



# FARMACY OF LIGHT

by Niki Smart | May 28, 2021



The statistics for chronic illness worldwide are going through the roof.

Degenerative diseases are cropping up in younger and younger people and, at this point, nearly half of all Americans suffer from at least one chronic disease. On top of this, Covid-19 emerged and has us all thinking about our health. Now we all want to know how to boost our immune systems and get healthy. The problem is that the primary degenerative diseases are directly connected to malnutrition and toxins we take in by eating toxic foods, drinking toxic water and breathing toxic air. We released 84,000 synthetic new chemicals into the air in 2020 alone, and we've depleted our soil of vital microbes, bacteria and fungi by spraying chemicals and over farming. Okay, so now that we've contaminated our earth and our bodies are suffering, are we screwed? Sounds grim, doesn't it

Well, here's something you should know—actually **everyone** needs to know this: chronic disease can be reversed by eating the right food. Plus, your immune system gets a big boost when you eat the right food. Well, what is the right food?

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June 2021

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21	22	23	24	25	26	27
28	29	30				

« May

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The answers are discussed in the documentary, "Farmacy of Light"—A Quantum Leap in Healing. This film, by Ryan Wirick, is his follow up to the popular documentary "Need to Grow". Farmacy of Light follows Erik Cutter as he introduces us to his high performance urban farm company, Alergia Farm and teaches us about regenerative soil and how incredibly important that is for not only our health, but for the health of our planet. The optimized soil biology results in superior nutrient dense vegetables, salad greens, fruit, flowers and medicinal herbs.

Erik Cutter, who has over 35 years experience growing food using natural, nutrient-dense techniques and is a leading pioneer in developing the use of hybrid food production technologies says it perfectly:



**“WE HAVE TO STOP FIGHTING NATURE AND START WORKING WITH HER...AND LEARN HER.”**

Luckily, I'm fortunate enough to know Erik personally, and when he offered to make me dinner, I jumped at the opportunity. Why? Because I know that at Erik's house everything he serves is pure health. And true to form, Erik had a bowl full of freshly picked, nutritious "amazingness" standing ready when I arrived. The "amazingness" is a salad that includes Romaine lettuce, Fennel, Avocado, Yellow and Orange Calendula, Nasturtium, Lemon and more, all grown at Alergia Farms with regenerated soil and without any chemicals. Erik had also prepared a flower/herb tea blend tea that helps strengthen resilience and protects you from colds, flus and viruses. The freshly harvested ingredients

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- June 2021
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include: Ginger and Turmeric root, ground black pepper, Indian blanket, Yellow and Orange Calendula, Yellow Cosmos, Nasturtium, Oregano, Parsley, Celery, Kale, Red-veined Sorrel, Garlic, Lemon and Lime—basically, an Elixir of Health.

Erik and the team from *"Farmacy of Light"* are committed to getting the word out that healthy soil equates to healthy plants, and healthy plants equates to healthy humans. Add to this that Climate change is upon us, so developing new urban food production systems to grow profitable urban farms using drought resistant farming techniques is imperative.

Another well respected, forward thinker featured in the *Farmacy of Light* is Dr. Zach Bush. "Plants are the delivery system for the sunshine," says Dr. Zach Bush. "It is like eating light. We need the sun. Eating healthy plants is like eating sunlight."

Indeed, while having my amazing salad at Erik's home, I felt as if I was eating light and good health. My body was getting all the nutrients and minerals it needed to heal. Don't you want that, too?

You can visit Alegria Farm in Irvine at the Great Park, or sign up for a class, or boost your energy and improve your health by eating the cleanest, just-picked greens and vegetables from Alegria Fresh. If you're not near Irvine, California, then make sure you watch *"Farmacy of Light"* when it is released in August 2021.

Instagram: @alegriafarms. @theneedtogrow

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