

## Guillermou

Biodynamic agriculture, from the Greek bios (life) and dynamis (strength), is a holistic, ecological and ethical approach, based on the theories of Rudolf Steiner (1861-1925) and his anthroposophy that aspires to a harmonious relationship between man and the earth. In 1924, a group of farmers in central Europe asked Rudolf Steiner for an alternative vision of agriculture, which was his true passion. Steiner presented a series of lectures and insisted that “modern” agriculture might be profitable in the short term, but would have dire consequences for the health of humans, plants, and animals in the long run. Hilleby Kops, pioneer of biodynamics in Gran Canaria, began practicing it in the 80s.

She was the driving force behind the creation of the Biodynamics Society in Spain. Heraclitus already said it, “nature loves to hide” but what has to come to light, will not fail to do so. Biodynamic farming is a sustainable way to grow quality, tasty food and gives back more to the earth than you take from it. The preparations are the main difference between so-called organic farming and biodynamic farming, but Hilleby emphasizes that biodynamic products, being in line with the cosmos, also provide man with great vigor and strength that comes directly from nature.

Food grown in this way is logically superior in contributions. One of Hilleby's sons, Ricardo Betancor, highlights the difference in the way of thinking of an organic farmer and a biodynamic one. The first one thinks, I'm going to feed the plant with natural resources and means. The second, let's see how I get the earth to be alive. Hilleby Kops says “Making there enough bacteriological, microbial, etc. life is the main goal of a biodynamic, so that the earth can release all the nitrogen, phosphorus and potassium, which there are in tons. “This way the plant will take a food that it will assimilate much better.”

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DEMETER Spain also celebrates this year, 2024, 100 years of the global contribution of biodynamic agriculture to environmental and social sustainability. Biodynamic farming contributes to society in many ways by improving soil fertility, promoting biodiversity, preserving our environment and much more. It all started in 1924, when a group of farmers noticed an increase in diseases and a decrease in resilience in both animals and plants. All this experience led to the creation of the Demeter brand and the first Demeter standards in 1928. From that moment on, the movement continued to grow and in the last decade alone biodynamic hectares have increased by 57%, reaching 255,000 hectares in 2022, cared for by more than 7,000 farmers around the world.

[demeter.net/.../100-years](https://demeter.net/.../100-years) (2024).--- BIODYNAMICS IS A HOLISTIC, ECOLOGICAL, AND ETHICAL APPROACH TO FARMING, GARDENING, FOOD, AND NUTRITION. [demeter.net/biodynamics](https://demeter.net/biodynamics) (2024).--- REGENERATIVE AND SELF-SUFFICIENT. 12 BENEFITS OF BIODYNAMIC FARMING [demeter.net/regenerative-self-sufficient](https://demeter.net/regenerative-self-sufficient) (2023).-- TAKE ACTION AGAINST THE RENEWAL OF GLYPHOSATE. Open Letter to the President of the European Commission [demeter.net/take-action-against-renewal-glyphosate](https://demeter.net/take-action-against-renewal-glyphosate) (2023).--- KEEP GM FOOD REGULATED AND LABELLED.

Tell our politicians to maintain our freedom of choice! [demeter.net/keep-new-gm-food-regulated-and-labelled](https://demeter.net/keep-new-gm-food-regulated-and-labelled) (2023).-----Demeter USA is the only certifier for Biodynamic farms and products in America. <https://www.demeter-usa.org/> .-----  
-----FIND BIODYNAMIC CERTIFIED FARMS & PRODUCTS NEAR YOU. ZOOM IN TO AN AREA: <https://biodynamicfood.org/>

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Gui, Solutions! Top of the line to address in all the levels Globalist want us to believe cannot, should not be done. Heal the Soil, Heals the People, Healed People Heal Society. Consider this from the article - "Modern chemical-based agriculture has resulted in the destruction of rural economies, water and air pollution, depletion of aquifers, destruction of pollinators and biodiversity, soil erosion and loss of soil fertility, climate destabilization, food contamination, nutrient degradation and the deterioration of public health." These were the environmental concern for well over six, seven decades. Yet all this, related to agriculture has been replaced by a Scream Meme We're going to die all within, you pick the moving goal post, from Global Warming.

Further insult to injury a Globalist 1% whose direct actions involve not changing a thing they do to contribute to what they proclaim the problem is. Rather they come up with expand their Syn-Sin-Factory Farming, destroy what little is left of small farms, totally attack Biodynamic Farming - Farming in tune with life and structures to Heal and Not Steal, Consolidate, Control. Healing structures leveling the playing field keeping in mind all those involved is a larger net, web of people and activities and they all need to make a decent living.

Globalist instead come up with Carbon Credit Neutral Schemes engaging land owners to give up their rights to use the land to hold it fallow so the Para\$ite\$ can continue to feed. Wall Street attempts to buy Nature and sell as a Commodity, again, tying up land so the Hordes of Unnecessary People they created will stay unnecessary, unable to engage with Real Wealth. So the Para\$ite\$ can continue to Syn-Sin-Farm producing Goofy Impossible Burgers, vats of Slime Food, or even Bug and Worm Farms to feed our Synthetically Bark Bloated Bellies. Enough Biodynamic Farming, and one of the most encouraging things I've heard in years - how to create Healthy Forest. (more)

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The Globalist Predator\$ instead do little to nothing to Heal and instead promote Carbon Credit Schemes so to tie up lands keeping smaller landowners desperate to hang onto them from being able to use them. They promote to keep Syn-Sin-Farming firmly in place to produce Impossible Burgers. Synthetic Farming killing soil, far more than properly rose livestock. Properly rose Livestock ramps up life, expands Life and builds up the Foundations of Life. They promote Slime Vat produce disguised as food, Worm or Bug Farms for the Unnecessary Peoples to feed our Bark Eater Like Bellies. Wall Street attempts to Own Nature, make it a commodity - wall street owning nature Jimmy Dore- some ef bombs [www.youtube.com/watch](http://www.youtube.com/watch) Look for further attempts in the future.

What the panel misses is what Wall Street is attempting is Own Nature and then collect Rent. Healthy Nature is the for all the many kinds of wealth. There was a reason the Empires, and the early American Gov't forbid colonist, settlers from leaving to join, assimilate with the Native American. The connection with Nature, with each other, very little Master/Slave, was hard for Rulers to compete with. Biodynamic Villages, Communities supporting one another. Build it now, Build it Locally or let the New Gods build what they will for the few left they deem necessary - very few would be on that list. Given the implications, most likely very few would want to be on it.

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Aspects of great interest, Mr. Farmer. Humanity needs to live in an environment where disease does not take over our health, we need to fight for our health and that of the ecosystem. Uniform, high-tech, high-risk crops in industrial systems are not needed to feed the world. A diversity of seeds is needed, in the hands of millions of farmers and small and medium-sized producers. The advance of agribusiness corporations, with GMOs and agrotoxics, seriously threatens this option, which is the one that already feeds the poorest and the majority of humanity.

GMOs were announced for saving humanity from hunger and what they are achieving, with its inseparable companion glyphosate, is poisoning people, and the animals with which we feed, destroying the environment, land, air, water, fauna, and the climate, seriously endangering the biodiversity of the planet. Transgenic seeds are dominating the world market, marginalizing native seeds harvested by many years of work and turning farmers into slaves of large multinationals.

Monsanto has wreaked misery for a century with toxic products like DDT, RoundUp and Agent Orange, etc., causing generations of children with malformations and cancer. The incidence of chronic diseases in the US has increased in the last 20 years. Glyphosate disrupts the endocrine system, the balance of intestinal bacteria, the bioavailability of nutrients, damages DNA, etc., leading to a relationship of 22 diseases. [acbio.org.za/wp-content/uploads/2022/04/Africa\\_must\\_ban\\_glyphosate\\_now..](https://acbio.org.za/wp-content/uploads/2022/04/Africa_must_ban_glyphosate_now..) (2022)

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Presidential candidate Robert F. Kennedy Jr. hosted an insightful food and agriculture roundtable with regenerative farmers who are working hard to develop an alternative agricultural model for the United States. According to Kennedy, passing laws protecting factory farms, manipulating subsidy programs, and forming crucial partnerships with factory farmers helped greedy companies like Smithfield dominate the pork and chicken industries. In turn, these companies gradually turned the remaining family farmers into “indentured servants on their own lands,” Kennedy added.

Wayne Swanson, owner of Swanson Family Farm and small farm consultant, explained why it is crucial to grow localized agricultural economies and make small farms economically viable. He said for the project to work, the public must be educated about how to value agriculture that is not always high-yield or aesthetically beautiful. Instead, Swanson said the focus should be on valuing relationships and environmental and community health. [childrenshealthdefense.org/defender/rfk-jr-food-farming-policy-roundtable..](https://childrenshealthdefense.org/defender/rfk-jr-food-farming-policy-roundtable/) (2023)

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## juststeve

And Gui, is there any other candidate other than the officially non-existing RFKJR according to Legacy Media, the two party ruled by the same Global Dictators who even begins to acknowledge any of these Syn-Sin-Subsidized Toxic antilife pursuits. Don't hold your breath.

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## Krofter

Steiner predicted the soul stealing covid jabs over 100 years ago. [secularheretic.substack.com/p/the-soul-stealing-covid-kill-shots](https://secularheretic.substack.com/p/the-soul-stealing-covid-kill-shots)

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## Sue12Cross

This is an area in which the individual can make a change by choosing to support farmers who actually care about the land and everything on it. They see themselves as guardians or custodians of the land, holding it in trust for future generations. Not only that but by supporting them you will be returning to the true root of medicine, in that it is good food that ensures good health and is curative when you are in ill health. The problem we have in our present societies is that there is no money to be made from healthy people, it's the sick that make fortunes.

Once you realise that it is in societies' interest to make you ill and keep you so, for profit, then you can begin to do something about it and make your own choices. Above all you need to get back in touch with your own innate understanding of what makes you sick. Yes, we are bombarded by toxins everyday of our lives but our ability to survive depends on what we put on our tables and in our heads. Our society may be run by those bent on destruction but we have as individuals the ability to overcome that and it starts with good food choices.

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## Guillermou

A great reality, Sue. The creator gave us nature and biodiversity that we must take care of to be healthy. If we destroy nature, if we play with fire, if we do not take care of our diet, if we create destructive weapons, if we contaminate the environment, we will create synergy between diseases and chronic pathologies. Over the past few decades our modern agricultural system has been throwing fuel on that fire by converting much of the earth's agricultural land to the production of genetically modified crops as feed for confined livestock - livestock that previously ate grass. in the pastures. Worse yet, some of that farmland is now growing crops to produce biofuels, a net energy loser.

These last two changes in agricultural policy are partly responsible for the World Wildlife Fund estimating that since 1960 one third of the earth's agricultural land has been lost due to poor agricultural techniques. In his book "The Philosophy of Freedom"\* (1894), Steiner tells us: we no longer just want to believe, we want to know. Each of us demands the right to start from our immediate experiences and our personal experiences and ascend from there to the knowledge of the entire universe. Regenerative biodynamic agriculture and the animal welfare movement want to end industrial agriculture and restore the land.

It is a great fight against industrial agriculture of synthetic fertilizers and pesticides, excessive tillage and high energy consumption have destroyed soil biota. Livestock and industrial agriculture of small producers is seriously threatened. The destruction of soils by intensive agriculture reaches the limit that intensive agricultural soils have the least carbon content. Industrial agriculture uses monocultures, synthetic overfertilization, intensive tillage, separates agriculture and livestock, causes the breakdown of agroecological cycles, uses polluting energies, the complete opposite of organic biodynamic agriculture.

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## juststeve

Sue, yes, yes, yes. In case I forgot - yes! If the memory is working, don't you integrate your food production with forest? Either way, in this region we've been told the Native American would gridle trees and once the canopy died back move a village there to garden Corn, Beans and Squash to supplement the game. When they see the soil becoming deplete, they started the process all over again. No one area become run completely to the point of erosion or desert.

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## Sue12Cross

Thanks Gui and Steve! Yes, Steve we have a forest garden, which provides food for both us and the hens, we also have greenhouse areas for spices and more exotic stuff and a safe space 'forest garden' for the quail. It's interesting about the Native American farming methods as in reality new research has revealed they actually farmed designated areas but for example, worked with the natural landscape to create game habitats, they and other native cultures followed biodynamic methods - Architects of Abundance: Indigenous Regenerative Food and Land Management Systems and the Excavation of Hidden History Johnston, Lyla June. University of Alaska . Here is the link: [www.proquest.com/docview/2764459650?pq-origsite=gscholar&fromopenv..](http://www.proquest.com/docview/2764459650?pq-origsite=gscholar&fromopenv..)

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## **juststeve**

Thank you for the link Sue, an early Happy Birthday, Christmas present! So much to realize, and so many positive solutions we can agree on, to focus on, work together and actually be together. Maybe the word work should be removed and replaced with a life with deep joy and a gratitude enjoying the abundance of Life and a Community engaged in Life and Living things. Short stable, supply lines, supply chains when added all together would make all regions of the world Wealthy in ways starving the Beast. Work as too many are stuck with is a means to force people to do something whether they like it or not in order to feed the very Debt/Inflation/Slave System clouding the ability to see it all for what it really is.

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## **wns115**

So true Sue...I buy 90% of what I eat from local organic farmers and they are amazing....growing fruits/veggies just the way my farmer father did....I feel very fortunate to live in an area where food grows bountifully year round. I am slowly eliminating every need to buy from big box stores and it's a beautiful thing :)

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## **dreamboat54**

A great read on this subject is "A Bold Return to Giving a Damn" by Will Harris of White Oak Pastures.

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## Almond

What a surprise! I am already organic. I had not realized that it will not be much longer until I am also biodynamic. This is nothing more than the traditional German farming practice of vertical integration and taking care of the land without chemicals. Farming pretty much like my grandfather did. Growing feed for his cattle. Getting "the honey wagon" out to spread manure on the fields. (I will do this on a smaller scale with poultry straw.) Established fruit and nut trees, etc. Wilderness and wild foods. The land supporting the wild game that I eat. Everything in harmony and abundance. Family farmers have always taken pride in producing a quality product, but it is also about reducing costs and sustainability.

Those of you who are religious, or those with an interest in history may find it interesting to learn what the Dead Sea Scrolls have to say about genetic tampering... Nephilim in the Dead Sea Scrolls [www.youtube.com/watch](http://www.youtube.com/watch) Very interesting and thought-provoking. This aligns with the ancient legends about a time when people became "less than human". den... Sorry for the inconvenience. I seem to be having difficulty getting it to link up. I will try to type it out. Shove these 2 together... <https://www.youtube.com/watch?v=bcMTUkLXTqw> Or, try typing in "Nephilim in the Dead Sea Scrolls". It is by Ken Johnson.

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## BicycleBoy

Note biodynamic farming requires close attention to nature and how your crop is growing. These are also qualities of good farming.

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## den7788

Almond - would you please correct the link for the Nephilim video? Thanks in advance.

Posted On 02/10/2024

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## bowgirl

Good Morning Almond, I always enjoy your posts. Years ago when I was expanding my smallish Summer garden to 3 season gardening your posts were my working example. I believe your are on a much bigger parcel. I am amazed at how much we grow on our 1/2 acre farm. It definitely provides organic produce to eat year round. Not all, but enough our daily brunch is from the garden except when we are low on eggs and at times all our food is home grown. All fert/compost is produced on the property. We do gather pumpkins, straw and corn stalks in our driveway after Oct for compost and the hens.

Neighbors feel like they are giving back. I realize my living fence/hedge around the property serves as my forest. We are learning how to grow greens all winter in the green house. I have a nice crop of mustard and collards coming along and some small broccoli heads are forming. I planted the rosemary in the green house this year as it tends to die outside in the winter. My sage, thyme and oregano never have an issue on the west side of the house. Like you we never planned on organic, it has always been the way we grew things. We are saving more seeds than before.

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## rkostoff

Is there a list of biodynamic farmers in the USA? Or, an organization of biodynamic farmers that could point the way to local biodynamic farmers?

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## juststeve

From Gui's post, [demeter.net/biodynamics](https://demeter.net/biodynamics) see his other links for more information.

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## Guillermou

Demeter USA is the only certifier for Biodynamic farms and products in America. While all of the organic requirements for certification under the National Organic Program are required for Biodynamic certification, the Demeter standard is much more extensive, with stricter requirements around imported fertility, greater emphasis on on-farm solutions for disease, pest, and weed control, and in depth specifications around water conservation and biodiversity. <https://www.demeter-usa.org/>  
-----FIND BIODYNAMIC CERTIFIED FARMS & PRODUCTS NEAR YOU.

ZOOM IN TO AN AREA: <https://biodynamicfood.org/> "Nothing is so powerful as an idea whose time has come." Victor Hugo This quote poignantly expresses where Demeter as a powerful global movement, and brand, finds itself in the current market for biodynamics. Demeter is the oldest organic growers' association with the highest standards. For many decades, its agricultural principles and methods might have appeared to be unnecessarily high, but due to the climate crisis and a growing ecological awareness, many people are looking more closely at where their food comes from. This has led them to seek more credible alternatives to conventional, mass industry and food production.

We aim to deliver food that reconnects people to nature and themselves. This is a promise that breaks down the great spiritual intelligence of biodynamics, to a strong emotional and personal realisation. It is a promise to all our stakeholders: the Demeter farmers, processors, partners and consumers. A promise that goes beyond the best organic quality. Biodynamic producers are central to our brand message. Their attitudes, values and convictions represent the whole community and value chain. Meet the makers! In the link [demeter.net/.../demeter-brand](https://demeter.net/.../demeter-brand)

Posted On 02/10/2024

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## sue2613

Why is a company who sells jam with citric acid on a biodynamic lists?

Posted On 02/10/2024

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## **bowgirl**

Personally I would never put myself or property on a list. You may have to ask locally.

Posted On 02/11/2024

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## **wns115**

Over 90% of what I eat comes from local farmers...I have almost completely negated all big box stores and all 'packaged' foods of any kind...all the food I eat is real food (no bars, no cereals, prepared foods, nothing in a box). It took a while but finally I did it.

Posted On 02/10/2024

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## **brianallen1**

Congratulations. It is well worth the effort, not to mention knowing where your food really comes from. I went from spending \$400 per month at Kroger to less than \$40. Bananas, etc. They used to have a lot of organics. Now whatever is organic is their private label. No thank you. I walk in there now and I can't find any food to buy!

Posted On 02/10/2024

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## **hellokitty**

That's amazing. That's my goal.

Posted On 02/11/2024

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## hellokitty

There's a biodynamic farm near me that raises "regenerative" grass fed beef and they vaccinate all of their calves with the clostridium vaccine. KNOW YOUR FARMERS and ask them if they vaccinate their animals, even if they say they're certified organic, regenerative, biodynamic, or any other label.

Posted On 02/10/2024

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## wns115

Very helpful and yes, I talk to all my farmers and my husband gets embarrassed because I ask them so many questions (LOL)...Hey it's food I'm going to eat so I wanna know :)

Posted On 02/10/2024

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## Buddhasmom

There's a regenerative farm stead near me who assured me that they are not going to be using the mRNA jabs on their livestock. i want to patronize them soon.

Posted On 02/10/2024

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## hellokitty

@wns115 I ask a ton of questions too. :) I think everyone should!

Posted On 02/10/2024

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## **bowgirl**

You can learn a lot from looking at the their fields, pastures and barns.

Posted On 02/11/2024

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## **btryan1**

I've just read the summary but the first question to come to mind is cost. Can the average US citizen afford to feed his family this way or is this source of food limited to the very few that have the money and the current cost of food is not even a bump in the road?

Posted On 02/10/2024

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## **brianallen1**

In many cases, yes. But it takes worthwhile effort. Cooking from scratch organic can easily cost less than processed conventional. Heck, if you have to eat cereal, Nature's Path Organic costs less than crud like Cheerios. I cannot believe how overpriced ultra processed "food" has become versus real food. If you can travel to a rural area, investigate who is producing what. Small farmers and ranchers can be approachable. I was driving down the highway and saw goats drinking out of a pond. I knocked on the door and the lady is now selling me raw goat's milk and keifer that is less than 24 hours old. My dog laps it up like it's liquid cocaine and all her digestive problems have been eliminated. I love it also.

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[destatongmail.com](mailto:destatongmail.com)

Thirty years ago when my friend was feeding her husband and family grilled cheese sandwiches from that plastic brick that some say is processed cheese she told me it was too expensive to use cheddar - or real - cheese. My comment was remember that when you're a widow at 40 with 5 children to raise. She's not because they have done well and most certainly changed her eating habits but I really think one should eat real food or fast.

Posted On 02/10/2024

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[its22113](#)

Where can I buy these products in the USA?

Posted On 02/10/2024

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**Guillermou**

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<https://biodynamicfood.org/>

Posted On 02/10/2024

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## juststeve

Doc's shop. Solspring products are biodynamically produced.

Posted On 02/10/2024

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## david48

I find it very difficult to find high quality butter. Actual butter, from animals, that both tastes good and meets important health criteria (such as grassfed, etc.) ~ Not plant based "nut butter", which is loaded with plant based anti-nutrients I'm not interested in. ~ I wish Solspring products was in the business of selling real, actual butter. I think there would be a market for it. Thus, I submit this comment / post on Dr. M's boards, as a suggestion for such products to be produced and sold.

Posted On 02/10/2024

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## nancy\_falster

We are so much smaller than these beautiful farms. We have 56 acres and have been using biodynamic practices for at least 14 years, along with other non-modern agricultural practices like Rife, copper, organ. It's a way of life. This is a great piece.

Posted On 02/10/2024

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## CMT367

"Know your Farmer" is one of the FOUR cornerstones of C.A. Fitts' advice for survival and thriving. As she herself says: "Who's your farmer, who's your sheriff, who's your banker, Where's your money?"  
[www.Solari.com](http://www.Solari.com)

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## Segstar

This is all great to have Organic, regenerative, bio dynamic agricultural and farming principles, the way it was in the beginning...BUT who, or what's going to stop the wicked, evil swines from tainting and contaminating your farms...As we speak they are spraying all sorts of chemical crap in our air, our foods, our water... Ask yourself this simple question, how does rain form..Does Organic rain falls only on Organic farms... Just about all of the personal products we use, all of the building materials are tainted and there's no letting up...Just look at it from an Economic aspect, how many people can afford to buy these products when, as is, they have to work 2 and 3 jobs just to make ends meet.

People are overworked, underpaid and are dealing with an enormous amount of stress..Look at the amount of homeless and helpless people everywhere...Do you see the division between the "Haves and have NOTS." Most people are now being lumped into the "have nots," while those that "have," rule and control the entire show...They have purchased the strong arm, the muscle to carry out their bidding and keep them in the driving seat..

Is this all by chance, act of God OR by DESIGN?? And no I'm not being sinister here, I am just trying to be realistic..The way I see it until we get rid of these wicked swines and this evil system, I'm afraid not a whole lotta good will happen here...You build, they break and remake in the imagine of THEIR God..Ah Lordie, snap on your hawk eyes, start looking at things the way a bird does, a full 360 degs.Nuff said...

Posted On 02/10/2024

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## blowe

Dr. M's Solspring olive oil, vinegars, and black breakfast tea are all exceptional. Only olive oil I'll buy because it's so tasty. I make his flatbread recipe, drizzle it with olive oil, fry an egg in butter, and have a cup of tea for breakfast. Yum. My lunch salad dressing is some fresh herbs, olive oil, and red or white vinegar. Double yum.

Posted On 02/10/2024

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## Guillermou

In Spain, the most marketed variety of oil is Picual and Arbequina. The Arbequina Variety and many others are high in linoic acid (up to 22%), but one of the most notable characteristics of the Picual Olive is its high oleic acid content, only 80% of the total composition. This, together with its low omega 6 content (less than 5%), makes picual olive oil one of the most permissive oils with regard to oxidation and rancidity. This gives it certain ideal characteristics, such as its great resistance to oxidation during exposure to high temperatures. Raw it has an intense flavor and a certain bitterness that is sought after by many consumers.

Posted On 02/10/2024

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## bchristine

I agree. After trying Solspring EVOO, I cannot go back to the other EVOOs I was buying - the taste is just not the same. I have also had the Turmeric Pasta which is excellent too.

Posted On 02/10/2024

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## sue2613

Does this need to control people by the government and corporations have anything to do with the crises at the border? If we let millions of illegal migrants into our country, they are easy to control and do not understand good health and agriculture. They only want to survive and will take anything given to them. Why else would the government ignore the ease with which they are passing into the US and even give them places to sleep and food to eat while ignoring our own poor families.

Posted On 02/10/2024

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**michaelides**

We need regenerative humans, not chemically induced, vaxxed junkies passing as humans now. What a waste of their ancestors efforts

Posted On 02/10/2024

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**kdshell1**

Have you studied and concluded what went wrong with Sri Lanca's efforts to transform to "organic" farming?

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**wen3295**

Love this article. I do a lot of work promoting regenerative farming. My company, Industries in Transition is currently helping to launch short films, webinars and podcasts we've done with Canadian farmers. See Regeneration Canada's website to view them yourself! Some great stories!

Posted On 02/11/2024

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**blo27772**

NATURAL OR ORGANIC both have seven letters. Natural was my first instinct when I read the headline before getting into the article.

Posted On 02/11/2024

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## **pecanroll**

I wish you could all see my suburban side yard. I grow so much between spring and fall, prep and store extra, I almost never visit the grocery store. I need chickens next. I just have not done it as we have many nearby who provide high quality eggs.

Posted On 02/11/2024

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## **Merkphan**

Trying to do everything exactly right begins to be sort of overwhelming. I wish someone would start a grocery store that would only sell organic food, healthy food, real food.

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## **anthony.aaron47**

Sois 'regenerative' merely a trendy new name for 'organic'? My paternal grandfather began farming in the US about 1912 or so no antibiotics and stuff for any of his cattle (about 150 dairy, about 24 beef), about 18-24 hogs, about 350-400 chickens and nothing added to the soil but what was left from the growing that was plowed under plus a healthy layer of cow manure from his cattle. He consistently won statewide fair prizes for the quality of his produce and his animals he knew that the merry-go-round of chemical additives to every phase of his farming was a road to Perdition both financially and qualitatively.

Posted On 02/10/2024

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**artist.jill**

Thank you. Dr. M., for your unceasing devotion to our health education and your mighty spirit in fighting this good fight. Guys, Glenn Beck has a great interview with American cattle rancher Shad Sullivan. 'Millions Will STARVE': Rancher Sounds Alarm on Global Food Agenda | The Glenn Beck Podcast | Ep 208 ~ ~ ~ [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/10/2024

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**artist.jill**

Also, if you're on Telegram, check out this logo with a yellow background, and in black text: "No Farmers, No Food". ~ ~ ~ [t.me/.../13313](https://t.me/.../13313) "Farmers are asking people to share this logo across social media channels by changing their profile pictures to it. Please join in supporting our farmers by proudly displaying this logo. If you have a printer you can also print it off and display it in your vehicle, (safely of course), or window at home or the office."

Posted On 02/10/2024

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**mbd5951**

Interesting bring up of Steiner = new age mason. Interesting yet another push for RFK Jr = political bias. Interesting sigil those farmers chose = Leviathan with Moon crescent of inanna, asteroth, semiramis, queen of the sea = these people are from Canaan. I wonder if "M"ercola, has relation to Rothchild and the freemasonic jesuits.

Posted On 02/10/2024

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