



POSITIVE

How what you learn today
can make a big difference
for tomorrow.

FORTUNA RANCH



FARM SANCTUARY

CHANGE

A BOOKLET FOR YOUTH

SO YOU CAN UNDERSTAND
WHAT GOES ON BEHIND
THE SCENES OF YOUR
HEALTH.

TO BE THE BEST YOU THAT
YOU CAN BE.

+ MAKE CHANGES SO OUR
PLANET CAN BE THE BEST
IT CAN BE.

AN EXCERPT
FROM THE
**POSITIVE
CHANGE**

CURRICULUM

Created by Fortuna
Ranch Farm
Sanctuary





TABLE OF CONTENTS

1

MENTAL WELLNESS

TAKING A LOOK AT HOW YOU CAN ACTUALLY TAKE STEPS TO MAKE YOUR MENTAL WELLNESS THE BEST IT CAN BE!

2

FACTORY FARMING + POLLUTION

WHAT'S CAUSING POLLUTION AND HOW SMALL CHANGES DO MAKE A DIFFERENCE.

3

REGENERATIVE AGRICULTURE + SOIL HEALTH

SOIL IS OUR LIFE SUPPORT SYSTEM. EVERYTHING WE EAT COMES FROM THE GROUND. HEALTHY SOIL = HEALTHIER US

A PROCESS OF FARMING THAT KEEPS OUR SOIL THE BEST IT CAN BE.

4

GUT HEALTH

DID YOU KNOW THAT THE WAY OUR ORGANS WORK TOGETHER TO DIGEST FOOD...ASLO IMPACT OUR MENTAL HEALTH?

5

INTERCONNECTEDNESS

SOIL HEALTH. GUT HEALTH. BRAIN HEALTH. MENTAL HEALTH. IT'S ALL RELATED! HERE'S HOW.

6

COACHING

EVEN PLATO HAD A MENTOR HE FOLLOWED CLOSELY (SOCRATES) (TWO GREEK PHILOSOPHERS YOU'LL HEAR ABOUT IN LIFE). WHY WE SEE COACHING AS A KEY TO YOUR BETTER FUTURE.

7

NUTRITION + SLEEP

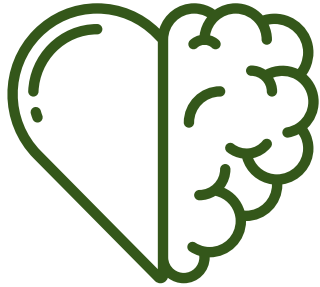
WHAT IT COMES DOWN TO: YOU HAVE A ROLE TO PLAY IN MAKING YOUR PERSONAL LIFE THE BEST IT CAN BE. YOU CAN'T CONTROL EVERYTHING, BUT WITH AWARENESS AND EFFORT, YOU CAN STEP UP YOUR PERSONAL WELLNESS.

8

POSITIVE CHANGE

NOW THAT YOU SEE HOW IMPORTANT ALL THESE AREAS ARE TO YOUR LIFE, CHECK OUT HOW YOU CAN TAKE ACTION TO BE PART OF POSITIVE CHANGE - IN YOUR OWN LIFE AND IN THE WORLD!





MENTAL HEALTH WHY IS IT SO IMPORTANT?

**WE'RE WORKING TO STOP
TEEN SUICIDE.**

**WE WANT YOU TO LIVE
LONG, ADVENTUROUS LIVES!**



68%

Of 3,243 teens polled reported feelings of anxiety + depression that typically require seeing a doctor.

#2

Cause of death among youth ages 15-24 is suicide.

18.8%

Of high school students who seriously considered suicide in 2019

%

Amount of high schoolers who wanted to see a mental health professional in 2020

47%

Increase in youth suicides ages 15-19 from 2000-2017

- What is Mental Health? The state of well-being that you have in order to go about a normal day's stresses. AKA how you feel + what your general mood is on a regular basis.
- Teen suicide results from a link between soil, gut, & mental health
- What we fuel our bodies with impacts our mental health
- Teen suicide it as an all-time high.
- The MPWRD coach training educates our coaches, so youth (you!) can better understand where mental health issues come from, and how you can do things to benefit your mental wellness.
- Resources: Doctors, mental health experts, Zac Bush

FACTORY FARMING + POLLUTION



HOW WHAT HAPPENS IN THE MEAT PRODUCTION INDUSTRY ACTUALLY IMPACTS US ALL!

What are factory farms?

- Consolidated, large-scale operations that raise 100s-1000s of animals yearly.
- Focus on maximum production at the cheapest cost - which comes at the expense of animal welfare and environmental health.

Why does it matter?

- Strain Natural Resources: extreme waste pollutes land, water, air
- Air Pollution: Manure waste is stored in open-air lagoons, which send greenhouse gasses into air we breathe
- Animals are fed antibiotics to prevent sickness. More than 75% of antibiotics go through to their waste...which is then ingested by humans when we breathe
- Deforestation: More land for livestock pasture = less forests



> 9 BILLION

Number of animals slaughtered annually in the US for humans to eat

> 1 MILLION TONS

Amount of manure (animal poop) created daily by animals on factory farms in the US

13%

Amount that methane emissions from cow and pig farms increased from 1990 - 2005.

...What can we do?

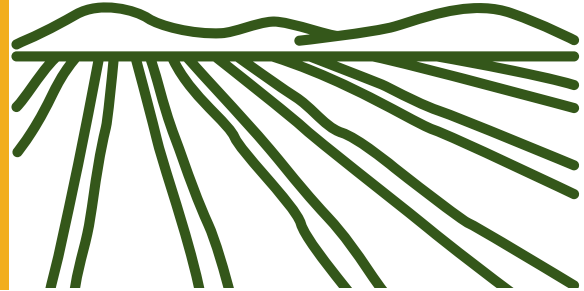
- Experiment a meat-free diet. Save 1,581 gallons of water for every pound of beef
- If animal products, choose from those not treated with hormones and antibiotics.



REGENERATIVE AGRICULTURE + SOIL HEALTH

IT'S MORE THAN DIRT.
IT MATTERS!

IT MAY LOOK LIKE DIRT.
THERE'S A WHOLE LOT
MORE TO IT.



Healthy Soil = Healthy Gut = Healthy Overall

#1 PRIORITY

Regenerative Agriculture's top priority is soil health

GLYPHOSATE

Toxic chemical sprayed onto genetically-modified plants to kill weeds. It then finds its way into our food and stomachs - and can cause cancer and other autoimmune diseases.

SOIL BACTERIA

Produces antibiotics to help plants fight disease

+

SOIL FUNGI

Help plants absorb water and nutrients

=

ORGANIC MATTER

More organic matter = healthier soil

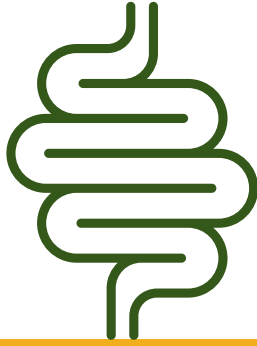
- Good food starts with good soil
- Healthy soil allows plants to grow to their maximum productivity naturally - without using any pesticide or supplements.

PROBLEM

- Traditional farming uses Roundup, which pollutes soil and water with toxic chemicals (glyphosates), and breaks down soil's organic matter.
- Over time, conventional farming causes soil erosion - breaking down the good organic matter that the soil needs. This disrupts the health of plants the soil is growing!

SOLUTION

- Organic systems, like Regenerative Agriculture, improve soil health over time.

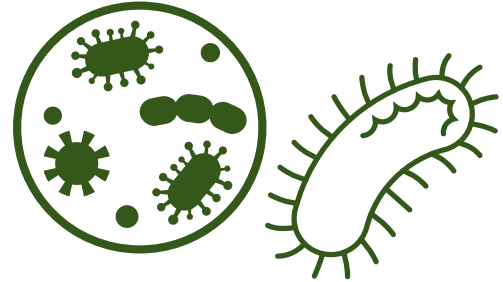


GUT HEALTH

NOT THE ONE STICKING
OUT ON YOUR UNCLE

**YOU'VE HEARD OF YOUR GUT
INSTINCT.**

**IT'S TIME WE TAKE CARE OF
THAT GUT!**



3 - 7

Number of species a typical
probiotic has

20,000 - 30,000

Number of species of bacteria
our gut is intended to have

> 100 MILLION

Number of nerve cell that line
our gut, making it part of our
Enteric Nervous System -
connecting it to our brain

96%

Of your antioxidants are
produced INSIDE our human
cells. We need a healthy gut
to do this!

HEALTHY

Microbiome

+ Gut

+ Immune System



EFFICIENT

Food delivery

+ Nutrient Delivery

+ Good Hydration

GUT MICROBIOME

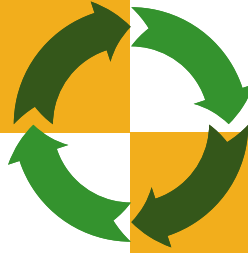
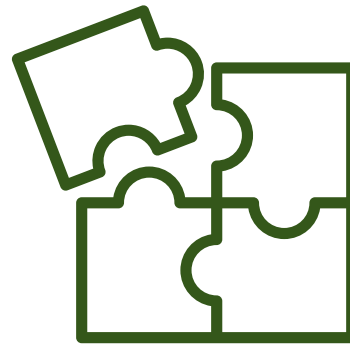
What is it?

It's made of trillions of microorganisms like
bacteria that affect digestion, fight disease,
and affect brain and behavior

- Probiotics hinder the gut from producing the diverse bacteria species we actually need
- Higher diversity of bacteria species = healthier gut
- Gut lining acts as:
 - Barrier: our first line of defense against toxicities like glyphosate and gluten.
 - Passageway: for beneficial nutrients
 - Creates neurotransmitters: Chemical messengers that link to the brain, sending messages throughout our body



SOIL. GUT. BRAIN. MENTAL.



IT'S ALL CONNECTED.

**WHAT YOU PUT IN...IMPACTS
WHAT COMES OUT!**

**YES PHYSICALLY.
ALSO MENTALLY!**

SOIL

- Made of organic matter - full of minerals + nutrients
- As glyphosate-free as possible
- Minimizes toxic inflammation by eating food planted in healthy soil.
- Toxic-free food promotes a healthy...

...GUT



1. Fights off toxic substances
2. Passes beneficial nutrients through
3. Creates chemical messengers that link to...

...BRAIN



1. The more efficiently the brain receives and interprets messages, the better it can focus
2. Improved brain function means improved clarity, multi-tasking, even seeing colors!
3. When serotonin + other messengers are created and communicated, we improve...



...MENTAL HEALTH

Our mood, stamina, focus and overall life experience are impacted by our mental health. Now we know...it starts in the soil!

90%

The amount that our bodies are made up of bacteria

SEROTONIN

Neurotransmitter, or chemical messenger, that regulates mood, happiness, anxiety, sleep

90%

Of serotonin is created in your gut. So if our gut is healthy, we will feel better mentally!



WE GET BY WITH A LITTLE HELP FROM FRIENDS.

REALLY GREAT MENTORS WHO HAVE GONE THROUGH LIFE BEFORE US HELP A LOT TOO.

#2

Suicide is second leading cause of death among high school age students - BUT THIS CAN BE STOPPED!

25%

Of young adults admit thoughts of suicide increasing since the pandemic began

PROJECT SELF-DISCOVERY

Program in Iceland to offer teens natural alternatives to drugs + crime.

“ We didn’t say to them, you’re coming in for treatment.

We said, we’ll teach you anything you want to learn: MUSIC, DANCE, HIP HOP, MARTIAL ARTS.

37% IN 18 YEARS

Decrease in 15-16 yr olds in Iceland who had been drunk in last 30 days, as a result of Iceland's life skills program: Project Self-Discovery

COACHING



The Problem

- Anxiety, depression, and suicide have increased dramatically among youth and teens
- Research shows that this results from teens not knowing personal passions, and therefore not living for purpose

The Process

Coaching offers youth and young adults the opportunity to partner with a trained coach. Coaches walk alongside you to help bring new perspective and set goals for where you want to go.

1:1 Coaching Sessions:

- Weekly accountability
- Goal-setting
- Journaling
- Experience-based sessions



The Goal

Live in...

1. Passion
2. on Purpose
3. to create POSITIVE CHANGE



NUTRITION + SLEEP

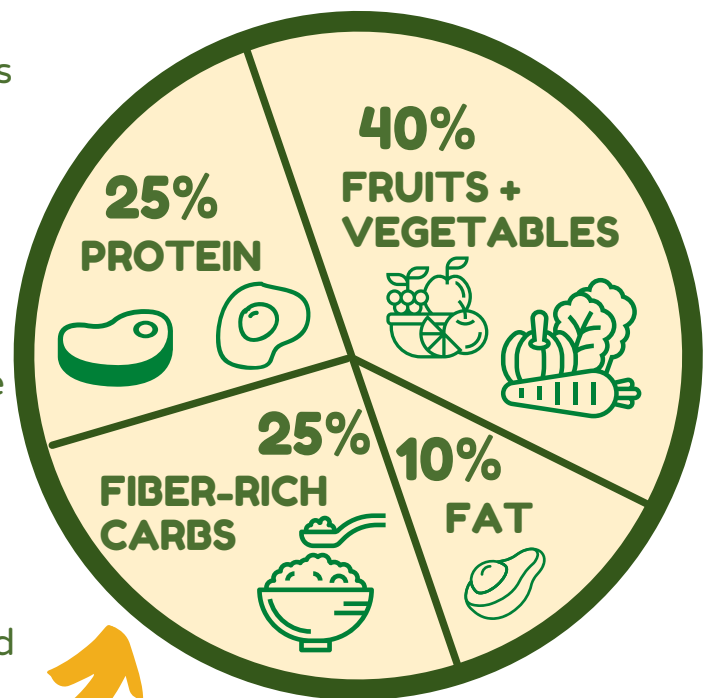


WE EAT AND SLEEP FROM THE DAY WE ARE BORN.

DO YOU KNOW HOW IMPORTANT THE QUALITY OF THESE AREAS ARE?

NUTRITION

- Food provides energy for growth, activity, and all of our body's functions
- The more colorful food we eat (with whole vegetables and fruits, not processed snacks), the more diverse vitamins we get!
- Our bodies are like machines: just like machines burn fuel for energy, we use food for energy.
- The quality of our food impacts our quality of life
- By choosing a balanced diet of whole foods, we can fuel our bodies well, and minimize health risks that can be avoided with healthy nutrition.



8 - 10 HOURS

How much teens ages 13 - 18 are recommended to sleep nightly for optimal brain function

4

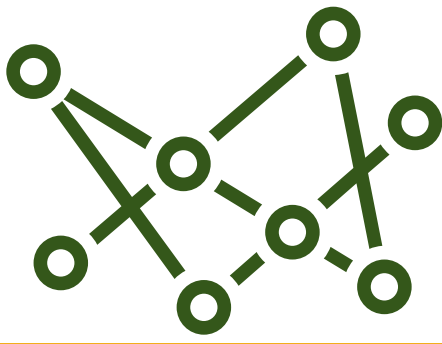
Number of stages we go through in a sleep cycle - each taking us into a deeper level of sleep

MORE SLEEP = HIGHER QUALITY OF LIFE



SLEEP

- Removes toxins from the brain that build up while we're awake
- When we don't get enough sleep, our brain gets exhausted and can't function as well - causing difficulty to concentrate + learn new things + decreasing coordination.



POSITIVE CHANGE

PUTTING IT ALL TOGETHER.

SO WHAT DO ALL THESE THINGS ABOUT HEALTH HAVE TO DO WITH POSITIVE CHANGE?



Why It Matters

- How we do anything is how we do everything! What does this mean?
- The little things - like how we fuel our bodies, treat the environment, and pay attention to where our food comes from - actually do play a role in the bigger picture!

How To Start

1. Start small: changing little things in our individual lives cause bigger change over time.
2. Think about what sort of things excite you - what are you passionate about? Where would you want to see more change in the world?
3. Set goals:

SMART Goals

Specific
Measurable
Attainable
Realistic
Time-sensitive

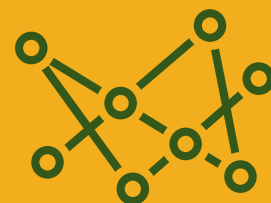
“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

RALPH WALDO EMERSON

When you do something good for someone else, your brain's pleasure centers light up, releasing endorphins and producing a "helper's high."

-Harvard Business School Survey, 2010

**Interested to
take the next
step in creating
positive change
in the world
around you?**



Check out the online
course: Positive Change
curriculum, brought to
you by:



POSITIVE CHANGE
curriculum

<https://www.fortunaranchfarmsanctuary.com/>