

**Workshop Title:** Holistic Health on the Farm (for Farmers!)

Speaker(s) & their titles: Roberto Gueli, Canadian School of Natural Nutrition

**Executive Summary:**

As a Registered Holistic Nutritionist, Roberto Gueli has some great ideas of how to change your health on the farm with little effort. Through avoiding crutches (eg. sugar and coffee), eating wild edible plants, decompressing, and conscious digestion, we can be healthier farmers. These things are all important in order to avoid working too hard and perhaps avoiding injury or burn out.

**About Roberto:**

- Eco-teacher at Canadian School of Natural Nutrition
- Feeds people through Conscious Catering.
- Hosts annual Spring and Fall cleanses
- Runs workshops on cooking whole foods
- Registered Holistic Nutritionist and yoga teacher for 13 years
- Farms in Scotch Village

The root of holistic health:

1. “Know thyself” Body Awareness:

- aiding in proper digestion: sit and relax to simulate nutrients, chew consciously to make sure that you start the digestion process in your mouth
- detoxification outlets: sinuses, sweat, urine, feces, and breath
- lymphatic system is our garbage chute for toxic waste
- stand up and use a slapping motion towards your heart to get your lymphatic system moving, which increases your immune system
- thymus gland tapping also increases your energy levels and increases your immune system

2. Stability: letting go of “crutches”

- Coffee: need vs pleasure. Not a fuel - it shuts off any internal signals to eat, gives false sense of energy, affects adrenal glands
- Breads: food or convenience? We don't cook because it's so easy. We can't survive without carbohydrates. Great substitute food, but not a meal.
- Sugar: white sugar is refined as much as your shoes. Better sources of sugar are maple syrup and honey. All of the pumpkin spices are Blood sugar stabilizers - add them to your diet. Dried fruit is another source of oxygen, blood supporting nutrients. Grains in a whole form are also a natural source of sugar, and fruit. Sugar intake should be moderate as sugar feeds yeast and can lead to an over production of yeast (candida).

3. Ground

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- we have a physical need to be outside for wellness, air quality, engaging the senses
- earthing devices: studies show that energetically you should touch the ground or something that is grounded to release pent-up energy; pent-up energy can have negative effects

4. Decompress

- Counter balance a position that you are constantly in: long periods of standing or long periods of sitting with 6 restorative postures: inverting the body (feet up against the wall), hug knees into your chest, forward bend stretch, hands against the wall and push out, child's pose, yoga swing to open up chest
- Mental and emotional stress: Breathing is a great tool to alleviate the stress. As people age the breath rises in the thoracic cavity. Counting a four breath in and out, or doing meditation (sitting down and intentionally doing nothing for 5-20 min).
- Community support is important: Currently 2% of the world (farmers) are feeding 98% of the human race.

5. Nourishment: Foods for optimal wellness

- a. Plant diversity
  - the amazing 99 wild edibles! Some examples: lambs quarters, stinging nettle, sorrel, oats (tea for nervous system), burdock root, golden rod (dried for tea), chickweed (tonic food), chicken of the woods mushroom, kelp (mineral nourishment)
  - wild herb parsley pesto on website: [www.consciouscatering.ca](http://www.consciouscatering.ca), email: [consciouscatering@gmail.com](mailto:consciouscatering@gmail.com)
- b. Quality oils: omegas, avocado, coconut oil
- c. Fermented foods
- d. Water