

# Organic Lifestyle for Increasing Wellness and Energy

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1. Moment of centring
2. Introductions: speaker, CREWC, participants
3. Resources to have on hand:
  - Price-Pottenger Foundation: [ppnf.org](http://ppnf.org)
  - Nourishing Traditions by Sally Fallon
  - Perfect Health by Deepak Chopra MD
  - Dr Mercola's free e-newsletter: [Mercola.com](http://Mercola.com)
  - Environmental Working Group: [ewg.org](http://ewg.org)
  - Ont Assoc of Naturopathic Doctors: [oand.org](http://oand.org)
  - Canadian Organic Growers!
  - How to grow more vegetables...by J Jeavons
  - Staying Healthy with the Seasons by Elston Haas MD
4. Reasons to go organic:
  - a) Minerals
    - what they are
    - what they do
    - we lose them when stressed
    - observations on hair analyses—new normals?
    - how to replenish—organic foods not enough
  - b) GMO's
    - research
    - experience with MPP, GMO promoter, Health Canada
    - effects on birds???
    - politics, briefly
  - c) Avoiding chemicals
    - barium in hair increasing
    - safety of herbicides and pesticides—Mexico experience
    - watch processed food for:
      - MSG: 70 names, excitotoxins, Felix
      - Aspartame: excitotoxins, alternatives

- d) Saving the planet...
  - importance of our soil
  - why we need diversity
  - decreasing our toxic load
  - small farmers
  - local survival
  - our longterm health
  
- 5. What is a balanced diet?
  - a) according to your type: constitution, blood, gland strength
  - b) food testing to individualize further
  - c) animal products vs vegetarianism
  - d) school experience in the US
  - e) seasonal
  - f) regular cleanses
  
- 6. Other modern causes of disease
  - a) EMF's—electromagnetic frequencies
  - b) cosmetics
  - c) environmental chemicals
  - d) other
  
- 7. The role of stress...
  - a) two sad stories with lessons
  - b) what stress does
  - c) additional action of trauma and what we know from German New Medicine
  - d) developing emotional resilience! (mindfulness meditation, cognitive therapy, lifestyle, natural medicine)
  
- 8. How to become and stay healthy:
  - Purpose and movement!
  - The other aspects will follow because we will be motivated and involved: diet, emotional healing, spiritual practice and social connection.

My contact info if you have any questions:

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Thanks for attending and good luck with your health and well-being!