



The health emergency calls for a food revolution

The recent health emergency has woken us up to the fact that what we eat and how we grow our food is a matter of life and death.

Science tells us that 70 % of the new epidemics have emerged as a result of invasion into forests by agribusiness and destruction of ecosystem balance.

75% of the chronic diseases have spread due to industrial and ultra-processed foods which destroy the immunity of our bodies and our gut microbiome.

Our children, our friends and our families are more susceptible to infections if they already suffer from chronic diseases.

By growing Gardens of Hope we can co-create with nature and address the multiple crises we face today, including the climate emergency, the extinction emergency, the health & malnutrition emergency.

Grow Biodiversity, Grow Health

Biodiversity weaves the continuum of health from forests and our farms to our plates and our gut micro biome.

Humans have eaten more than 10,000 plant species. Today, because of a globalised, industrialised food system our diets are based on about 12

globally traded commodities which are nutritionally empty & artificially processed.

Our gut microbiome needs diversity of food for healthy functioning of our body and brain.

Grow and Eat biodiversity in your garden or from local organic farms to grow your health.

Grow living food economies to regenerate your health and the health of the planet

We are what we eat.

It has become an imperative to shift from a food and agriculture system that is destroying the earth, poisoning our food and spreading disease & destroying farmers livelihoods, to one that regenerates the earth, our health & rural economies

We are a food community connected through the nutrition that flows from soils and plants to our bodies. We must together create local food circles, which connects us directly to the soil and the farmers who grow biodiversity so that our gut microbiome can be nourished.

We can regenerate the health of the planet and our health by growing biodiversity and nutrition.

You can be a part of the health revolution and food revolution by becoming part of a community to protect biodiversity, to rejuvenate the earth's climate systems, to regenerate the soil, to conserve water and to safeguard the livelihoods of farmers.

Grow your Health,
Grow your Freedom,
Grow a garden of Hope,
a garden of Health,
a garden of Nutrition,
even if it is one plant in one pot in your balcony.

Become part of a Local, Diverse and Organic Food System, a part of an Anna Swaraj circle.

You can also come to the Earth University to learn how to grow your Garden of Hope

Please write to us - info@navdanya.net for more info.

Check - <http://www.navdanya.org/site/> for more info about our work.