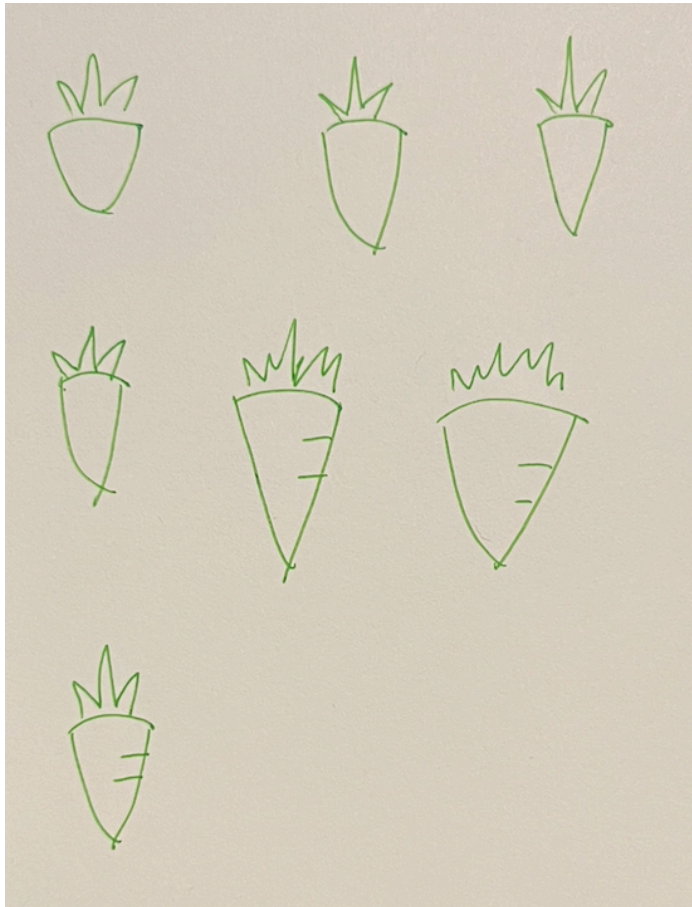


## 9 Carrots



### Home Page Introduction

9 Carrots is a small health organization where we advocate for eating 9 carrots a day!

### About Page

- Started off with our grandfather who ate 9 carrots a day back when he was 63 years old. During his mid-life crisis, not sure what he wanted to do with the rest of his life as all of his kids left the house, he felt out of tune with what he really wanted to do. His family told him to take a walk in our garden in the mountains of China. When he saw the leaves of carrots he was fascinated. Something called him to harvest 9 carrots from the earth that he then ate on his journey. After returning home, he had a sudden urge to become a painter. His creativity sparked up, something he had tucked away for years since he was a hardworking man.
- We now trust and know that eating 9 organic carrots a day is beneficial not only for physical health but our creative sides too. It is a part of our daily routine and we wanted

to share this with others (to create a community and benefit others so we all can show up so fully with each other).

### **3 Pieces of Research**

- Blog pieces,,,
- We know how good carrots are for everyone's health. For vitamin A, for our eyes and detoxifying our livers, etc. Here are so many benefits listed.
  - <https://www.health.com/nutrition/health-benefits-of-carrots>
- But has anyone talked about the creative benefits?
  - <https://creativiteach.me/2018/11/18/carrots-mindfulness-and-creativity/>
- The first man, aka our grandpa, who did the 9 organic carrots a day experiment lived to 108 years old.
  - not only are there health and creative benefits in the present moment, but lifelong health benefits!
- 9 is a spiritual number intertwined with creativity
  - <https://tinyrituals.co/blogs/tiny-rituals/angel-number-9-meaning>
  - <https://www.linkedin.com/pulse/fascinating-world-number-9-exploring-its-unique-sanjay-k-mohindroo-#:~:text=In%20numerology%2C%20the%20number%209,s trong%20desire%20to%20serve%20humanity>. (and spiritual growth, wisdom, and completion)

### **Product,,, or service or merch, or paid membership**

- subscription where you get mailed 63 organic carrots (from our gardens!) per week hehe
- overalls with carrot logo hehe