

Top 3 Benefits of Eating Your Ecosystem

for Plant-Based Diet

Eating your ecosystem may start with going to the farmers market. You can quickly expand to learning the native plants and even invasive edibles that thrive in your ecosystem. When you eat edible plants that naturally thrive in your ecosystem you experience 3 huge benefits:

1. Your body and mind become healthier.

- You'll lose excess weight.
 - You're skin will glow as your liver detoxes.
 - Your immune system regains integrity.
 - You'll experience infinitely more energy.
- Wild plants are packed with nutrients and minerals. Most of us are deficient in these vitamins and minerals from buying food that is mono-cropped on large scale industrial farms. Even the organic ones. We have this idea that we can eat a mostly imported diet and our bodies will thrive. This is bizarre.

2. You become your local ecosystem.

- Humans as a species ate locally, by necessity, until the industrial revolution. Since then we have a rise of degenerative diseases unlike ever before. As we eat our ecosystem, humans experience a reversal of physical degeneration, and begin to regenerate. The plants growing without human help in your ecosystem are hardy and resilient. When eaten, the plant passes its own immune function into your body. You become hardy and resilient, and also sensitive to the life force in your local air, water, and the deep nutrients in even disturbed soils.

3. You're part of the global solution.

- When your ecosystem becomes the tissue of your body you feel better. You are taking better care of your body. Soon, you notice you care for the plants that are feeding you. You start taking care of your ecosystem. This is the easy, natural way of things. Stop poisoning local plants and start eating them... and they will nourish you. Your carbon footprint drops and you'll be able to teach other humans how to live in simple harmony. Corny, but true.

What Can I Do For the Plants Worksheet

for Plant-Based Diet

Eating your ecosystem you might quickly realize that you source your body from your ecosystem. As you love your body more from the inside out you'll start to love your ecosystem. You will naturally want to take better care of your yard, your parks, and the wild places near you.

What are you interested in learning about plants? Put #'s in the boxes signifying most interested to least interested.

- | | | | |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Which edible plants grow in my ecosystem | <input type="checkbox"/> | How to take better care of my local ecosystem |
| <input type="checkbox"/> | Which plants are best for my body right now | <input type="checkbox"/> | How to grow food outside |
| <input type="checkbox"/> | Which invasive weeds are edible | <input type="checkbox"/> | How to sprout + indoor garden |
| <input type="checkbox"/> | How do use spices as medicine | <input type="checkbox"/> | How to permaculture my yard |
| <input type="checkbox"/> | How to use local herbs as medicine | <input type="checkbox"/> | How to use local plants for skin care, body care, medicine, and for utilitarian uses |
| <input type="checkbox"/> | How to communicate with plants | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Collecting + sharing seeds | <input type="checkbox"/> | _____ |

What can you do around your apartment, house or yard to deepen your relationship with plants?

- 1.
- 2.
- 3.