this into an organic lifestyle. There is a good introductory book on the subject for those wanting to learn more, "Organic Lifestyle – Health Benefits of Living an Organic Lifestyle", by Maureen Larive, ISBN 979-872 9139507. The paperback book is only \$10 on Amazon.