

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week's topic of choice is "Personal Sovereignty". Personal Sovereignty? What do we mean when we refer to this? For this column, we will define personal sovereignty as "one's free access to and choice in their use of foods, medicines and water as well as health practitioners and spiritual teachers". It means having the final say regarding your health choices. It means being able to have the final say on how you raise your children. Vaccinate? Yes-No?? Circumcise? Right-Wrong?? Vegetarian, Vegan, Christian, Jew or Pagan?

As I write, I consider a side thought; why do we so concern ourselves with other people's business? Anyway, here we are continuously losing access to the very things we need to survive. Water Rights—oh, yes...water rights. Think you can just access water from a source flowing by? Even access by wells can be restricted. And even when you have legal access to the water, the water table is often lowered significantly thru excessive use by huge corporate owned feed lots, water bottling companies, and agri-use. Additionally, the water has long been wrongly and continuously contaminated. How unfortunate is this?!?

Okay, let's talk food. It's abundant; so abundant it is going to waste even. Supermarket shelves are full. But...do you have access to your own source of food? Do you have a garden? Fowl? A goat or cow? Or might you have a year's worth of food stocked up? We need to consider our real access to food; real food, organic food. Well, now we have to consider the inevitable continued environmental pollution from genetically modified organisms, GMO's. For the basic level of reality, all corn is now GMO, even corn from remote villages on other continents. I ask, what is wrong in this picture? Corn as we have known it, for centuries, is now gone forever. The insane aspect is that the company that engineered the organism can be considered directly responsible for the contamination yet they can actually claim your crop under patent law. The point being, we should consider our food sources and weigh their continued value compared to other options. And I must say, food availability includes breast milk; allowing breastfeeding without disdain and condemnation directed at the mother. It is breast milk, a system of ingenious delivery of nutrition designed by "the Universe", however else you see it. How wrong could it be? Let me just state, breastfeeding is considered the best and most natural food for children. And seed!! Are we all aware of the state of seed availability? My suggestion is check out [www.seedsaversexchange.com](http://www.seedsaversexchange.com). Our food choices are limited in a myriad of ways. So...we look in our cupboards, and we expand our awareness and our resources to fill them sufficiently.

Now we have our health choices to consider. First, we shall acknowledge and proclaim "Food is your best medicine." That said; let's talk access to any or all of our personal choices in health awareness and well-being. It is illegal to practice medicine without a license. Who determines what constitutes medicine...and more, who is approved for a license? Either way, you have been severely limited in your freedom of choice in healthcare. Can your practitioner of choice legally respond to your needs without fear of prosecution? Whatever happened to informed consent? And why do we have to ask permission of someone else's standard to seek a particular caregiver?

And when considering access; what of the remedies themselves? With the new GMP (Good Manufacturing Practices) policies going into effect, we will be limited in our choices by the mere fact that many small companies can not afford the fees associated with a GMP certification. The standard market will then offer the same products with little variation due to the convenience of acquiring the products from a distribution center instead of a variety of dealers and providers. We need to be concerned with over harvesting herbs when wildcrafting. There is currently discussion in congress that will severely limit your access to natural remedies and supplements, even massage tools. Heads up, folks. We cannot be complacent any longer in regards to freedom of healthcare and access to the associated remedies and therapeutics. Speak up! Call your congressperson! Let them know we want freedom in healthcare, in all aspects.

Remember, personal sovereignty, it's all about you, as it should be. Let's consider all aspects of our personal freedom...your aspects of choice. Are you free in NYC, go there fast. Are you free in your life? Enormously cool! Are you longing? Consideration by consideration, fill your cupboard with the necessities your life demands. Do your research, find a source, and find a way. Then be a resource for others in exchange for a portion of the other person's successful bounty. We all win. It's like when you share plant cuttings willingly. If your's accidentally dies, you always

have a source for another one. Remember, personal sovereignty equates to personal choice and therefore personal freedom.

Question of the week: Should a person always drink bottled water?

Answer: Bottled water is not always a better choice. Filtered water, however, is a must.

Book of the Week: *Breast Cancer? Breast Health! The Wise Woman Way*; Susun S. Weed; Ash Tree Publishing; Woodstock, NY; 1996

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

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