

Around the world we are suffering a major epidemic of obesity, diabetes and other chronic diseases.

This is closely linked to our diet, food that is grown using toxic chemicals which weakens our gut biology and excessive sugar and high glycaemic carbohydrates which create cravings.

I have a project to reverse this called '[honest food](#)' which grows food in toxin free nutrient and mineral rich soils using the Gbiota bed coupled with a combination of continuous blood sugar monitoring, diet, activity and mindfulness to develop a specific solution for each individual.

I am inviting those interested to join me in this project.

[Read more](#)

www.waterright.com.au

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