



# **See the Amazing despite the Difficult and Hard**

How we Became Real Food Recovery 501(c)(3)  
and BLUMESTONE

# Mandy Blume, BSc, FNTP, TFC, NRT and married to Jim Blume, BSc, ME, MBA, CGC

- 30 Years ago, a sweet boy proposed and committed that one day we could adopt a child.
- He was in the Air Force, we married, and went to college together.
- Had 3 Kids, Fostered 8 kids within 4 years, lost one to cancer, adopted 1
- Today, looking back, we would never have chosen that path
- But it chose US!
- Today we touch 100s of Foster Kids and Orphans

# Dreams and Beginnings

## *Not the Fairytale*

- First Child Immune Challenges, heart & more (2000)
- Found Nourishing Traditions, by Sally Fallon
- Second Child Better, but Colic (2001)
- Third Child Best - no reflux, no colic, happy (2003)
- We decide to adopt, which failed for principals
- We choose to Foster



In the very beginning...

My Heart Knew to Observe & Find What Works, so I  
*Overlooked Everyone telling me there was NOTHING to do  
and I:*

- Sought to Understand, Listen
- Respected each person's journey
- Sought the Truth from Everywhere
- Appreciated that each of us is unique
- Discovered that Healthy is an Elastic, Kinetic Endeavor
- Understood that there is not One Pill to Cure Us All
- Therefore, I learned there are Many Paths to Healing



**There will  
Never  
Be One Pill  
or One Food  
That Will Cure  
Everything!**





# I Began to Think

## The Old Way

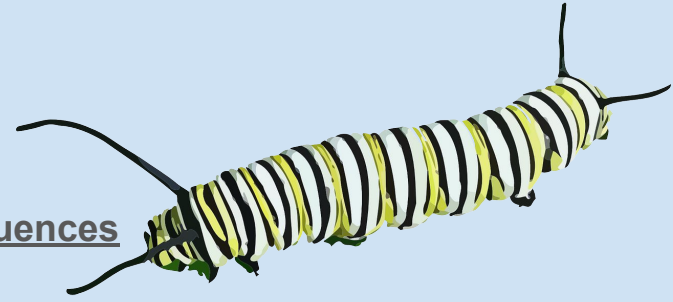
1. More Manual tools
2. Crock Pot Slow Cooking
3. Boiling Water
4. Getting dirty, weeding
5. Building Soil Immunity
- 6.. Quiet Spaces
7. Walk to Washer/ Dryer, etc...

## The New Way

1. Hi-Technology tools
2. InstaPot
3. Microwave Water
4. Sterile
5. Spraying Chemicals
- 6.. Noise Reduction gear
6. Phone controlled wifi appliances

## The Consequences

1. Slower productivity, are we efficient, EMFs
2. Fast & high temp kill the nutrients? Pasturized?
3. Molecular Rearranging of food
4. Lack attachment to the earth, epidemic allergies
5. Reducing Soil Nutrients
- 6.. Peace - or media silos
7. Lack of: Patience, less Movement, Instant Gratification



# In 1 Year's Time (2010) We Lost Every Generation

Our Foster Son                      4    Neuroblastoma Cancer (June 2010)

My Brother-in-Law                33   Suicide/ Mental Illness, Depression (November 2010)

Our Business Partner    72   Parkinson's Disease (December 2010)

My Papa                              90   Lungs, (May,2010)



# I Began to View Our Era as The Dark Ages of Human Health

*We are not working together, and  
we are not connecting how  
important it is to surround  
ourselves to real, less processed,  
and authentic elements.*



*"Isn't it great, we're being bombed  
back into the Dark Ages"*

Only Good Can Come Out of It!

Somehow!



# The Fight Begins For Health of Orphans/ Foster Kids

- Foster 4th, 5th, 6th, 7th, 8th... Child
  - Found Neuroblastoma Cancer (2 yr)
  - Drug Baby (9 mos)
  - Severe Allergies (18 mos)
  - Mental Illness (2 yr)
  - Severe Gum Disease requiring surgery (18 mos)



# My Kids Were Sick and they Recovered

Every Foster Kid was Really Sick and they each recovered

## What's Working, so We Can Reproduce the Results?

Food, Discipline, Love, Tough Love, Parameters, Safe environment...?

# Our Observations

75% water in earth, 75% water in body - We Drink clean, filtered Water



Brain is 70%+ fat - We eat good, real fats



Minerals balance- we use mineral-rich salt

Aminos fight disease - Eat pastured meat w organs

Seasonal Vegetables - we buy from local farmers, variety



Ferment- Good bugs



# Some Other Important Modes of Healing

## Grounding and Earthing

- Calms a Colic Child
- Organic Dirt gives immunity

## Sounds, Frequencies, Words

- Affects our cells
- Affects our worth

Ionic Foot Bath, Cryotherapy, Hyperbaric, colonic cleanse, parasite cleanse, homeopaths, Infrared, essential oils, magnets, food supplements, clean environment

But I First Need to Understand; **WHAT AM I DEALING WITH?!**

# Statistics on Foster Kids-Making A Difference

- 90% Parents caught for Domestic Violence and Drugs
- Trafficking of Children is a Real problem- whether a parent to get drugs, or a stranger to get money
- Foster Homes and Group Homes are Safer (there are always exceptions)
- 100% of Foster Kids have indications
- 75% of the Foster Kids will End up in prison by 23 years old
- Over 50% of our prisons are filled with men and women who were foster kids
- Every Single Person Killed On Death Row Was a Foster Kid

# After Being with Hundreds of Kids

- We have been a part of recovering:
  - Autism to a Much better more functional place
  - Type II Diabetes to get off or reduce medication
  - Eliminating Allergies
  - Clarity of Mind, where previously foggy
  - Strength against Depression

With Hard Work and Commitment, we are seeing amazing  
improvements and recovery

# Hang in There- Food is Powerful

It Only Takes 2 Weeks to Change the Taste Buds

→ Keep trying new foods

And Amazingly it Only Takes 2 Months to Improve Behavior

→ Eating many different foods allows more nutrients.



Website start-up to Share Our Successes, then We Write a Cookbook!

# Going NonProfit for Orphans & Foster Kids

## BLUMESTONE

with REAL FOOD RECOVERY  
nonprofit

**Sunday, Oct. 6, 1-4pm**

186 83rd Ave. N, St. Pete, FL

*Sip & Shop*

with BENEFIT RAFFLE (4 tickets/\$15)

For ORPHANS &  
EMERGENCY CHILDREN'S  
HOMES

HIGH-END FOOD  
FURNITURE  
FUN

Raffle for prizes from the Best Local venues:

Blush Tea + Coffee Brass Bowl Fresh Kitchen Glenn Family Bakery  
Neighborhood Joes Salon Color Bar Squads Coffee Wooden Rooster  
and many more!

## Fundraiser for Orphans and Children's Homes

Fundraiser Event for Children We Support with Real Food Recovery Mark your calendars! Before we close the contract on this beautiful, more biodynamic home, we want to showcase our style at BLUMESTONE for anyone wanting to renovate to a "greener" home. And since our passion is helping change the world for foster kids and orphans, [...]

[Read More...](#)

## Be Happy No Matter What

It's a choice to Be Happy No Matter What! This past summer we made an effort to discuss how to choose happiness. It's an attitude and it's a reflection of our gut. Most of these precious kids want to be with their mom or dad, but they are also afraid of their mom or dad. [...]



## MEET MANDY

At age 12, Mandy wanted to adopt a child. Learning that there were over 400,000 children in Foster Care was unthinkable! That dream...



[Read More...](#)

[Donate Gardens & Real Food to Foster Kids](#)

Our Cookbook affords Farm Food & Teaching these kids How to choose good snacks



# Our Biodynamic Construction Business

Experience | Integrity | Magic Since 1997



BLUMESTONE LLC  
Saint Petersburg, FL



Mon - Fri 8:00 - 17:00  
Sat / Sun Closed



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*Building a Better Lifestyle*

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Call Our Team  
**(727) 401-4070**

## Experience, Integrity, and Biodynamic Building

Commercial and high-end residential construction.

New construction and renovation work for; private retail, industrial, entertainment, healthcare, hospitality, education and manufacturing sectors.

[Services](#)

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# What We Do

- We write the Menu for a Local Home with 45 Kids
- We supply fats & local, organic, vegetables during season
- We prepare foods to ensure kids get to eat more nutrient dense
  - Budget limitations at homes can't afford
  - Cooks at the Group Homes are accustomed to opening a bag and pouring it onto a pan or into a pot
- We enable and encourage good eating
- We teach the kids a new food topic with samples every week
  - Shared weekly on Instagram and Facebook

# Reach For the Stars and Catch the Moon!

- You can truly overcome most anything to some improved level!
- If I can do this with orphan kids, it is possible in your family!
- We are growing & supporting mindful farmers; connecting to stores because we need to increase this food supply



# Our Goals

- Share the Value of Weston A. Price and increase membership to help our world through authentic education & activism
- Create a larger community that will help us Change the Future for these Kids
- Document our successes
- Use our findings to Affect a Positive Change for the 500,000 Foster Kids in America
- Building clean, biodynamic, low EMF, low toxic environments
- Create the awareness and DEMAND to the long-term benefits for; our earth, our economy, good farmers, and the souls of these kids. It is simply done by; investing in less toxic food, less toxic buildings, and less toxic soil.

The Future is Not in the Hands of Our Kids,  
It is in the Hands of Those Who Teach Our Children

