

Ways to Become Involved to Create Health for Yourself, Your Family and Mother Earth

Grassroots Organizations

Alliance for Natural Health

<https://anh-usa.org>

<https://www.facebook.com/ANHUSA>

Center for Food Safety

<https://www.centerforfoodsafety.org>

<https://www.facebook.com/centerforfoodsafety>

Environmental Working Group

<https://www.ewg.org>

<https://www.facebook.com/ewg.org>

GMO Science, Solutions for chronic health in children and adults

<https://gmoscience.org/>

Green Med Info

<https://www.greenmedinfo.com>

<https://greenmedicinenewsletter.com>

Health Research Institute (independent testing laboratory)

<https://hrilabs.org>

Moms Across America

<https://www.momsacrossamerica.com>

<https://www.facebook.com/MomsAcrossAmerica>

National Vaccine Information Center

<https://www.nvic.org>

Organic Consumers Assoc.

<https://www.organicconsumers.org>

<https://www.facebook.com/organicconsumers>

Pesticide Action Network
www.panna.org/about-us
<https://www.facebook.com/pesticideactionnetwork>

Rachel's Network
<https://rachelsnetwork.org>
<https://www.facebook.com/rachelsnetwork>

Sustainable Pulse
<https://sustainablepulse.com/>

100 Year Lifestyle
<https://the100yearlifestyle.com/>

Regenerative Agriculture

Alegría Farmacy, a zero-waste regenerative organic urban food production system
www.alegriafarmacy.com/the-farmacy/

Coastal Roots Farm, Encinitas CA
<https://www.facebook.com/coastalrootsfarm>

Contact Organics Non-toxic solutions for weed management
<https://www.contactorganics.com/>

Farmer's Footprint
<https://farmersfootprint.us>

Kiss the Ground
<https://kisstheground.com>

Indigenous Regeneration
<http://indigenousregeneration.org/>

San Diego Food System Alliance
<http://www.sdfsa.org/>

Solana Center for Environmental Innovation
<https://www.solanacenter.org/>

Young Farmers of America
<http://www.youngfarmers.org>

Independent Investigative Journalism

Inewssource
<https://inewsource.org/>

Inside Climate News
<https://insideclimatenews.org/>

G M Watch
<https://www.gmwatch.org/en/>
<https://www.facebook.com/pages/GMWatch/276951472985>

Propublica
<https://www.propublica.org/>

U S Right to Know
<https://usrtk.org>
<https://www.facebook.com/USRightToKnow>

Voice of San Diego
<https://www.voiceofsandiego.org/>

The New Lede
<https://www.thenewlede.org/>

Ocean Clean Up Including Plastics

5 Gyres
<https://www.5gyres.org>

Oceana
<https://oceana.org>

Samuel Lawrence Foundation (nuclear waste cleanup)
<https://www.samuellawrencefoundation.org/>

Surfrider Foundation
<https://www.surfrider.org>

Take 3 for the Sea
<https://www.take3.org>

5G

Environmental Health Trust
<https://ehtrust.org/>

Cellular Phone Task Force
www.cellphonetaskforce.org

Children's Health Defense
<https://childrenshealthdefense.org>

*For more information on how to get involved with local organizations, please contact The Nonprofit Institute at the University of San Diego.
<https://www.sandiego.edu/soles/nonprofit/>*

WHERE TO START IN YOUR COMMUNITY – THINK GLOBALLY AND ACT LOCALLY

Find places to shop that are organic and free of pesticides

Shop local Farmer's Markets and Natural Grocers instead of Whole Foods

Buy your organic vegetables and fruits at Community Supported Agriculture (CSAs)

If you do nothing else, buy organic chicken for your family

Only eat organic or food grown biodynamically

Do not eat farm raised fish

Do not buy lab grown food

Search out organic restaurants

Eat a natural, organic plant-based diet where possible

Have your water tested for contaminants

Have your home inspected for mold

Carry your own grocery bags

Don't use plastic bags, straws, plastic water bottles, plastic wrap

Don't put your cell phone up to your ear or in your pockets. Turn off when not in use. Don't put your cell phone near your bed at night

Limit your screen time, and don't be on your computer at bedtime

Engage in selfcare, breathing, yoga, meditation, walking

Find a daily ritual that works for you

Create a daily gratitude practice

Take care of yourself so you can help take care of Mother Earth

Share organizations you already participate in with others

Ruth Westreich, President
The Westreich Foundation