

SECRETS OF THE SOIL

New Solutions for
Restoring our Planet



"A worthy sequel to Rachel Carson's Silent Spring"-Boston Herald.

By

Peter Tompkins & Christopher Bird

Authors of The Secret Life of Plants

...worthy sequel to Rachel Carson's *Silent Spring*!

— Boston Herald

Secrets of the Soil tells the fascinating story of the innovative, nontraditional, often surprising things that certain scientists, farmers, and mystics are doing to save our planet from self-destruction — such as using the techniques of Rudolf Steiner's biodynamic agriculture with its reliance on ethereal forces from the planets, Dan Carlson's growth stimulating Sonic Bloom, and rock dust fertilizer to revitalize depleted soils or gardening with the help of truly amazing new technologies to reverse serious agricultural problems.

"With the environment in such a needy state, what a boon to move away from problems and hear about viable solutions. Peter Tompkins and Christopher Bird go well beyond explaining how agricultural chemicals are poisoning our soil, our food and us. Spanning the globe, from the Himalayas to the Blue Ridge mountains, they look in on an emerging breed of farmers who, with rousing success, are kicking the chemical habit and going organic...*Secrets* puts the spotlight on the health benefits of 'traditional agriculture,' wherein the only chemicals used are Earth's own."

— Ann Pearson, Boston Herald

"Truly revolutionary...a fascinating, multidisciplinary investigation of the secrets of life itself. Peter Tompkins and Christopher Bird go to the source of all plant (and animal) life: the living soil. They probe the primal mysteries of the soil, an organism resonating with cosmic, terrestrial, and spiritual energies. And they find amazing cause for hope and action."

— Anna Bond, East West

"Anyone seriously concerned with human survival and environmental health will find this book required reading."

— Gregory Baker Wolfe

"Fascinating and constructive...the book overflows with practical information on how to heal our soils, our plants, our animals, our food, ourselves."

— Ulrich Schreiber



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So long as one feeds on food from unhealthy soil,
the spirit will lack the stamina to free itself from
the prison of the body.

— RUDOLF STEINER

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INTRODUCTION



No creature, not even *seras*, befrails its nest with such abandon as does *homo sapiens*, poisoning his habitat with fiendishly concocted chemicals and their deadly toxic waste. A morass of rotting human flesh awaits us all unless the antidotes are rapidly applied. Providentially, they exist, they work, and as detailed in these pages, can bring us back to health.

That the earth is ailing—almost beyond repair—was clear enough as early as 1912 to Nobel Prize winner Dr. Alexis Carrel. In *Man, the Unknown* this eminent French scientist warned that since soil is the basis for all human life, our only hope for a healthy world rests on reestablishing the harmony in the soil we have disrupted by our modern methods of agronomy. All of life will be either healthy or unhealthy, said Carrel, according to the fertility of the soil. Directly, or indirectly, all food comes from soil.

Today soils are tired, overworked, depleted, sick, poisoned by synthetic chemicals. Hence the quality of food has suffered, and so has health. Malnutrition begins with the soil. Buoyant human health depends on wholesome food, and this can only come from fertile and productive soils. Minerals in the soil, said Carrel, control the metabolism of cells in plant, animal, and man. Diseases are created chiefly by destroying the harmony reigning among mineral substances present in infinitesimal amounts in air, water, food, but most importantly in soil. If soil is deficient in trace elements, food and water will be equally deficient.