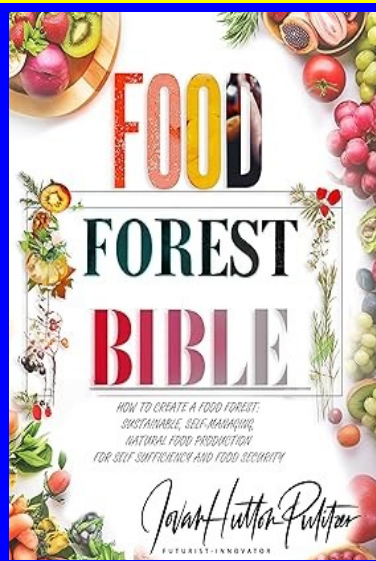




**Working Recovery  
Communities.**



**TO**



**TheMarketplace.Life**  
PO BOX 13  
DELTA OHIO 43515

INTRODUCTION BOOKLET TO THE COMMUNITY / SUMMER 2025

# Marketplace

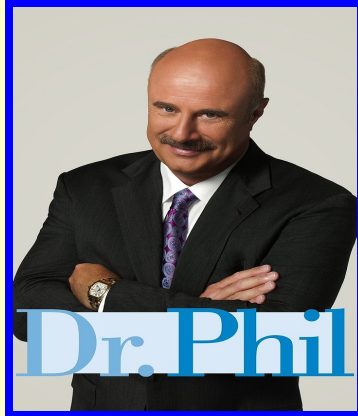
**American's are Sick!**



**WORKING RECOVERY COMMUNITY**



## WORKING RECOVERY COMMUNITIES

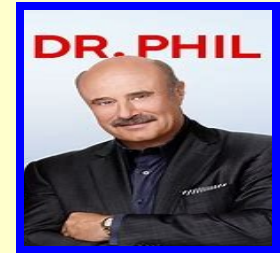


### How many addictions are there in Life?

1. Drugs and Alcohol.
2. Sex
3. Adultery
4. Gambling
5. Cigarettes
6. Social Media
7. Smart phones
8. Sports
9. Steroids abuse
10. Prescription drugs



419.205.4785 /Cash app  
Jerry Langenderfer  
Help Us Get Started!



## TheMarketplace.Life

### WEBSITE UNDER CONSTRUCTION

We are under construction of every phase of building. We need your support from all the men above in these pictures. My name is Jeremiah Langenderfer the founder and CEO of the Marketplace.life vision. This is dedicated to my mother who died at an early age from over prescribed medications and alcoholism. My youngest daughter who was prescribed adderall and xanax at the same time, she got really sick. We need donations to set up the legal department for centers. Please think of this concept to bring back our children, to being productive. Consider a donation to jump start.





## MARKETPLACE TRADE SCHOOLS TAUGHT HERE.

Mike Rowe is an Emmy award-winning TV host, producer, narrator, podcaster, spokesman, bestselling author, recording artist, and America's leading advocate for the skilled trades. As the CEO of the mikeroweWORKS Foundation, he's awarded nearly seven million dollars in work-ethic scholarships and led a national effort to reintroduce shop class into high schools, which he's delighted to report seems to be working. We here at the Marketplace.life support Mike Rowe's efforts to bring skilled trade back to our classrooms at every level of schools in America. Did you hear the report that only 30 % of American children are healthy enough to go into the Military. Let's make American children Healthy again and teach them skilled trade to make America Strong again. President Donald J Trump is an American Hero, Bringing back skilled trades at every level. We need all kinds of coworkers with all levels skill trades. We need web designers, lawyers to help with legal work. We are also seeking out a board of directors to make decision for the Marketplace.Life.



## THIS NATION IS ADDICTED TO DRUGS AND ALCOHOL!

The United States faces a complex and evolving crisis when it comes to substance use disorders (SUDs). These disorders affect people across demographics. It destroys lives and strains families, communities, and healthcare systems. **Understanding the shocking scale of this problem, along with its risk factors, is crucial for creating prevention and treatment programs that save lives.**

1. Nearly 50 million Americans experienced a substance use disorder in the past year.
  2. Despite the widespread need, only a tiny fraction (9.1%) of those with co-occurring mental health issues and SUDs receive treatment for both conditions.
  3. Over 70% of individuals with alcohol abuse or dependence never receive treatment.
  4. Suicidal thoughts are alarmingly common, affecting over 13 million US adults and 3.4 million adolescents in the past year.
- Addiction doesn't discriminate: heroin use has increased across all income levels in recent years.



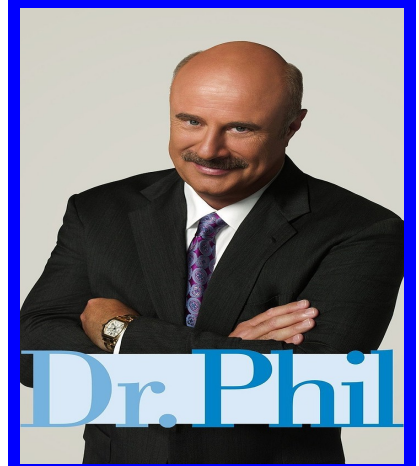
## How can we help the addicted Americans?

Over the past decade, drug overdoses have emerged as one of the nation's most urgent public health crises. Tens of thousands of individuals lose their lives to overdoses each year, with synthetic opioids such as fentanyl driving a rapid escalation in fatalities. Given the complex interplay of substance use, socioeconomic factors, and the potency of modern drug supplies, understanding these trends is critical for policymakers, healthcare professionals, and communities alike.

**Key Statistics at a Glance:** In 2022, there were approximately 108,000 total overdose deaths in the U.S. Synthetic opioids (primarily fentanyl) accounted for about 68% of all overdose fatalities. The highest state-level death rate in 2022 surpassed 80 per 100,000 people.

More than 70% of stimulant-involved deaths were found to include fentanyl as a contributing substance.

## THE 3 STEPS TO RECOVERY



## Dr Phil supports gardening to heal your mind and body.

**7. Being Present** Mindful presence is tied to a long list of positive outcomes, like relationship satisfaction and less emotional reactivity. The garden can be a protected place where we practice being where we are and actually doing what we're doing. Lamp'l described finding his "Zen moment" in his garden, where he tunes in to his experience. For example, while he generally loves to listen to podcasts, he doesn't when he's in the garden. "That's sacred time for me," he said. "When I'm out there weeding, I want to hear the birds. I don't want to hear anything else. It's a quiet time, and I relish it." I often find that centering effect in my own garden. Just last night after heavy rain I sat in my garden in the dying light of the day and took in what was around me. It was striking how quickly I felt a sense of ease.

**8. Physical Exercise** Moving your body regularly is an effective way to boost mood and lower anxiety, and gardening offers "no shortage of opportunities for physical activity," said Lamp'l. Even when he's not able to get to the gym consistently, he maintains muscle tone and feels good through daily work in his garden. The movements are varied, too, which may mean fewer repetitive use injuries compared to more structured exercise. "When I do my weeding, I'm on my belly, on my butt, lying on my side—doing a lot of things you probably do in a yoga class," he said. "I can give up my gym membership."





## Could you imagine growing a vine of tomato's like this?

**6. Bathing in Green** The Japanese expression "shinrin-yoku" can be translated as "forest bathing," which nicely captures the experience of being immersed in green. A growing body of research has found all kinds of benefits from being in natural landscapes. These studies have found evidence that being in green, or even being able to look out on a green landscape, is linked with better recovery from surgery, less anxiety and depression, better stress management, and many other positive effects. The nice thing about a garden is that it can be right out your back door. And while you could just as easily spend time sitting in your yard, you're much more likely to be outside consistently when you have a garden. *Shinrin-yoku* was developed as a response to the increasing urbanization and technological advancements in Japan and was put forth to inspire the Japanese public to reconnect with nature within Japan and as a means to protect the forests.<sup>[9]</sup> It was reasoned that if people spent time in forests and were able to find therapeutic comfort within it, they would want to protect it. Also known as forest bathing, is a practice or process of therapeutic relaxation where one spends time in a forest or natural atmosphere, focusing on sensory engagement to connect with nature.



## The drug pushers are in our Doctors offices now.

In this pamphlet, we address adolescent to adult American citizens because most of the opioid statistics were based on numbers from within the United States. Also, the United States has the largest struggle with opioids out of other prominent countries. This audience is crucial to the issue because they are the ones seeing and feeling the effects of the opioid epidemic. With the mass media coverage and strong opinions on the crisis, it becomes difficult for the public to distinguish the foundations and solutions of the epidemic. "Don't worry, I'll make sure we fix this problem," were the exact words of my grandmother's doctor when my family approached him about her opioid addiction. At the time, she had just completed a round of surgeries and was prescribed opioids by two doctors. Initially, we thought she may have needed them and were quick to dismiss the looming danger. However, after she spiraled down into a heavily addicted pattern, we knew we had to step in.



## Before Pharmacy, there was only Herbs to heal the body.

. I watched as my grandfather called his arthritis doctor and desperately asked them to terminate their prescription of opioids as he already had one from his surgeon. The opioid epidemic - the increasing prevalence of the class of drugs known as opioids - is a complex, ongoing problem. Opioids are either prescribed by physicians as heavy strength painkillers for intense chronic or post-surgery pain or circulated illegally for their pain-relieving effect (Krieger). Common prescription opioids consist of oxycodone, hydrocodone, and morphine. Common illegal opioids include fentanyl and heroin, and while they will not be focused on, it is important to note that many addictions to these illegal opioids stem from prescription opioid addictions

Drug overdoses are one of the leading causes of injury death in adults and have risen over the past several decades in the United States. Overdoses involving synthetic opioids (fentanyl, for example) and stimulants (cocaine and methamphetamine, for example) have also risen in the past few years.



## America's school curriculum should bring back gardening.

**5. Connecting to Your World** Gardening provides a connection not just to other people but to our world. Many people feel that connection in a visceral way when they eat food they've just harvested. "We all have an innate connection to the earth," said Lamp'l, "and that connection manifests itself when we consume what came from the ground—which is where we came from and where we all end up." Having a garden really means having a relationship with the plot of ground you're tending. Since I've gotten more into gardening I've had to be much more aware of the elements: the first and last frosts of the season, how much rain we've had, the temperature, where sunlight falls throughout the day. Gardening also connects us intimately with the cycle of the seasons. And as Lamp'l described, it's easy to feel "like a parent" to one's growing plants. "You nurture the seedlings and do everything you can for them," he said, "and then it's like you're putting your babies in the soil"—much as we might nurture a young child who eventually heads out to meet the world. "They don't call it a 'nursery' for nothing!" Lamp'l continued. "I put a lot of care and emotion into the garden."





## Building relationships with other gardeners is easy.

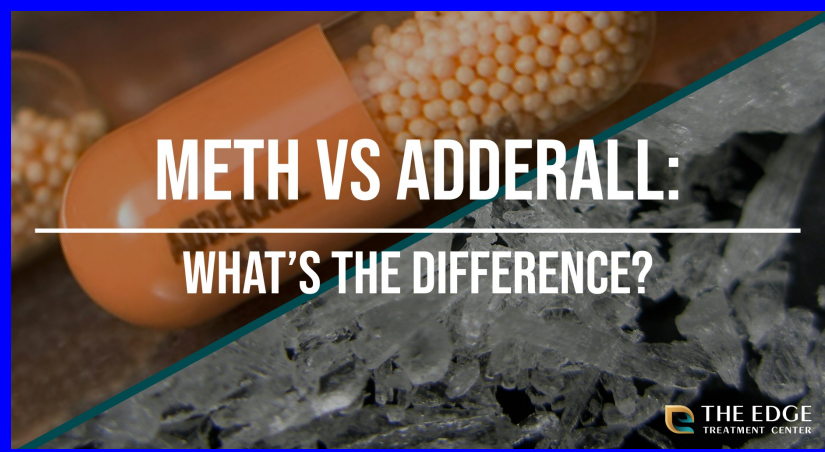
**4. Connecting with Others** Few things boost our well-being like good relationships, and gardening offers ample opportunities to connect with others. Lamp'l noted that "gardening is one of the best ways to connect strangers" and quickly become friends "because we have that gardening thing in common." I've experienced that quick connection myself when meeting other gardeners, and there's so much to talk about—not only the nuts and bolts of gardening but the emotional and spiritual connections we can experience with our gardens.

"It's a collective effort," said Lamp'l, "and we're all better together when we share our experiences." Communication skills are particularly important, especially when collaborating with clients or coworkers to achieve a specific vision for a garden or landscape. Creativity is also vital, as gardeners must be able to think outside the box to implement unique and visually appealing designs. The ability to work independently and without supervision is also crucial, as gardeners may work alone for extended periods. Additionally, having a thorough understanding of horticulture best practices, as well as knowledge of local, state, and federal gardening regulations, is essential for success in this role.



## We quit growing our own foods and herbs for medical.

This report presents rates of drug overdose deaths from the National Vital Statistics System over a 20-year period by demographic group and by the type of drugs involved (specifically, opioids and stimulants), with a focus on changes from 2021 to 2022. Too many people are leaving hospital with bottles of opioid tablets they don't need. Consider a standard elective laparoscopic cholecystectomy. Some doctors appropriately prescribe opioids judiciously after the procedure—that is, providing patients leaving hospital with only non-opioid alternatives or up to five opioid tablets in combination with non-opioid alternatives—whereas other doctors are routinely overprescribing—giving every patient a bottle of 30-60 highly addictive opioid tablets. Most commonly this is oxycodone written with instructions to take 5-10 mg as needed every 4-6 hours for pain. But if patients follow these instructions, they will be taking up to 90 MME (morphine mg equivalents) a day—a dose nearly double the threshold above which the US.



## Giving our children legal meth to destroy their brains.

Thousands of the nation's poorest children under the age of four are being prescribed stimulants like Ritalin and Adderall for ailments they're too young to even have. A first-ever Centers for Disease Control study estimates that under the Medicaid health care program, doctors have given some 10,000 American toddlers a diagnosis of ADHD and treated them with ADHD drugs that have not been shown to be effective or safe in children that young. The news that amphetamine-based drugs like Adderall and the methylphenidate Ritalin are being used to medicate, at a minimum, one out of every 225 toddlers nationwide outraged some medical professionals when it was first announced in May at the [Georgia Mental Health Forum](#). Prescribing ADHD drugs to toddlers against the recommendations of experts may be a new practice, but it is part of a much larger trend of prescribing psychoactive drugs to children who are in foster care, juvenile detention, or just living in poverty. (The practice also extends to elderly people in nursing homes.) Impulsive, aggressive behavior is common in such settings, and may be a symptom of ADHD or other medical conditions requiring medication.



## Provide affordable housing for the recovery term.

**3. Developing a Growth Mindset** The inability to garden perfectly is actually cause for celebration. Psychologist Carol Dweck developed the distinction between "fixed" and "growth" mindsets, and gardening is a great opportunity to develop the latter. With a growth mindset, we assume that we're constantly learning. When something doesn't work out the way we had hoped, we view it as a learning opportunity rather than as a "failure." We can even look forward to our mistakes. "I love making mistakes," said Lamp'l, "because I look at them as a chance to learn something new. Through those mishaps, you can understand what happened and why, and you can be empowered to relate that learning to new things." So more mistakes just mean more learning and more growing. I certainly make my share of gardening mistakes and find a growth mindset to be so helpful. For example, this season I experimented with a seeding method that I didn't do quite right and ended up with plants that were overcrowded and nearly impossible to disentangle when it came time to put the seedlings in the garden beds. My initial reaction was to feel stress about needing to "do it the right way," and then I realized all I had to do was the best I could do, and I would learn something for my fall planting. Our children need to be little farmers, they will need to eat food all their life's, why not teach them this skilled trade?





**Put them to work in a sober environment growing food.**

**2. Moving Beyond Perfectionism** If you're prone to perfectionism, you're probably well aware of the costs. Trying to make things perfect can lead to frustration, missed deadlines and opportunities, and strained relationships. It can also lead to not even trying to do something, with a mentality of "why bother if it can't be perfect?" Given the lack of control we have, gardening can be a good antidote for perfectionism. No matter how carefully you plan and execute your garden, there are countless factors you can't predict—invasions by bugs, inclement weather, hungry rodents. Years ago one of our neighbors had a beautiful garden growing until a neighboring resident sprayed weed killer on a windy day, damaging many of my neighbor's vegetable plants. Gardening offers an endless supply of these kinds of "neutralizers for perfectionism," as Lamp'l called them. He confessed to being a perfectionist himself and knows firsthand that "pursuit of perfection is a waste of time—especially in the garden. So don't bother!" But stay with it because practice makes you better. Also, stay positive everyday till you become a more focused person.



**Fighting Opioid Prescription Addiction**

**Why have Americans been prescribe these Drugs?**

Misuse can result in the development of physiological adaptations to the drug that can promote further use, which can lead to: addiction in some people; tolerance, where increased amounts of the drug are needed to produce the same desired effect; dependence, where a person experiences withdrawal symptoms if they stop the drug or significantly reduce their dose; and stimulant use disorder, a disease characterized by the compulsive use of stimulants such as Adderall despite significant negative consequences. If you or someone you care about is misusing Adderall or other drugs, treatment is available. Adderall treatment/rehab may help you to reduce or stop misuse of the drug and ultimately achieve a return to normal levels of daily functioning and overall well-being.<sup>1</sup> Treatment typically involves an ongoing assessment of the patient's psychological, physical, and social health and wellbeing along with an analysis of environmental and other factors that may contribute to substance use.



**What better way to heal  
from man-made toxins.**

Research has shown that spending time outside is good for our bodies and our minds. I'm sure you've experienced these benefits: After feeling stressed out or bored indoors, you step outside and your spirits lift. One great way to spend time outdoors is to garden. My dad always had a garden when I was a kid, and now I understand more about what drew him to it. I've always enjoyed being outside and gardening, but it took on special significance for me when I was recovering from an extended illness. As I began to recover, I felt compelled to greatly expand my garden beds and the things I planted, even though I was still struggling physically and mentally. The experience seemed to accelerate my own healing. It felt like even as I was building the garden, it was helping me come back to life. One day as I stood in the afternoon sunlight and looked with amazement at all that had grown, I felt my own strength that had returned over the same stretch of time. This personal experience, along with numerous studies about the positive effects of time outside, made me curious to explore the many benefits of gardening.



**Dr. Phil thinks gardening  
heals your body and mind.**

**1. Practicing Acceptance** Most of our suffering comes from trying to control things that we can't. The more we can accept the limits of our control and the unpredictability of life, the more peace of mind we can find—and gardening is a great way to practice. "Every day is one more reminder from Mother Nature that I'm not in control," Lamp'I said, which he finds helpful as a self-described "control freak." I learned to practice acceptance in my own garden as the first baby lettuces were ready to harvest in mid-April. I had looked forward to spending time in the garden with my family, but when my 4- and 8-year-old daughters asked if they could help me harvest the lettuce, I was less than enthusiastic. What if they "messed up" my carefully planted garden? What if they broke off the stem instead of a leaf? Thankfully, I managed to get over myself and welcome them into the garden even with the possibility that they could break something. I realized that a "perfect garden" could wind up being a pretty lonely place, which wasn't my idea of perfection. Acceptance in the garden or elsewhere doesn't mean giving up, of course. We bring our best efforts to what we *can* control, and we let go of the rest. With gardening that means "preparing the best environment you can possibly make for your plants," said Lamp'I, and allowing nature to take it from there. Your garden (like your life) is in bigger hands than yours.