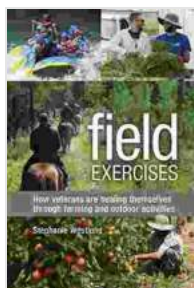


# Healing Warriors: Veterans Find Solace and Renewal in Farming

For veterans returning home from war, the transition back to civilian life can be a challenging and often traumatic experience. Many veterans struggle with the physical and emotional wounds of war, including post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and chronic pain. These conditions can make it difficult for veterans to reintegrate into society and find meaningful employment.



## Field Exercises: How Veterans Are Healing Themselves through Farming and Outdoor Activities by Stephanie Westlund

★★★★☆ 4.5 out of 5

Language : English  
File size : 2166 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 244 pages



In recent years, a growing number of veterans are finding healing and renewal through farming and other outdoor activities. These activities provide veterans with a sense of purpose, community, and connection with nature. They also offer a unique opportunity for veterans to process their traumatic experiences and rebuild their lives.

One of the pioneers of veteran farming is the Farmer Veteran Coalition (FVC), a non-profit organization that provides training and support to veterans who want to start or expand their own farming businesses. The FVC has helped more than 10,000 veterans start farming operations across the United States. These veterans are growing a wide variety of crops, including fruits, vegetables, herbs, and flowers. They are also raising livestock, such as cattle, pigs, and poultry.

Many veterans find that farming helps them to cope with the symptoms of PTSD and TBI. The physical activity involved in farming can help to reduce stress and anxiety. The repetitive tasks of planting, cultivating, and harvesting can also be therapeutic for veterans who are struggling with intrusive thoughts and flashbacks.

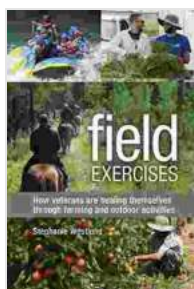
In addition to the physical benefits, farming can also provide veterans with a sense of purpose and community. Many veterans feel lost and disconnected after leaving the military. Farming gives them a way to contribute to society and feel like they are part of something bigger than themselves. The camaraderie and support of other veteran farmers can also be invaluable for veterans who are struggling with the challenges of reintegration.

One veteran who has found healing through farming is David Isenhower. Isenhower served in the Marine Corps for 10 years, including two tours of duty in Iraq. He was diagnosed with PTSD after returning home from Iraq. Isenhower struggled with nightmares, flashbacks, and anxiety. He also had difficulty sleeping and concentrating.

Isenhower began farming as a way to cope with his PTSD. He started out by growing vegetables in his backyard. Eventually, he expanded his operation to include a small herd of cattle. Isenhower says that farming has helped him to manage his symptoms and improve his overall health. He is now able to sleep better, concentrate better, and control his anxiety.

Isenhower is not alone. There are thousands of other veterans who have found healing through farming. These veterans come from all walks of life and have served in all branches of the military. They are finding that farming can help them to overcome the challenges of PTSD, TBI, and other war-related injuries.

The growing movement of veteran farmers is a testament to the power of nature and the human spirit. These veterans are finding that farming can help them to heal from the wounds of war and rebuild their lives. They are also inspiring others to find hope and healing in the outdoors.



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