

# People's Administration

## Environmental Action Scheme for Individuals

It is not necessary for us to leave the health of our natural environment to politicians and in our opinion, doing so will only pro-long the problems as the solutions can only be created and implemented by those who truly care.

EASI is a list of simple and effortless actions that you can take immediately as an individual with no relevant knowledge and, without interaction with others.

However, if done with children, some will encourage their innate interest and enthusiasm in nature and so as well as being much fun for both you and them, the activities will also encourage children's awareness and support for the natural environment in the long-term.

### 1. Wild flower areas

Wild flowers reproduce and spread with the help of a massive variety of insects and so buying and planting seeds is not necessary and, maintenance is optional.

They provide nutrients, general habitat and breeding grounds for hundreds of species of wild animal life including caterpillars, snails, slugs, moths, butterflies, ladybirds, bees, beetles, spiders, flies, birds and frogs all year around.

Next time you weed or concrete your garden, simply leave an area of weeds and wild flowers. The size, shape and location is up to you. It can be a bed or it can line a wall or fence. Simply cut-back any bushes or shrubs [such as Blackberry bushes] as and when they out-grow their allocated area.

Blackberry bushes are brilliant as they invite much life into our gardens and are a great form of support for diminishing moth and butterfly populations as these insects consume fruit juice and nectar. As a bonus, they also bear edible fruit that you can eat straight from the bush or turn into jam, fruit juice, wine and many other edible goodies!

- Blackberries are among the top ten foods containing antioxidants.
- Antioxidants fight the process of aging by neutralizing free radicals which damage the DNA molecules and lead to cancer.
- Antioxidants counteract environmental carcinogens.
- Blackberries are high in anthocyanin pigments and ellagic acid, the potent antioxidants which provide protection against cancer and chronic disease.
- Blackberries contain high concentration of phytoestrogens ( "plant estrogens"), a compound believed to play a vital roll in the prevention of both breast and cervical cancer.
- The high tannin content of blackberries helps to tighten tissue, alleviate hemorrhoids, relieve intestinal inflammation and diarrhea.
- Blackberries aid in the strengthening of blood vessels, fighting heart disease and protecting

eyesight.

- Blackberries contain salicylate, the substance found in aspirin as well as pectin which aids in the reduction of cholesterol

## **2. Baking Tray Ponds**

Garden ponds also provide vital habitat for much wild life - particularly for frogs, which have been in decline massively over the last 30 years in the UK. According to ecologists, environmentalists and zoologists, the main reason for this is due to a lack of garden pond building simply due to a lack of interest. When frogs leave their spawning ground, they need to reach water within a 50-meter radius or they will die.

If you don't want to build a pond, a baking tray lined with a tin foil baking tray with a lip in one corner [for overflow] sunk into the ground would be a great alternative. Again, the size, depth, shape and location is up to you but if wind and sunlight can hit the surface, you will attract more wildlife faster. At the same time, making sure that there are no deep containers collecting rain water [such as bowls or buckets] will also help because many frogs drown simply by getting stuck inside as the sides are often too steep.

## **3. Japanese Knot Weed removal**

Japanese Knot Weed was accidentally imported into the UK in recent years. The main stem grows to approximately 8 feet tall with creeper shoots sprawling at ground level and roots of up to 50 feet deep. The plant itself and the government's solution [implemented without our approval] are both currently out of balance with the natural UK environment and is therefore having damaging effects upon it [\[Learn More\]](#).

Simply snapping any new shoots as and when you see them will over time eventually kill the plant at root level. New shoots becoming exposed to sunlight causes photosynthesis [the process which enables plants to go green and grow]. Photosynthesis in-turn then sustains the roots. If the shoots can't photosynthesise after several attempts, the root underground eventually runs out of energy and dies – even if 50 feet deep!

The added bonus is that the dead root breaks down into brilliant underground organic fertiliser!

## **4. Natural weeding technique**

All chemical weeding solutions have negative direct effects upon the natural surrounding environment and they also create many indirect negative effects also. They are also ALL unnecessary! In our opinion, the best solutions for naturally occurring problems are held within nature itself.

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All weeds in lawns [including Knot Weed] will die if the lawn is regularly mowed – no need for corporate chemicals!

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## **5. Rat infestation**

To reduce the chances of rat infestation, simply keep your area clear of food and of litter [of which some will break down into food]. As rats are 'social' animals, [now believed by the scientific community to hold the ability to communicate relevant information to others], they

will learn and inform others of not to bother wasting time and energy in your area, especially when there is so much on offer elsewhere.

## **6. Reducing vehicle emissions**

Where possible, simply drive one gear higher than you normally would. Your vehicle will often never need the revolutions that you give it for the speed that you're doing and so your engine will not stall. You will also save money as you will be getting a higher miles-per-gallon ratio out of your engine.

## **7. Tea Bag recycling**

Tea bags make brilliant fertiliser. Collect them in a separate bag and empty them at the base of your outdoor plants or mix them into the topsoil. As they breakdown, they release nutrients that become food for plant roots.

All synthetic materials initially derive from natural materials. This means that over time, even synthetic materials will decompose but, the amount of time that this will take is proportionate to how synthetic the material is. The more synthetic – the longer the required time.

Eventually, all materials will break down into nutrients but, the more natural the material, the faster it will break down. Meat, bones and paper all break down into brilliant fertilisers and the longer these materials take to break down – the longer the release of nutrients.

## **8. Bee Keeping**

If you're feeling adventurous and want to add more life to your garden, why not consider having a beehive? Bees are in a state of rapid decline in the UK due to ever decreasing flora and nesting areas and as bees are so fundamental to our ecosystem, if we lose them, we will eventually lose everything – including our topsoil. When this happens, we will not have the ability to even grow our own food. We could even become completely dependent upon food imports!

## **9. Driveway Beds**

If you're paving your garden into a driveway, simply leave a 10" wide gap running along the length of at least one side.

Without any seed planting, an unattended 10" wide soil bed running along the length of just one side will provide much support to a variety of insects - including bees and, it will also indirectly benefit other creatures such as birds and beetles.

## **10. Washing Line Bird Feeding**

Simply peg a slice of bread to the middle of your washing line. If done at the same time every morning or evening, you will encourage a wider variety of bird life into your garden. Make sure that the attachments to the line are not close to any structures [trees, shrubs, fences etc] other than upright metal poles because rats will climb them and will actually walk the line to get to the bread. Simply give the line a quick wipe before you hang your laundry.

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