



## GOOD STROUD RESOURCES

From **Judy Barber's** presentation on  
**Personal and Planetary Wellness**

### FOOD

- **SPROUTS** grown at home
- **FRESH PRODUCE** wild-harvesting
- **WEEDS** at garden and allotment edges
- **FRESH PRODUCE** from your garden or allotment
- **LOCAL FRESH ORGANIC PRODUCE** At the **Farmers' market** on Saturdays
- **LOCAL FRESH PRODUCE** The **Country Markets stall** in the Shambles on Fridays
- **EXCEPTIONAL RANGE OF FRESH ORGANIC PRODUCE FROM ETHICAL SOURCES AROUND THE WORLD** **Global Organics**, the Shambles, Fridays and Saturdays
- **LOCAL ORGANIC/BIODYNAMIC FRESH PRODUCE** pay or exchange working on the farm for a regular share of produce [stroudcommunityagriculture.org](http://stroudcommunityagriculture.org)
- **LOOSE ORGANIC DRY GOODS AND OTHER ETHICALLY SOURCED PACKAGED NECESSITIES** Julie Brown **Loose** plastic free shop at 25 Gloucester Street [www.looseplasticfree.co.uk](http://www.looseplasticfree.co.uk)
- **FRESH AND PACKAGED FOODS INCLUDING ORGANICS** and **SUPPLEMENTS AND TOILETRIES** (The High Street) both **Sunshine** independent health food shop. (Church Street and the High Street respectively)
- **FORAGING EXPEDITIONS** and **carbon neutral gardening**, Matthew (AKA Rupert Burdock) [matthewsetonsell@yahoo.com](mailto:matthewsetonsell@yahoo.com)
- **STROUD VALLEYS PROJECT ECO SHOP** environmentally household and garden products. Threadneedle Street
- **STROUDCO FOOD HUB** find out from Transition Stroud about this convenient on line ordering system from and order via [www.openfoodnetwork.org.uk](http://www.openfoodnetwork.org.uk)

### BOOKS

- **FOOD FOR FREE** **Richard Mabey** Classic illustrated foraging guide
- **WILD DRUGS, a Forager's guide to healing plants** **Zoe Hawes**
- **GOOD RAW FOOD RECIPES** **Delicious Raw and Living Food for Energy and Wellness** **Judy Barber** My healthy raw plant-based recipes along with information

about ingredients, equipment, food combining, juicing, sprouting, fermenting, dehydrating and good resources.

- **RAW FOOD WORKS** **Leading Experts Explain Why** **Diana Store** 23 raw plant-based nutrition teachers share their view points, years of experience and the science
- **WHOLE** **Rethinking the Science of Nutrition** **T.Colin Campbell** The author of **The China Study** challenges the reductionist nutritional paradigm focussing on single nutrients and instead underlines the complexity of our bodies and our need for simple whole plant-based nutrition.
- **FERMENTED VEGETABLES** **Kirsten K. Shokey** and **Christopher Shokey** good guide to fermenting vegetables and excellent recipes.
- **RETURN TO THE BRAIN OF EDEN** **Restoring the Connection between Neurochemistry and Consciousness** **Tony Wright** and **Graham Gynn**
- **A FAMILIES' GUIDE TO HEALTH AND HEALING, Home Remedies from the Heart** **Anna Maria Clement**
- **THE WHOLE BODY SOLUTION** **The Complete Guide to Ultimate health and Anti-Ageing** **Max Tuck** my friend and co-leader for unique wellness retreats and workshops.

## VIDEOS ON YOUTUBE

- Any of **THE REAL TRUTH ABOUT HEALTH CONFERENCE** presentations on food, other health concerns and environmental issues and other videos of those presenters
- These presenters: **Dr Gabriel Cousens, Brian Clement, Anna Maria Clement, Viktoras Kulvinskis, Tony Wright**
- **EXTINCTION REBELLION** **Dr Gail Bradbrook**

## JUDY

- **GOOD RAW FOOD RECIPES** Ring or email me for a signed copy of my ring-bound recipe book edition with colour photographs
- **PRESENTATIONS** and **RETREATS**
- **CONSULTATIONS** and bespoke **SMALL PRACTICAL WORKSHOPS** at my Stroud home. 1-5 people, by arrangement, support with natural wellness in health challenges, making delicious vegan, plant-based meals, juicing, sprouting, dehydrating.
- **SPIRITUALITY** and **WELLNESS** – groups and one to one **Spiritual Companionship** for people of any faith or none, finding and developing your ways to connect to the greater reality and wonder of life. Studies show those with a spiritual connection having better health than others. I think it's as important as food choices for wellness!

[www.judy-barber.com](http://www.judy-barber.com)

[www.goodrawfoodrecipes.com](http://www.goodrawfoodrecipes.com)

07899722280 01453756758 [judy@judy-barber.com](mailto:judy@judy-barber.com)