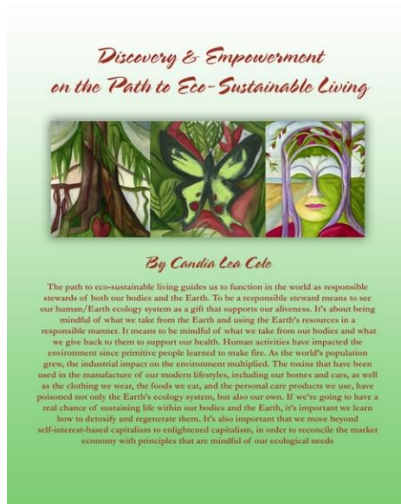


3 & 3X Course Module Description: Nourishing Your Eco-Intelligence on the Path to Eco-Sustainable Living



Discovery and Empowerment Video/Audio Dialogue Overview

(3a) How Do We Sustain Life within Our Bodies and the Earth in Today's Toxic World?

1. **Key Insights:** This dialogue introduces the concept of sustainability, emphasizing its relevance to both personal and planetary health. You will explore the impact of environmental toxins on health and the importance of understanding the sources of these chemicals throughout different life stages.
2. **Awareness of Toxins:** You will learn about the prevalence of toxins in everyday products and their harmful effects on health and ecosystems.
3. **Action Step: Complete Discovery Mission 3: Eco-Landfill, Eco-Lovefill** to evaluate waste disposal practices and understand the parallels between external landfills and internal (human ecology system) landfills.

(3b) How Do We Sustain Life within Our Bodies and the Earth in Today's Toxic World?

1. **Key Insights:** This dialogue builds on the previous mission, encouraging you to critically assess the motivations of companies producing toxic products and the lack of regulatory action on harmful chemicals.

2. **Health Implications:** You will explore the connection between toxic chemicals and health conditions, including hormonal imbalances and reproductive health issues, while considering the concept of enlightened capitalism.

(3Xa) How Do We Sustain Life within Our Bodies and the Earth in Today's Toxic World?

1. **Key Insights:** This dialogue focuses on detoxification, highlighting the importance of organic food systems for both personal and environmental health. You will learn about the relationship between the earth's soil and your human microbiome.
2. **Understanding Microbiomes:** You will explore the detrimental effects of pesticides and antibiotics on both the Earth's and your own microbiome, emphasizing the value of organic, regenerative farming practices.
3. **Action Step: Complete Discovery Mission 3X: How Can We, as Consumers, Hold Farmers, and the World of Agriculture to a Higher Standard?** to understand the importance of honoring the art, science, and business of agriculture.

(3Xb) How Do We Sustain Life within Our Bodies and the Earth in Today's Toxic World?

1. **Key Insights:** This dialogue reinforces the negative impacts of industrial agriculture on both the Earth's and human microbiomes. Participants will learn about the importance of gut health and its connection to overall well-being.
2. **Health Strategies:** You will explore dietary options for detoxifying the digestive system, the role of probiotics, and alternative health solutions derived from ancient soil.

Conclusion

These lessons aim to deepen your understanding of eco-sustainable living, highlighting the interconnectedness of personal health and environmental well-being. Through self-reflection and exploration, you

will be empowered to make informed choices that support both your health and the health of the planet.

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