

# 'Human composting' is burial option

Recompose, a Washington-based company, offers an end-of-life burial option called Natural Organic Reduction, or "human composting." The company takes a person's remains and turns them into a soil, that can be returned to a family member or donated for conservation efforts at the Bells Mountain forest in southern Washington.

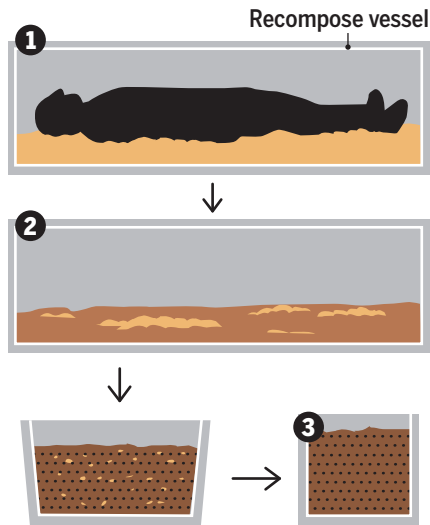
## Here is the process of Natural Organic Reduction

Natural organic reduction (NOR), also known as human composting, is powered by beneficial microbes that occur naturally on our bodies and in the environment.

**1.** Recompose staff members place the body in a cradle surrounded by wood chips, alfalfa, and straw. The cradle is placed into a Recompose vessel at its facility south of Seattle and covered with more plant material.

**2.** The body and plant material remain in the vessel for 30 days. Microbes break everything down on the molecular level, resulting in the formation of a nutrient-dense soil. Nonorganic material is screened out and recycled if possible.

**3.** Each body creates one cubic yard of soil amendment, which is removed from the vessel and allowed to cure. Once completed, the soil can be used to enrich conservation land, forests or gardens. The soil can be returned to loved ones.



The Recompose price is \$5,500. Transportation of the deceased from out of state is a separate cost and handled through a local funeral home in the location where the person died.