…to reduce disease…

…**improved individual and community health**. Improved health allows us….

…boost the **immune system** through (among other things)…

…**protects and filters our drinking water**. Clean water, nutritious soil, healthy food, and stronger immune systems give us…

…improving people's **nutrition**. Better nutrition comes from…

…eating a **variety of healthy foods**. Healthy food comes from…

…**trees, plants or any living organism** that returns something to the nature cycle. This not only improves the soil but also…

…growing a variety of plants in **nutritious soil**. Nutritious soil comes from…

…**diverse organic matter**. Organic matter comes from…