THE GRASS COULD BE GREENER

Since beginning her holistically oriented veterinary practice over 25 years ago, Deva Khalsa VMD has been incorporating homeopathy, acupuncture, Chinese herbs, nutritional advice and allergy elimination techniques such as NAET and also JMT into her approach. Today her work is a blend of sophisticated holistic techniques and traditional veterinary medicine designed to best enhance the natural strengths and attributes of her patients.

Once upon a time there was a man who wanted to heal the planet … He discovered an amazing combination of microorganisms that eliminated the need for pesticides and herbicides, cleared up lakes and rivers, oil spills and returned health to people and pets.

We commonly associate probiotics with yogurt, and yogurt is good. But EM has many more strains of beneficial bacteria than yogurt. It's a whole different can of worms … or should I say mix of microbes?

EM stands for Effective Microorganisms. EM is a unique combination of beneficial microorganisms that operate in a revolutionary relationship with each other and in so doing make living organisms like plants, animals and humans amazingly healthier.

The product was discovered by a Japanese horticulturalist, Dr Teruo Higa, some 25 years ago. This dedicated doctor spent years researching various microorganisms trying to find the perfect combination of beneficial bacteria; a mix that would enhance the growth of plants without the need for toxic pesticides. He wanted to be able to make up for the damage that humans have inflicted on the earth with his soon-to-be-sought-after discovery.

This story turns out better than an enchanted fairy tale, with Dr Higa being rewarded in his quest beyond his wildest dreams.

Dr Higa's Discovery

Here's what happened. After many years of examining thousands and thousands of microorganisms and discarding the bad ones, he was left with a cocktail of 80 strains of beneficial bacteria. Ironically, not knowing exactly what he had, he unceremoniously threw the mix on the back lawn outside his office and went away for a long weekend. Upon returning, he noticed that the patch of lawn onto which he threw the mixture was different than the surrounding area. It was greener, more vibrant and, in just a few short days, was doing far better than the rest of the lawn.

So what did this miracle mix actually contain? The solution contained: yeast, lactic acid bacteria and phototrophic bacteria. Yeast works to ferment foods and in doing so creates amino acids and polysaccharides, which become food for other microorganisms. It's commonly used to make bread. Lactic acid bacteria convert sugars into lactic acid and are used in cheese and yogurt. Ever since Louis Pasteur discovered lactic acid bacteria, they've been noted for their beneficial effects on health and longevity. Lactic acid bacteria suppress harmful microorganisms and fungal growth.

Of course, lactic acid bacteria are also called (drum roll please): probiotics.

Phototrophic Bacteria

The most extraordinary ingredients in this serendipitous gathering of microorganisms are the phototrophic bacteria. Phototrophic bacteria have actually been on this planet for a long, long time – since before there was oxygen. In fact, they're anaerobic, meaning they live without oxygen. Phototrophic bacteria survive by using solar energy to metabolize organic and inorganic substances.

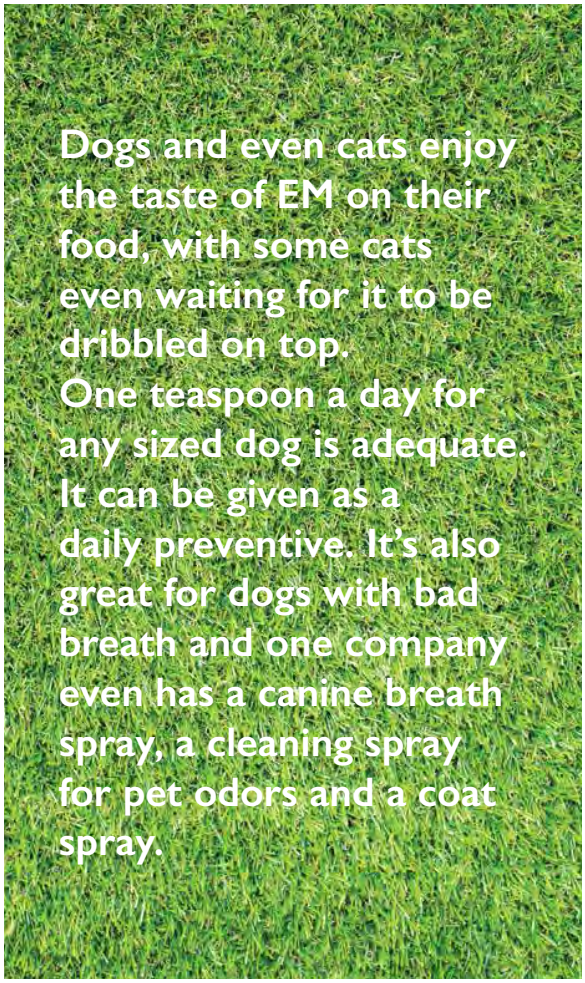
Most interestingly, before Earth had its present concentration of oxygen, these bacteria lived on carbon dioxide, ammonia, methane and hydrogen sulfide – and they still do. What's REALLY important is that these microbes thrive on poisons and pollutants – things that are excessively abundant on our planet today.

The phototrophic bacteria, as we now know, consume carbon dioxide and other toxins and pollutants. And then in a magical dance, these same microbes excrete oxygen, amino acids, antioxidants and other substances that enhance life. Truly a case of in with the bad and out with the good.

No one had ever put these microbes together this way before. The carbon dioxide produced by every oxygen loving bacteria becomes food for the phototrophic bacteria and the phototrophic bacteria then release oxygen for the rest of the bacteria. Everyone wins in this mix. But the real winner is the planet and its inhabitants. The results have been nothing short of astounding.

EM Has Many Uses

The agricultural applications of the technology quickly spread around the globe and today it's used in over 130 countries. Crop yields have increased dramatically in areas where EM has been applied. And the best part? Its use can virtually eliminate the need for pesticides and herbicides. I use EM on my garden routinely. I had a mold growing on my lime trees that I just



could not get rid of. After I sprayed the leaves with a very diluted EM mixture, the mold simply dried up into powder and fell off the trees.

But it's not just the soil and plant life. EM also targets and consumes toxins and pollutants in water. It not only turns the offending chemicals into antioxidants, but it helps rid ponds, lakes, rivers and other bodies of water of toxic chemicals, oil spills and bad bacteria and pathogens. UNICEF is now using EM routinely for some of the purposes noted above.

After hurricane Katrina, friends of mine went to New Orleans to help. The mold was so bad it was dripping off the ceilings of houses in ropy formations. A light spraying of EM fixed the problem. I spray it into the ducts of my air conditioning system to handle any mold that may be present.

The story doesn't end with plants and ponds. Further research revealed an astonishing number of applications for EM including odor control, an organic household cleaner and, importantly, health applications for people and pets.

EM For Pet Health

EM is made as a product for people that can also be used for pets. EM acts like a probiotic but much, much better. In both people and pets, 70 percent of the immune system has its foundation in the intestines. Most of the probiotic products we take are destroyed in the stomach before they ever make it to the intestinal tract.

We commonly associate probiotics with yogurt, and yogurt is good. But EM has many more strains of beneficial bacteria than yogurt. It's a whole different can of worms ... or should I say mix of microbes? Much more importantly, yogurt does not have the phototrophic bacteria and its amazing relationship with the other

bacteria in the mix. In my personal opinion, EM is light years ahead of the good bacteria in yogurt and probiotic mixes.

I frequently treat pets with chronic diarrhea and irritable bowel disease with Effective Microorganisms and the results are dramatic. Think about a team of microorganisms that are thriving on the toxins and polluting elements in the digestive tract and generating antioxidants along with other super-healthy by-products, while overcoming the bad bugs in the gut at the same time.

Dogs and even cats enjoy the taste of EM on their food, with some cats even waiting for it to be dribbled on top. One teaspoon a day for any sized dog is adequate. It can be given as a daily preventive. It's called EM-1 Probiotic. It's also great for dogs with bad breath and one company even has a canine breath spray, a cleaning spray for pet odors and a coat spray.

Antioxidant Gold

As his research progressed, Dr Higa took the process one giant step further. He fed his microorganisms a nutrient-rich mixture of rice bran, brown rice, papaya and kelp. A unique fermentation process occurred. The result was a clear, golden liquid that is an extraordinarily powerful antioxidant and immune system-boosting supplement containing antioxidants, vitamins, minerals, enzymes, amino acids and phytonutrients designed to synergistically maximize the self-healing power of the body.

EM-X Gold is a 100 percent natural health drink for people. I've never used this fermented drink with animals, however.

To clarify, there are two EM-based products: the EM itself, and the nutrient-rich antioxidant, EM-X Gold. They represent a whole new category of life-enhancing health benefits.

What To Look For

Studies on EM abound and the results are remarkable. Lakes and rivers clear up, oil spills are consumed by the bacteria, crops flourish, people and pets get healthier. The product used in the many studies conducted was the Japanese brand EM-X®. Quality control of EM products is done in 59 countries. To be sure you have the original, authentic, certified and licensed Effective Microorganisms® products, look for the EM® logo.

EM® Principles

Dr Higa noticed that the microbes in EM·1®, which were not thought to live together in the wild, were able to survive in the culture. From his observation, he concluded that humans needed to learn from these microbes. Those who are involved with this technology are expected to follow Dr Higa's principles because, without them, all the pieces would fall apart. The principles are: low cost, high quality, safety, convenience, co-existence, co-prosperity, exchange of information and sustainability. All the microorganisms in EM·1® co-exist, co-prosper, exchange information, are sustainable, safe, efficient, effective and service each other. EM·1® exhibits all the EM® Principles.

Once upon a time, a man named Dr Teruo Higa worked for many months and years trying to find a magical mix of microbes that could help to heal our planet. The formulation that resulted from his dedicated research helps us all. People, pets and the planet he loves so much all benefit spectacularly.