

STEWARDSHIP

WHAT IS IT - WHY IS IT IMPORTANT?

A steward, as defined by Merriam-Webster, is one who is responsible for the affairs of a household or estate or a property. In other words a steward takes care of something.

In the grand sense, we are all stewards of our home - Planet Earth. That stewardship is defined by all we do everyday. As a Certified Holistic Nutrition Professional, my knowledge base includes more than just food. It is all about where food comes from and care of that source - the dirt. It is about the health of the seeds that we grow, the water we drink, the air we breathe, the animals we use for food and milk, and, of course, the people.

One of the greatest joys of my life, besides my wonderful family, is taking all the information that I have learned and continue to learn (and believe me there is a lot of it) and sharing it with my family and friends. I am especially concerned for the children (our most important and most fragile resource). I think they have the hardest time with all the dysfunction that is on the planet right now.

In many ways we have forgotten that we are stewards of the earth. We have let the governments, and big business take over, thinking one person cannot possibly make a difference, and because of that we have many, many problems.

So *Eat Well Nutrition & Wellness* is all about first steps. Those things we can ALL do to protect our planet, and thus protect ourselves and our children. One person can make a difference. If that one is multiplied by two, ten, one hundred, one thousand, etc, imagine what we could do. We can rock this earth with the healthy changes we make every day, in every way, one small change at a time.

As we change the planet we change ourselves. We are the planet and the planet is us.

We have then secured a more healthy world and future for our children, and all future generations. That is a win-win in my book.

So please join me in being that change! Improve your health, and the health of the planet, one bite at a time.

WE ARE THE ONES WE HAVE BEEN WAITING FOR!

My wish for you is good health.

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