



Q: What is Back 2 Earth?

A: We are more than an organic farm stay. We are also a health retreat offering a float tank experience, massage therapy, psychotherapy, and RAW vegan cuisine. Our basic principles are sustainability, environmental awareness, zero waste policy, and self-sufficiency. Our five-acre farm produces organic fruit and veggies. Many of the farm animals were rescued animals and are now enjoying a safe, peaceful forever home. We have a five-acre property surrounded by the majestic hills of Berry and the sparkling, unspoiled Seven Mile Beach. It is only a five-minute drive to Berry Village. The town is famous for its café culture and is a great venue as a base while exploring the local area. We're just two hours from Sydney.



Q: What inspires you?

A: We are inspired by seeing how some parts of the world are changing. People are taking control of their lives, their health, and their food choices. People are making educated and informed decisions about their own consumerism and recognizing the power that they have. A life-changing experience for us was the documentary by Ty Bollinger, *The Truth About Cancer*. There are wonderful people trying (and succeeding) to get their message out there, who have found a way to be heard, and they are making information freely available. When you have information, you have choices.

Q: What do you do?

A: As raw vegans, we are very conscious about health, organic produce, and eating a plant-based diet. We work with nutritionists and naturopaths to help clients overcome health issues that they might be facing. People come here to detox, destress, and learn how to make and prepare raw foods through our raw food workshops. Many of our guests are undergoing different medical treatments, are suffering from autoimmune diseases, or are vegans just wanting to chill out with our animals. We offer psychotherapy, massage therapy, Reiki, and EFT.



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