



## Welcome to our September WHAg Mag

Hooray for September, a month of celebration: the Autumn Equinox, Harvest Festival and more recently 'Organic September'. At WHAg, however, we strongly believe that we should celebrate organic, and other farming systems based on wholistic principles, in October, November, December, and onwards.....

However achieving wholism is an evolutionary and ongoing process...and it certainly doesn't happen in one month. So, the delights we have on offer in this issue are multi-dimensional:

- Our main feature follows a young couple's move from London to Sidmouth and their very personal proof that **Organic is Good for Health**.
- Our Chairman, Lawrence Woodward will leave you in doubt about his views in his though provoking article "I think, therefore I farm organically - and wholistically".
- Lawrence also shares his views on the fascinating subject of homeopathy on the farm, with his article **Farm homeopathy: an inconvenient truth**.

Whilst our Alternative Approaches to Livestock Health **Survey** continues, (due to popular demand), we're excited to introduce Isabel Hands as one of our winners from the first round of completed surveys.

And, we 'WHAg our Tail' with the rise of female farmers, but 'WHAg our finger' at the sordid practice of gene editing - the yin and yang of farming so to speak. Read on to find out more.....

Last, but certainly not least, do take our September **Poll** on organic food in public institutions....and take a look at our previous poll results on hot topics.

As always, we'd love to hear from you at [secretary@wholehealthag.org](mailto:secretary@wholehealthag.org) with your own news and views, so do drop us a line.

The WHAg team



### Take our latest WHAg Poll

Just a couple of days left to vote in our September poll  
**Should our public institutions be provided with organic/low residue 'real food'?**

# 92%

Voted in August that you were 'concerned about antibiotic usage in the food chain and avoided it whenever you could'.

## Featured Blog: Hammering it home!

Organic IS good for health



When Laura Williams and Jon Theodosiou got together in London, big things happened. Laura Williams is the artist with Aluna in her sights, a monumental Moon clock for the Greenwich meridian: [alunatime.org](http://alunatime.org). Jon worked in the modern IT world. They knew they wanted to learn how to become self-sufficient and produce food together. A wooded valley just outside Sidmouth in Devon became their home and, after much learning and a bit of trial and error they now produce organic chicken and eggs. Visit [bulstonesprings.co.uk](http://bulstonesprings.co.uk) and @BulstoneSprings on Facebook.

Laura and Jon started buying organic years ago, and, inspired by the farmers at their local market in Hackney and mentored by Providence Farm and other high welfare poultry specialists, they became organic farmers and processors themselves. Recently Jon has discovered another really good reason to keep up his organic diet. In his own words:

"I have recently discovered I am allergic to pesticides and herbicides, particularly glyphosate, and if I eat too much non-organic food I can suffer from an anaphylactic shock reaction. Many more people probably suffer various systemic health problems from chemicals in food, which they are not even aware of as their reactions might be more subtle than mine. It took me two decades to determine the cause of this!"

[Read more....](#)



## I think, therefore I farm organically - and wholistically

You don't have to be an organic farmer to farm for health but organic farming and biodynamic farming are the only farming systems which are built on a concept of health - in principle and in practice. "Regenerative" isn't, nor is agroecology, or "agricology", nor "pasture fed, or "holistic grazing" and nor are the various versions of "nature-friendly farming".

Lawrence Woodward



All of these approaches have things to commend them - some more than others - and the farmers following these methods should be given credit for breaking out of the conventional mould. These approaches are all concerned with some aspect/s of health on which they focus, which is why organic farmers are often - if not always - involved in them.

But they are not systemically built on an underpinning and overarching concept of health which determines how the whole farm is managed from soil, to plant and to livestock and then how the product of that farm is harvested, stored, processed, packaged and sold. All with the aim of securing and enhancing the process of positive health in all of those phases - and in the surrounding ecosystems.

[Read more....](#)

## Farm homeopathy: an inconvenient truth



The use of farm homeopathy is not a prerequisite of Whole Health Agriculture but many farmers who farm for health use, or have used, homeopathy.

What Whole Health Agriculture shares with homeopathy is a belief in the intrinsic importance of the body's self-healing capacity, and the concept that health is a process of maintaining homeostasis (a stable internal environment) or balance.

Many farmers have used, and are successfully using homeopathy. Our colleagues at Homeopathy at Wellie Level have documented some of **these** and this is just a fraction of the success stories which farmers testify to. Our own survey of the use of farm homeopathy and other alternative methods is revealing significant levels of success in reducing anti-microbial drugs across all types of farms and livestock types - from smallholders to large scale, commercial productions. We shall be reporting these findings over the coming months.

Yet for sceptics - and those who pretend to be objective but aren't really - the real-life evidence of farming practice isn't enough. They dismiss it as fantastical wishful thinking, or conspiracy or arrested development or belief in fairies. But is there anything more fanciful than the notion that hard-headed, commercial farmers would make-believe or lie about the evidence of their own, eyes, and the weight of their wallets and say that farm homeopathy works if it doesn't?

[Read more....](#)



### Tail WHAg of the month....

Female WHAgers are on the rise - hooray! Oenone, a shepherdess and healer is part of the Ancient Greek myths, so why should we be surprised? Up and down the country more women are farming! This great article showcases 4 of today's women farmers and growers.

[Read more](#)



### Finger WHAg of the month....

Last week the House of Lords passed amendments to the Agriculture Bill aimed at protecting the UK's "high" farming standards. The NFU prominently campaigned for this. At the same time, in the same Bill, they were lobbying to weaken regulations governing genetic engineering. Leading food writer, Joanne Blythman, calls them out on their relationship with gene editing.

[Read more](#)

# CONGRATULATIONS!



Isabel Hands wins £250 in our Survey Prize Draw

"I am the Assistant Farm Manager of the Warriner School Farm in North Oxfordshire, a 116 acre farm which is part of our local secondary school.

Our two main enterprises are a herd of 15 Dexter suckler cows and 65 Lleyn ewes, but we also keep a few goats, pigs and chickens as well as two miniature donkeys, and a variety of small animals....."

says prize winner Isabel, who plans to spend her winnings on a homeopathic remedy kit and stock handling equipment for her pupils.

"It's fantastic to be contributing, albeit in a small way, to an institution bringing real hands-on farming to secondary school pupils.

These teenagers will be streets ahead of their peers who never get to see or feel where their food comes from."

Our survey is still open - with more prizes to be won!

[Take our survey](#)



### Alternative Approaches to Livestock Health:

One of our Survey participants has this blunt advice for farmers who have yet to try complementary and alternative approaches:

**"DON'T BE A DINOSAUR - it will help your pocket and they will have a happier and healthier farm"**

You said it!

The WHAg Survey, - a never-been-done-before exercise to discover effective non-toxic farm health solutions and bring them into the light, - gathers evidence from farmers who have shed their dinosaur skins to begin a new evolution in agriculture.

**If you are using any other, or complementary methods, such as:**

- Positive Health Management Systems
- Biodiverse grazing and browsing
- Homeopathic or herbal remedies
- Apple cider vinegar/fermented foods

**which have resulted in:**

- Reduction of antibiotics
- lower stress in your livestock
- enhanced health and wellbeing

**Please take our survey. The more we discover, the more we can share.**

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[wholehealthag.org](http://wholehealthag.org)

