



Registered in the United Kingdom, Co. No. 5474724

Climate Change/Global-Warming has now become a major issue on the global agenda. All around the World it is becoming clearer that these issues have been ignored for too long and that it is now imperative that fast, effective, concerted action is taken. Many resolutions have already been made but now there is a definite need for United Global Environmental Action and Long Term Environmental Sustainable Development.

Our climate influences every aspect of life on Earth, from our capacity to grow food to the level of biodiversity that exists globally. Every day the hazards and disasters caused by climate change, from freak hurricanes to extreme monsoons become more apparent. Environmental scientists; who have been informing world governments since the 1980's about these issues, warned that Global Warming would melt ice and snows in the mountains leading to glacial lake outbursts, land slides and disrupt the amount and timing of fresh water released to the lowlands. These conditions are now already taking place. This situation causes huge problems with the quality and quantity of fresh water available and affects the whole world, as all lands below 4,000 feet represent the lowlands. Earth's climate and fresh water cycles are directly dependant upon each other.

When considering long term sustainable environmental development, Earth's fresh water system is one of the most important issues that need to be addressed. This is because fresh water is fundamental for all life regardless of species, culture or economic status. Mountain regions are a vital part of the global hydrological (water) cycle and all of Earth's major rivers originate in them. They are known as the water towers of Earth and as such they are the primary sources for the Earth's supply of fresh water. They are considered to be of paramount importance and are crucial to the safety and survival of Earth's biodiversity and eco-systems

In 1992 in Rio de Janeiro the United Nations held an Earth Summit. According to them:

“Mountains are the primary sources for the Earth's supply of fresh water. They provide critical storage of fresh water, stored in the form of ice and snow, and in lakes, wetlands, and reservoirs. This water is later released, providing critical flows to rivers and streams. Many streams and rivers would cease to flow entirely if their headwaters did not supply this delayed flow. Such valuable storage of fresh water is vital for all life on Earth. All of the world's rivers originate in the Mountains and flow to the oceans, sustaining the life of all beings, in all ways of life here on Earth.”

(United Nations Agenda 21)

"There is now increasing recognition that mountains are fragile ecosystems, that are globally important as the source of most of the Earth's freshwater repositories. "Covering about one quarter of the world's land surface, mountains provide a direct life support base for about 12 per cent of the world population, as well as essential goods and services to more than half of humankind." (United Nations General Assembly, 29th of September 2005)

Earth's mountain regions are experiencing environmental breakdown on a huge scale. This is largely due to the mass deforestation of mountain regions. So much of these high altitude forests have been removed that the cycle has become seriously unbalanced. This threatens the lives of all living beings on Earth.

The Global fresh water and cooling cycles are dependant upon the indigenous forest in the high mountain regions. Precipitation by the plants in mountain regions is responsible for the making of rain which turns to snow at high altitudes. The snows made in mountains are largely responsible for keeping Earth's climates regular. They play a major part in Earth's cooling system. With the deforestation of between 60% and 75% of mountain regions we are seeing a great reduction in the snows. This is highly exasperating the problems of global warming. Without these snows, we are experiencing a warming up of the mountains, retreating glaciers, dried up rivers and many other related problems.

Naturally, the rains on the mountains are carried into the Earth's underground aquifers, lakes and rivers through the process of the roots of plants drawing them down. These became the water tables and springs in the lower lands. However, now with these great forests seriously depleted and still being cut we are losing these precious waters and the springs and wells which were so healthy before are drying up. Without these forests, there is nothing to protect the mountain slopes from erosion, thereby causing great devastation as the streams and rivers fill with rocks and silt and flood the lands below. This causes massive flooding in some areas and extreme drought in others. The interrelated problems are escalating and can only get worst unless a solution is provided fast.

According to many world government researchers, it is important to sustain these regions as a vital factor in the global hydrological cycle.

An important potential solution lies in the reforestation of Earth's mountain regions fast. To effectively do this, it is vital that remaining forests are protected and sustained and that we restore as much as we can of their natural biodiversity as fast as possible.

However the task to do so is enormous considering the terrible environmental conditions that these areas are now in. This is very difficult when the old forests have been diminished and there is so little top soil remaining. It is feared that it can not be done on the scale or in the time needed to rebalance the systems. However nature is very resilient and will bounce back when given a chance and support. This work needs to be done recognizing the severity of the situation and the huge loss that will be suffered if it is not effectively done. It needs to involve governments, scientists and equally importantly, the grass-root communities. It needs to involve the mountain communities along with the people that live in the lowlands that depend upon the health of these mountain forests for their fresh waters and livelihoods. So the methods used, need to fit with the needs and traditions of these different social groups.

If a method is not used that involves these different groups, then there is not a chance of effective re-forestation of the scale that is needed.

We believe that it is still possible to reforest 25% of Earth's mountain regions within the next thirty years, so enabling the natural systems to re-balance themselves and life on earth to continue for many thousands of years.

With this belief and conviction we have set up the R.E.M.E.D.Y project.

Nowadays, throughout the Himalayas and previously throughout the world there has been a rich tradition of conservation of natural resources through ancient methods. The practice of conservation of plant species by traditional societies dates back to millennia. They realized that preserving their environment was essential for their survival. Designating areas of forest as Sacred Groves, Forest Temples, has been their way of environmental conservation. This model of conservation may be one that we can adopt in present times for saving and restoring Earth's natural environments and so saving life on Earth

The institution of Sacred Groves is ancient and was once widespread. They are forest patches conserved by the local people intertwined with their socio-cultural and religious practices. These groves harbor rich biodiversity and play a significant role in the conservation of biodiversity. Our ancestors were fully aware that the natural resources that sustained them must be conserved for the sustenance of future generations. Sacred Groves are indicators of the phenomenon of ethno-environmental management. They are a social institution, which permits management of biotic resources through local people's participation. These Sacred Forest Temples are often the last refuge for endemic and endangered plant and animal species. They are storehouses of medicinal plants valuable to village communities as well as modern pharmacopoeia, and they contain wild relatives of crop species that can help to improve cultivated varieties. Sacred Groves also provide for the water needs of nearby communities. Many of them contain water resources such as ponds and streams, and the vegetative mass that covers the floor of a grove can absorb water during rainy seasons and release it during times of drought. The combination of the trees and various medicinal plants found in them improve soil stability, prevent topsoil erosion and provide irrigation for agriculture in drier climates.

Sacred Groves provide a continued reminder that human cultures and biodiversity have evolved together and that encouragement of such a link is likely to be a key element in an ecologically and socially secure and long-term sustainable future.

Using a scientific and environmental understanding of the Sacred Groves, strategies for rehabilitation of degraded landscapes would be a way to both regenerate the Biodiversity and re-vitalize the lives of the local people. Using this method, the local people would naturally receive greater natural resources and greater understanding of the importance of land preservation and conservation, in order to sustain their livelihoods and that of future generations.

In comparison to Western scientific conservation models, which advocate the creation of national parks and sanctuaries, the conservation of bio-diversity in these people managed Sacred Groves is more effective. This may be due to the fact that these Sacred Groves are intimately connected to the social life of the communities.

This way they form an integral part of the cultural identity of the community. From this simple yet powerful principle, flows an understanding of the relationship of biodiversity to human health.

Fortunately, many conservationists and communities, along with government and non-governmental organizations have realized that development, progress and modernity do not mean turning one's back on tradition, but rather that traditional wisdom can and must be integrated into modern systems. There is a need of preservation, restoration and proper management of existing Groves.

The lure of modernization is very appealing, yet we can see that the environmental catastrophes that accompany it, do not lead to long-term environmentally sustainable futures. Hence we would be better looking at more traditional ways as a way forwards to give us some kind of healthy future in these dangerous times.

We recommend establishing new Sacred Groves and helping to preserve existing forests and groves as Ayurvedic medicinal plant projects. It is vital that this is done using local indigenous medicinal plants such as Oak, Amla, Cedrus Deodar, Tulsi, Peepal, Yew, Birch, Walnut, Vetiver, some of the legume family and many others, according to the particular area. Many of these medicinal plants have beneficial properties for land conservation. Using Permaculture methods and Traditional knowledge these properties can be understood and utilised when planning the groves.

By establishing a number of these Sacred Groves over a large area with approximately 10 km between each one and by joining them with a green belt/corridor we believe it could be possible to create a structure which could lead to healthy indigenous young forests throughout the Himalayas and Earths mountain regions.

Green Corridors could be the means by which these groves are linked and biodiversity is able to spread. They are the areas of land running between the groves and communities where useful medicinal plants and vegetation can be planted for cottage industry. This will provided resources and education for the communities. Thus it will naturally provide short-term and long-term benefits and motivate long-term sustainable conservation. We recommend that the management of these Green Corridors is linked with the local schools and Healthcare clinic so that the resources will be beneficial to the whole community.

Because it is a method, which is so interrelated with both the ancient and present day traditions of indigenous communities, it could be a method that spreads fast and easily, without the normal resistance that many conservational efforts so often come up against. It could be a model for global environmental action.

With local mountain people working together, supported by others around the world, fast mountain regeneration is potentially possible.

This Remedy offers a means by which countries of the world can take effective action to regenerate their own unique Eco-systems and prevent further breakdown and inevitable collapse. The method can be adapted for different environmental and cultural needs. Here is a way for activating and implementing the millennium goals for Long-term Environmental Sustainable Development made by the U.N governments at Earth Summits.

Rather than considering what we can make from this, or what it will cost us, we should really be considering what this could potentially save us and at least try to make a positive difference. If it was to cost 1 billion pounds so save many hundreds of billions, the savings would be great indeed and the cost very small. If it was to cost us this to potentially save our families and multiples of future generations then the cost would indeed be very small and certainly worth paying.

According to agreements made by the U. N at Rio De Janeiro Earth Summit 1992:

Principle 1

“Human Beings are at the center of concerns for Sustainable Development. They are entitled to a healthy and productive life in harmony with Nature.”

Principle 15

“In order to protect the environment, the precautionary approach shall be widely applied by States according to their capabilities. Where there are threats of serious or irreversible damage, lack of full scientific certainty shall not be used as a reason for postponing cost-effective measures to prevent environmental degradation.”

Throughout the world there are many environmental groups and government bodies, working on local environmental problems and doing great and valuable work. However unless we consider the greater picture within our given projects then we cannot expect to effectively succeed.

About Us

We are a family team, who have spent the last few years studying, documenting, gathering research and information from scientists papers and traveling in the Himalayas, from which we have come to the above understanding.

In order to initiate and help implement the above ideas, we have come to India to try to work with local people in establishing new Sacred Groves and green corridors. These would create living examples of what we are proposing and would serve as a model for fast global mountain reforestation. In this way we hope to be working with many groups and communities world wide.

We have created a non profit making, non business limited company, registered in the U.K, under the name of Active Remedy Ltd 5474724

For us to be successful in this work we need financial assistance and support from other concerned groups and individuals. Please advertise and network us and add a link to us on to your web site. Thank you for any help in making this successful.

For further info and communications:

Email us: enquiries@activeremedy.org.uk

Website: www.activeremedy.org.uk