Tell Your State Legislators to Ban Toxic PFAS!

PFAS are “forever chemicals” used in a variety of products, including waterproof fabric, stain-resistant carpets, nonstick pans, flame retardant furniture, take-out containers, cosmetics and firefighting foam.

Minnesota became the second state in the nation (Maine was first) to ban PFAS when it passed the bill she tirelessly lobbied for until her untimely death, which came to be known as Amara’s Law.

Maine and Minnesota have passed broad bans on products containing PFAS.

Every state in the nation should do the same.

TAKE ACTION and learn more: https://orgcns.org/3pmZlZF

Looking for Native Plants? Think Eco Regions, Not Zones.

U.S. EPA reports:

“Ecoregions are areas where ecosystems (and the type, quality, and quantity of environmental resources) are generally similar. This ecoregion framework is derived from Omernik (1987) and from mapping done in collaboration with EPA regional offices, other Federal agencies, state resource management agencies, and neighboring North American countries…

Ecoregions are identified by analyzing the patterns and composition of biotic and abiotic phenomena that affect or reflect differences in ecosystem quality and integrity (Omernik 1987, 1995). These phenomena include geology, landforms, soils, vegetation, climate, land use, wildlife, and hydrology. The relative importance of each characteristic varies from one ecological region to another regardless of the hierarchical level.”

Read more: https://orgcns.org/46fEn58

Taurine May Be Key for Longevity and Healthier Lifespan

Analysis by Dr. Joseph Mercola:

“According to research published in the June 2023 issue of the journal Science, the semi-essential amino acid taurine appears to play an important role in longevity and healthy aging.

Taurine has long been known to benefit brain and heart health. It’s also needed for healthy muscle function, bile salt formation and antioxidant defenses. It protects your antioxidant status by:

1) Neutralizing hypochlorous acid, a neutrophil oxidant,
2) Diminishing the generation of superoxide by the mitochondria,
3) Minimizing oxidative stress, including mitochondrial oxidative stress induced by toxins.

Taurine also helps rebuild damaged collagen fibers and can help ease anxiety by increasing glycine and GABA. Taurine is a byproduct of the sulphurous amino acids cysteine and methionine (technically a sulfonic acid), and is only found in animal foods. Examples of taurine-rich foods include seafood, red meat, poultry and dairy products. It’s also available in supplement form.”

Read more: https://orgcns.org/3XjlVlw

Good Vibes Healing: Fasting Explained

In this special episode of Good Vibe Healing, Dr. Henry Ealy of the Energetic Health Institute explains how fasting triggers a cascade of actions within your cells that lead to a healing process called autophagyosis. This process can even lead to DNA repair through a process called nucleotide excision repair.

With a topic as complex and confusing as this, we are lucky to have Dr. Ealy to break it all down into a simple and straightforward concept: hunger is healing!

Want a quick introduction? Check Out This 4 Minute Intro to Fasting Clip: https://orgcns.org/3XkLaq4

Watch The Full Episode: Good Vibe Healing – Fasting and Autophagyosis Explained: https://orgcns.org/3NldCuM

Happy Pollinator Week

Justin Lewis writes:

“Plant It and They Will Come!

Do you love butterflies and birds and want to welcome more of them to your yard? Planting native trees and shrubs in your yard is guaranteed to attract our fluttery and feathery friends!

Did you know that many butterfly (and moth) species use native trees and shrubs as host plants (plants that insect larvae use as a food source) for their caterpillar stage of life? Did you also know that birds rely on those caterpillars as a critical spring and summer food source, especially to feed their young? And did you also know that trees, shrubs, butterflies and birds, when native to an ecosystem, can not only survive together but also thrive?

Read on to find out how butterflies, birds, trees and shrubs all go together to increase the biodiversity of your backyard!”

Take Action for Pollinators: https://orgcns.org/3NLh50s

World Localization Day, All Month Long!

“An annual worldwide celebration of ecological economies, communities, and local food:

Watch the trailer featuring Vandana Shiva, Jane Goodall, Russell Brand, Brian Eno and more

World Localization Day, on June 21st, celebrates the worldwide localization movement—not only on the day itself, but during the entire month of June. In 2023, for the fourth year in a row, people all over the world will come together to explore the power of localization, and to honor the many initiatives, old and new, that foster ecological economies, thriving communities and healthy local food systems. Stay tuned for 2023 updates and browse past events below.”

Find events, stories and watch the film Planet Local: A Quiet Revolution: https://orgcns.org/42X0Cdf

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