



Tree Hugging Now Scientifically Validated
Die hard conservatives love to disparage liberals as tree huggers, but it has been recently scientifically validated that hugging trees is actually good for you.
Research has shown that you don't even have to touch a tree to get better, you just need to be within its vicinity has a beneficial effect.

Part 3

And it is not just trees!

With a greater understanding of how nature behaves Matthew Silverstone in his ground-breaking book, **Blinded by Science**, tells us how trees, plants, water, the sun and the moon can all play a part in how we feel on a daily basis. Through research he has uncovered new evidence to show there are many ways in which the world we live in may be having a damaging effect on our health.

Matthew Silverstone's career came to a halt due to the illness of his son, for whom he became a full time carer. It was watching the lack of medical help from the established sectors of science that led him to start questioning everything that he had been told about science and health.

In his search for answers Silverstone found that Western science has chosen to ignore thousands of scientific studies that show there is more to our body's behaviour than it alone can explain. By combining the simple but ground-breaking principle that everything vibrates with the fact that water retains the vibration of everything it comes into contact with, Silverstone is able to decipher various phenomena such as the biological effect of mobile phone technology that are impossible to understand fully using biochemistry alone.

Issues such as sleep disorders, homeopathy, healing, body rhythms, lunar cycles, and the exponential growth in immune-related illnesses worldwide can now be more adequately explained. **Blinded by Science** addresses these and many other fascinating concepts that will revolutionise your attitude to health and well-being and positively alter the way you see the world around you. He provides impressive scientific evidence and theoretical justification for all of his claims. His son has since made a full recovery.

As farmers there is plenty of evidence that lunar cycles affect plants and animals just as it affects the oceans. You are fortunate in your daily activities to be out and about and encourage you to ponder the presence of nature's hidden energies on your farm.

Farming Secrets says: Tune Into Nature's Energy

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