

## Mountain West Seed Summit: Saturday 2/23 Lunch Discussion w/ Laurie Lange

### FIRST AID & WELLNESS in YOUR CLIMATE-ALTERED GARDEN

**As the heat cranks up outdoors, gardeners are at high risk for chronic infections transmitted by insects, spiders and ticks thriving** in hotter conditions, triple digit cities and 50 degree winter. Unlike acute diseases that kill fast, infections like Lyme settle in, subverting immunity, harvesting nutrients as internal parasites, and sometimes biding time in dormancy following too-short initial treatment or during long term misdiagnosis. The result? --hidden dis-ease that can debilitate. What we now call Lyme is actually a spectrum of arthropod-transmitted bacterial/viral/protozoal “co-infections.” If you experience [brain fog, breathlessness, fatigue, fever, flu, EI, dental decay, sinusitis, food allergies, unexplained red eyes or weight loss, numbness, tingling, tinnitis, thyroid issues, joint pain, burning bones and more,]\* consider: these can all be symptoms of Lyme or co-infections, *without* any obvious beginning like bull’s-eye rash. Common birds and even reptiles are becoming reservoirs, and these intelligent pathogens are rapidly evolving ways to jump species, maintain cozy homes inside host organisms, and resist antibiotics. Mainstream medicine isn’t on top of this yet. ***You need to stay healthy to steward seeds and the soil. Please come learn about effective green remedies for prevention and cure.***

In the 12 years I’ve gardened in a southern Rockies wilderness, the environmental dynamics of wildlife and disease have been observable close in. Five years of Lyme research has also demonstrated how these conditions can begin even in the city. But regardless of your health status, here’s the silver lining: a body so much better understood because you’re paying attention to it; delicious organic meals including lots of tasty garden greens and bitters (yes you can); and *affordable* medicine from herbs and weeds.

–Laurie Lange