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HEALTH & WELLNESS



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January 19th 2021: Edible Landscaping; Grow Your Own Food Source!

My guest today, Jim Gale of Food Forest Abundance, is going to share with us the how's and why you should grow your own food source. We all know how so much of our food is full of pesticides and GMO, and is so processed that it is making us sick, breaking down our immune system and we are not getting the nutrients we need to get to allow our bodies to thrive. We are physiologically BUILT to THRIVE. In addition to providing you with your very own food source, there are multiple other benefits to growing your own food such as getting grounded by working with the earth and it has the same if no

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Featured Guest



Jim Gale

Jim Gale is an entrepreneur, inventor and eco-village developer. He is launching Food Forest Abundance which will promote and sell decentralized food, water and energy systems around the world focusing on Food Forest installs. His long term vision is food forests and edible landscapes everywhere.

[Read more](#)

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