

The **Herbal Collective**

Better living with herbs and natural health

April 2017

Dandelion is Dandy
Natural Health Show
Allergies-Nothing to Sneeze At
Mother Nature's Best Remedies
The Tao of Hornby Island Retreat
Got Dirt? Herbs for the Spring Garden

www.herbalcollective.ca



Publisher's Note

Make the Best of Spring!

Wow, spring is such a busy time – you feel me?

But it's all good right?

The warm sunshine and ground is beckoning for us herb gardeners.

There are plenty of new and favorite activities to do.

It's often a very busy time for business and students as there are plenty of tasks to do to get ready for summer.

Spring is also a time for allergies – achoo!

The change in seasons is also the time that nettles and dandelion are popping up to help clear away winter's toxins from the body and energize us.

Dandelions are great for cleansing the liver while nettles are great for providing energy. Both have many other benefits as well.

Together the two will benefit your body giving you more energy, better digestion, increased motivation, better hormone balance and in other ways you may not have thought of.

Some people will forage for dandelions and nettles in nature. If you're one of those who loves gardening, check out the herbs you can grow for spring on page 12.

There's often a lot going on in the spring – we shed the slow, cold months of winter and get busy, busy.

Spring is a time of renewal. From an Ayurvedic perspective, it's all about keeping things in balance. Ayurvedic medicine takes the whole person and their lifestyle into the picture so you can understand how to apply it from all perspectives. You can read about that on page 14 of the Herbal Collective.

To improve digestion it's worthwhile to consider the benefits of using enzymes for better health. Enzymes can make an amazing difference in how you feel and how your body operates. Take a look on page 10.

Plus we are organizing a Natural Health Show for June 3 in Nanaimo (see below and on page 6 for more details. |There will also be a follow-up for those who are not local.

Follow the Herbal Collective on Facebook to keep up to date and join us at www.herbalcollective.ca

Sincerely
Marilyn Zink



The Herbal Collective presents

The Natural Health Show

Saturday June 3, 10-4 p.m.

355 Wakesiah Ave. Nanaimo

(NDSS, Nanaimo District Senior Secondary School)

Hear from renowned experts and industry leaders in the natural health field.

Explore products and services from vendors.

Door Prizes & Free Draws

www.herbalcollective.ca/naturalhealthshow



**Looking for
an Herbal
or
Natural
Health
Solution?**

info@herbalcollective.ca

**Natural Health
Directory**

[www.herbalcollective.ca/
natural-health-directory](http://www.herbalcollective.ca/natural-health-directory)

Contents

The Theme:

How to get relief from spring allergies and get more energized

Seasonal Allergies-nothing to sneeze at.....4
Best herbs for spring allergies.....5

Features

Natural Health Show in Nanaimo.....6
Creating sustainable agriculture.....7
How homeopathy uses energy shifts.....9
How important are enzymes?.....10
Got dirt? Get growing for spring.....12
Dandelion is dandy.....13
Ayurveda for springtime renewal.....16
Book shows conscious affection objects.....18



The Herbal Collective
published by Pro Write Publishing

Publisher/Editor - Marilyn Zink

Contact: 250-729-1593

info@herbalcollective.ca, www.herbalcollective.ca

Contributors

Klaus Ferlow, Louis Hoolaeff, Arrow Gonsalves

Gregg Turner, Olena Gill, Rowan Hamilton

The Herbal Collective is published every month by Pro Write Publishing and distributed through social media, various platforms and the Herbal Collective blog and email list. Advertising deadline is around the 21 of every month. The opinions expressed by contributing writers are not necessarily those of the editor. Different viewpoints are welcome. All editorial material is copyrighted. Any medical advice is given solely for information purposes only and no responsibility is assumed on the publisher's part.

Copyright © 2017

Columns and Departments

In the Kitchen

Eggs poached on Mexican tomato sauce..11

What's in the News

Natural Health Show

The Herbal Collective is holding a Natural Health Show on June 3 at the Nanaimo District Secondary School (NDSS) on Wakesiah Rd.

So far more than 15 vendors have taken booths and more are on the way!

The event will feature vendors and speakers with possible door prizes and much more!

It's a one stop location to learn more about how herbs and natural health supplements and strategies can benefit you to a healthier, happier life!

Interested in participating as a vendor?

Please email info@herbalcollective.ca for more information or follow us on facebook. <https://www.facebook.com/herbal.collective>

Contact These Sponsors for Natural Health Solutions

Olena Gill, www.indigmedicine.com.....4
Cheryl Dawn, love.ajourneywithyourspirit.com.....7
Salvestrol, www.salvestrolbook.com.....5
GypsyHart, www.islandhealing.net.....5
Gregg Turner, www.nikken.com/holistic.....6
Ferlow Botanicals. www.ferlowbotanicals.com.....7
Colin Gillies.....9
Hedd Wyn,www.heddwynessentials.com.....10
Louis Hoolaeff, www.leadingedgehealth.rg.....10
Edible Island, www.edibleisland.ca.....11
Arrow Gonsalves, www.heartdrumbeat.com.....15
Purica, www.purica.com.....18

Herbal Collective, April, '17 3

Seasonal Allergies

Nothing to Sneeze At

I think our long drawn out winter is finally over. With the continuous rain shaking things up, with budding trees, milder weather, and lawns turning green, I am beginning to see patients sneezing and dealing with itchy watery eyes, bouts of hayfever, or seasonal allergic rhinitis. More than 1 in 6 Canadians suffer from this very common allergic condition, and yet it is one of the more difficult to manage.

Why do so many of us experience this every year? Let's start with the basics. An allergy is an hyperactive immune response, triggered by either eating a specific food, inhaling an irritant such as pollen, or touching a substance. Environmentally-induced reactions such as pollen, dander, mold, and dust, are usually the most difficult to control.

I employ a number of strategies in my clinic that have worked successfully:

1. **Make corrections to the digestive system:** many people who suffer from allergies, often have associated 'leaky gut syndrome', meaning that that barrier between the gut and the bloodstream becomes more permeable and compromised. Low-grade inflammation ensues, large dietary particles enter the bloodstream, stimulating an immune response and resulting in allergic responses. Repairing this barrier through diet adjustment, elimination and/or rotational food trials and supportive supplementation are one of the keys to restoring gut health.

2. **Address "leaky lung":** Structurally, the lining of the lung is similar to the lining of the gut. In most cases, when inflammation occurs in one, the other is similarly affected. The levels of microbes in either area – gut and lung – become out of balance. Addressing the microbe terrain and re-establishing a balanced environment is important.

3. **Get tested for sensitivities:** Being able to identify food and/or environmental culprits can as-

4 Herbal Collective April, '17

sist in knowing your sensitivities. Consuming sensitive foods will continue the low-grade inflammation and damage to the gut lining. I have testing options in my office, including running a blood test or the use of an EAV machine.

4. **Eat anti-inflammatory and/or low-histamine foods:** Aside from individualized sensitivities, there are commonly known culprits that contribute to allergies. Avoiding pro-inflammatory foods such as dairy, sugar, wheat and peanuts are a good place to start. Examples of high histamine foods include citrus fruits, alcohol, shellfish, cured meats, chocolate, and cheese – all of which can also contribute to ongoing allergy symptoms.

5. **Manage your stress:** Our adrenal glands secrete the hormone 'cortisol'. Cortisol helps our body deal with everyday stresses. When you are continually subjected to chronic stress, cortisol levels become out of balance, and lower the immune response. This leaves you more susceptible to allergic reactions. I commonly address adrenal function in my office by running a laboratory cortisol panel through a simple saliva sample.

6. **Herbal Medicine:** When used appropriately, herbal medicines rarely have significant side effects. I often prescribe tinctures or teas with herbs such as yarrow, stinging nettle, euphrasia or red clover at specific dosages to address the excess histamine

DR. OLENA GILL, R.Ac., ND
Naturopathic Physician ~ Acupuncture

- General Family Practice • Men's Health
- Women's Health • Pediatrics • Geriatrics

778.762.3099
255A E. Island Hwy, Parksville
drolenagillnd@gmail.com
www.indigomedicine.com

~Natural Medicine in Oceanside & Mid-Island~

Call to Book
Extended Health Accepted

response, decrease inflammation, congestion, sneezing and increased mucous production.

There are many other approaches to take, but the success of each is dependent on the individual. Keep in mind that the above medical opinions apply to seasonal or intermittent allergies only, and are not for anaphylactic situations.

If you are having an anaphylactic attack, always call 911 and/or use your EPI pen. If a runny nose, itchy, sneezy and watery eyes are still bothering you, do not hesitate to contact us for evaluation and customized treatment of your seasonal allergies.

Dr. Olena Gill is a Naturopathic Physician and Acupuncturist practicing in Parksville, B.C. She can be reached at 778-762-3099 or www.indigomedicine.com

. Disclaimer: Information in this article should not be construed or used as a substitute for medical evaluation or advice. See your Naturopathic Physician for proper evaluation and prescription.



Island Healing
Providing Holistic & Spiritual Wellness
on Vancouver Island

Gypsy Hart

250.616.6054

ZeroGYoga.ca
IslandHealing.net
Gypsy@IslandHealing.net



- * Yoga Instruction (All levels)
- * ZeroGYoga.ca (Aerial)
- * Hot & Cool Stone Massage
- * Raindrop Massage Therapy
- * Shiatsu & Ashiatsu Massage
- * Reiki & Reflexology
- * Ayurvedic Head Massage
- * Retreats, Workshops & Special Events
- * Spiritual Readings

Herbs for Allergies

What are the best herbs for allergies?

The answer will often depend on the type of allergy you have.

In the springtime when someone has the itching sneezing symptoms of hay fever, then one of the best herbs to use is stinging nettles.

Wait! Stinging Nettles?

Yes, because stinging nettles are effective in a freeze dried concentrated form for hay fever.

They can also be used fresh and cooked like spinach.

Stinging nettles are energizing, an astringent and packed with Vitamins K, A and B6 along with Riboflavin, Niacin, Folate and Thiamin.

Chickweed can also help with allergies, particularly skin conditions such as eczema and psoriasis.

Chickweed can be used topically as a poultice on the skin but it can also be taken internally. As a diuretic it works to relieve water retention along with other diuretics such as dandelion and parsley.

Chickweed works to relieve skin inflammations, acne, eczema, psoriasis, constipation and irritated eyes.

SALVESTROLS are "THE MOST SIGNIFICANT BREAKTHROUGH IN NUTRITION SINCE THE DISCOVERY OF VITAMINS."

"There has to be a significant change in the way that we approach food, in the way we grow food and the way that we see our diet."
Anthony Daniels

Call
250-
483-3640

SALVESTROLS

JOURNEYS TO WELLNESS

EXPERIENCE WITH PHYTOTHERAPY

SALVESTROLS

Journeys to
Wellness



Brian A Schaefer,
D.Phil. (Oxon)

Get this groundbreaking book at
www.salvestrolbook.com

Natural Health Show Comes to Nanaimo

Looking for a way to connect with people in the natural health field? Then the Natural Health Show in Nanaimo on June 3 is the place to be whether you are a consumer looking for information or a business looking for more exposure.

The show is a blend of natural health practitioners, herbal and natural health products and more along with speakers who are experts in their field.

Final details are still getting worked out with speakers as of press time though we can confirm naturopathic doctor Olena Gill will be speaking on the **Journey to Wellness** with information on healthy diet/cooking, good/bad fats, foods to eat/avoid, the importance of supplementation and much more.

Hypnotherapist Nathalie Ristord will be giving a talk on No More Anxiety -Let your mind regain control and show those attending a great way to reduce their anxiety levels naturally.

The Natural Health Show is a great one stop place to get all your questions answered about natural health and alternative therapies.

It's also a great opportunity to try out different products and services to get an idea of what is offered before a larger investment is made.

There will be prizes as well so make sure to show up and get your chance to win!

Here is a list of vendors signed up to date – more



are on the way and will be there to inform and delight you! Keep up to date on the Herbal Collective's Facebook page.

Olena Gill, naturopathic doctor, www.indigomedicine.com

Lana Schuler, Arbonne International

Melanie Haug/LeeAnne Cutmore, Healing Touch

Joan Ross, Eye Bright Wellness iridology,

Michael Bruce, Pathways of Light

Andree Boisvert, Achieve Balance bower therapy

Mary Catherine Whittall – Wrenspell Psychic Studio

Anna Christine Doebling, Energy All Around Therapy

Gypsy Hart, Island Healing, Zero G Yoga

Arrow Gonsalves, Heart Drum Beat

Carolyn Bouma, Nerium skin care

Serena Myrholm, Young Living essential oils

Jeremiah Armstrong - herbal products

Nathalie Ristord – hypnotherapy

For more information email info@herbalcollective.

Are You Ready to Have the Best Health and Wellbeing for 2017?

- ✓ *Want to learn about natural healthy solutions and choices?*
- ✓ *Want to stay informed and current?*
(latest breakthroughs, new solutions, special pricing)
- ✓ *Learn and experience relief for your aches and pains,*
- ✓ *Get products for better sleep, hydration, organic nutritionals, organic skin care, magnetic/far infrared/negative ions and more*

Claim Your Free Consultation - Call Today

Contact Gregg at: 250-380-0702 toll free 1-877-564-2371

Solutioninnovators@shaw.ca, www.Nikken.com/holistic

Local, National and International Business Inquiries Welcome



W. Gregg Turner
PhD, CHT, CNLT

Creating Sustainable Agriculture

This is the time for change in our food system. Uncertain times are ahead across the continent. The time for local, sustainable agriculture has arrived.

At Nanoose Edibles, we have seen an increase within the surrounding community of local folk wishing to learn more about becoming food self-sufficient and learning how to develop a sustainable produce garden. Individuals wishing to get together to talk about all aspects of gardening in Nanoose are welcome to attend our bi-monthly Agriculture Roundtables.

There has been an increase in transplant sales because of the well talked about increase in the prices for cauliflower in 2016. Last year, this price increase encouraged Nanoose Edibles to start a Family U-Pick operation. Individuals and families who came Friday, Saturday and Sunday were able to pick what was in season. They learned what the plants looked like, how to harvest and were able to pick volume amounts if they wished.

Agriculture in our region is beginning to shift. Initiatives such as the Parksville Qualicum Growers Guide; Here We Grow Project and the Nanaimo Foodshare Home Grown program provide the community with needed information. Growing what we can and buying the rest from local farmers will ease the change to a sustainable local food economy and bring millions of dollars into the local economy, currently spent on imported truck food.

For more information about Nanoose Edibles Organic Farm, please see www.NanooseEdiblesFarm.com

7 Ways to Return to the Light

with **Cheryl Dawn**

Distance & Remote Healing with Aura Cleansing
Chakra Balancing - Emotional Release - Meridian Flushing
Soul Retrieval - Spiritual Counselling with Reiki & Karuna®

Ceremonial & Healing Nature Walks/Hikes

Cheryl's methods are harmonious with her native tradition, and her unique techniques are simple, effective, and incredibly powerful. Intuitively she tunes into core issues where transformation will be initiated.

Victoria, BC 250 - 652 - 5849
admin@ajourneywithyourspirit.com
www.AJOURNEYWITHYOURSPIRIT.com

Over 24 years of experience in the healing arts and empowering people to make an impactful change in their lives.



Plant Based Products for the Entire Body

handcrafted with nature's ingredients



Clean and Simple

Products made without the use of Petro chemicals or Parabens

Quality, Integrity, Purity

Small batches made by hand

We formulate our products onsite using the best quality and ethically sourced ingredients.

www.ferlowbotanicals.com



Mother Nature's Best Remedies



By Klaus Ferlow

Wholistic health represents an attitude toward well being which recognizes that we are not just a collection of mechanical parts, but an integrated system which is physical, mental, social and spiritual."

The writing of Hanna Kroeger, the "Grandmother of Health" draw from over half a century of study in natural health, they share her techniques for self healing, self knowledge and healing us, help each other. She authored and published a huge variety of health books and one of them is "Ageless remedies from mother's kitchen."

She was born of German missionaries, studied nursing at the University of Freiburg, Germany and worked in a hospital for natural healing under Professor Brauchle. In 1953 she and her family came to America and in 1958 she started one of the first health food stores.

A century ago, simple home remedies were used to treat minor injuries, ailments, and pains. If someone scraped the knee, a thorough washing and a thin layer of honey on the wound did the trick. Drinking tea for an upset stomach or stuffy nose gave way to popping antacids and antihistamines instead. There were times when conventional medicine treating the symptoms took over but in the last few years home remedies have reclaimed the spotlight.

However, I was very fortunate since I grew up in Northern Germany and our family doctor never prescribed drugs but herbal remedies! More than ever many people are getting back to nature when it concerns their health. People are taking a second look at treatments their grandmothers trusted. Many folk remedies are simple, inexpensive, and effective – and most important are free of negative side effects of some over-the-counter treatments.

Statistically is it no wonder that in North America between 70-75% of the population are using herbal remedies and research is revealing that many old-fashioned treatments have withstood the test of time for good reason and many are backed by scientific research – they work!

8 Herbal Collective April, '17

Here is a list of Natural Herbal Remedies;

decoction
extracts
ointments, salves, creams
powder
poultice
syrup
tinctures

Here is a list of the major common ailments:

Acne, athlete's foot, blisters, bruises, burns, cough, constipation, cuts, diarrhea, earache, eye troubles, gas, headaches, hives, insomnia, menstrual cramps, painful joints, sore throat, splinters.

Be open to the healing power of nature's best remedies by applying body mind and spirit and use them with care and discover the ancient medical remedies of the past.

Words of Wisdom

For every disease we know Mother Nature provides a herb to heal and grow.

References:

- Castleman Michael, The Healing Herbs, St. Martin's Press, 1991
- Rose Jeanne, Herbs & Things, Lat Gasp, 1972
- Lust John, Tierra Michael, The Natural Remedy Bible, Pocket Books 1990
- Mindell Earl, New Herb Bible, Simone & Schuster, 1992
- Hutchens Alma R., Indian Herbology of North America, Merco, 1969

Klaus Ferlow, HMH, HA, author, innovator, lecturer, writer, founder of Ferlow Botanicals and NEEM RESEARCH, member of the Health Action Network Society, Canadian Herbalist's Association of BC., National Health Federation, United Plant Savers, International Herb Association, Neem Foundation, Mumbai, India.

Co-author of the book "7steps to dental health" and author "Neem – Nature's Healing Gift to Humanity," copyright@2017, all rights reserved

www.ferlowbotanicals.com, www.neemresearch.ca, neemresearch1@gmail.com

It is not my intention to make specific claims. Any attempt to diagnose, cure, prevent or treat illness should be under the direction of your health care provider.

How Homeopathy Uses Energy Shifts

In homeopathic understanding a very large percentage of chronic diseases can be associated with an infective agent (such as bacteria, viruses, parasites, toxic poisoning, etc.). Homeopathy also understands that the impact of infective agents in the development of chronic diseases can be transmitted to offspring, even without the infective agent present.

Not only can the impact of a disease be genetic, but also involves some sort of inherited “energetic body” or energetic force that can and must motivate not only the healthy body, but also in its defectiveness, the manifesting of disease states. Homeopathy can treat the residual effects of infection even when the infective agent is not present.

In homeopathy it is believed that there are two aspects to any infective condition. One is the material aspect that can be seen with a microscope, and the other is the energetic aspect which remains unseen. In fact, it is held that either simultaneously with, or prior to, the manifestation of any disease (including an infection) there is an energetic shift and change in the host.

To the homeopath, this energetic shift can best be discerned through attention to the individual disposition of each patient (host) rather than through the narrow and exclusive task of identifying the common infective agent. A good homeopathic prescription always takes into account the individual nature of the person and their recent and long-term life history as well as specific external etiology. According to Louis Klein, *Miasms and Nosodes*, ‘disposition is that which shapes each person’s unique way of responding to events. This includes those consistent attributes, positive and negative, that form our attitudes and our actions’.

To the homeopath, the real clues to treating any disease condition are uncovered not only by way of laboratory investigation but by way of a thorough investigation into the individual and their history.

As noted, there are energetic shifts, which manifest (from an earlier latent state) and act as pre-cursory fields for disease. Homeopathy has named them miasms, and homeopaths have prepared energetic homeopathic remedies from actual infective agents or from discharges or diseased tissue, and these preparations are called nosodes (from *nosos*, the Greek word meaning disease).

Due to potentization-the dilution and shaking- nosodes lose their infectious nature even while their energetic

possibilities are increased. These nosodes were, and are, an attempt to treat the energetic disturbance in the patient with a similar energetic vibration.

When a homeopathic remedy is prepared from a nosode, it is no longer material; what it becomes is an artifact of the original substance from which it was made. This is what homeopathic remedies actually are; an energetic artifact of the original substance.

The following are indications when a nosode may be called for:

- When well chosen remedies don’t act or hold. This, along with point 3 below, can be an indication of a miasmatic block in a case.
- Symptoms change a lot from one day to the next (unstable case).
- A remedy stops working and the symptom picture remains the same (usually after unsuccessfully changing potencies, dosage, etc.).
- Never well since an acute infection especially when interfered with drugs.
- You have a severe acute disease and the symptoms are not suggesting a single remedy picture of the disease.
- When there are no characteristic symptoms in the case; there are only common symptoms of the disease.
- Prophylaxis (epidemic prescribing) such as giving Influenzinum remedy during flu season as a kind of inoculation.
- When the nosode is the same as the micro-organism infecting the person. So, for example, someone with whooping cough may take Pertussinum based on nothing but the common symptoms of the disease.
- When the nosode is a person’s constitutional remedy. This is when the person’s symptoms match the nosode’s proving symptoms.

Colin Gillies is a homeopath in Qualicum, B.C.

HOMEOPATH

Natural Solutions for Health

Colin J. Gillies,

Adv. Dip. Hom., MBCSH

(250) 947-0288

12-221 2nd. Avenue, W. Qualicum Beach, B.C. V9K 2S5

Email: info@colingillieshomeopath.com

www.colingillieshomeopath.com



How Important are Enzymes?

Enzymes build, orchestrate and unify the physical expression we call "life." They seem to know precisely what to do and when to do it.

They "assemble" molecules during their formative growth and they take molecules apart when individual cells are fractured.

Enzymes create and modulate every system in the body.

Enzymes help assemble a human body from a one-cell organism into a 50 to 70 trillion-cell life form.

Enzymes are involved in repairing the body when it is damaged; they transport, use, and transform oxygen molecules and every other nutrient the body needs; they break down metabolic waste and the by-products of cells; they quench free radicals, and they split off unwanted molecules from nutrients, adding necessary ones.

The physical existence of every human being and the existence of all other living organisms is totally dependent upon the ability of enzymes to do their job. People get sick and diseased because they lack enzymes.

People focus on vitamin and mineral supplements, but we need enzymes in our body before vitamins and minerals are effective.

We have many that eliminated their most challenging illnesses. From death-bed cancer to cancer-free in 60 days.

Cancerous tumors were expelled from the body with the use of our powerful proteolytic enzymes and patented proteolytic probiotics.

And there is a huge difference between pancreatic and plant enzymes.

Learn more on enzymes... visit: www.LeadingeHealth.org Request our FREE educational package... Louis Hoolaeff HR HC ACS 250-220-1262

HeddyWyn  Essentials



New!
Fresh Face

100% Plant-based
Facial Creme

With Tamanu and
Sea Buckthorn Berry

Repairs and
Rejuvenates your Skin



Enzymes4Life
Enzymes Are Our Life Force
www.LeadingeHealth.org

old because we run out
of ENZYMES...

Learn how to eliminate
illness naturally!

250.220.1262 | LeadingEdgeHealth.org

Receive a **FREE** Educational Report



THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin? Nature Provides.

Wild Oil of Oregano
"Let food be thy medicine."
Hippocrates



Available at Fine Health Food Stores / www.wildoiloforegano.com / www.wildtamanuoil.com

Got Questions about Herbs?

**Get Answers in the
Herbal Club!**

Go here

www.herbalcollective.ca/subscribe



MENU

Eggs Poached in Mexican Tomato Sauce

1 can whole tomatoes (28 oz)
¼ cup finely diced white onion
2 large garlic cloves, finely minced
(or 1-½ tsp. chopped garlic from a jar)
½ tsp. dried oregano
½ tsp. chili powder
½ tsp. ground cumin
Salt and pepper to taste
1 good pinch red pepper flakes, or to taste
4 large eggs
1 ripe avocado, diced

Pour the juice from the can of tomatoes into a large skillet.

Then cut each tomato open over a bowl or cup and drain the juice into the bowl.

Chop the tomatoes into ½-inch pieces.

Add the tomatoes and their juice to the skillet.

Bring to a simmer over medium heat; then set it on low.

Add the onion, garlic, oregano, chili powder, cumin, salt and pepper to taste, and the red pepper flakes, also to taste. Simmer the sauce until it thick-



ens slightly and the onions and garlic are cooked.

If it gets dry, add a bit of water.

When ready to cook the eggs, make sure the sauce is thin enough to create steam by adding a few tablespoons of water. Stir four holes in the sauce, crack an egg into each hole; cover the skillet with a lid or a plate and simmer until the eggs are cooked the way you like.

Serve with the diced avocado as garnish.

Sprinkle with salt and pepper.

Featuring Comox Valley's Largest Selection of Bulk Herbs for Over 36 Years!

EDIBLE ISLAND
WHOLE FOODS MARKET

477 6th St. in Downtown Courtenay ♦ www.edibleisland.ca ♦ Mon-Fri 9-7 Sat 9-6 Sun 10-5

Got Dirt?

Get Growing for Spring

On the joys of spring gardening. The itch to get in the dirt and prepare for another growing season is powerful. But what to grow?

Are there some new and exciting herbs to consider?

Spruce up your garden with these delightful beauties.

Milkweed – **native**, has abundant orange blooms that butterflies will love, love, love. Looks great in the garden, a show stopper!

Mexican Mint Marigold – a sweet licorice flavor brightens salads and main dishes. The bright yellow flowers are also edible.

Lavender – always popular with herb lovers. Munstead is a favorite but why not try White Provence?

Either way, there are so many varieties of lavender you can't go wrong.

Lemon Balm – a lemony mint for tea and salads. Very easy to grow and can be used a lot. Delicious and abundant.

Cumin – with its fragrant ferny foliage that is similar to dill. The ground seeds are great for Mexican and Indian food.

Bee Balm Panorama– bees, butterflies and hummingbirds love it. The petals can be eaten and added to green salads, fruit salads, in desserts and drinks for a spicy minty flavor.

Bee Balm- Wild Bergamot – bright lavender blooms that have a spicy scent. Great for bronchial complaints and to ease colds.

Basil – how do we count the ways to grow them? Sweet Thai, Italian Large Leaf, |Genovese Compact or Amethyst with hits huge deep purple leaves will give any gardener an interesting challenge.

Borage – delightful star shaped blue flowers that have a mild cucumber flavor. Bees and butterflies love it.

Catnip/Catmint – gray green leaves with purple or white flowers that bees love and cats too! Catmint is the best looking for the garden and blooms all summer long.

Cat Grass – a tasty treat for cats and a great way to eliminate furballs.



Cumin flowers, above, Milkweed below and Bee Balm, bottom photo



Dandelion is Dandy for Liver Health

Dandelions are the perfect herb to use in the spring for several reasons. The new spring growth can be harvested and eaten in salads or in a simple stir fry. Use the fresh young leaves only as the oldest leaves will be slightly bitter.

Another great reason to use dandelion is that the root is a diuretic which has been used successfully for women's issue in treating premenstrual syndrome and other menstrual discomforts, swollen feet, high blood pressure, congestive heart failure and weight loss.

Commission E, the German counterpart of the FDA, recognizes dandelion root as an effective diuretic. Please note that diuretics should be used for 7-10 days at a time and then stop before using again.

Dandelion root is also effective on treating the liver as it helps clear the liver of toxins and increases bile flow and prevents gallstones. In Germany physicians routinely recommend dandelion for this purpose.

Dandelion root is often an important component of herbal cleanses offered in spring, as clearing the liver of toxins is also done in conjunction with clearing other detoxifying organs such as the colon and kidneys.

Many people who have difficulty losing weight discover that cleansing their liver with dandelion root can help remove the toxins and tone the liver to help with weight loss.

Combined with herbs to cleanse the colon, both the liver and colon will be more effective with results such as improved energy and often unexpected weight loss. This may cause people to state that the weight just "fell off."

Along with improved energy and digestion, a liver cleanse with dandelion can also improve the skin.

This can and often does clear up skin issues such as eczema, psoriasis, rosacea and acne as the skin is one of the five cleansing organs in the body along with the liver, colon, kidneys and lungs.

Dandelion may help reduce the amount of sugar in the blood, which is also helpful for weight loss and managing diabetes. Some studies have also shown that the root has anti-inflammatory properties and may inhibit the growth of *Candida albicans*, the fungus responsible for vaginal yeast infections.

This also makes dandelion an excellent herb for women to consider. As part of its cleansing effect, dandelion helps remove excess estrogen from the liver leading to better hormonal balance and health for women.

Safety Considerations:

Dandelion should not be used long term as it is a diuretic which can deplete the body of potassium stores. Use dandelion as a medicinal tea or as a supplement for a liver cleanse.



Plan an Epic Adventure this Summer

By Arrow Gonsalves

I agree with the belief we don't find happiness, we create it! Summer goes quickly, and laughter is the best medicine. It is important to make time to play in nature and sunshine to refresh and beautify yourself, both inside and out. Walking in the woods in sandals and barefoot in the sand, makes your ankles, knees and hips supple and sloughs years energetically by lightening our step in no-time. This intimate connection to the earth is integral to our health, happiness and peacefulness on subtle levels we all feel, but don't necessarily take time to do, and can quickly forget.

Laughing with old friends and new, expanding our limits through playtime and new explorations enlivens our brain as well as our hearts and shouldn't be underestimated for their rejuvenating powers.

For me, living on Vancouver Island, it's not too far a stretch to find outdoor fun. It sometimes strikes me that whether young or old, we're all just a bunch of kids running from ocean to mountainside, river, lake and island with our gear and zeal to play with friends and intimately connect with the magnificent nature surrounding us.

Every year, I make sure to plan a special adventure getaway or two to spend quality time in exploration by holding affordable retreats that are accessible to all skill levels and adult age ranges, yet unique with a twist that have a slight element of surprise. Naturally, they all include gentle Yoga, Qigong and Meditation and feature a lesson series or theme that makes the experience meaningful, unique and fun... memorable. Fortunately, (because I love doing them) over the years awareness of these outings has spread and people now travel in from all over North America with inquiries filtering in from overseas.

I named them The Tao of Adventure Series. Over the past few years my Vancouver Island themes have included: "The Tao of the Mountain – Awakening the Healer Within": Mt Washington 2014, "Awakening to The Tao – Chakra Development": Read Island 2013, "The Mind of Tao - 12 Lesson Series": Denman Island 2014/2015 and others.

Last year and again this summer in August I have partnered with the Outdoor Education Center at Tribune Bay 14 Herbal Collective April, '17

How to sparkle with JOY

for "The Tao of Hornby Island Retreat" and the results are phenomenal. Our programs dovetail into a perfect fit of introspection, personal growth, joyfulness and team building activities that couldn't be contrived. Not to be understated, the unique topography, natural endowments and spiritual characteristics of Hornby Island are spectacular as I describe in more detail below and can't be denied.

This retreat is a 4 day weekend has it all. It is a great venue, hosting a wide variety of activities on water and in the woods, a fabulous location on the prime beach-front property of Hornby Island, warm-hearted, highly trained professional staff, wholesome and delicious food and draws fantastic people

who gather with a common mind. Everyone is there to connect more deeply and fortify the best parts of themselves and have a lot of fun doing it. The 2016 retreat was particularly delightful to facilitate and our reviews were stellar.

During the retreat I enjoy my days guiding morning yoga and meditations, leading a morning Labyrinth Building team, afternoon qigong and an evening lesson of connection. The Outdoor Education Centre facilitates a wide variety of professionally guided activities for all levels and fitness conditions to select from which include, Kayaking, Paddle Boarding, Rock Wall Climbing, Hiking, Nature Walks and Multiple Forest Games.

It's always a wonderful experience for me seeing people I trained years ago coming together with my current students and meeting many new faces. Ages ranged from early 20's to mid - 70's, from all walks of life, everyone is able to engage fully and reportedly had the time of their lives.

Hornby Island was known by First Nations to be a portal where the sacred energy of humanity is empowered

I came across this scene while booking the Outdoor Education Centre for our summer retreat last year. Do you agree this is an amazing image? Does it awaken your sense of wonder as it did mine? This is exactly how I shot it with my phone app, the image is completely unrefined.

Last year, I was relaxing on the rocks which line the





sides of Tribune Bay, embracing the gently sloping sandy beach, mere meters from the beachfront Outdoor Education Center where I'd just arranged our next retreat. No-one was around, so my dog - Spirit, was happily off leash and sniffing around to her hearts content.

I rested back against a smooth rock, looking around, soaking it all in and processing the natural unfolding of what was promising to be an uplifting and joyous retreat. I looked to my left, watching as Spirit came happily trotting back between a fascinating bluff with eye-hole shaped erosions, and suddenly noticed this magnificently detailed boulder in the unmistakable shape of a human head. I gradually took in the detailed striations outlining its features and felt a surge of wonder and connection surge coursing through me.

The Sacred Is Everywhere – If Your Eyes Can See

I had found the retreat's intrinsic value, or more accurately, the theme of the island had found me! This is the beauty and synchronicity of the Tao. Did you know

that the Tao Healing Arts, provided the foundation of the Asian Health System, Quantum Science, Brain Science and the Laws of Universal Attraction? Holistic sciences which are only now, in the hands of western scientists, winding their way back to what ancient Taoists were meticulously studying, recording and experientially developing through the sciences, healing and martial arts for thousands of years.

This is the nature of life and evolution. The spiritual essence of Hornby Island is a prayer for human evolution, awakening us as individuals to our roles within our lives, our families, our communities and the world which molds us. Encouraging us to reconnect through our ancestral lines, awaken the truth within and slough

off what no longer serves.

By maintaining our health, nurturing our hearts and cultivating our minds, we can essentially walk through the present and into our future with the grace and confidence to be our best in our lives and leave a wonderful inheritance for the children and those who follow behind.

I was inspired to share and added a labyrinth building workshop as one of the optional activities. We use it during an evening walking meditation, under the stars overlooking the ocean and mountains. It is a traditional 7 circuit labyrinth, in the shape of a human brain with each of the 7 circuits representing the corresponding chakras as it relates to the brain.

This is one of the ways I am planning to sparkle with joy this summer. I am also planning a kayak tour of the islands with friends and a few weekend camping trips with my dog, Spirit. I'm looking forward to seeing what energies she stirs up next!

If you are interested in joining me this summer on Hornby Island, or learning more visit the event page for details: <http://heartdrumbeat.com/the-tao-of-hornby-island-retreat>. You can take advantage of the Early Bird special offer if you book by April 30th.

I hope I've inspired you to mindfully factor fun in the sun into your summer plans, and that you flourish and grow with health, happiness and peaceful connection as you do.

Stay tuned for next month's article: "Five Steps to Release Stress and Balance Your Brain, Your Body & Your Life"

Arrow Gonsalves is the Founder of "Heart Drum Beat – Brain & Body Training Systems" and "The House of Now Wellness Center" in Courtenay, Vancouver Island. She is a Master Trainer & Healer of the Tao Healing Arts, offering live/online - classes, workshops, retreats.

The Tao of Hornby Island Retreat

Enriching Mindfulness through Outdoor Adventures and Human Energetics

Aug 11 - 14, 2017
TRIBUNE BAY,
HORNBY ISLAND, BC

Looking for adventure and self connection on a sacred island this summer?

- Do you want it all? Yoga, Kigong, Meditations, Kayaking, Paddle Boarding, Swimming, Beach Combing, Nature Walks, Rock Climbing, perhaps even Free Falling or Repelling – self-tailored into one fabulous and affordable weekend retreat?
- How about a deeper relationship with yourself and the earth in all it's glory?
- Are you ready to shed what doesn't belong and awaken what does?
- What would you say if you could enjoy all this and more on the one of the most interesting Islands on the Canadian West Coast?

Yoga - Kigong - Meditation

heart·drum·beat
TAOIST YOGA & HEALING SERVICES

\$649

SPACE IS LIMITED REGISTER TODAY AT

www.heartdrumbeat.com or By phone 250.650.9905

*Suitable for all levels

Your Trainer

Arrow Gonsalves
Human Energetics

Spring is the Time of Renewal

By Neelam Toprani

Spring is the time of renewal, rejuvenation and blossoms! Savor springtime by simplifying your life to include only those things that truly revitalize your body and soul.

The sunlight and warmth has returned to us after long hours of staying indoors. An important message of spring is cleansing. We often feel a deep urge to get rid of old unwanted items and create a new space in our homes. Ayurveda offers a great array of tools in the form of gentle detoxification and easy weight loss tips.

According to Ayurveda spring season which is wet, cool, heavy and slow, is also called Kapha season.

Sedentary lifestyle and heavier foods of winter could bring Kapha disorders like cough, cold, allergies, sluggishness in mind, body and weight gain. The impurities within the body start to liquefy toxins flooding the micro-channels of the body making one feel sluggish and toxic.

1. Diet

For Spring Ayurveda recommends including bitter tasting foods comprising of vegetables like bitter melon, endives and dandelion and herbs such as fenugreek and neem, pungent herbs like ginger, onion and garlic, cayenne and astringent tasting greens and variety of beans and pulses. Bitter taste destroys sweet cravings. Pungent taste improves digestion, circulation and metabolism.

Astringent taste opens the channels of elimination, clearing excess mucus and moisture from the body. One could reduce Kapha aggravating sweet, sour and salty foods which could cause water retention at this time of the year.

In common with the winter diet, avoid raw and cold foods, and replace with warm, lightly cooked meals. Avoid wheat and replace with Kapha reducing lighter grains such as quinoa, millet and barley.

2. Lifestyle

Wake up with the birds. Ayurveda suggests waking up in the morning before 6.00am to experience energetic qualities of lightness throughout the day. Spring fasting is observed by many Native American cultures as it helps to cleanse the blood after a long winter of eating fatty, heavy foods.

Ayurveda suggests some simple mono diet fasts like Khichari fasts or moong soup fasting. One could always choose a method suited to their doshas and on the advice of their Ayurvedic practitioner. Consume ginger especially dry ginger in tea and fresh ginger in cooking. Ginger cinnamon tea with honey is a good beverage to pacify kapha.

16 Herbal Collective April, '17



3. Exercise and Yoga practice

The best way to counter the sluggish feeling of heaviness and congestion is to adopt more dynamic and stimulating yoga practice for spring. Sun salutations are ideal as they build up heat, working all the major muscles and to stimulate a sluggish digestion and aid detoxification. Kappalabhati pranayama is good for generating internal heat and burning toxins.

One could also adopt a vigorous aerobic activity such as swimming, running or hiking to get the lymph moving in the body and prevent congestive issues. To increase the detoxifying effect try sauna, steam room, hot baths, and cardio-induced sweating.

4. Herbs

Some of the Ayurvedic herbs help in reducing Kapha and Vata, building the Agni and strengthening the immunity. Ginger powder aids digestion and supports detoxification.

Haritaki powder is a mild colon cleanser and detoxifies and nourishes body tissues. Manjistha powder detoxifies blood and dissolves obstructions into the blood flow. Moringa Powder helps to reduce muscle cramps and improve circulation. Neem powder supports internal detoxification and purifies the body. Triphala Powder is the most important detoxification and rejuvenation formula of Ayurveda.

5. Massage oil

Padmashri Kapha Oil (Karpuradi Taila) is prepared with Kapha-reducing herbs in a base of cold pressed sesame oil which gives this oil a delightfully aromatic and invigorating scent.

Daily self-massage with Invigorating Kapha oil will improve the circulation, promote mild sweating, energize the body, remove congestion and detoxify the body.

Neelam Toprani is the president of Sewanti Herbs

Are you all in?



IMMUNE 7

Protect yourself and your family with our dynamic blend of six therapeutic mushrooms and Nutricol®.

- Strengthens, rebuilds and maintains
- Broad spectrum immune activity
- Complements mainstream treatments

For more go to Purica.com/Immune7



Nature. Science. You.

→ purica.com

f purica.com/facebook

t purica.com/twitter

New Book Shows Consciousness Affects Objects

In Richard Gordon's new book, *"The Secret Nature of Matter,"* (to be released June 5 North Atlantic Books) he describes a series of experiments showing that conscious intent can be placed in physical objects that have an obvious physical impact on human physiology. Some people were assigned the job of "tapper", and they were only told to tap people with an object with the intent of untwisting pelvic and occipital torsion. They knew nothing about energy healing or how this works.

We now have a spectacular research study on pain relief, and a double blind showing that objects can hold consciousness.

Here's the latest research.....

In this experiment, the "tappers" did not know if they had a charged or uncharged quarter. Via a coin flip subjects were assigned to one of the tappers.

Before and after measurements were taken with a laser measuring device determining the distance from a finger on the left and right hip, to specific marks on the ceiling. Foot placement was carefully marked so people could return to the same spot each time. Multiple measurements were taken from each hip, and subjects were instructed to take a few steps and return in order to have a good baseline.

The results of a double-blind experiment were put into spreadsheets. The experiment is tightened up for greater accuracy.

A new measuring protocol is done to have more consistently accurate measurements from multiple trained testers.

A study this year was also conducted on people with high levels of pain, mostly from arthritis, fibro-

myalgia, and accidents. The result was that a single session was able to reduce the respondents pain by an average of 67.4%.

Both of these studies have IRB approval and will be published in peer reviewed journals.

Richard Gordon maps out new territory in the rarely explored intersection of science and spirituality in this facscinating investigation of the profound relationship between matter and consciousness.

Building on the Quantum-Touch technique he developed in previous books, Gordon explains how the hands-on energy healing technique that he uses to help to alleviate nerve pain, headaches, back pain, hip pain, TMJ, and more provides a unique window onto the secret nature of matter.

He explains how, by examining pelvic and occipital torsion, and then aligning people without the use of touch or suggestion, he is able to run a wide range of simple experiments that challenge many dogmas of science. This book teaches readers the technique along with 57 easy-to-reproduce experiments that allow them to test the results. These experiments clearly demonstrate that our consciousness can profoundly influence matter, and that an object charged with energy and intent can dramatically affect us physiologically in seconds.

About the Author:

Richard Gordon is recognized as one of the pioneers in the field of energy healing. He has been developing new healing techniques that are powerful yet simple and easy to learn, teaching them in workshops worldwide, and making them accessible to everyone in books since the mid-1970s. As the founder of Quantum-Touch, Richard is now an internationally acclaimed speaker.

Don't Miss a Single Issue!

Subscribe to the Herbal Collective today

**Download all new issues and over two years
of back issues!**

www.herbalcollective.ca/subscribe

**Take a Bite Out of
the Competition
and Get Noticed**

**Contact us to get your
business in the next
issue**

info@herbalcollective.ca



Natural Health Directory

The Natural Health Directory is a resource for our readers who are looking for practitioners, products, education, herb farm or other herbal and natural health information.

Each listing links to a listing on the Herbal Collective website with links and contact information to

Health Food Stores

Lynn's Vitamin Gallery.....tel 250-748-4421
4-180 Central Ave, Duncan,
www.lynnsvitamingallery.ca

Herbal Products

www.herbalcollective.ca/directory-herbal-products.html
AnneMarie Gianni Skin Care - natural, organic ingredients free of chemicals and preservatives

Ferlow Botanicals, www.ferlowbotanicals.com,
info@ferlowbotanicals.com.....604-322-4080

Laughing Lichen Wildcrafted Herb & Tea
www.laughinglichen.ca,
laughinglichen@gmail.com.....1-778-884-2371

Purica, medicinal mushrooms and more,.....www.purica.com.....250-746-9397

Wild Oil of Oregano, www.wildoiloforegano.com
www.wildtamanuail.com.....250-339-3015

that particular business.

Click on the link for each page to get more information on each particular business.

To Get Listed;

[http://www. http://herbalcollective.ca/order](http://www.herbalcollective.ca/order) or info@herbalcollective.ca or call 1-250-7291593.

Hypnotherapy

Nanaimo Hypnotherapy Center.....250-739-4609
www.nanaimohypnotherapycenter.com

Natural Foods and Supplements

www.herbalcollective.ca/directory-natural-foods.html#
Offers a wide selection of natural health products and nutritional supplements.....905-695-0631

Canadian Bio Supplements

Quality manufacturer of natural health products backed by over 5 years of clinical trials.....306-291-0871

Natural Health Practitioners

Olena Gill, ND, ND, www.indigomedicine.com.....
.....778-762-3099

Cheryl Dawn, Reiki, Karuna Reiki (r) Shamanic Energy healing, Chakra readings, Chakra balancing, www.ajourneywithyourspirit.com.....250-652-5849
www.herbalcollective.ca/directory-naturopathic-doctors.html

Reflexology

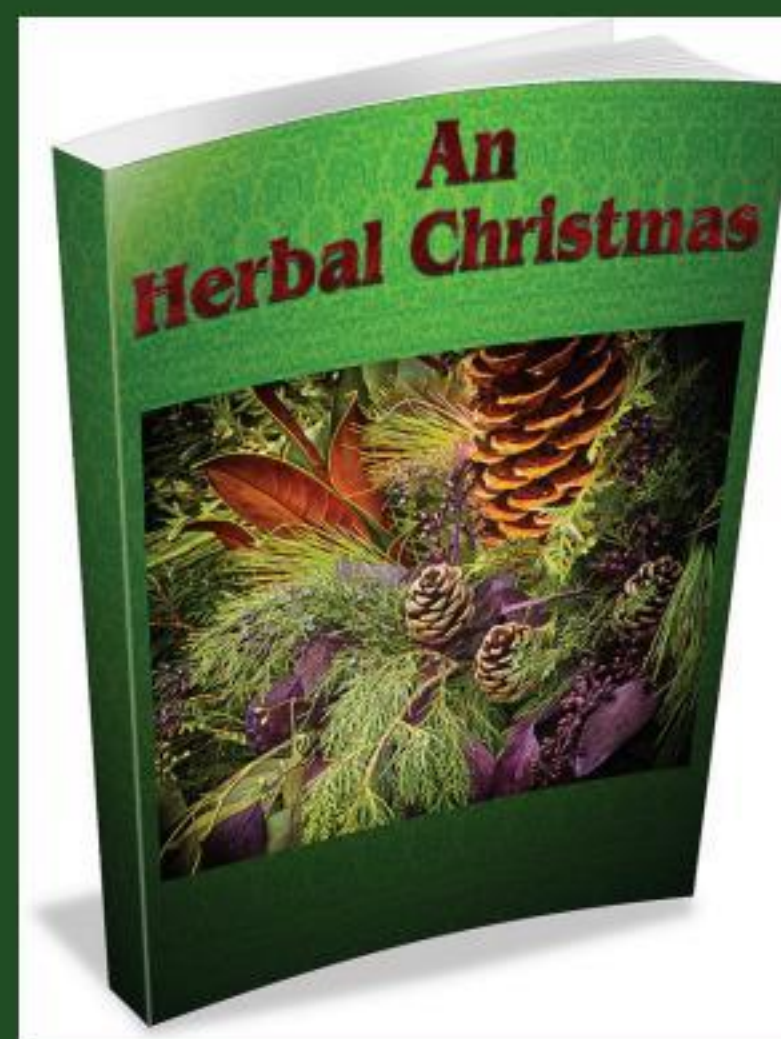
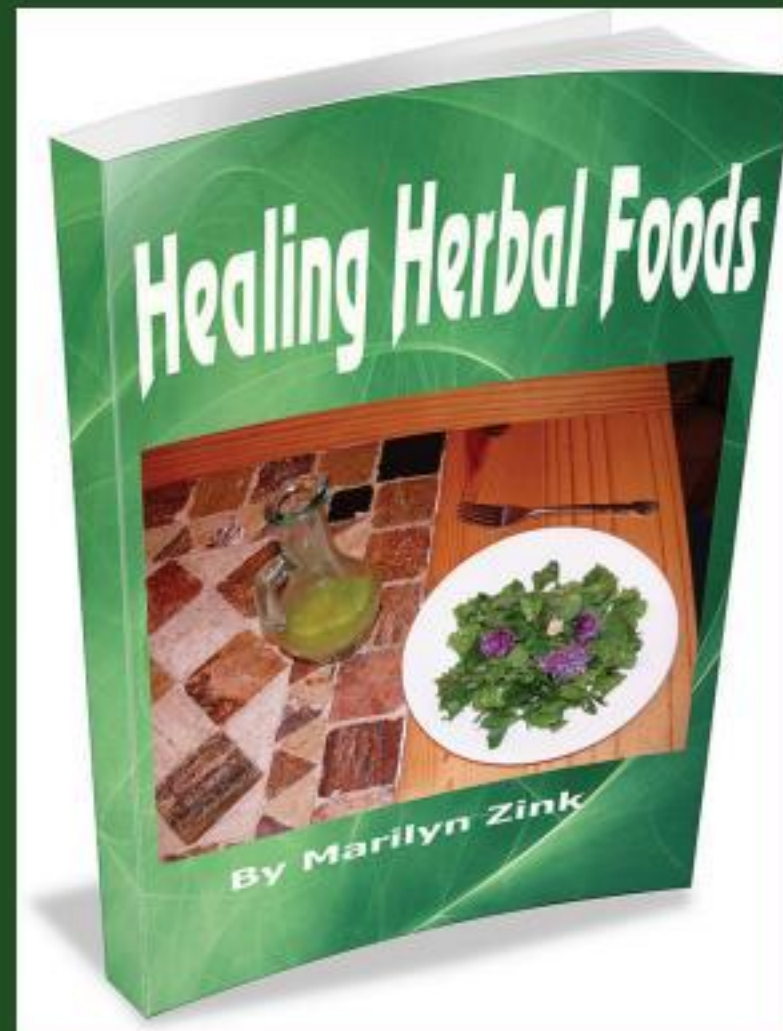
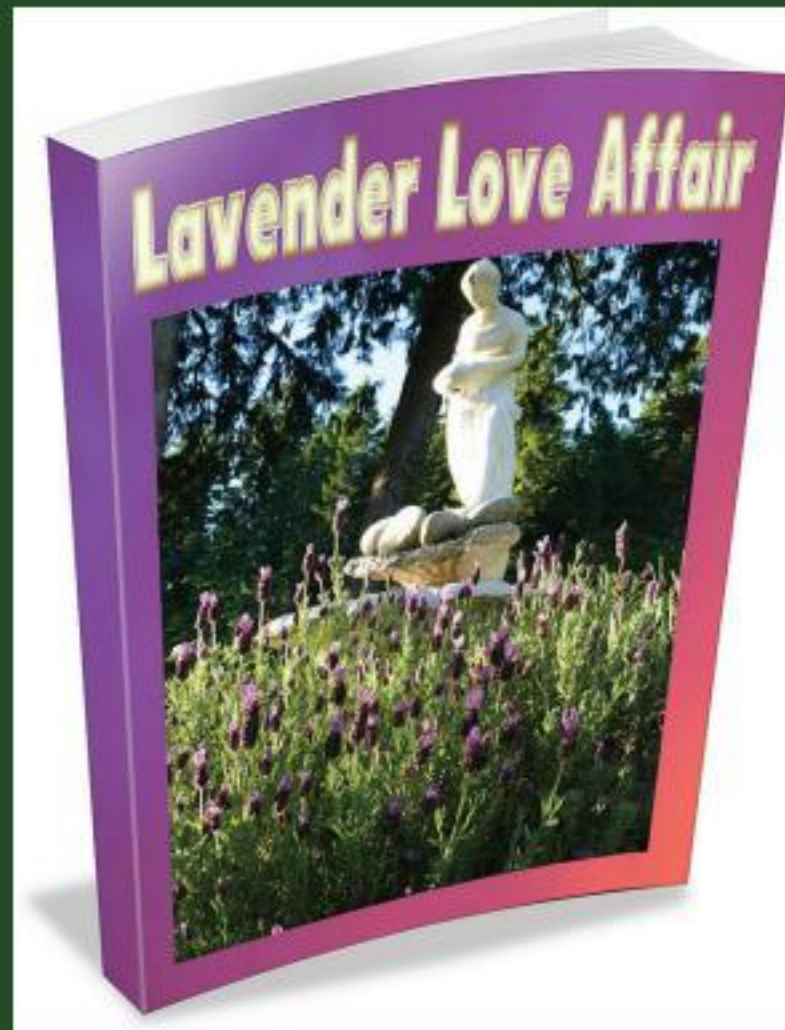
www.herbalcollective.ca/directory-reflexology.html
Pacific Institute of Reflexology

Advertise Here for Pennies a Day!
Email info@herbalcollective.ca



www.herbalcollective.ca/subscribe

Herbal Collective



Visit the Herbal Collective Family

Meet the Relatives!

Come Join Us for some Herbal Tea!

www.herbalcollective.ca