



ILLUSTRATION 13 SHOWS A SECTION OF DUG OUT EARTH SHOWING 2 FEET OF BLACK (HUMUS) TOP SOIL. [FROM THE 1985 EXPANDED EDITION OF DR. JAY M. HOFFMAN'S HUNZA: 15 SECRETS OF THE WORLD'S HEALTHIEST AND OLDEST LIVING PEOPLE (PROFESSIONAL PRESS PUBLISHING ASSOCIATION, 13115 HUNZA HILL TERRACE, VALLEY CENTER, CA. 92082)]

ILLUSTRATION 13 above shows the "connection of *humus* topsoil and health." When Dr. Jay Hoffman studied the world's reportedly healthiest and longest lived people the *Hunzakuts* of Pakistan, upon inspecting the *Hunza Sustainable Agro-Forest (SAF)* terraced garden deep beds he found they were endowed with 2 feet of black *humus* topsoil. In *Hunza* topsoil erosion is non-existent. The mineral laden water guarantees *Hunza* food is fully mineralized. Soil fertility and new soil is produced naturally and sustainably with the aid of beneficial soil bacteria and earthworms.

In contrast American agri-business chemical dominated farms and gardens have and boast of sterile soils devoid of beneficial soil bacteria and earthworms. Thus they have no black *humus* top soil depending upon artificial NPK chemical soil fertilizers and insecticides, fungicides and plant growth stimulators producing nutritional and mineral deficient plant produce.

For more information on *humus* topsoil refer to **ATTACHMENTS II-1, II-2 and II-3 a & b and DOCUMENT III.**