

A
Deeper
Look
 by Delisa Renideo

Eating in the Age of Nature

Have you heard of The Age of Nature? Neither had I, until I attended the [Bioneer's Conference](#) in Anchorage last week. However, as soon as I heard this term, it resonated within me and I knew I needed to explore it more deeply.



Delisa and Benji, Hatcher Pass

In order to put this label into a meaningful context, let's look at the ages that have come before.

No need to go back to the Stone Age, Middle Ages, etc. Let's just go back to the Industrial Age. This is a time when we learned to use machines to make stuff, so stuff is the hallmark of the Industrial Age. We can tell how affective it has been by taking a look inside our garages, closets, and rented storage units. If there is one thing we have plenty of, it is STUFF! We usually like

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our stuff, and get more and more of it, but then we realize we are buried under too much stuff and try to get rid of it. Then we have room to get more stuff. Of course, this leads to some problems. We have literally moved mountain tops to get the raw material for stuff. We have cut down trees, making it difficult for other species to live as we take the stuff they need, like forests, clean water and air. We have to move all this stuff around, so there are trains, trucks, ships and planes crossing the globe to

get our stuff to us. And when we are tired of it, we throw our stuff in a hole in the ground and cover it up.

The Industrial Age has made it possible to fill our grocery stores with over 45,000 different items. How many different ways can you process, label, and market wheat, oats, rice, barley, and rye? Just take a look at the cereal aisle. We've come to think of food as something that comes in a plastic wrapper, cardboard box, can or jar. Unfortunately, all these "food" items have had most of the nutrients processed out of them and extra calories added into them. So now we are more unhealthy and overweight than ever in history.

The next age that has affected all of us is The Information Age. There is more information being generated than ever before, and it is more accessible to all of us than ever before. No need to wait for the morning paper to find out what's happening in the world. We



can send and receive information via our electronic "stuff" all day long, and when we are required to send something via "snail mail," it feels like an unbearable imposition.

Just as we enjoy having all the stuff made possible by the Industrial Age, we value having access to all this information. What was life before Google, after all? I expect to be able to find out every-thing about anything at my home computer, NOW! Never mind going to the library and looking something up in an encyclopedia. We know that information is probably out of date before the book hits the shelf.

We might also call the Information Age the Communication Age. With cell phones, we can be in touch with people around the world all the time. We

also communi-cate with email, texting, Facebook, and Twitter. (And probably some more that I'm just too old to know about!)

But again, just like being buried under the stuff made possible by the Industrial Age, we are

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now buried under information. Email stops being fun when you have hundreds of new emails in your inbox every day. Cell phones make it hard to enjoy a peaceful walk, or a face-to-face conversation with a friend. There is no way to stay on top of all the information coming at us and we often feel overwhelmed.

Ahhhh. Enter the Age of Nature. It has a nice ring to it, don't you think? But what might it mean?

I believe one thing we are coming to terms with is that WE are INSIDE of NATURE! We are not separate from nature. We have talked about nature as if it were something "out there." Like the "environment," we think of it as something other than us. But surprise! We don't exist outside nature. We don't exist without our environment. Funny that we hadn't noticed that before. Taking care of nature is taking care of ourselves. Taking care of the environment is taking care of ourselves.



In the Age of Nature, we are likely to discover that we are made from the earth and nourished by the earth. We will start to really know that in order to be healthy, we have to eat nutritious foods. These are foods that grow on the earth. We'll realize that putting poisons on our food and then eating it doesn't make sense. We'll really get that



fake food made from chemicals, artificial colors and flavors, preservatives, and then sprayed with synthetic vitamins to meet the RDA really is fake -- not food. It is no more food than our napkin or fork is food.

In the Age of Nature we'll begin wanting to be involved with nourishing ourselves again. We'll grow gardens, pick wild berries, and relish the process. We'll enjoy the preparation of this fresh, delicious, and highly nutritious food that came from the earth and wonder

how we were ever brainwashed into believing that the good life meant drive-throughs, fast food, and instant soups. Then we'll also learn that we are made with incredible, self-healing bodies that rarely get sick, have lots of energy, and stay trim and fit through-out our lifespan. *This is nature's way.*

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