



## February's Focus is 'Farming for Health'

Dear WHAg Farmer

"We are pushing nature to its limit. We are pushing population to its limit. We're pushing communities to their limits. We're stressing the environment. We are creating the conditions in which epidemics flourish." . . . "And we're taking huge risks - massive risks - with our future if we don't manage the planet in which we live. And we're being extremely irresponsible right now."

These are the impassioned words of Dr Mike Ryan who leads the WHO's Health Emergencies Programme response to C-19, and they couldn't resonate more strongly with us. 'Stress' is considered to be the number one factor in preparing the ground for 'dis-ease', and it is something that enlightened farmers are acutely aware of and aim to mitigate in all aspects of their farming.

With this in mind we showcase two farmers this month, who understand the effects of stress and farm accordingly; one a grower who has overcome challenging land and the other a dairy farmer. Both farm with health in mind, not just the health of their land, plants and livestock, but also the health of the food they are producing.

We know that the impact of stress on livestock can have devastating effects, lowering immunity and increasing susceptibility to infectious disease. Indeed, intensive rearing systems relying on antibiotics to control epidemics have contributed to a global crisis in antimicrobial resistance (AMR). Read on to find out more about a 'clean technology' that is under-researched yet shows great potential to help farmers overcome serious health issues.

As one of the 50 organisations supporting Beyond GM's #NotInMySupermarket campaign, we were delighted that the Co-op have announced positively: "We have no current plans to change our policy on prohibiting genetically modified (GM) organisms, which includes organisms produced by gene editing." Hopefully other supermarkets will follow their lead. If you feel as strongly as we do that there should be transparency and choice around such a critical issue, scroll down to learn how you can join the UK Farmers Assembly on the proposed new GM regulations.

\* The #NotInMySupermarket campaign is a response to the current UK government consultation on removing regulations and labelling from plants and animals in the food chain, created using a new experimental genetic engineering technique called 'gene editing'.

Finally, if you enjoy this month's read, do forward it to others who might appreciate it too, not forgetting to **subscribe**...

Until next time, we wish you well.

The WHAg team

## Alternative Approaches to Livestock Disease

The Oxford Real Farming Conference last month was held online which enabled us to convene speakers from around the globe. Our session, *Alternative Approaches to Infectious Livestock Disease*, united four highly regarded professionals to present pioneering science and research into the potential for homeopathy to impact infectious livestock disease on an international level.

Professor Leoni Bonamin leads the Graduate Programme on Environmental and Experimental Pathology in Sao Paulo, Brazil. Her team undertakes cutting edge scientific research into the study of ultra low dose impulses or very high dilutions which includes homeopathy. Leoni is revered worldwide and considers homeopathy to be 'a clean bio-technology' with huge potential for farms. She shared research that showed how homeopathy can contribute a solution to the antimicrobial resistance issue and have a beneficial impact on the environment.

Liesbeth Ellinger, a Dutch Vet and former President of the IAVH (International Association for Veterinary Homeopathy), believes that homeopathy has a role in the prevention of epidemics in farm animals. Liesbeth presented her award-winning, gold standard, peer reviewed study: *Homeopathy as replacement to antibiotics in the case of Escherichia coli diarrhoea in neonatal piglets*, which she has been invited to replicate in China once free travel is permitted.

To give the farmer's perspective New Zealand farmer-turned-homeopath and ex vet nurse, Tracey Simpson, detailed her experience of using and advising farmers in the use of homeopathy for Rotavirus. New Zealand herds are huge in comparison to the UK so this disease can be absolutely devastating if it takes hold. Tracey delivers seminars, discussions, and talks on homeopathy to farmers all over NZ as part of her natural animal health business.

To round off the session, WHAg's Head of Livestock Programmes, wholistic vet Chris Aukland, presented key findings from our recent survey conducted among farmers who use non-conventional approaches to livestock health which showed that farmers who use homeopathy and/or other forms of CAM can and do reduce and refine their use of antibiotics.

Currently the Federal Ministry of Food and Agriculture in Germany is running a free course on homeopathy for cattle farmers to address inflammatory conditions that usually rely on antibiotics. Is Big Ag finally starting to listen to farmers? Is the tide finally turning? We hope so.

Click [HERE](#) or on the image below to watch our full session:



## Farmer Feature

### Two farmers; one aim: 'Farming for Health'

Anne Evans runs Blaencamel Organic Farm, growing and selling organic vegetables with her partner Peter Seggar. Their produce can be bought from the on-farm shop and at local farmers' markets. See [Blaencamel Farm](#)

Chris Gosling runs a fourth generation family dairy and arable farm in Wiltshire producing milk, butter, cream and kefir which is supplied to Abel & Cole, Neal's yard, and various local shops and restaurants. See [berkeleyfarmdairy.co.uk](#)

### The Building Blocks of Growing for Health 40 Years of Organic Growing in the Aeron Valley, Wales by Anne Evans



"The ingredients for our compost are vegetable waste including crop residues, cut clover, wood chip (which is a by product of the management of our extensive hedgerows) wool, historically, but this will change, and a small % of stable manure from a local cob stable."

Soil Association member, Anne, believes, 'The government's message of recommending that everyone should eat at least 5 portions of vegetables per day is clearly very important but is an absolutely basic minimum; a first step which should not end there. We need to look at the whole food chain process, so that the way that those five a day are grown becomes relevant for health. Not only to sustain our health, but more importantly to improve our health, boost our immune systems, and make us more resilient.'

She shares the secrets of her 'magic compost' and other tips that ensure her crops are bursting with health and vitality

[Read more.....](#)

### The Challenges of Farming for Health on a 350 Acre Dairy and Arable Farm in Wiltshire by Chris Gosling



"I really believe that concentrating on the health of the farm and the animals is the way to achieve a successful and sustainable business. Providing the cows with the correct balance of nutritional food from healthy soils will ensure that they have strong immune systems and, therefore reduce the need for any medicines."

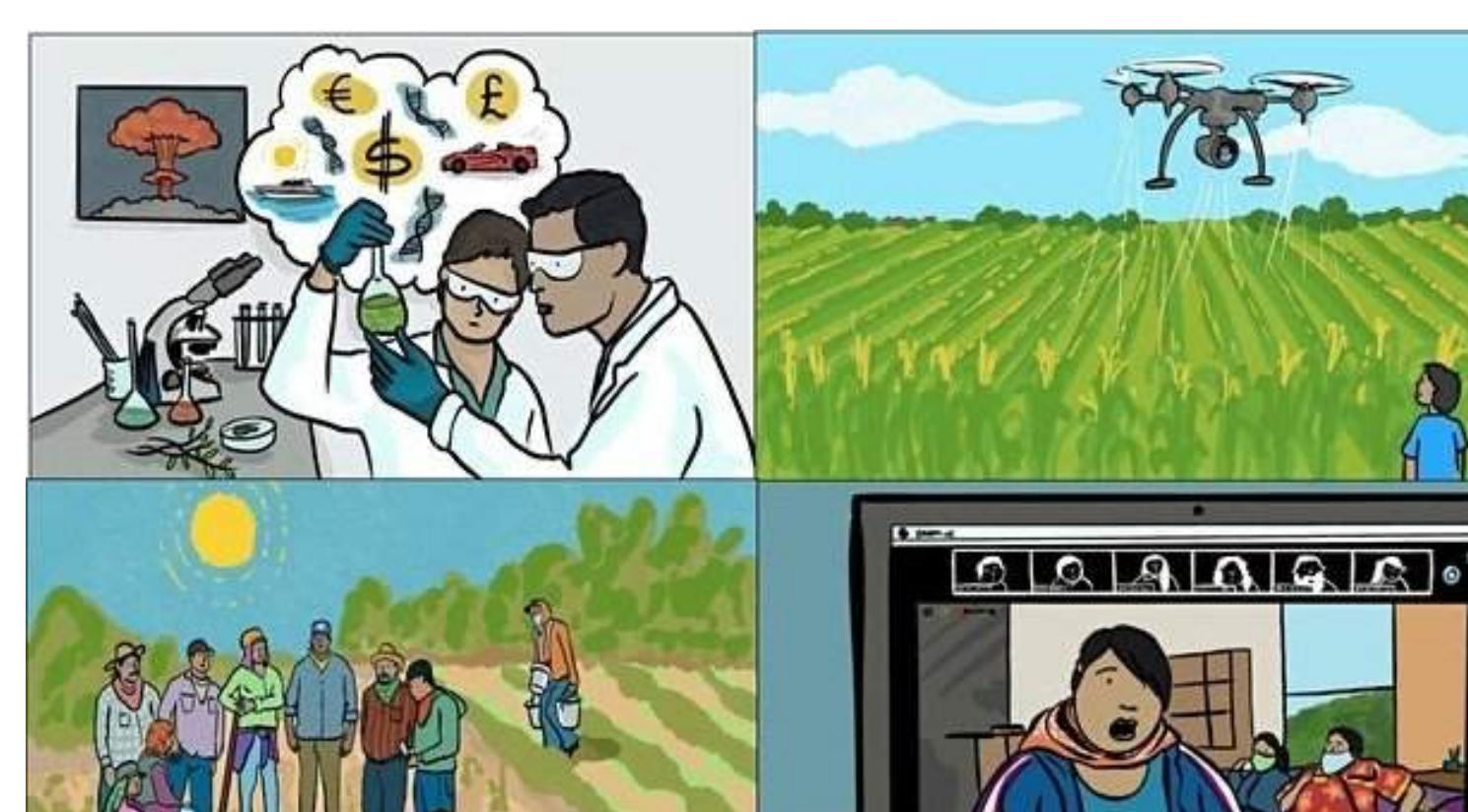
Chris knows that a healthy soil is required to produce healthy plants, but in addition to this, grows plants to suit their soil - so the cows receive a healthy, nutritional and well balanced diet of mainly ruminant forage in the form of Barley, Vetch, grass, clover and herbs. This is supplemented with a small amount of organic concentrate.

In order to meet the challenges of maintaining optimum health in her dairy herd, she talks us through her approach which uses a range of homeopathic remedies and practices

[Read more.....](#)

## Important Online Event - 28th February

UK Farmers Assembly on New GM Regulations



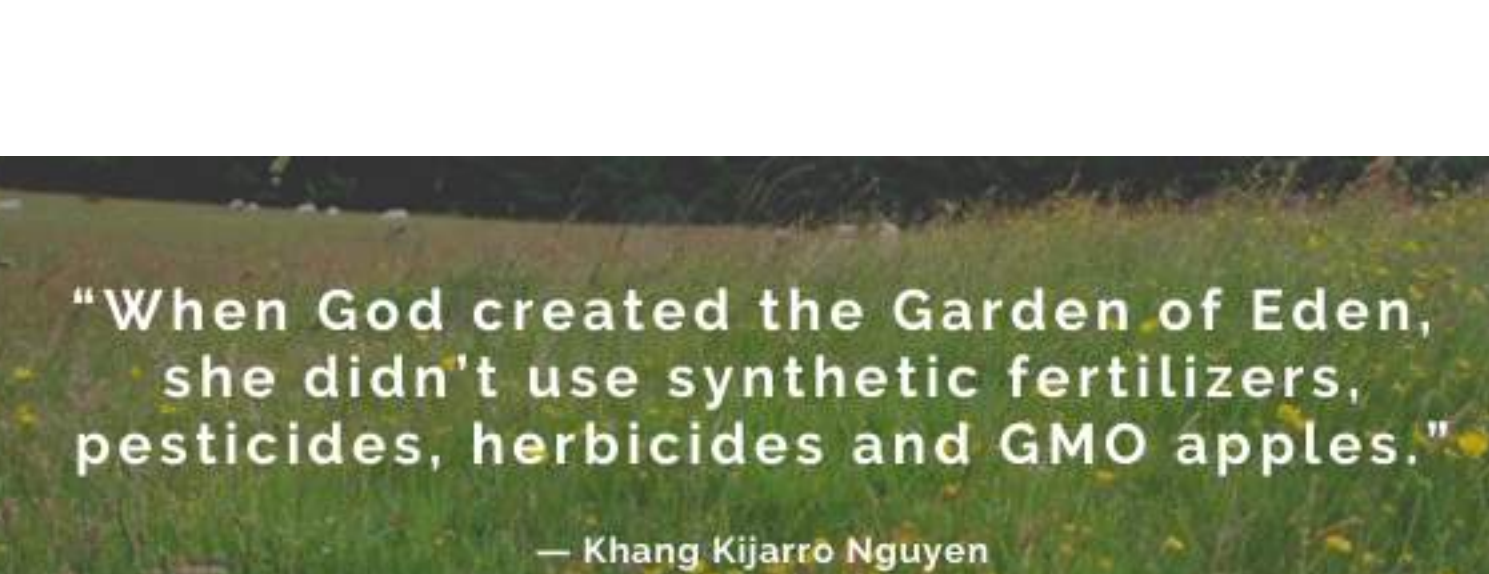
On January 7th the Secretary of State for Agriculture, George Eustice, gave the country just 10 weeks for a "public consultation" on removing current regulations on this technology. Eustice says gene editing will "help the UK reach its vital climate and biodiversity goals in a safe and sustainable way". Opponents say that, where it is grown, GM has not managed to improve livelihoods and, rather than reducing pesticide use, it has entrenched most farmers' dependency on chemical inputs. Deregulating gene editing, they argue, will further intensify a corporate-controlled industrialised system of food production that damages both environmental and human health.

A cross section of UK farmers and growers are invited to debate the potential deregulation of genetic modification (GM) in the food system. All are welcome to register and participate as observers.

The first meeting will take place on Zoom TOMORROW 7.00-8.45pm, Sunday 28 February so don't miss out:- Register for FREE here

Find out more about GM and GE in these articles by WHAg's Chair, Lawrence Woodward :

[Genome Editing Hopefully Simplified](#)  
[New GMO Regulations - What Do They Mean?](#)



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