



THE MONTE FOUNDATION
for Creating a Healthier World



HEALING THE CHILDREN: THE EKURHULENI PROJECT



The Monte Foundation for Creating a Healthier World, Inc.

Offers a revolutionary approach to human health, healing, and personal transformation. We start with an optimal, plant-based diet and a cutting-edge protocol for healing the microbiome, the living intelligence inhabiting the human gut. We teach a gentle, practical, and easy-to-follow method for restoring balance to one's emotional and psychological life. The combined, synergistic effects of all that we teach leads to a loving relationship with yourself, with others, and with the Deeper Knowing that exists in us all.



What is the Ekurhuleni Project?

Context

The Ekurhuleni Center for Orphans and Vulnerable Children is located in Acornhoek, Limpopo, South Africa, in the Blyde River Canyon region of the country.

The orphanage is home to 230 children, ranging in ages from 4 to 18.

The Ekurhuleni children receive one meal per day. That meal is composed primarily of some “pap,” or highly processed corn meal. Occasionally, they eat a vegetable from their garden and once a week they get a meat.

Challenge

Though the orphanage does all it can to provide as much food and support to the children as possible, their diets are often calorically and nutritionally deficient, which creates an array of physical, emotional, and psychological conditions.

They also cope with the trauma of being orphans, many having lost their parents to HIV.



Our Mission:

To transform the health and well-being of the children so that they can make optimal use of their innate talents and abilities, and thus emerge as confident, empowered, and creative adults, who can break the cycle of poverty and contribute to the creation of a better world.



Our Unique Method



Three meals a day of highly nutritious plant foods that are grown by local, South African organic and permaculture gardeners.



Two to three servings a day of plant-based fermented foods.



A self-esteem-boosting program based on Ubuntu, the foundation of Africa's moral and ethical principles.



The Monte Foundation + Tufts University

The Monte Foundation for Creating a Healthier World is partnering with Tufts University Friedman School of Nutrition Science and Policy, among the most prestigious nutrition research and teaching universities in the United States and the world.

Tufts scientists will follow the effects of the Monte Foundation intervention on Ekurhuleni children for one year and measure changes in the children's literacy, cognition, emotional, and mental health. Tufts scientists will also conduct brain blood flow measurements in the children, a crucial index that forms the basis for improved brain health.

The scientists will also help develop a manual for the Monte Foundation intervention that will make the program reproducible for at-risk and vulnerable communities throughout the world.

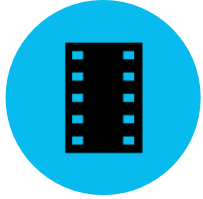
The Tufts researchers will monitor and collect data at three points in the study — at baseline, at 3 months, and at 12 months, and will publish the study findings in one to three high-impact medical and scientific journals.



Gerald J. and Dorothy R.
Friedman School of
Nutrition Science and Policy



Commitments



Veteran documentary filmmaker Ben Du Perez and his team at Street Smart Creative Film and Television Productions will produce a documentary film on the transformation of the Ekurhuleni children and staff; on the Tufts scientists who will study the children; and on the Foundation team who created the program.

- The documentary will reveal the enormous potential of the program, not only to transform individuals, but whole communities who suffer from malnutrition, learning disabilities, ADHD, depression, anxiety, and a multitude of physical illnesses — all of which can be reversed by healing the human microbiome.



Bestselling author Tom Monte, founder of the Monte Foundation and one of the creators of the Ekurhuleni Project, will write a book about the experience.



The documentary and the book will inspire many people and communities around the world to adopt the Ekurhuleni Program for healing body, mind, and spirit.



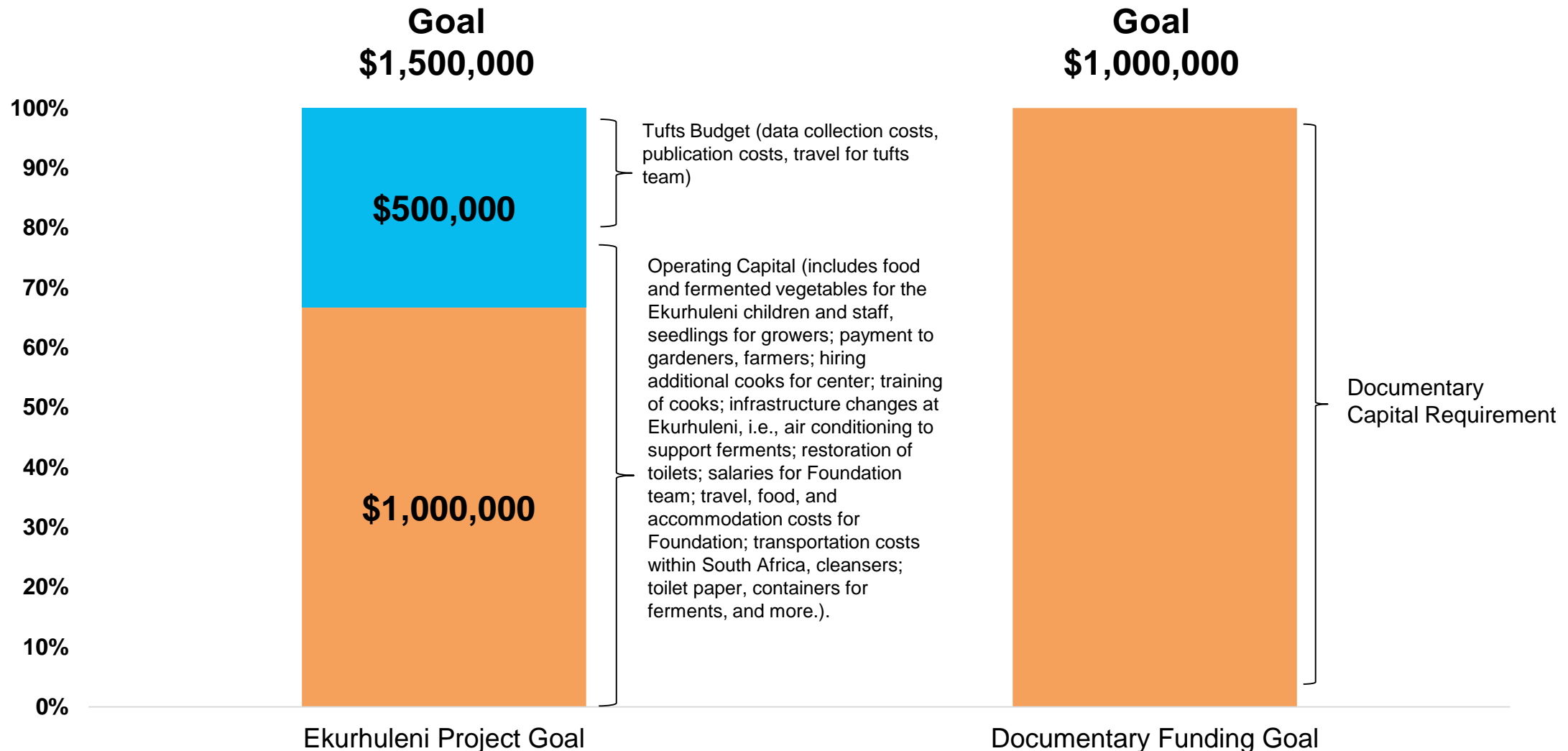
What is the Human Microbiome?

- **What is the Microbiome?**
 - A community of microorganisms that live throughout the human body — including within your skin, eyes, reproductive organs, bodily fluids, lungs, mouth, and digestive tract.
 - Especially concentrated in small and large intestines, particularly in the cecum.
- **Your microbiome extends beyond your body — to your house, office, and other places that you frequently inhabit.**
 - Some microbiomes are supportive, others hostile.
- **These tiny life forms combine to create a vast communication network, giving commands to every one of your organs, systems, and senses.**
- **In health, the microbiome directs all the systems to function optimally.**
- **Problems arise when the microbiome becomes populated by too many disease-causing bacteria, fungi, and viruses.**
- **Each of us determines the make-up of the microbiome community that lives within us.**
 - Through our food choices, activity levels, lifestyle, the drugs we take, and our thoughts and emotional states.
- **The microbiome is made up of 100 trillion bacteria, fungi, and viruses.**
 - 1/3 of those species are common among us all, the remaining 2/3 are unique to you.
- **The more diverse your microbiome, the healthier you are. Diversity is achieved by eating a wide variety of plant foods.**



Fundraising Status

The Monte Foundation is seeking to raise a total of \$2.5M to fund the Tufts University study; the core operational needs; and the documentary.



Implementation



- ✓ Full implementation of food program.
- ✓ Support the cooks with teachers, food, and fermented products to provide for the children.
- ✓ Support the self-esteem of the children and staff.
- ✓ Support Tufts researchers as they scientifically document of the impact of the Monte Foundation program on the physical, emotional, and psychological health of the Ekurhuleni children.
- ✓ Publish the Tufts results.
- ✓ Film the documentary and write the book.



Build for the Future



In order to ensure the long-lasting impact of our work, the team will establish an ongoing sustainable food supply for the Ekurhuleni Center.

Our commitments for a sustainable future include:

- ✓ Support organic farmers to supply organic vegetables and fruit to the Ekurhuleni Center.
- ✓ Develop responsible waste disposal.
- ✓ Utilize non-toxic cleansing agents.
- ✓ Establish fair remuneration for our employees.

