

"We urgently need a new narrative, where instead of hubris we have humility. Instead of destruction we have respect and stewardship. Instead of disconnection, we have deep connection—to nature, to each other, to ourselves and to our future." —Roz Savage

SUPPORT REGENERATIVE ORGANIC AGRICULTURE! HEAL THE SOIL!

HEAL EARTH!

REGENERATE SOIL—FARMS—COMMUNITIES—CLIMATE—PLANET—LIFE!

Industrial agriculture plows through and destroys our life-giving soil. Overuse of synthetic fertilizers and pesticides—intensive tillage & plowing—failure to cover resting soil with fertility-building cover crops—overgrazing—all destroy soil health, releasing greenhouse gases into the air: healthy soil—a miraculous living membrane!—breathes in CO₂, breathes out bounty of crops & wilderness that sustains all living beings! **RESTORE SOIL!—REVIVE PLANET!—ALL-ONE!**

NO DETERGENTS

Enjoy only 2 cosmetics, enough sleep & Dr. Bronner's Magic Soap to clean body/mind-soul-spirit instantly uniting One! Absolute cleanliness is Godliness! For facial packs, scalp & soothing body rub, add dash on bath towel in sink of hot water. Wring out. Lay over face & scalp. Massage with fingertips. Repeat 3 or 4 times. Hair arms, legs & all are rubbed, always towards the heart. Rinse towel in plain hot water and massage again. Breathe the deeply!

MADE IN U.S.A.

OVER 150 YEARS & 5 GENERATIONS OF SOAP EXCELLENCE

18-IN-1 HEMP PEPPERMINT PURE-CASTILE SOAP

**CERTIFIED FAIR TRADE
MADE WITH ORGANIC OILS**

INGREDIENTS: Water, Organic Coconut Oil, Potassium Hydroxide, Organic Palm Kernel Oil, Organic Olive Oil, Mentha Arvensis, Organic Hemp Oil, Organic Jojoba Oil, Mentha Piperita, Citric Acid, Tocopherol

***CERTIFIED FAIR TRADE INGREDIENTS**
!None remains after saponifying oils into soap & glycerin.

100% POST-CONSUMER RECYCLED PLASTIC BOTTLE!
2–3x more concentrated than many leading liquid soaps, cleansers & bodywashes. Dilute with water. Clouds when cold. Put in warm room/water: clears at about 70°F.

WARNING! Don't drink soap! Keep out of eyes. If cap clogs, poke it clear. Do not squeeze bottle and shoot out soap. Soap can clog and surf with pump dispensers. Flush eyes well with water for 15 minutes. Consult a physician if irritation persists.



**DR. BRONNER'S
ALL-ONE!
MAGIC SOAPS**

In all we do, let us be generous, fair & loving to Spaceship Earth and all its inhabitants. For we're ALL-ONE OR NONE! ALL-ONE!

NO FOAMING AGENTS

CERTIFIED UNDER THE USDA NATIONAL ORGANIC PROGRAM
Dilute: Enjoy 1 soap for 18 different uses! Shave-Shampoo-Shower-Bath-Mop-Lander-Degrease! Dr. Bronner's Pure-Castile is the very best soap for body, home and Spaceship Earth! Synthetic preservatives? Detergents? Foaming agents? NONE! Health is our greatest wealth! Enjoy body rub to stimulate body-mind-soul-spirit and teach the Essence Moral ABC uniting all free in the shepherd-astronomer Israel's greatest All-One-God-Father!

100% BIODEGRADABLE!

"What we hope is sowing a seed into fertile soil." —Vandana Shiva
"We have been born of the soil and are supported by the products of the soil, and there is something within each of us which cannot forget the great meaning that plants give to life." —Robert Rodale
"Returning to a simpler way allows us to regain our dignity, puts us in touch with the land, and makes us value human contact again." —Yvon Chouinard
"As eaters, we are all farmers deciding what kind of farming system exists in the world that feeds us: our fork is our pitchfork, our plate is our farm." —David Bronner
Learn about Dr. Bronner's commitment to Regenerative Organic Agriculture at drbronner.com

DILUTE! DILUTE! OK!

1. One small squirt applied to wet hands or washcloth to wash hands-face-body.
2. Work ½ tsp. into wet hair, rinse with Dr. Bronner's Organic Hair Rinse.
3. Dilute 1:10 with water for hand-washed dishes, best in soft water.
4. For laundry, ⅓-½ cup soap in large load, add ½ cup vinegar in rinse cycle.
5. Mop floor with ½ cup of soap diluted in 3 gallons of hot water.
6. Wash dog by wetting fur, then massage soap in for good lather, rinse thoroughly.
7. A dash in bowl of water to remove residue from Fruit & Veggies. Rinse clean.
8. All-Purpose Cleaner: add ¼ cup of soap to quart of water in spray bottle.
9. One tbsp. in quart of water to spray plants for bugs. Dash of cayenne optional.
10. Shave face-underarms-legs: lather up 5-10 drops in wet hands, apply.

Developed & distributed by Dr. Bronner's, P.O. Box 1988, Vista, CA 92085 USA. 1-844-937-2551 • www.drbronner.com
*The USDA National Organic Program certifies that we must label our trans-cis fatty acids, and ethnic divide or period. "We are All-One or None!" The business continues to be run by his family.



CLIMATE ACTION NOW!

Conventional agriculture relies on fossil-fuel intensive synthetic nitrogen fertilizer & aggressive tillage practices that release soil carbon into the air. Regenerative agriculture uses natural nitrogen-fixing cover crops, compost & no/low-till methods to draw carbon into the soil—the largest land-based sink!—where it nourishes plants & people, and helps mitigate climate change!

END FACTORY FARMING!

More than 95% of animals used to produce U.S. meat, eggs & dairy are raised under horrific conditions on Confined Animal Feeding Operations (CAFOs) and consume most of the carbon and water-intensive conventional corn and soy we grow. These monoculture deserts of feed are like a million burning oil wells, destroying soil and generating massive greenhouse gas. Eat less & better meat from pasture-raised animals only!

Three pillars of Regenerative Organic Agriculture: 1. Increase soil organic matter! Sequester carbon in the soil! No/low-tillage—cover crops and crop rotation—rotational grazing practices—no synthetic fertilizers or pesticides! 2. Improve animal welfare! Five freedoms for farm animals: no hunger or thirst, no discomfort, no pain-injury-disease, freedom to express normal behaviors, no fear or distress! Only grass-fed and pasture-raised—suitable shelter & minimum transport distances—no Confined Animal Feeding Operations (no CAFOs)! 3. Be fair to farmers-ranchers-workers! Provide living wages and long-term commitments—fair pricing for all buyers-farmers—no child labor—no forced labor!

WATCH AND READ KISS THE GROUND & EATING ANIMALS!

Learn how your choices can support regenerative organic agriculture and protect farm animals! "Our choice of foods will make or break our civilization." —Josh Tickell, *Kiss the Ground* "Our response to the factory farm is ultimately a test of how we respond to the powerless, to the most distant, to the voiceless—it is a test of how we act when no one is forcing us to act one way or another." —Jonathan Safran Foer, *Eating Animals*
"Honor the hands that harvest your crops." —Doreen Huerta "The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life." — Wendell Berry
"He who seeds the soil with toil, love & diligence will reap greater volume, greater wisdom, greater merit, and greater love, and the volume who would write 180 books, repeat 99 prayers, or spend 100 years in meditation." —Zoroaster with assist from Dr. Bronner
"Kindness and compassion towards all living things is a mark of a civilized society. Conversely, cruelty, whether it is directed against human beings or against animals, is not the exclusive province of any one culture or community of people." —César Chávez

Regenerative organic agriculture builds rich soil, sequesters carbon, retains and stores water, provides healthy food, creates biodiverse habitat for wildlife—mitigates catastrophic climate change on Spaceship Earth!

INTRODUCING REGENERATIVE ORGANIC CERTIFICATION

Rodale Institute, in a cooperative effort with Agricultural Justice Project, Compassion in World Farming, Demeter, Dr. Bronner's, Fair World Project, Grain Place Foods, Maple Hill Creamery, Patagonia, White Oak Pastures, and many other farmers, ranchers, nonprofits, scientists, and brands, is proud to introduce a new high-bar standard for regenerative organic agriculture. The standard encompasses guidelines for soil health and land management, animal welfare, and farmer and worker fairness. Re-100-year legacy of organic movement visionaries like is committed to certifying all major raw materials
32 FL OZ / 946 mL
Regenerative Organic Certification builds on the near J.J. Rodale and Dr. Rudolf Steiner, and Dr. Bronner's and products under the ROC by the end of 2018.