

TOPIC: "NUTRI-TECH SOLUTIONS"

GUEST SPEAKER : GRAEME SAIT

MALENY GARDEN CLUB MEETING : 29 MAY, 2018 UNDER THE OLD WITTA SCHOOL

Graeme founded his company 24 years ago after his daughter emerged from a coma following a car accident. He takes his Life Force® range of products, methods and seminars on healthy food production to 30 countries including India and Laos. He told a story of a 19 year old who borrowed from a bank to establish a mushroom farm in Belgium, expanded into other healthy food production and now has a very successful \$3.4 billion business. He emphasised the importance of building healthy resilience in food plants to benefit humankind as for the last 100 years countries have employed a chemical extractive model for food production. There is nothing more important than the home garden.

- Commercial crop production was dumbed down to 3 minerals while removing a little of all 74 minerals each season which led to an explosion of pests
- Science developed toxic rescue chemicals which are increasingly used each year
- Chemicals accumulate in the fat of pigs so don't eat the crunchy fat on bacon
- Environmental chemicals lead to leukaemia in children - a global awakening is underway
- At current rate of top soil loss there are just 60 years until zero remains
- We've lost ⅔ of our humus and carbon is now the lion's share of the Co² blanket trapping more heat and changing our climate
- Studies of children revealed a myriad of health problems related to food consumption
- Food now has less flavour, shelf life and medicinal qualities
- Zinc is very important in our diet especially for prostate cancer in men
- There is a growing awareness of 'we are what we are and we are what we eat'
- Nutrition Gardening® is all about getting back to the root cause and solving the problem
- Medical, veterinary and agricultural sciences have all become based upon the treatment of symptoms – the problem is not solved – chemicals serve as a temporary bandaid
- The most important process in plants is photosynthesis
- A healthy gut is a most important product of photosynthesis
- Oil and coal have energised our economy but contribute massive amounts of greenhouse gases to the Co² blanket that determines our climate. Some scientists claim there may be only 20 years left if global warming is not addressed
- Reduction of emissions will reduce further accumulations but can't reverse climate change
- When we build up rather than lose humus in agriculture we are sequestering carbon from the atmosphere
- Humus is the stabilising glue that determines whether dust storms and floods strip the thin layer of top soil from the land. Humus improves nutritional value of food
- Humus offers the most efficient water storage technique as plant roots can access the extra moisture so easily and there is no evaporation. Humus reduces chemical soil content
- Humus is the primary vehicle for mineral storage and delivery in the soil
- Produce your own flavoursome, chemical free, nutrition dense food in the home garden and own your ultimate wellness tool
- Supermarket food is bundled from faceless suppliers and breeds less responsibility or motivation to produce clean, quality food

- Interplant lucerne with everything – takes nitrogen from the atmosphere, - releases acid exudates to break bond between calcium and phosphate in soil, - encourages beneficial fungi for crumb structure. Leaves are harvested as highly alkalising, nutrient dense additives for salads
- Use worm juice liberally as the liquid contains billions of beneficial organisms unique to earthworms – organisms stimulate plant growth and protection from disease
- A DIY worm farm can be made for \$200. Earthworms are fertilising machines – 7 times more phosphorus, 10 times more potassium, 5 times more nitrogen, 3 times more magnesium and 1.5 times more calcium. 25 earthworms contribute 300 tonnes of castings per year. Earthworms increase the infiltration and water holding capacity of soil
- Make ‘protozoa’ – lucerne tea from lucerne hay
- Ideal soil pH is 6.4. Test with kit from hardware store. Correct the pH level with limestone (heavy soil), lime and dolomite (sandy soil), gypsum or sulphur to reduce pH
- Foliar spray is 12 – 15 times more efficient than mineral delivery via soil. Direct spray to underside of leaves onto the plant’s receptors
- Boron levels are important for arthritis. Humus is the boron storehouse and boron improves the function of calcium
- A Refractometer measures food quality and sells for \$100 or \$70 on special. It can also be used as a meter to monitor the most important of all minerals – calcium. Can also use simple pH strips – use a garlic crusher to squeeze a few drops of sap from leaf on to an NTS pH test strip. 6.4 indicates healthy, disease resistant plant sap. Can also test urine
- Humus is the essence of soil health
- Composting is the cornerstone of gardening vitality. Every home needs a compost bin/pile and a Vermi-Compost Station
- To build a compost heap, develop it in 25cm layers alternating carbon layers (straw, prunings, autumn leaves, Council mulch) with nitrogen layers (manure, lawn clippings, green waste). Sprinkle lime, soft rock phosphate, crusher dust, and previous compost as a starter, on each layer. Thoroughly wet down each level as building the layer cake and when pile is completed cover with wet sacks or old carpet and dig over several times during a three month period before use
- Trichoderma – disease suppressive compost made of straw, cow manure and Tricho-Shield™
- The two main workers in soil are bacteria and fungi. Feed with molasses, raw sugar and fulvic acid
- Life Force® Instant Humus™ is a concentrated soluble humic acid granule that can confer the many benefits of humus in soils with low levels of organic matter
- Kelp is another Nutrition Gardening® essential. Kelp is the highest known source of Iodine which has natural fungicidal qualities
- Kelp contains 4 natural growth promoters – CYTOKININS; GIBBERELLINS; AUXINS; BETAINES
- Methyl Bromide is used to soak all commercially grown fruit before sale to the public in Australia and New Zealand – healthier to grow and eat your own
- Maleic Acid is used in China to soak garlic. Australian grown garlic is healthier
- Naked soil is never good. Use cover crops which provide biodiversity, manage weeds, feed soil life and nurture bees and insects
- Healthy soils create hardy people and a happy planet

CONTACT: NUTRI-TECH SOLUTIONS PTY LTD, 7 HARVEST ROAD, YANDINA QLD 4561. PHONE 5472 9900; FAX 5472 9999. www.nutri-tech.com.au. LIFE FORCE www.nutritiongardening.com.au END