

G A I A

Habitat for Health

Make Your Home a Safer Place To Live
Ecological & Economical Lifestyle



One of the strongest, safest, and most versatile moveable homes available.

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Making Homes Safer Places to Live

Our research, editing, publishing, and consulting business is called Habitat for Health (H4H). We specialize in locating hypoallergenic materials and useful technology to accommodate people with Multiple Chemical Sensitivities (MCS) because it makes our buildings healthier and less expensive.

Unfortunately, climate change affects the outside air and continues to accumulate harmful wastes at a faster rate than nature can wash it away with rain, allowing it to be stored on land and in water for recycling. Indoor environmental control is a basic requirement throughout most homes.

From ceilings to floors, windows to doors, many people want to make their home safer place to live.

People with MCS, are the human equivalent of a canary in the mine, dying from toxic airborne chemicals.

MCS is found in people who experience headaches, respiratory distress, extreme fatigue, and neurological symptoms such as brain fog, dizziness, and vertigo after being exposed to many chemicals like car exhaust, perfume, household chemicals, paints, even new plastics in household items and chemicals in new clothing.

Affordable Ecological + Economical Lifestyle

Climate change has occurred in the past, is occurring today, and will continue to do so in the foreseeable future. Climate change acts as a natural barometer that may be used to adapt to current events and predict future occurrences based on past experience, indicating what can be done to prepare and respond.

We now understand more about the impact of climate change on human economic and natural ecological systems. The manner in which human companies must now change merely to survive in new unpredictable situations are becoming increasingly obvious.

Current events are broadcast on television and radio channels. Some channels use their networks to distribute questionable material.

In any case, consumers are more likely to trust it to the point of taking action or doing nothing.

Read the article on the next page to learn about how MCS is linked to ecological collapse, and why Habitat for Health is a wonderful location to receive pertinent knowledge on how to respond and be prepared for the worst while still enjoying the best in affordable healthy living.

If you want to build a house or have one built for you in a safer place to live, with the least amount of toxic material, for the most amount of usable space, using current technology, and with a variety of agriculture, housing, and transportation as employment options, contact brian@habitatforhealth.com for a free consultation.

MCS: Indicators of Ecological Collapse

25% of U.S. Population Susceptible to Multiple Chemical Sensitivity

In an interview with The Defender, Dr. Robin Bernhoft said, "Our current medical system, including much of our purportedly scientific research, is captured by the interests of pharmaceutical companies who put profits ahead of patients."

By David Charbonneau, Ph.D.



Dr. Robin Bernhoft has Multiple Chemical Sensitivity (MCS), an illness he describes as "misunderstood and controversial" that affects up to 25% of the U.S. population.

Bernhoft also is the parent of a vaccine-injured child and the author of research papers on the link between autism and vaccines.

In an interview with The Defender, Bernhoft, an allergy and immune specialist with more than 46 years in the medical field, discussed MCS, vaccines, autism, COVID, and how profit and politics have warped medical care in America.

Bernhoft is director of the Bernhoft Center for Advanced Medicine in Ojai, California, and past president of the American Academy of Environmental Medicine.

He also is the author of more than 28 publications, including three books, and has testified at more than 60 trials as an expert witness in the field of environmental medicine and the treatment of MCS.

MCS-Aware, an advocacy organization, defines MCS as "a chronic, physical illness affecting people of all ages and backgrounds."

MCS: Indicators of Ecological Collapse...

MCS-Aware states:

"[MCS] causes sufferers to have allergic-type reactions to very low levels of chemicals in everyday products. Put simply the immune and detoxification systems stop working properly and the body cannot process toxins efficiently."

"That's a pretty good working definition," Bernhoft said. He added:

"MCS is found in people who react with exposure to any chemical – car exhaust, perfume, paints, household chemicals, even new plastics in household items and chemicals in new clothing – with a variety of symptoms, including headache, respiratory distress, extreme fatigue and neurological symptoms, such as brain fog, dizziness and vertigo."

Bernhoft described MCS as a disease in which the detoxification pathways of the human body become compromised due to genetics or environment, or a combination of the two.

"The body is like a rain barrel – you fill it up with toxic stuff and eventually it overflows with symptoms," he said.

According to the National Resources Defence Council, more than 80,000 chemicals have been introduced into our environment since 1945. Very few of these were adequately tested for their impact on human health.

In individuals with MCS, Bernhoft said, the body's detoxification pathways are less than genetically ideal, so they are more susceptible to having difficulty detoxifying chemicals commonly – and increasingly – found in our environment.

The most common triggers for MCS are petroleum-based solvents, volatile organic compounds, pesticides and synthetic fragrances.

One fragrance alone can contain up to 600 petroleum-based chemicals, and because ingredients are considered a trade secret, manufacturers don't have to divulge what those chemicals are.

Laboratory analysis of common fragrances shows they contain extremely toxic chemicals, including chemicals on the U.S. Environmental Protection Agency's Hazardous Waste list.

People with MCS are anywhere from 100 to 1,000 times more sensitive to synthetic fragrances than are healthy people, Bernhoft said.

"I consider MCS patients to be the 'canary in the coal mine' for our toxic environment," said Bernhoft.

MCS 'ended my career as a surgeon'

Bernhoft, who said he has had MCS since 2000, described how the condition changed his life and career.

In the 1990s, he said, he was a successful liver and pancreatic surgeon in Seattle, having done his fellowship in London at the Royal Postgraduate Medical School, Hammersmith Hospital – a "member of the elite club in medicine of practicing/teaching surgeons."

But then he developed allergies to all the approved soaps for pre-op disinfection.

MCS: Indicators of Ecological Collapse...

"I would get a red rash or hives or open sores," Bernhoft said. "It ended my career as a surgeon and set me on the path of environmental medicine."

Eventually, the allergy to the soaps developed into MCS. Bernhoft began to have debilitating headaches in response to perfumes, car exhaust and other chemicals in the environment.

His experiences led him to retrain in allergy and environmental medicine and to question many of the assumptions of conventional Western medicine in terms of both theory and practice.

As Bernhoft wrote on his website:

"Increasingly, evidence suggests that human illness is both more complicated than we thought, yet also simpler. It turns out that our genes are not destiny, merely suggestions. 'The genes cock the gun, but the environment pulls the trigger.'

"The expression of genetic information is influenced by lifestyle, diet and various environmental factors. Many toxic environmental factors can be successfully removed. Many defective genes can work better with the proper cofactors or with upgrading of backup enzymes. When these things happen, diseases can be improved, sometimes eliminated altogether.

"While it is not possible to cure everyone, it is possible to improve or eliminate many 'untreatable' chronic conditions. Seventy-five percent of America's health care bill is consumed [by] throwing pills at the symptoms of chronic disease — but money is better spent going after causes, as they do in Europe and Japan."

In his recovery and in his practice, Bernhoft said he relies on a combination of treatments for MCS to relieve the immune system's toxic burden and improve its functioning.

These include infrared sauna, chelation, high-quality nutritional supplementation and dietary changes to detoxify the body.

He also uses an immunological treatment called "low-dose antigen therapy" that is highly effective and safe in treating a wide variety of allergic reactions, including reactions to chemicals.

"Low-dose antigen (LDA) treatment is the standard of care for all allergies in the UK and has had some impact in Europe," Bernhoft said. "But it is not recognized by the American Academy of Allergy, Asthma, and Immunology (AAAAI)."

"American allergy doctors use an approach to allergies developed during the first World War," said Bernhoft, adding that in contrast, LDA treatment was introduced in the 1970s. He said:

"It's a more recent and far safer technology. The typical allergy shots that most American allergists give can lead to serious side effects, including two dozen deaths in an average year. The LDA shots have few side effects and no recorded fatalities since 1973."

Bernhoft said the issue for American allergists with the LDA approach is not one of efficacy or safety, but one of profit.

"The LDA shot is one shot every seven to eight weeks, whereas the typical course given by an American allergist is one or two shots per week," Bernhoft said.

Possession of Brains With Intent to Use.

"It's easy enough to do the math on the greater profits to be had with the latter approach."

In fact, Bernhoft said the AAAAI successfully lobbied insurance companies to cover the standard regimen of weekly allergy shots but not to cover the far-less-expensive LDA shots.

Completed at Source:

<https://childrenshealthdefense.org/defender/multiple-chemical-sensitivity-dr-bernhoft/>

That means MCS patients, for whom the standard allergy treatment offers no help, must pay out of pocket for the LDA treatment, while standard allergy patients (including those with dust and pollen allergies) must submit to the more expensive, more dangerous approach to receive medical treatment covered by their insurance,

When MCS is 25% of a Country's Population It's Not an Outlier

Bernhoft views his MCS patients as "canary in the coal mine" for our toxic environment because they are anywhere from 100 to 1,000 times more sensitive to synthetic fragrances than healthy individuals.

Even if you don't have chemical sensitivities, frequency of billion dollar climate disasters that affects both ecological and economical systems is still increasing.

The ultimate conclusion is that a different system will be needed to intervene and protect your life's investments.

While government, insurance providers, and businesses are first in line to keep essential infrastructure and supply chains operating, options are shrinking for people looking for new places to live and find work in the city.

People with MCS are already committed to using their limited time to make it simpler for them to adapt to living both indoors and outside. Who better to learn from?

Examples include building, renting, leasing timesharing, vacation rental or safe house you can rent if you're not on vacation or move in if your primary home is damaged or destroyed or utilities go off line due to a storm or other event.

If you want to build a house or have one built for you that is safer to live in, uses the least toxic materials, has the most usable space, is built using modern technology, and offers a variety of options for work in agriculture, housing, and/or transportation. Habitat for Health is a very good place to start.



Habitat for Health

Save Money Save The Planet

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Habitat for Health

Make Your Home a Safer Place To Live

Economical Impacts

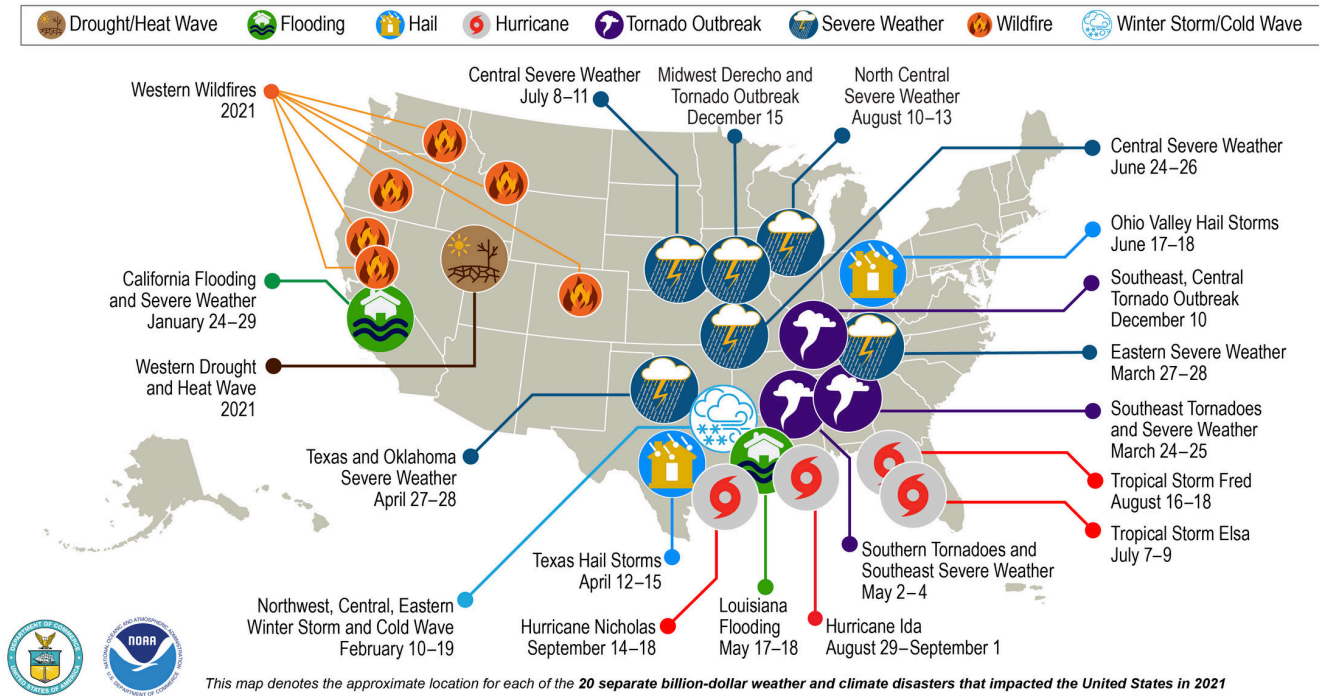


Climate Disasters: Indicators of Economic Collapse

Overview

The U.S. has sustained 323 weather and climate disasters since 1980 where overall damages/costs reached or exceeded \$1 billion (including CPI adjustment to 2022). **The total cost of these 323 events exceeds \$2.195 trillion.**

U.S. 2021 Billion-Dollar Weather and Climate Disasters



2021 in Context

In 2021, there were 20 weather/climate disaster events with losses exceeding \$1 billion each to affect the United States. These events included 1 drought event, 2 flooding events, 11 severe storm events, 4 tropical cyclone events, 1 wildfire event, and 1 winter storm event. Overall, these events resulted in the deaths of 724 people and had significant economic effects on the areas impacted. The 1980–2021 annual average is 7.7 events (CPI-adjusted); the annual average for the most recent 5 years (2017–2021) is 17.8 events (CPI-adjusted).

Source: NOAA National Centers for Environmental Information (NCEI) U.S. Billion-Dollar Weather and Climate Disasters (2021). <https://www.ncei.noaa.gov/news/calculating-cost-weather-and-climate-disaster>

Possession of Brains With Intent to Use.

Natural indicators that show damage continue to get worse. For example, forests are shrinking, water tables are falling, soils are eroding, wetlands are disappearing, fisheries are collapsing, range lands are deteriorating, rivers are running dry, temperatures are rising, coral reefs are dying, plant and animal species are disappearing and waste that does not break down is accumulating.

These natural indicators help to identify thresholds for sustainable yields and mark loss or dematerialization of natural resources. In other words, ecological indicators keep track of the Earth's carrying capacity and the effects of economic development on ecosystems and natural resources.

Regardless of the reason, natural systems have reached a point of degeneration or collapse.

In terms of climate disasters, economics of outcomes are fairly straight forward. Businesses exist to make a profit. If they can't produce or deliver, they can't sell things.

For example, when the supply chain breaks there is no delivery. This means they won't make profits, which means they are less able to employ you. So, more people lose their jobs or fear losing their jobs.

It appears that population growth drives up demand for products and services and is a key factor in economic growth. As a result, natural resources and systems are under more stress. While the economy continues to expand, the ecosystem on which it depends does not.

Individual power must now be called upon and applied to help work toward sustainable development. With an increase in understanding of relations between economics and nature, individual power grows. In other words bottom up solutions.

The bottom line is that you will require a different system to intervene and safeguard your life's investments, such as a healthy home both inside and out, food you can cultivate, and a mode of transportation for work, shopping and commuting.

Reasons for Bottom-up Preparation

More than \$2.1 billion is provided in the B.C. Budget 2022 to aid in the recovery from last year's disastrous floods and wildfires as well as to better safeguard communities from similar calamities in the future.¹

For instance, the province is trying to rebuild better and ensure that individuals, families and communities throughout British Columbia are protected from future disasters in response to the difficulties that recent fires, floods, and high heat have created in the province.

Our research, editing, publishing, and consulting firm is called Habitat for Health (H4H). In order to accommodate people with Multiple Chemical Sensitivities (MCS), we look for the most economical and environmentally friendly building sites and construction techniques because what is healthy for persons with MCS is typically healthy for the great majority of other people.

Not favouring any specific political, religious, or economic special interest group, wouldn't it be good if less than 1% of the B.C. budget was spent in the H4H GAIA Fan Club to fund the establishment of as many GFC Chapters as possible?

In order to design, construct, and maintain the most cost-effective solutions to today's housing, employment, transportation, and agricultural issues, H4H specializes in finding mass-produced hypoallergenic building materials and developing land to use for low-cost, high-yield Permaculture gardening using the most practical technology.

Additionally, supply and demand scenarios are heavily emphasized in H4H solutions, with ecological repair and output serving as the foundation of a bottom-up strategy for sustainable growth.

By maximizing year-round planting and fallow cycles, permaculture models are used to generate economic surplus as a natural blend of indoor and outdoor gardens. This capability is extended to include cleaning the air, producing oxygen, growing fruits and vegetables to supply garden to table, and selling surplus.

Because of the economic scale disparity between the size of an individual or family and the metropolitan, provincial, and global markets, Habitat for Health solutions may also undertake time-consuming ecological repairs that top-down government resources are unable or unwilling to fund.

What GAIA Fan Club Offers

- Sustainable, four-season agriculture to feed a small community with the possibility of expanding production to a seasonal market garden.
- Through volunteer pay-it-forward job opportunities, employment is made available. Time is put into a time bank and retained for exchange with other community work, such as building dome dwellings for storage, habitation, hospitality, or pleasure.
- Housing can be transportable, transformable, or multipurpose and can be rented, leased, or bought using traditional bank methods or the GAIA TimeBank.
- Transporting goods and services to and from markets requires the purchase and maintenance of a vehicle pool and the resources of GFC Eco Village community.

¹. <https://news.gov.bc.ca/releases/2022PSSG0005-00026>

Health Economic Impacts Hiding in Plain Sight

What is Multiple Chemical Sensitivity (MCS)

Today it's estimated that up to 25% of Americans have or are susceptible to get MCS, a condition that is "misunderstood and contentious". MCS patient experience allergic-like responses to extremely small amounts of chemicals included in common items. Simply put, the immune and detoxification systems start to shut down and the body becomes incapable of effectively processing contaminants.

People with MCS exhibit a range of symptoms including headache, respiratory distress, extreme fatigue, and neurological symptoms like brain fog, dizziness, and vertigo when exposed to chemicals like paints, perfumes, car exhaust, household chemicals, and even new plastics in household items and new clothing.

Laminated fibre board or plastics, which release fumes of glue or other out-gassing substances when they are fresh, get wet, get cut, get scratched, or are cleaned with chemical solvents, are nevertheless often used for cupboards and other big surfaces in rental homes. While the scent of gas lingers in the air like perfume, persons with MCS become worse the longer they're exposed.

Depending on the source, location, and toxicity, outdoor exposures can become very intense. Such exposures can happen quickly and violently, causing instantaneous discomfort that may intensify until travel upwind and away from it and its consequences. Recovery starts soon after persons with MCS enter a healing place and hope symptoms subside quickly because they can last for many days.

Brian Hack was diagnosed with Multiple Chemical Sensitivity (MCS) while at work in the printing industry. The chemical vapours that are linked to the air can be picked up by warm air whenever there is an air exchange or movement. He has learned since his chemical injury more than 30 years ago that the air may introduce the dangerous vapours into residential and working spaces through doors, windows, gaps, or other openings.

Brian sought out top medical experts to confirm his diagnosis and learn how to manage the variety of symptoms attributed to MCS. The biggest difference between then and now is that Brian had hope for a full but controlled recovery since he had spent years studying and practicing how to establish and maintain his healing zone.

According to this man who lived in his car for more than a year, recovery takes longer and may indicate recurrence when there isn't a controlled healing environment accessible for refuge. Since his eviction more than a year ago, Brian's illness has become worse more quickly since he is unable to meet the fundamental prerequisite for a controlled healing environment.

He has finished his study and is aware of every resource that is currently available to meet the majority of his unique criteria. Ironically, he is physically and financially unable to carry on, so he is looking for assistance to build an environmentally friendly home so he can go back to work from home and assist others in doing the same.

To be clear, many interior rooms include elements that could contaminate the air. The process of combining interior and outdoor air to reduce toxins actually makes things worse because when indoor air is combined with outside air, which contains several additional harmful contaminants, the result is a more toxic soup.

Social Economic Impacts Hiding in Plain Sight

Reintegrating Persons With MCS

Eventually Brian developed Learning Management Systems (LMS) to quantify and qualify ecological and economical relations and called the company LMS MEDIA Managed, which he founded as a Web property and still operates. Recently, in November 2021, he received recognition from Best Startup Canada, which listed LMS MEDIA-Managed as one of the top technical support businesses in British Columbia, Canada.

Habitat for Health is the name of his research, editing, publishing, and consulting company. He now looks for the least expensive, mass produced and environmentally responsible building materials and technology in order to help people with MCS accommodate the unseen special needs their disabilities are known for. This is necessary because what is generally healthy for MCS patients is also healthy for everyone else.

All GAIA Fan Club (GFC) members have access to the Fan Club concepts, which aims to design, build, and maintain inexpensive ways to increase housing, grow a food supply, sell excess food, and write off expenses of transportation as integral parts of both ecological and financial outcomes.

The need for safe housing is especially evident when government programs are used to fund large contracts to build smaller homes that are more in line with the ideology of quantity over quality at every turn, such as less space for more money and more housing for employable people who must adhere to standards to meet budgetary obligations.

Instead of actually negotiating solutions to the problems that are intensifying or at least avoiding making them worse, the powers that be continue to project a dystopian future as living wages decline and the cost of living rise, forcing outliers like difficult-to-assist people who also have to deal with MCS.

It makes sense that the government is appealing for bottom-up help given how poorly its top-down strategies perform.

The goal of Habitat for Health is to assist in the construction of homes that are stronger than any other structure currently in use, a third less expensive per square foot, offer hypoallergenic options designed for persons with MCS, and fit four square into government budget priorities for housing, jobs, agricultural, and transportation funds already approved.

Habitat for Health is organized to:

- locate and develop land for low-cost, high-yield, four season Permaculture food gardens,
- research, acquire, use and report on mass-produced hypoallergenic materials,
- identify and test the most useful home and garden technology, and
- build a pool of electric vehicles for a variety of tasks.

Positive Economic Impacts Hiding in Plain Sight

GAIA Fan Club (GFC)

Brian is looking for advocates, investors, and entrepreneurs, to assist H4H produce the drop-shippable, mass-produced homes and technology which are low cost and/or volume discountable and can be set up in days, weeks or months on any or most legal sites. Fixed cost material, technology and quantity survey will be placed in escrow to cover the estimated cost.

For instance, the starting price to build a house in Victoria is \$200 per square foot, or \$200,000 for a 1 or 2 bedroom 1,000 sq. ft. simple living space.

Selling fire-proof, earthquake-proof, flood-resistant, unbreakable windows, and other materials that are advertised as structural design upgrades on the H4H Website will continue to bring in money from after sale upgrades for the business.

As a backup or primary utility service, a multi-purpose interior design with independent water, waste, and power management systems can also be installed.

To set an example in order to sell design, assembly, and maintain affordable means to expand housing, employment, and food supply chains, Habitat for Health Permaculture Consulting locates, designs, and develops land for low-cost, high-yield farming, sourcing for supply of mass-produced hypoallergenic materials, and the most useful home technology by demonstrating his own methods.

Although living in a dome is not for everyone, in Brian's situation it makes sense, and here's why. Brian is reluctant to look for work because the effects of MCS are too unpredictable due to exposure episodes when travelling and working in uncontrolled situations.

In addition to making multiple applications over the course of a year, he has still not been approved for disability benefits or the guaranteed income supplement (GIS), which prevent him from working from home, his inability to find a home that must be modified to accommodate his special needs or fits within his CPP and OAS budget also prevents him from doing so.

A specially designed home made for Brian would maximize his required environmental controls, minimize any future economic problems, and allow him to live in peace without threat or fear of harm.

People with money and credit are hesitant to invest, but they might if it can be demonstrated that the investment will produce a higher return than most investments with additional benefits for the environment and society.

Examples of such benefits include dividends on affordable housing, the ability to sharecrop their own food supply, a variety of options for selling excess food to boost income, and transportation pools to lower operating and living costs.

If the government refuses to or is unable to fulfil commitments to pay for Disability or Guaranteed Income benefits for senior citizens with MCS, why not? All he wants to do is work from home so he can afford to live, return to work, and help others with MCS, all of which would help governments at all levels.

Why not assist Brian in demonstrating to the government how to achieve its top-down 2022 investment targets in the areas of jobs, housing, transportation, and agriculture? You can improve the world if you join the GAIA Fan Club!

Ecological Reasons to Invest

Habitat for Health is looking for people who have a sincere interest in and are willing to engage in an ecological approach in order to establish bottom-up, economical solutions, prepare for or adapt to the frequency of natural disasters, human population growth, economic opportunity for sustainable employment, and reduce unintentional loss of any ecological life.

Habitat for Health seeks persons who can volunteer to provide time, ideas, materials, land, money, or equipment to the impending launch of Habitat for Health and future development projects for economic or ecological reasons, or a mix of both.

The Habitat for Health pilot project will present real costs and alternative points of land use to quantify in ecological and economic terms up to 14 times more effective economic potential and 17 times more ecological land recovery and repurposes utilizing multi-dimensional instead of linear ideas.

H4H ecological remedies supply a growing need for...

- low cost healthy housing,
- 4 season food-to-table gardening,
- seasonal surplus market gardening,
- personal and/or product transport to market,
- transport for emergency response,
- preparation to replace economical losses with Ecological Permaculture,
- product testing, modifications and adaptive repurposing for sustainable living.

H4H environmentally friendly homes and buildings help to...

- Reduce exposure to toxic gases
- Enable food to be grown year round
- Service and store electric vehicles pool to buy and sell goods and services

H4H low density building footprints are designed to...

- Use energy efficient, off grid power, water, and waste management technology
- Optimize usable space with up to 1 third less materials
- Assemble with fewest special tools and skills
- Use the least toxic materials
- Live in, rent, or make use of etc.

Economical Reasons to Prepare

More than \$2.1 billion is provided in the B.C. Budget 2022 to aid in the recovery from last year's disastrous floods and wildfires as well as to better safeguard communities from similar calamities in the future.¹

For instance, the province is trying to rebuild better and ensure that individuals and communities throughout British Columbia are protected from future disasters in response to the difficulties that recent fires, floods, and high heat have created in the province.

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H4H specializes in finding mass-produced hypoallergenic building materials and developing land to use for low-cost, high-yield Permaculture gardening using the most practical technology in order to design, build, and maintain the most cost-effective solutions to today's housing, employment, transportation, and agriculture issues.

In addition, H4H solutions emphasize supply and demand scenarios with ecological repair and output as a crucial component of a typical bottom-up strategy for sustainable development to generate economic surplus as a natural mix of the two. Due to the disparity in scale, Habitat for Health solutions may also involve time-consuming ecological repairs that top-down government resources are unable or unwilling to support.

Agriculture

Sustainable, four-season agriculture to feed a small community with the possibility of expanding production to a seasonal market garden.

Employment

Through volunteer pay-it-forward job opportunities, employment is made available. Time is put into a time bank and retained for exchange with other community work, such as building dome dwellings for storage, habitation, hospitality, or pleasure.

Housing

Housing can be transportable, transformable, or multipurpose and can be rented, leased, or bought using cash or TimeBank credits.

Transportation

Transporting goods and services to and from markets requires the purchase and maintenance of a vehicle pool and the resources of GFC Eco Village community.



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