

Ex-Businessman Lives Without Using Money

Just a few years ago, Mark Boyle had a well-paying job. He managed a pretty large organic food company, and he was paid well. He ate good food, went to extravagant parties ... he even had his own yacht!

But something changed for Boyle when he watched a movie called Gandhi.

Boyle, who is Irish, found inspiration from a quote by Gandhi, the real-life inspiration for the film: "Be the change you want to see in the world."



One evening, Boyle and a friend were sitting on his yacht, eating caviar and talking about philosophy. Before this discussion, Boyle wasn't sure how to "be the change" like Gandhi said. During the discussion, he had a realization.

According to Boyle, people are disconnected from the things they consume. People go to the supermarket and buy food, but they don't know where the food is grown or even how the food is grown. Boyle thinks that may be why people waste so much food.

Boyle totally changed his lifestyle to fit his new philosophy. And get this: for 15 months, he lived without using money.

Boyle started to cook on an outdoor stove, wash his clothes by hand with homemade soap, and use newspapers as toilet paper.

Boyle still had to eat, of course. But how could he get food without using money?

He goes to the food-for-free table. It isn't a real table, Boyle explains it:

"There are four legs to the food-for-free table: foraging wild food, growing your own, bartering and using waste food, of which there is far too much."

Foraging wild food involves finding wild edible plants in your environment and consuming them.

Bartering is exchanging goods or services for other goods or services without using money.

An example of bartering might be: You paint a person's fence and they give you a bag of apples.

Using waste food, that's dumpster diving. Stores, restaurants and homes often throw out an amazing amount of perfectly edible food. They just dump it in the garbage bin. So many people are hungry... how sad.

Boyle has never been hungry. In fact, some days he often has too much food. When he has too much, he shares. On one money-free day, Boyle fed 150 people a three-course meal. The perfectly good food was foraged and found in waste bins.

Boyle says that there's always food to be had - you just need to know how to get it. He's not just referring to dumpster diving.

After just a couple of weeks and a bit of practice, Boyle got pretty good at foraging, bartering for and growing his own food. Waste food only makes up about 5% of Boyle's diet. He grows most of the rest of it himself.

Boyle says he is happier and healthier than he has ever been.