

The Restorative Power of Plants

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The ITP fifth commitment states, “I am conscious of everything I eat.” What if your intention for this commitment is to eat foods that carry a consciousness? As a nutritionist with over 25 years of professional experience, I urge everyone to add more fresh, organic fruits and veggies into their daily food choices. The best source is to shop at your local Farmers Market. Even better is to grow your own food.

Fresh fruits and vegetables hold the consciousness of the plants they grow on. Grounded in the earth, kissed by the rain and blessed by the sun, moon and stars, these humble plant foods have a consciousness and energy beyond scientific measurement. When we eat fresh organic produce, it has the ability to restore our bodies from cell to soul.



Fresh fruit provides the best quality fuel for us, as well as a vast array of restorative, healing nutrients. All fruit, from raspberries to oranges, begins as a flower. Once pollinated, the teeny, tiny baby fruit emerges from the center of the flower. As it grows and ripens, each fruit, from apples to bananas, retains the vibrational frequency of the original flower, passing the enchantment on to us when we dine on it.

Many fruits develop on trees, growing in the earth for decades, sharing their abundant harvest and wisdom, season to season, around the globe. Some fruits, such as blackberries, grow on perennial vines. Others, such as melons, grow on vines that need to be replanted each year. Some foods, considered to be vegetables, are actually a fruit. Colorful summer tomatoes and crunchy cucumbers are examples. No matter what the plant, each fruit begins as a flower and offers restorative properties to us on all levels of body, mind, heart and soul.

Leafy green vegetables, including celery and all the varieties of lettuce, spinach, kale and more, provide precious mineral salts to keep our brain and nervous system running smoothly. If left to grow, these annual leafy plants blossom into flowers, which then go to seed. Fresh leafy greens offer a plethora of restorative nutrients, beneficial to all of us.

Simply being around plants while tending a garden is nourishing, calming and restorative. Actually eating fruits and veggies that you grow takes their restorative powers to a whole new level. Anthony William, author of *Life-Changing Foods*, says, “When you grow your own food, it grows for your



specific needs. Each leaf and fruit develops with your name written into it... It becomes the most healing food you could possibly eat because it delivers tailor made nutrition to your body."

As the ultimate restorative practice, grow something! Growing any fruit or vegetable, even a pot of herbs in your kitchen window, offers unmatched nutrition and healing powers.

Fresh plant foods offer their consciousness to support and enhance the innate wisdom within our bodies. Your mother was right when she told you to eat your veggies. Make sure you include lots of different fruits, too.

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