

Cynthia Brian's Garden Goddess Guide for Increasing Health Through Nature

IMPROVE physical skills for kids by getting them to play outside more.

BUY a supersize bubble wand and blow bubbles in the yard.

EAT healthier with a Mediterranean diet loaded with freshly harvested vegetables and fruits.

SOURCE produce hyper-locally at your Farmers' Market or rural fruit stands if you are not growing your own. Summer is the optimum time for the freshest fruits and vegetables with high nutritional values. Did you know that the USDA defines purchasing local produce and food as within 400 miles of your state? Most food on the American dinner table has traveled between 1,500-2,500 miles, according to the Worldwatch Institute meaning that nutrients and antioxidants have been diminished. If you really want to pack a punch with your food, you have options. Eating in season while growing your own or being part of a community garden is the number one solution. Frequenting farmers' markets will reduce your carbon footprint and offer fresher alternatives. Or take a drive to a local farming community to purchase freshly harvest crops at road stands. This serves a dual purpose of getting you out into nature as an RX for better health and stocking your kitchen with food that will be delicious and nutritious.

FLOAT bougainvilleas blooms as a creative centerpiece.

SOAK your tired feet in a bowl of warm water filled with healing marigolds and chrysanthemums.

COOL off on a cushion of green moss.

EXPRESS awe at a dragonfly hovering on a reed in the water.

ENLIGHTEN your perspective with a copy of "Last Child in the Woods" by Richard Louv.

PICK chamomile flowers to make a soothing tea. Save some of the seeds to plant.

INSTALL a birdhouse and a fountain to entice the songbirds.

WANDER through a colorful succulent garden to see the various textures and forms.

WONDER at the sight of a flower that you've never seen before.

SOAK in the beauty of the delicate blossoms on a silk tree.

GAZE at the clouds and be grateful for your health.

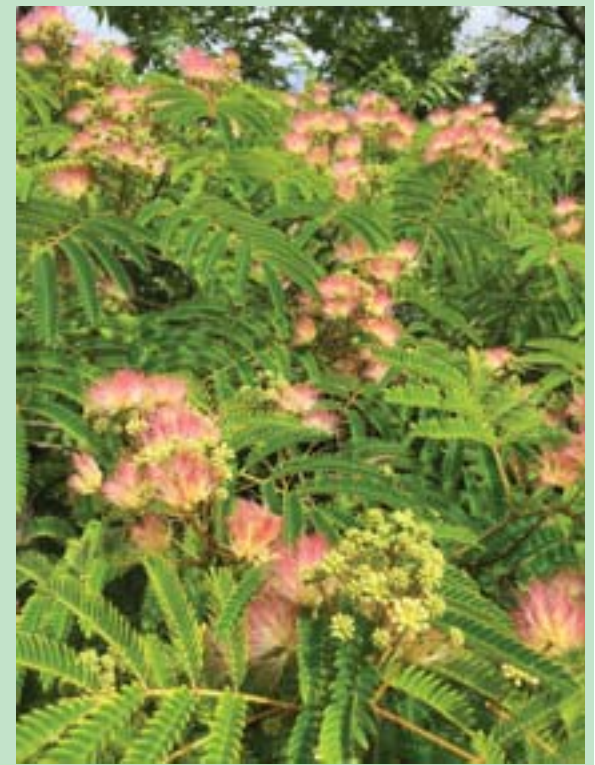
DRINK plenty of water to stay hydrated.

LISTEN to the sounds of our beautiful earth to experience calm.

Happy Gardening. Happy Growing!



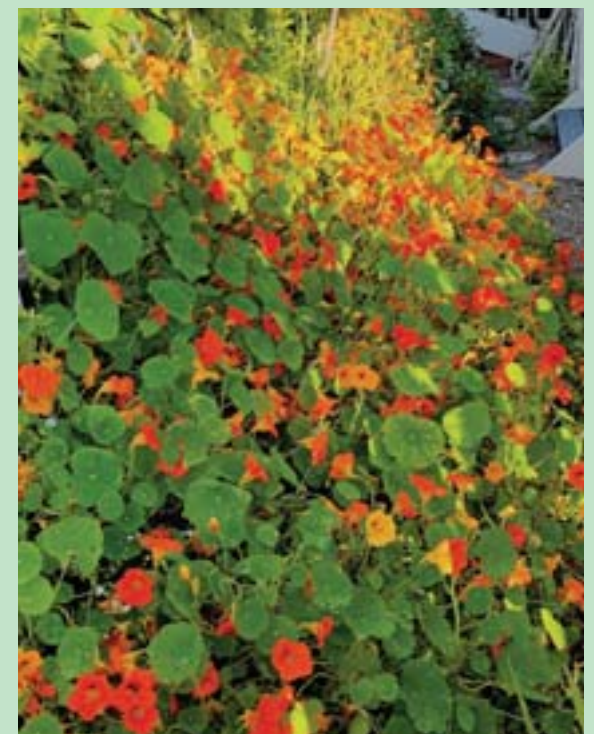
Float bougainvilleas bloom as a creative centerpiece.



The delicate fronds and flowers of a silk tree.



Wander through a colorful succulent garden.



Nasturtiums are beautiful, edible and nutritious.