

The Gut Garden



I used to be an anti-pesticide activist. That meant I'd get together with town council members to educate them about the dangers of herbicides and insecticides and propose alternatives. I also met with every hospital in Western New York in 1988 and convinced them to halt their lawn spray programs.

The efforts of our small, dedicated group made the national press as Buffalo became the first city in the country to stop using dangerous chemicals in public spaces. Those were proud and satisfying years.

But now I have another task at hand. Not unlike protesting the use of dangerous chemicals in our schools, I have a mission to abort the use of pesticides, chemicals and superfluous substances in our bodies. This assault now comes in the form of drugs, over the counter and, worse yet, prescribed

medications.

My message may seem a bit dramatic or reactionary, but the analogy between pesticides and drugs is powerful and very real.

Whereas I used to be concerned about pollution sprayed on the lawns on which our children romped, it has become increasingly clear that the worst pollutants of all are the ones we willingly place directly into our mouths and the mouths of our children. Wait a minute! Aren't medicines supposed to be carefully crafted substances that aid us when we're sick? Well, I say a resounding *NO*.

Think of your garden. You wouldn't be caught dead spraying pesticides on it, would you? Instead you carefully collect your table scraps and garden waste, add manure and allow the mixture to cultivate and breed lovely, enzyme-producing matter called compost. Then you till your treasured compost into your soil to make sure your plants are adequately nourished with health-boosting natural nutrients.

If you see a pest, do you react with a pesticide? Of course not! To do so would weaken your plants, make them less hardy and might ultimately compromise their good health.

Then, why would we give our child an antibiotic? It

acts precisely like a pesticide in the body. It not only kills the bad bugs but wipes out any beneficial microorganisms that keep the child thriving.

Next time you're pressured by a well-meaning practitioner to give your child a medication that your intuition tells you is harmful, remember my garden analogy. Our guts, like the soil of a healthy garden, are filled with a plethora of microorganisms that live in a delicate balance.

How arrogant of us to assume that we know the lasting consequences of introducing a powerful, microbe-killing agent into this environment. Instead, let's strengthen our gut garden with probiotic-rich foods like raw milk and overall sound nutrition and let's learn about and use alternatives to antibiotics.

Join me. Learn how to treat your family through homeopathy.

One of the best investments you can make in your family's health is the purchase of a homeopathy kit. With a little education, you'll have what you need at your fingertips to treat whatever illnesses come up. [Contact our office](#) to find out more.