

NATURAL LAW

& Natural Healthcare

Is it global economic hard times? How far away from Natural Law is your life? Are you more dependent upon technology to support you? How about starting a garden, using your food as your medicine, helping your family and friends with minor aches and pains or stress symptoms? How about connecting with the weather and seasons of the year while observing Nature and listening to the sounds of the animals and insects?

Connecting with Nature and Natural Law may seem a 'hippie' idea or a retro step in the advancement of modern civilisation **but** all technological advancement uses resources from Nature. If you ask the modern urbanised child where milk comes from they'll tell you 'From a carton' – not a cow. Have you ever spend three months growing a head of broccoli then eat it as steamed broccoli in less than 30 seconds. It takes 10 seconds to pick up a head of broccoli from the supermarket grocery shelf and 30 seconds to eat it but three months to grow it in favourable conditions.

From 1990 – 1999 I had the pleasure of instigating, administering and tutoring a series of experimental Adult Educational Training courses – each of 6 months duration, NZ government funded and answerable for educational or employment outcomes. The course focused on being responsible for one's health and wellbeing by starting with the soil and then included other content which used as many natural resources as possible, supported by knowledge.

Course Overview – From the soil, to the dinner table; to understanding 'food as your medicine'; and learning skills for helping oneself, family and/or friends; to then have some understanding of personal holistic health and wellbeing.

- Organic Gardening – 1st French Intensive/Biodynamic method (5 years); 2nd No Dig/Permaculture method (5 years) – 2 days per week



Day 1



Before

NATURAL LAW

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After



Poultry manure for composting



Collecting seaweed for composting



Relaxing in Nature

- Vegetarian Cooking – No meat, fish or eggs – 2 hours per week
- Nutritional theory - based on Naturopathy, Natural Hygienists and Indigenous medicine
- Herbal Medicine – Mostly Folk Law practise



Preparing herbal oils

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- Massage – Relaxation, Polarity Therapy, and Reflexology



- Ayurveda (Science of Life or Knowledge) - Basic principles relating to one's lifestyle including diet, exercise, daily routines and seasonal change.
- Exercise – Yoga, sports training, gym or Chinese Karate.



Chinese Karate

I was interested to learn in 2006 when researching adult education in NZ during the years of *Tomorrows Schools (1989 – 1999)*, that the majority of my ex course students went on to later train as nurses and teachers.

I encourage everyone to learn skills in these areas of life and to become more involved in your own self-sufficiency by connecting more to your Natural environment. Learn from Nature and the lessons learnt will be unimaginable and indefinable by me at this time – but I know they will be life changing in a very personal manner.

Where will the journey back to the natural world take YOU?

David Timbs

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