

### Chat record

MH: @Lieven Here too. I would think that this is the recording.

MH: Thanks a lot, very interesting session

Pv: Did anyone get which writer Simon mentioned about eating 30 plants for gut flora?

Pv: great, thanks James!

Mv: very inspiring!

JB: Thanks Anne. Really interesting to hear your insights and learnings.

JB: Thank you Jenny. Really important subject. Just saw in 2019 3 times more people died from suicide than road accident. Biggest killer of men under 45. Definitely an elephant in the garden!

JB: Wellbeing and forest gardens. I have wondered if there is something fundamental towards rewilding humans to be living in a more natural way.

CD: @Lieven same here

HD: We now have break before the next session at 13:30BST - Ricarbol: La Bosquicultura in Chile

TB: Hello to all from sunny Utrecht in the Netherlands

JS: Thanks a lot for this excellent session!

PL: hello from Mid Devon

SD: @Lieven, no, same here...

LB: there is some static noise, is that only on my end?

LB: ok, so my computer is still fine :D

ES: Hello all, as this is a themed session with multiple speakers, when you ask a question please confirm the speaker that your question is for. Thank you.

ES: Hopefully no one is experiencing any more static noise. I believe it was part of the first video presentation so you should not hear this any more.

ES: <https://medicinalforestgardentrust.org/product/medicinal-forest-garden-handbook/>

ES: To find out about herbs and current issues in herbal medicine have look at <https://www.herbalreality.com/>

AM: Thanks for answer

JR: @paul van de Sande - Tim Spector

JR: No worries Paul - The Diet Myth, a good read.

JR: @KayMcHugh - aha, not read that one yet

BH: Great chat, thank you

FG: @ton Sunny Utrecht present!

MR: Thankyou very interesting

JB: Some static here as well

ES: Hello all, as this is a themed session with multiple speakers, when you ask a question in the Q&A tab please confirm the speaker that your question is for. Thank you.

DR: Jenny: when is your book available again?

DR: Sorry Anne: when is your book available?

DR: Brilliant session

LA: I also hear that noise

NA: Hello from quite sunny Cornwall

KM: I think the speaker was referring to Tim Spector's most recent book, 'Spoon Fed - Why Almost Everything We've Been Told About Food is Wrong'

**Chat record**

MW: some gps do perscribe free passes to parks/ gyms to aid self