

TEDS Foundation



Harvesting Success through personal stories of Growth!

Our Fall newsletter not only brings you updates from our farm, where the incredible magic of nature has changed the colors of the leaves to shine with yellows and reds, but this time it also brings you an important insight into the experiences of young professional athletes, who have stayed at the Connected Living Farm and healed from physical as well as emotional issues and were able to view their life in a completely different light!

Therefore, even with restrictions we have still been able to fully impact peoples lives for the better! Hear what following testimonials have to say about their experience at the Connected Living Farm.



-Johnny Voss-

The TEDS Foundation has been life changing and a huge benefit for me in my life this year. **My senior year of high school tennis was cancelled and I had no opportunity to prepare for my freshman year of college tennis.** TEDS provided what wasn't available a place to grow my tennis game and each aspect of my life beyond what I thought was possible. **This made my transition to college powerful instead of limited because of Covid. Teds taught me about health, wellness, fitness, lowering stress and being a whole person more than I could ever imagine.** My time at the Teds Foundation taught me life skills and lessons I'll always carry with me!

- Johnny Voss, Cincinnati, Ohio



-Dane Dunlap-

*I've had an amazing time the last few weeks! I've seen and learned a ton of new things, my mind has been completely opened. When I came here I was pretty closed off and closed minded, but I was able to learn a lot of new things, eat incredibly healthy healing foods and completely changed my perspective on life. **I learned a lot about myself, my emotions, being able to look inward, which are huge assets to me in the next phase of my life.***

*- Dane Dunlap, former tennis player at the University of Miami,
Canada*



-Nic Genovese-

***TEDS has helped me over the years with everything from getting me a scholarship to play college tennis, to fixing injuries, the life guidance and so much more.** This year I have spent a lot of time with TEDS to help get clarity on the next step of my life after graduation, and they have helped me so much to get clear on my life vision. Also, I have faced some serious personal challenges this year, and TEDS' door was always open and helped me get through these tough times and grow stronger in the process.*

- Nic Genovese, Switzerland, former tennis player and Men's Assistant Coach for the University of Miami



- Sara Castellano -

I have been receiving help from the Teds Foundation for the last 3 years. **They originally helped me fully recover from a stress fracture in my foot. This year, they helped me deal with depression, lack of motivation** and feeling like I was in a slump. TEDS helped me regain my zest and excitement for life! Anytime I am down, I can count on TEDS!

- Sara Castellano, #1 women's tennis player, University of Wisconsin



-Emma & Melissa-

*We came to the Teds farm to learn how to better deal with stress in our lives. We had tried many other types and methods of getting rid of stress, and **Teds truly is unique!** It allowed us to heal as a family, as well as individually, and it is a truly empowering way to live free of stress and negativity in your life! It was a summer that we won't forget!"*

- Emma & Melissa, mother and daughter, Arizona



-Laura, Andre, Thea, Nyssa-

My family and I had an amazing experience at Teds. It perfectly combined our passion for health, wellness and spirituality. Myself and **my three kids all learned lessons about how food can heal your body on a deeper level, different breathing techniques and movements to bring in energy and ground us.** My children were able to be coached in tennis and have incredibly adventurous outings in nature around the Connected Living Farm. It truly was one of the most magical places a family could go!

- Laura and her children, Romania

3 Immune Boosting Tips

- Ginger is one of the best foods in regards to boosting your immune system: It helps fight fungal infections, eases inflammations, blocks bacterial infections, and even relieves joint and muscle pain.
- At the end of your shower, slowly ease into colder water from hot every ten seconds, acclimating to the cold water to avoid shocking your system, incrementally adjusting to colder temperatures. Once you have adjusted, use the coldest level available to finish the cold exposure. This will boost your immune system, help your lymphatic system and blood circulation, as well as improve your skin.
- Juicing every morning helps you absorb all of the nutrients and vitamins your body needs to stay healthy, cleansing your body, and keeping your energy levels high.

Dealing with Stress

There is an arsenal of techniques which the TEDS Foundation has developed to aid people with a variety of stressors. The following are just a few of the tools we recommend you use when you feel overwhelmed or stressed. Visit the websites for further details information.

- Supplements for stress relief from Dr. Lee Cowden, formulator of Nutramedix, is a brand our program participants have had great success with: their product Avea is a turmeric based product and valerian is a key ingredient in their product Amantilla. In fact, valerian and turmeric are great things from the plant kingdom to help people's moods and relax. You can learn more about their products at www.nutramedix.com.
- Depending on the persons' necessities, if you are always in fight or flight mode or if you feel tired, there are different natural remedies and exercises that you can implement into your daily life. One of these is grounding. For further information on grounding we recommend you watch [The Earthing Movie](#). To buy a grounding mat or pad, we recommend the [Earthing Shop](#), if you reside in the United States. If you reside in Europe we recommend [Groundology](#).
- We also recommended to go out into nature as much as possible, and walk barefoot on the grass or stone or wood to get connected with the earth. It will have a healing and calming effect in your whole body.
- Two powerful programs for clearing the negative impact of emotions the TEDS Foundation teaches are Quantum Emotional Clearing a form of Energetic Psychology developed by James Lee Beymer DOM and Dr Diamonds MD Behavioral Kinesiology featured in his books Life Energy and The Body Doesn't Lie.



Breathing Tip



Breathing is like diet; Based on the situation, circumstances and needs, many breathing techniques expand one's ability to perform, reduces stress, combats excessive dehydration, increases nutrient absorption, causes greater focus and a better immune response. The key is identifying one's needs, limits and influences so breathing coupled with other game-changing systems empowers and restores oneself to much deep levels. Even the most advanced breathing programs come up short because they are not individualized and integrated.

Workout Tip



My workout tip for torching calories:

Did you ever try doing a workout by only breathing through your nose? Just making this very simple shift alone will make your workout so *much* harder *and* better for you! This allows you to train your repository system properly and your lung capacity will go through the roof! You may even notice that you can handle far less sets or reps while nose breathing, and that's okay! You're much better off doing what you can do breathing only through your nose, then working out harder and longer while mouth breathing! Why? Nose breathing is how we are designed to breathe, and it drastically cuts down on stress, dehydration and helps increase lung capacity and promotes digestion!





Health Benefits -Of Seasonal Foods-



At the farm, we are currently harvesting a variety of amazing seasonal foods, which have very specific healing properties and are full of vitamins and nutrients your body needs at this moment: Sweet potatoes, pumpkin, squash, beets, and even black walnuts.

Sweet potatoes: One of the best things about sweet potatoes is their extremely high Vitamin A content: One potato can offer over double the daily value of Vitamin A. This amazing food has also been associated with improved eye health and vision, thanks to their abundant carotenoids. They also boost brain function through manganese and choline, and can also support fertility thanks to their rich supply of iron.

Beets: These vegetables are an outstanding source of folic acid. The greens should not be ignored – they can be prepared and appreciated in the same way as spinach. The wonderful pigment that gives beetroot its purple-crimson color is betacyanin: a great agent, understood to aid the suppression of the development of a few types of cancer. Red beetroots have been classified as one of the 10 most powerful antioxidant vegetables and are also one of the best sources of glutamine, vital to the wellbeing and care of the intestinal tract. Some studies have looked at the effect of beetroot juice on blood pressure and state that nitrate dense foods such as beetroot may aid in surviving heart attacks.

Pumpkin: Pumpkin is high in antioxidants which boost the immune system and promote glowing skin. It is great for eye health, as it is high in vitamin A, C and E. Pumpkin promotes sexual health and protects prostate. It also lowers cholesterol, protecting the heart and the seeds are rich in zinc which help ensure men keep testosterone levels high. Pumpkins are also very rich in iron (100g provide 110% of Recommended Daily Allowance).

The following is a link to a guide for Seasonal Eating. It allows you to pick where you live, the time of the year, and will then give you the produce in season in your area. Give it a try!

<https://www.seasonalfoodguide.org/virginia/late-october>





A new wonderful addition to our staff: Welcome Luke!

Our staff has grown, so we can deliver the best programs possible. We'd like to welcome Luke Kidwell to the TEDS team! He is coming to the farm with several years of farming experience as a livestock manager in New England, where he practiced regenerative, organic farming methods that build soil and heal the land. He will be helping the TEDS Foundation expand the farm and allow us to become a self sustaining, closed-loop system. He is a lifelong friend of our very own Tommy Wheatley and excited to continue to help TEDS farm the way nature intended!

Warm Fall wishes from our Connected Living Farm!



For more information, please check out our website, www.tedsfoundation.org