



HOME GROWN

Food Summit

Why Eat Dirt?

-Dr. Josh Axe

Marjory: Hello, and welcome to the Homegrown Food Summit. This is Marjory Wildcraft. The presentation we have up next is ... Yeah. I'm serious. This is all about eating dirt. I have to admit, this presentation is a little bit short. I said, "Doctor Axe, this is really not quite fitting our guidelines," but the topic was so intriguing and he had he had had some other technical difficulties. He said this is the best he can do and I said, "You know, I think this is so intriguing. We're just going to put this one up and let people see it."

Let me tell you a little bit about Doctor Axe and you'll see why I decided to let him sneak in. He's a DMN, a DC, and a CNS, is a doctorate of natural medicine, a nutritionist, and author with a passion to help people get well using food and medicine. He operates one of the world's largest natural health websites at www.draxe.com. Here's the real interesting part: he's been a physician for many professional athletes and in two thousand and nine he began working with the Wellness Advisory Council.

He traveled to the two thousand and twelve games in London to work with USA athletes there. He is an expert in herbal medicine, nutrition, digestive health, and athletic performance. He's been featured on many television shows and stations including, you know, Doctor Oz. He's been on CBS and NBC too. In his spare time Doctor Alex competes in triathlons and cross-trains with his wife, Chelsea, who is also a health nut so it's in the family. Watch this really intriguing presentation and then I'll tell you a personal story, actually another reason of why I wanted to put this presentation up.

Doctor Axe: Hey guys, Doctor Axe here with my daily health tip. This one might surprise you. I want to encourage you to eat dirt. That's right. This is one of the secrets to healing leaky gut, and restoring your health forever, boosting immunity, is start to eat dirt on a regular basis. Now, I'm going to give you some specific examples and, no, I'm not talking about going out and grabbing a big handful of dirt and chowing down on it but in a way you may do this.

Listen to some of these interesting facts. Number one, you are actually made of dirt according to every world religion today; whether it be Christianity, Judaism, or others, that we were made from mud. We are made from the Earth so we are actually directly connected to the Earth. In fact, when you look at the compounds we're made up of ... I encourage you to do a Google search on this. You'll actually find that the same elements from the Earth, that's what we're made up of. Literally we're made of water, and dust, and dirt. Just think about that for a little bit.

The other thing I'll say is that there are certain things in our soil that we don't get anymore. If you think about what would traditionally happen in your diet on a daily basis is somebody would go out to their garden, they would grab carrots out of the soil, and they would just wash them off, and then they would eat those carrots. What happens is that there are bacteria that are left on those carrots that actually are known as soil-based organisms or soil-based probiotics and microbes.

Actually, there's research now showing ... You know what I'm talking about. If you ever buy carrots that haven't been sprayed with chlorine and other chemicals, you'll see almost little brown specks that are embedded in there on the carrots. Those are soil-based organisms. Actually, there's research showing that it actually helps you breakdown, absorb, and digest the food you're eating. If you're eating foods that are being flown in from another country, or that aren't local, or that have been sprayed with these chemicals you're not actually getting those soil-based organisms.

Again, dirt that's left on those carrots ... There should be a little bit there. Again, I'm not telling you to like leave big wads and chunks of dirt on there. But again, that's one of the things to consider is that helps you in absorbing and digesting the food you're eating. If you look at the average child, a study was done, an average child consumes five hundred milligrams a day of dirt from just playing outside. We know that that actually helps develop their immune system but five hundred milligrams is essentially the size of about one to two capsules of capsules of a supplement. That's about how much dirt they consume a day, how much we should be getting a day.

I've got my, what are considered, five ways that you need to be eating dirt on a regular basis. Because here's what happens: those bacteria in the soil, when you're consuming those over time, they actually become part of you. They actually take residence and implant themselves in your large intestine, in your colon, and small intestine. Then overtime those bacteria, they help you breakdown food. They help protect you against local and invading organisms and things along those lines.

Number one way to eat dirt is going to be shop at your local farmer's market. Again, go to your local farmers market. I know my wife and I, Chelsea, got to Franklin every Saturday morning. Franklin, Tennessee, go to the farmer's market there. We buy carrots with a little dirt on them. We get our cabbage, we buy our goats milk Kefir. We get all of those things there. Our bones for making bone broth.

Again, we buy that food and when we bring them home we give them a light washing with water and that's it. There's nothing else and we go ahead and eat them. Sometimes they have little specks of dirt left on them and that's good. We make sure that we're buying from good soil. Obviously, if you're living in Manhattan the soil probably isn't that healthy there verses if you're living out in the country or if you can get some good soil based food. That soil is healthier. Again, buying from your local farmer's market, number one way. You're going to be getting dirt in your diet that way.

The number two most common way you can eat dirt is having a pet. Specifically a pet that plays outdoor part of the day or a good part of the day. There's a study that came out recently showing that those who have cats have a forty-eight percent stronger immune system and those that have dogs have a fifty to sixty percent stronger immune system. Having especially something like a dog, one or two dogs, is actually great thing for immune system. It's great for your kids and building their immune system.

What happens, your dogs will track in and they keep on their and on their paws, they have these good microbes in their body. You'll be breathing in those microbes. You may

be bringing some in orally. That's good, you want to be doing that. Pets, time and time again. Those that live on farms especially along with those who have pets have much stronger immune systems and get more good microbes. This is key for healing leaky gut. I know one of the other things ... My mom, we had her start doing when she was sick, is she started riding a horse. She bought a horse along with a few others, started riding it every day, it did some miraculous things for her and her body.

The number three way you need to eat dirt is by just getting outside, playing outside in the grass, and gardening. There's something now called Earthing or grounding. It's basically where you get outside barefoot and you just walk on the Earth. Let me tell you, isn't there something refreshing about that? Just think about this: all the times you've just kicked off your shoes, you walk around in the grass or walk on the beach, there's something rejuvenating about that.

There's actually science today and studies are showing that this principle called grounding, which is essentially just walking around barefoot, actually causes positive electrons to go throughout your body and actually works on balancing out your equilibrium, it helps reduce stress in the body, balance hormones, and it helps heal your entire body. Getting outside barefoot or ... That can be your feet or your hands.

This is why gardening is so therapeutic and so healing. You can get out and work in your own garden or even pulling weeds, doing those types of things are great for your body. Again, getting outside, getting some fresh air, getting your hands dirty and gardening, or walking around barefoot. Obviously you may not be able to do this in the winter in Minnesota. Anytime in the summer, anytime it's warm enough out, make sure you walk barefoot in the grass, or the sand, or on the Earth that day.

Number four way you can start to eat dirt is by eating raw and local honey. I emphasize local. Have you ever heard or seen the studies to where those that consume raw, local honey have less allergies than those who don't. Listen, you're not going to be getting that by just one time eating raw honey but if you're eating local honey throughout the year it's going to help reduce allergies. In fact, when I first moved to Tennessee for the first time I had allergies that first year, actually the second year I was there. I started doing raw honey every single day and have had no allergies whatsoever since. That's because of all the local honey.

Think about this, this is why this works: when you have local plants in that region, local flowers, one of the things that causes allergies is exposure to pollen. If I've had those many immunizations ... What I'm talking about here by the way, it's like a natural vaccine. It's a natural immunization. When I'm consuming that raw honey or that local honey that pollen, I'm getting use to it, and those microbes are actually taking residence in my gut. They're becoming part of me, protecting me, building my immune system over time so then when I'm exposed to those things I already have an army there to protect me, to care of it without any sort of issue.

Raw, local honey, one of the most powerful ways. Here's the great thing about local honey: you can consume that year round. Stock up on local honey, go to your farmer's

market and get this, and have one teaspoon a day throughout the entire winter months, the spring months, throughout the entire year. Get a little bit of that raw honey, local honey, every single day. A great way to eat dirt.

Last but not least, a good way to eat dirt is to actually take a soil-based probiotic supplement. If you look the probiotic supplement that I've created, from the Doctor Axe probiotics line, you're going to find that that contains soil-based organisms. These are the very probiotics that you're going to find in the ground today. Actually, the soil-based organisms that have been proven to work through clinical research. Strains like bacillus subtilis and bacillus coagulans are two of those strains that work great at helping build the immune system.

But if you don't want to go out and eat chunks of dirt or it's the winter months and you can't get outside, and you can't get a pet, and you can't do some of the things that I'm talking about than without a doubt you want to be taking one of those soil-based probiotic supplements like we have here with draxe.com or the Doctor Axe supplement line. I think you're going to see great results with that but do those five things. Number one, shop at your local farmer's market and get some dirt. Literally eat a little bit of the dirt on the food. Number two, get a pet especially dogs. Horses are great. Number three, get outdoors. Get your feet in the ground, get your hands in the ground. Number four, consume raw, local honey. Number five, take a great quality probiotic supplement year round.

Last but not least, make sure you stop using these antibiotic products. Antibiotic hand soap, taking antibiotic medications, exposing yourself to chlorine and fluoride in your drinking water. These things kill off these good microbes. Stop using those things replacing them with something like a good, quality essential oil that's not going to kill off the good microbes. Do that instead, but again, follow those five ways of eating dirt and you're going to see some great results in your body in healing leaky gut.

Marjory: Yeah. Eating dirt. Who would have thought. It's not as bad as you might want to know. If you want to get in touch with Doctor Axe, he's got a lot of really great information, that button over there on the right. He's has a book coming out. I don't know if I'm suppose to tell you this or not but I'm going to go ahead and tell you, it'll be our secret. I don't think I'm going to get in trouble for this. Doctor Axe has a book out coming out called Eating Dirt.

I really want to do this and I'll tell you a little back story of my own. I live with my husband, of course, and he's a clean freak. I've lived with clean freaks and slob and I have to say I'd rather live with a clean freak rather than a slob but they're both difficult, right? I'll bring in some vegetables from the garden and I'll just start preparing the salad or eating, cooking, or whatever and my husband will say, "Hun, did you clean those?" I'll say, "yeah, yeah, yeah. They were washed in the rain." He gets all mad because there's sometimes a little bit of dirt on it. Personally, I'm really looking forward to Doctor Axe's book coming out because I'm going to get a copy for my husband.

This is Marjory, yes, and we've got a whole bunch more. The Summit is ... We've only got a couple of days left in this but there's a bunch of really good ones lined up. Nourishing Traditions, Nourishing Infusions by Susan Weed. If you're really into health that's a really wonderful one. Extraordinary Eggs, there's another one, the benefits of eating eggs and what is in eggs. Incredible presentation. That's with Patricia Foreman. Tomorrow we have Herbal Treatments of Wounds and Lacerations as well as how to create sacred space growing a sunflower circle. Yeah, I want to do that. This is Marjory Wildcraft and hey, let's hang out together on another one.