



Ann and her family walk the talk of sustainable living in their multi-generational home, Eco-Sense. Their motto is: **Less life stuff ... More life style!** The Bairds offer tours of their home and provide consulting and educational services in sustainable building. Find out more at www.eco-sense.ca, or email Ann at ann@eco-sense.ca

THE V WORD

ladies are you sitting down by Ann Baird

Since I began writing for Island Gals, I have covered such topics as how I came to live in a MUD house (Modern Utopian Dwelling), our sustainable home and lifestyle, toxic chemicals in our homes and personal care products, climate change, ecological economics, and designing life and food systems with permaculture principals. The underlying theme is about how everything is connected. Life is ONE big system in which we are all currently playing an earth-shattering role. Most people don't seem to fully grasp how

A healthy, full term fetus in the uterus is 100% pure human ... no yeast, no bacteria, no little critters crawling on it. The unborn baby is a sterile human being ... and then birth happens. The trip out the tube of life through the vagina inoculates the newly birthed human with all sorts of bacteria and yeast cells that are ESSENTIAL for life on the outside. The fresh baby is also given all sorts of beneficial microbes from breast feeding, handling by ogling, kissing relatives, playing with other siblings ... and eating dirt, of course!



Our internal ecosystem is just as important to our biological functioning as our external ecosystem. Without it, WE ARE DEAD. The trillions of bacterial and microbial cells that inhabit our digestive system, sexual organs, breast milk and skin make life possible. They work with our immune system and our digestive system, and when they are out of balance, we get sick.

truly connected we are to the ecosystem and life support systems of our home ... our EARTH. We need a healthy home. So consider this fact: Each one of us is only 10% human. The cells in our adult bodies are 90% OTHER life forms. Yup, the bacteria, microbes, fungi and tiny arthropods outnumber us 10 to 1 ... AND it all starts with the VAGINA.

OK, are you and YOUR ecosystem sitting down yet?

Because we are living in a more sterile world with antibacterial cleaners, formula, abusive amounts of internal antibiotics, C-sections and vaginal douches, we are literally killing off our internal ecosystems. Combine this with all the processed, chemically treated, unnatural, fibreless foods our society eats that do nothing to support our partnership with all of our friendly gut microbes.

We are not alone ... 90% of us is teamwork with nature. It's time to start fully looking after ourselves if we want to be healthy. This starts with our own bodies: don't be TOO clean, don't use antibiotics (unless it is essential to saving your life) and don't eat too much processed "food."

Understanding that our bodies are not separate from all the other life out there makes me think about what we are collectively doing to our global home. Our earth ecosystem is being consumed and sterilized at an ever-increasing rate: expanding cities, landfills, deforestation, mining, mountaintop removal for coal, the Alberta Tar Sands, fracking for (un)natural gas, etc. The entire global ecosystem, including our oceans, is in a state of biological collapse ... ask any ecologist. Why are we doing this to our home?

What we do to the earth, we essentially do to our own bodies and our children's bodies. There is no line that separates our bodies from the rest of nature. We need our ecosystems to simply live.

So let's work together for people and the planet ... for justice, for equity, for life.

For more information:
The Ultimate Social Network, by Jennifer Ackerman, June 2012 Scientific American



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About Us
We are the loved-ones of the homeless, addicted and/or mentally-ill in communities everywhere. This group is to be a powerful voice for our struggling loved-ones, by challenging public policy and calling for meaningful actions to be taken to ensure that they are treated with the due Dignity, Respect and Compassion they deserve, as equal members of our community.

Our Imperatives
Respect to each individual;
Acceptance, Empathy, and Understanding

Our Vision
Remove the stigmas from homelessness, addiction and mental illness, facilitate in getting this population back into community by giving them the support and tools needed to reclaim their self-worth.

Our Mission
To end discrimination against the homeless, addicted and mentally ill, and be a support group for families of those struggling with these challenges.

Our Values
Accomplishment, Respect, Love, Compassion, Integrity, Loyalty, Honour, Dignity, Support, Honesty, and Celebration

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