



earthfood

# Soil to Soul The Earthfood Way

Your Free Guide to Living Microbes,  
Living Food & Lasting Health



[youearthfood.com](http://youearthfood.com)





# Our Mission

## Regenerate, Rewild, Reconnect

Be part of the global solution in soil regeneration and preservation. We're committed to giving back to nature and helping to rebuild the natural environment — one living microbe, one garden, one grower at a time.

Earthfood exists to support all gardens and gardeners to grow:

- Better-tasting fruit, vegetables, and herbs.
- Abundant flowers, thriving plants and living lawns.
- Healthier people and a healthier planet.

Whether you're just planting your first pot or running a full-scale forest, Earthfood is your partner in natural, rewarding, and the lushest growing.





# Our Vision

## A Living Future Rooted in Soil

We believe the future of food and health starts beneath our feet - in living, intelligent soil.

Our vision is a world where everyone can grow vibrant, nutrient-rich plants without relying on synthetic fertilisers, pesticides, or chemical shortcuts.

Earthfood empowers every gardener - from apartments with leafy balconies to seasoned growers of food forests - to enjoy the satisfaction of growing regeneratively and naturally better.

We're not just restoring soil.

We're rebuilding the connection between people, plants and the planet.





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# Welcome to the Revolution

Welcome soil stewards, truth-seekers, and food freedom warriors. You've just taken the first step into a movement that's changing the world from the ground up.

Earthfood isn't just a product, it's a call to action. A return to the natural intelligence of the earth, and a stand against chemical cartels and lifeless farming systems that have sterilised our food, our land, and our health.

This booklet is your gateway to understanding why living microbes are the key to unlocking true health - in the soil, in our bodies, and across our broken food chain.

Let's dig in.



**“The smallest seed in living soil grows the biggest revolution.”**







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# The Microbial Miracle

Earthfood is powered by true nitrifying soil living microbes – not airborne spores, not waterborne organisms, but real soil dwellers. These living microbes are alive when you receive them and alive when they hit the dirt. They immediately begin rebuilding soil structure, unlocking nutrients, and restoring the soil's natural intelligence. Able to create permanent microbial colonies, restoring soil fertility naturally.

## Unlike other so-called biologicals, Earthfood's living microbes are:

-  Able to create permanent microbial colonies, restoring soil fertility naturally.
-  Designed to thrive in soil (and that includes dry soil)- not water, not air.
-  Capable of regeneration and replication - they stay active for months and can be plant farmed if we look after the soil.
-  Able to create permanent microbial colonies, restoring soil fertility naturally.

**This is real regeneration – not a quick fix, not a surface spray.  
Earthfood is alive.**



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# Soil, Gut, and Health: The Sacred Connection

Healthy soil produces healthy food. Healthy food creates a healthy gut. And a healthy gut? That's where immunity, energy, mood, and clarity all begin. These living microbes are the same as in our ancient gut and brain health.



Earthfood-grown produce is alive with microbial life, delivering the building blocks of true human nourishment. And the *Mycobacterium Vaccae* is a natural antidepressant. The ancient connection between soil and soul is not just poetic, it's biological.



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# Worm Juice, Compost Teas & Waterborne Microbes...

## Why They Fail Eventually



Many gardeners and farmers turn to worm juice or compost tea thinking they're feeding their soil. But here's the hard truth...



Worm juice microbes are waterborne, not soil-adapted.



They die within 48 hours if not in their destination of plant cell and/ or particle of soil. They live if the soil is moist but if it dries out the microbes die.

These are anaerobic microbes whereas Earthfood is aerobic as they fluctuate the soil (making tiny nano holes in the soil to breathe and hold moisture / absorb water).

The waterborne microbes go up the 'drinking' structure of the plant and that is part of the pesky insect issues and compacted soil to come.



They don't replicate or establish colonies in soil.



Long-term use can lead to dependency, not regeneration.







These solutions might give a temporary boost — but they don't fix the deeper problem. Earthfood's living microbes are the real builders of living soil.



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# What You Can Expect

-  Improved soil structure and water retention
-  Stronger, more resilient plants
-  Deeper flavours and higher nutritional density in your food
-  Increased worm activity and visible life in the soil
-  A garden or farm that starts to feel alive again
-  Attracts the bees and beneficial insects

Real users have seen transformation in as little as 2 to 3 weeks. From cracked paddocks to lush gardens — this is the power of living microbes.






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# Join The Change For Good

## Be Part of the People's Souolution

Ready to regenerate your garden – and join a global groundswell of change?

-  Go to the home page [yourearthfood.com](http://yourearthfood.com) and on the bottom of the home page JOIN OUR COMMUNITY.
-  Get the monthly Earthfood Educators page sent to your inbox covering deep dives and mythbusting science, but the latest in health from the ground up - in all ways, always.
-  Be the reason your street, suburb, or region thrives again.

Because when you restore  
soil, you restore life.







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# Let's Keep Growing Together

Want to share your soil wins, connect with Bronwyn, or bring the revolution to your street? We're real people, not bots and we'd love to hear from you.

Follow the education material in the Socials, and share your growing wins - we would love to see them. With the Earthfood Team we are here for your success because we know you will enjoy that success and tell others.

 Share your success and failure stories to [enquiries@yourearthfood.com](mailto:enquiries@yourearthfood.com)

 Website reviews: (reviews are recognised and we do a pick of the month gratitude gift for your effort) [yourearthfood.com](http://yourearthfood.com)

 Socials @yourearthfood

## Community

Join our movement online and dig deeper into the truth about soil, food, and freedom.

Facebook Group: [@yourearthfood](https://www.facebook.com/yourearthfood)





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[yourearthfood.com](http://yourearthfood.com)

"Have you ever heard of pesticides, herbicides, or fertilisers being used in a rainforest? Silly question, right?"

Independently tested and proven with outstanding results. Certified 100% organic by USDA, OMRI, Eco-Cert, Southern Cross, Rengener8-Carbon8 Regenerative Standards, Australian Organic Standards.