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Healthy Soil — Healthy Plants — Healthy Livestock

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Media release

Waking up to the cold hard facts of poisonous foods

Registered nurse Katherine Archer and family have made significant changes to their way of life since hearing world leading soil expert and GP, Dr Arden Andersen speak.

The Central Hawke's Bay family has decommissioned their microwave, and stopped using pesticides on their vegetable garden which is now flourishing using Dr Andersen's biological agriculture practices to develop maximum soil fertility.

"Since hearing Dr Andersen speak about the use of pesticides, I've done a lot of reading about the reduction in soil fertility and how pesticides affect the food we consume. This has certainly influenced some of the changes we have made," says Katherine.

"I find Dr Andersen's lectures very thought provoking, and each time I hear him speak I learn something new."

American-based Dr Andersen is due back in New Zealand in August and will be giving his acclaimed 'Real Medicine Real Health' lecture at the Napier War Memorial Conference Centre from 7 to 9pm on Friday August 29.

His insight into modern food and nutrition, based on his book of the same title, will be elaborated on as he discusses why food is not as nourishing as it once was, how to take responsibility for getting and being well, and the link between soil health and human health.

"My role as a nurse is to promote the benefits of five-plus-a-day of fruit and vegetables, but today's lifestyle and food choice doesn't make this easy. I believe Dr Andersen has an important message when he discusses the use of supplements and how, if the soil is deficient in critical elements, can the necessary vitamins and minerals be found in our food?" says Katherine.

In his last lecture held in Havelock North earlier this year, Dr Andersen explained how common diseases like diabetes, cancer, lupis and heart attacks along with conditions such as autism, ADHD, Alzheimer's, and illnesses due to pesticide overload are linked to low vitamin and mineral levels in the food we grow and eat.

He suggested ways to improve health and lifestyle through nutrition and holistic treatments such as assessing food sensitivities, engaging in detoxification, use of supplements and exercise.

Dr Andersen's expertise does not only utilise natural methodologies, he is also a registered medical doctor and qualified osteopath in the United States with a general practice in Goshen, Indiana. He is also a US Air Force Reserves Flight Surgeon providing all aspects of medical and public health care to a squadron.



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In this upcoming speaking tour, Dr Anderson will also be offering a two-day biological agriculture Balancing Soils for Profit course in Hawke's Bay on August 29 and 30, and for the first time, a Vine and Tree course in the Bay of Plenty on September 2.

Admission to the Real Medicine Real Health lecture is \$20, doors open from 6.30pm. Advanced bookings will not be taken.

More information about Dr Arden Andersen and his New Zealand courses can be found at: www.bioagnz.co.nz

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Background information:

Dr Arden Andersen holds a BSc. in agricultural science, a Ph.D. in biophysics and a medical degree. His practical experiences range from dairy farmer, soil consultant and product developer, to author, physician and air force flight surgeon.

Dr Andersen is at the cutting edge of American biological agriculture. He has tens of thousands of acres under consultation in the USA ranging from cherries to dairies. He has been teaching in Australia for 10 years and NZ for three years. Farmers report substantial improvements in soil fertility and productivity under the programme that focuses on re-mineralisation and feeding the microbes.