



The **Herbal Collective**

Better living with herbs and natural health

December, 2016

Scalar Energy for Viruses
Herbs for Christmas
Heal from Eczema
Improve Digestion for Holidays
Saliva Test May Predict Alzheimer's

www.herbalcollective.ca



How to Be of Good Health

Publisher's Note

Wow – we're coming to the close of another year again. Things are growing with the Herbal Collective and I

have you the reader to thank for that.

As we come to the close of another year, I have a BHAG(Big Hairy Audacious Goal).

My goal is to have a million readers and a million subscribers.

You can help us reach that goal by sharing the publication (look for 'share' buttons if you are reading this on the Herbal Collective website.

You can also like and share on our growing Facebook page (<https://www.facebook.com/herbal.collective/>).

Yes, it's a big goal. Why is it so big?

It's because so many people need valuable information on herbs and a naturally healthy way to live.

For me, it's a part of life now. I am seriously healthier now than I was 10 years ago.

It's so empowering and so many people can be impacted when they learn how to take charge of their health their families health.

It's not just health – it's food, the environment, craft, gifts, decorations, everything that can be used in a more natural way.

In this issue we show you some unique ways to get healthier such as the scalar energy that Tom Palladino offers. Be sure to take advantage of the free 15 day offer.

Get some wellness tips for the holidays from Gregg Turner who can put together a comprehensive solution for people.

Homeopath Colin Gillies offers ideas on better digestion for the festive season which can make a big difference in how someone feels. Digestion is also connected to the health benefits of fermented foods and you can discover how to make your own sauerkraut on page 6.

Did you know that poor digestion is often linked to the health of your skin?

Expert herbalist Klaus Ferlow covers eczema, causes, stress factors and treatment suggestions on page 8.

Enzymes are another important function of digestion and you can read why it makes such a huge difference on page 14.

Saliva is a big part of eating but did you know saliva can now be used to predict Alzheimer's?

Yes, you can find out all about it from a new study on page 18.

You can add to the eating and drinking with festive recipes on page 11 and learn about herbs for Christmas and the history of how they were used on page 10.

I look forward to your comments, questions, etc – send an email to herbalcollectivemagazine@gmail.com

May you all have a most enjoyable festive season.

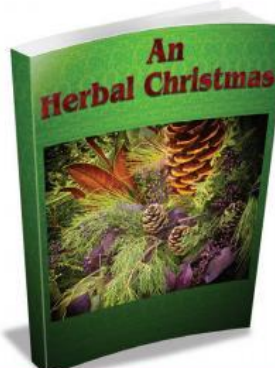
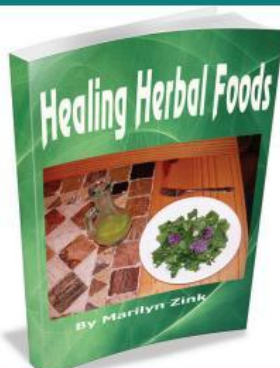
'Waes hael,' good health to you and yours!

Sincerely

Marilyn Zink

Publisher

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The Herbal Collective

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Events

Victoria Health Show headlines 11-year-old Daniel Bissonnette, international nutrition speaker and author, on Jan. 21-22 at the Pearkes Recreation Centre in Victoria, B.C. See page 17 for more information.

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Scalar Energy Device Provides Healing from Viruses

There's a new energy that a Florida entrepreneur is using to help people heal from viruses and disease.

Tom Paladino is using scalar energy to treat clients simply by scanning their photographs into his Scalar Energy Machine.

Paladino says he has been researching this type of energy for over 20 years. Some people call it 'chi,' others call it the life force energy, but regardless of the name, Paladino says it is more effective than electricity and he calls it the second energy of the universe.

"The points of origin are the stars," says Paladino. "Our sun emits it on a constant basis. It's my preference to work with scalar energy. Scalar energy will be the new technology for mankind."

Paladino uses a scalar energy instrument to control the nuclear structure of a virus or bacteria and then disassembles.

He's been helping people to get healthy from all types of viruses from the flu to herpes and lyme disease and can disassemble 400,000 species of pathogens.

"I work with people remotely, they do not have to be physically present," he says.

This is done by sending a photograph showing part of that individual's skin, whether it's their face, hand, arm, etc. Paladino says it works much the same way a satellite sends information.



Tom Paladino with an example of a virus. Watch a video of it here - <http://bit.ly/2h2McG7>

"People from all over the world are sending me photos. Some part of their anatomy has to be shown."

Paladino says the father of scalar energy was Nicola Tesla, who he says was working with the energy field before he died.

"Scalar is a fundamental force of nature. I firmly believe scalar will be the technology that liberates mankind, it is free energy."

Paladino has observed that electrical devices are easily "confused" in the presence of a scalar energy environment.

"Every time I turn on my scalar energy instrument my lab is flooded with this energy," he explains.

Continued page 5

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How to Use Herbs for Christmas



Ah, what would Christmas be without herbs?

When you think about the myriad ways herbs are used for

the festive season, you will be impressed with the wonderful ways they enhance our life at this time of year.

Take peppermint – a candy cane wouldn't be the same without it.

Or stuffing without sage. Or mulled wine or was-sail without cinnamon.

How about baked goods with nutmeg and allspice along with cinnamon.

Ginger is also used in baking and is great for digestion as well as a good warming herb for the cold.

Herbs have an important biblical and historical connection for the festive season as well.

Rosemary is attributed to the Virgin Mary and often referred to as Rosemary for remembrance.

The Virgin Mary is reputed to have spread her cloak over the herb on her flight to Egypt, turning the white flowers to blue. Rosemary is becoming more popular as a mini Christmas tree for its piney needles and resinous scent.

Sage, often used in stuffing, was highly praised in ancient times for its power of longevity. Its botanical name 'salvia' comes from the Latin 'salvere,' to be in good health, to cure and to save. It is also associ-

ated with the Christ child who came to save people from their sins.

Spices used for the festive season include cinnamon, ginger, allspice, cloves and nutmeg.

Cinnamon, also known as cassia or sweet wood, is most common and is used in baking, desserts and drinks. Cinnamon bark is often used in decorating and gifts as well.

Ginger, (*Zingiber officinalis*) is most commonly associated with gingerbread men and gingerbread houses for the festive season. Ginger is both sweet and savoury which makes it great for all types of cooking. It is used for medicinal purposes, is good in beverages and is good for the digestive system.

Cloves – these pungent dried buds are most commonly associated with studded oranges at Christmas time. The sharp, spicy scent of cloves can be both euphoric and grounding as well as warming for cold winter nights. So it is useful for digestive upset, nausea and skin infections.

Nutmeg – this spicy little seed kernel is most often used in baking and generally along with the other spices of cinnamon, cloves and sometimes allspice.

Allspice – Often confused as a collection of spices, this is one spice that is also known as Jamaica pepper, pimento or newspice. Allspice is mainly used in baking and in herbal crafts such as potpourris.

Discover more on herbs used for the festive season along with recipes, crafts, decorations in **An Herbal Christmas** at www.herbalcollective.ca/subscribe

Continued from page 4

"Any time I bring in an electrical appliance it becomes confused. My cell phone will behave erratically. Sometimes it will shut down."

Working with scalar energy is a three step process, explains Paladino.

The pathogen is first disassembled, this then improves metabolic processes to more efficiently utilize vitamins and minerals. This also allows the chakra pathways to be improved.

Paladino offers a free 15-day trial of scalar energy so people can discover what it does at no risk

at the www.creativestrength.us.

He says many of them continue with a 30 day program or longer. The testimonials are steadily increasing from those who have used the service.

Some people have been tested after getting treatments and received a clean bill of health.

They can have a DNA test or RNA test and these tests are coming back negative.

"All of these tests are coming back showing the absence of the infection," explains Paladino.

Visit www.creativestrength.us for Free trial.

The Many Health Benefits of Fermented Foods

The health benefits of fermented foods are mainly centred around the fact that fermented foods, such as unpasteurized sauerkraut, kimchi, quality yogurt, kombucha, kefir, tempeh and miso, are naturally rich in probiotics, i.e. friendly gut bacteria.

The body of knowledge surrounding the health of our gut flora and its relation to our overall health is growing every day. Most health professionals now acknowledge that an unhealthy gut environment can lead to many health problems. These problems range from indigestion, gas and bloating, to more serious afflictions such as chronic inflammation, mental illness, diabetes and heart disease.

Today we live in an environment that makes maintaining a balanced gut environment almost impossible. We live in a sterile world that is full of processed, irradiated and pesticide/herbicide coated and/or genetically modified foods. We are bombarded by environmental chemicals and smothered by stress. And most of us have some sort of pharmaceutical drug coursing through our veins, including antibiotics. All of these things are devastating to the friendly flora that are trying to set up shop in our gut.

So what can we do to make friends with our friendly bacteria?

Firstly, removing herbicides, pesticides, genetically modified, irradiated, or highly processed foods from our diet is a great place to start. Find ways to lower stress and only take antibiotics when it is completely necessary. Lastly, eat foods that support a healthy gut, like naturally gluten free foods, and fermented foods.

Fermented foods are healing foods. Fermented foods balance the acid level of the stomach and support pancreatic function. They are full of digestive enzymes, B vitamins, essential fatty acids, and most importantly, beneficial bacteria. Maintaining optimal gut flora, and 'reseeding' your gut with fermented foods may be one of the most important steps you can take to improve your health.

Every different type of fermented food has different strains or ratios of bacteria, and each strain is

crucial to good health. For a well-balanced diet, be sure to eat a wide-range of fermented foods. Considering how many there are to choose from, variety shouldn't be a problem!

Here is a recipe for home-made sauerkraut that is easy and quick.



How To Make Homemade Sauerkraut in a Mason Jar

1 medium head organic green cabbage (about 3 pounds)
1 1/2 tablespoons kosher salt or sea salt - non iodized
1 -2 teaspoons caraway or dill seeds (optional, for flavour)

Equipment:

Cutting board
Chef's knife
Mixing bowl
2-quart wide-mouth canning jar (or two-quart mason jars)
Zip lock sandwich bag

Instructions:

Make sure your mason jar is washed and rinsed of

all soap residue. You'll be using your hands to massage the salt into the cabbage, so give these a good wash too.

Now slice the cabbage. Remove the wilted, limp outer leaves of the cabbage. (Psst! Save one large outer leaf for later). Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge cross-wise into very thin ribbons. Alternatively, you can use a food processor to grate your cabbage.

Transfer the cabbage to a big glass mixing bowl and sprinkle the salt over top. (It may seem like a lot of cabbage - in fact, too much to fit in the jar. But as you work the cabbage and salt together the cabbage will break down to a point where you will be able to fit it all into the jar. Trust me). Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands.

Gradually the cabbage will become watery and limp. The massaging will break down the cell walls of the cabbage, making it release its liquid. Squeek, squeek...squish, squish. Continue to massage until there is a good amount of liquid in the bowl. This will take 4 - 8 minutes - depending on how vigorous you massage. My hands always get sort of tired, so I take little breaks throughout the process. If you'd like to flavour your sauerkraut with caraway or dill seeds, mix them in now.

Now it's time to pack the cabbage into the jar. Grab handfuls of the cabbage and pack them into the canning jar. Every so often tamp down the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar. Place the reserved outer leaf of the cabbage over the surface of the sliced cabbage. This will help keep the cabbage submerged in its liquid.

Once all the cabbage is packed into the mason jar, fill your sandwich bag partially with water, squeeze out the air, seal and slip this over your cabbage and liquid. This will help keep the cabbage weighed down and submerged beneath its liquid.

Over the next 24 hours, press down on the cabbage every so often. It's important that the cabbage remain submerged under the brine at all times.

Ferment the cabbage for 4 to 10 days. As it's

fermenting keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid.

Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate. You can also allow the sauerkraut to continue fermenting for 10 days or even longer. There's no hard-and-fast rule for when the sauerkraut is "done" — go by how it tastes.

This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.

Red cabbage, napa cabbage, and other cabbages all make great sauerkraut. Make individual batches or mix them up for a multi-coloured sauerkraut.

Submitted by www.edibleisland.ca.

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What Should You Know



By Klaus Ferlow

Eczema is besides acne and psoriasis one of the leading skin disease and is a non-contagious skin condition that can be present in several different forms, but most common forms include:

atopic (an inherited

type in children)
contact (caused by a chemical irritant)
seborrhoeic (effects the scalp, face and torso)
dyshidrotic (blisters on hand and feet)

Eczema generally causes inflammation resulting in scaly patches of red, cracked and painful skin.

Over time the microscopic cracks and fissures can allow bacteria, viruses, and fungi into the skin to set up a secondary infection. The severity of this disease can vary; in mild forms the skin is dry, hot and itchy.

More severe forms involve weeping blisters where the skin becomes broken, raw, bleeding and crusty.

Some contributory factors include:

genetics, emotional stress, dietary insufficiency of omega fatty acids and exposure to harsh chemical products or chlorinated water.

Treatment Suggestions:

Avoid harsh chemicals; try adding omega fatty acid supplements to your diet and Himalayan crystal salt or sea salt to bathwater.

You should consult a certified nutritionist about a diet change and might want to detoxify your body for example with Milk Thistle tablets, capsules, gel caps or tincture.

Neem (*Azadirachta indica*), part of AYURVEDA, the oldest botanicals medicine system in the world with over 5000 years history from India, has been found effective in the treatment of eczema.

The condition can be treated topically with Neem cream, shampoo, soap, and systemically in adults with neem tincture, tea or capsules. Best results are achieved when eczema is treated at the the same

time internally and externally!

For the treatment of adult eczema it is best to first use the neem oil on the affected area for a few days, followed by the neem cream to relieve the intense itching and redness. Wash the affected area with neem soap, on the scalp with neem shampoo. In severe cases adults can supplement by drinking neem leaf tea twice a daily or taking a course of neem capsules as directed.

For extra topical relief, grind neem leaves and turmeric together with a mortar and pestle and apply topically to the rash. Neem leaves can also be used in the bath water of both adults and children to relieve itching.

Infants and young children may have their skin washed with a mild neem baby soap as directed.

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About Eczema for Better Health

purchase my book "Neem – Nature's Healing Gift to Humanity" at the gesund clinic (Naturopathic Medicine, Massage Therapy, Chiropractic), 638 Church Street, Toronto, Ontario. Words of Wisdom

Health is not everything but without health everything is nothing.

Klaus Ferlow, author, HMH, HA, innovator, lecturer, researcher, writer, founder of Ferlow Botanicals, Vancouver, B.C. and NEEM RESEARCH, Mission, B.C., board member of Health Action Network Society, member of National Health Federation, Neem Foundation, Mumbai, India, co-author of the book "7stepstodentalhealth" and author of the book "Neem – Nature's Healing Gift to Humanity."

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Stomach Acid and Emotions Linked

As we enter into the holiday season with all its celebrations we tend to draw focus to our digestive system with overindulgences in eating and drinking. For many reasons there can be an increase in stress and anxiety levels that can be felt in the gut.

Although the holiday season may tempt us, for many people issues with the digestive system can plague us all year round from pain and discomfort, gas and bloating, heartburn, diarrhea and constipation to mention a few.

The cornerstone for functioning of the body is the digestive system as proper digestion supplies the energy for your body. Good digestion begins in the stomach.

Stomach Acid

The stomach is designed to secrete hydrochloric acid (HCL). This acid has many important functions; kills many pathogens including bacteria, fungi and yeast, it renders proteins more digestible makes minerals more easily assimilated.

Sufficient acidity is required for the stomach to empty correctly and failure to do so can result in gastro-oesophageal reflux (heartburn). As partially digested proteins are a cause of food allergies, low stomach acid is sometimes the root of this problem too.

Dyspeptic pain (indigestion) is an important signal for the human body. According to F. Batmanghelidj, M.D., dyspepsia is a thirst signal that denotes dehydration. Instead of reaching for antacids to quell indigestion and heartburn, consider that most heartburn is due to too little acid in the stomach rather than too much acid.

The stomach needs water in two important ways related to HCL. First, water in the body is required to produce HCL itself at the proper PH (the water is not actually in the stomach but needs to be in the body when HCL is created). Secondly, water is important in producing the mucous stomach lining to prevent stom-

ach acid coming in direct contact with stomach tissue (direct contact can result in stomach ulcers).

Together with water, the body needs adequate chloride to produce HCL. The best source of chloride is salt. Salt, along with water, has a lot to do with good digestion.

Dehydration and/or lack of salt results in a stomach acid that is insufficiently acidic. When the contents of the stomach are not acidic enough (hypochlorhydria) the pylorus valve from the stomach to the duodenum is not triggered to open. The stomach wants to get rid of its contents so tries moving in the other direction, namely up into the esophagus.

Even though the stomach contents are not acidic enough, they are still acidic enough that acid burns the esophagus producing heartburn. The pylorus valve eventually does let the stomach contents pass, even though they are not acidic enough. But, since the contents are not sufficiently acidic, it will not trigger the release of pancreatic enzymes and acid neutralizing juices as effectively. As a result, the contents can stay acidic as they pass through the small intestine instead of being converted into an alkaline state. Unfortunately, the good digestive bacteria that like the alkaline state don't function in an acidic state so food does not properly digest and supply the nutrients the body needs.

Emotions

Another factor affecting the digestive system is our emotions. Digestion is controlled by the enteric nervous system, a massive, highly interactive nerve supply, in the gut (sometimes referred to as the body's second brain) that communicates with the central nervous system. When anxiety hits or stress activates the "fight or flight" response in the central nervous system, digestion can shut down. This shut down can result in reduced blood flow to the gut, affect contractions of digestive muscles and, decrease secretions needed for digestion.

Anxiety or stress can cause the esophagus to go into spasms (choke with emotions), can reduce the acid in the stomach causing indigestion and can cause the colon to react in a way that causes diarrhea or constipation.

Homeopathic remedies can be instrumental in healing our emotions as a root cause of our physical ailments as well as deal with digestive issues not related to emotions. The homeopathic remedy Nux Vomica is a commonly indicated remedy for the holiday season overindulgences and is a recognized 'hangover' remedy.

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

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MENU

Wassail

- 2 quarts apple cider
- 2 cups orange juice
- 1/2 cup lemon juice
- 12 whole cloves
- 4 cinnamon sticks
- 1 pinch ground ginger
- 1 pinch ground nutmeg

In a slow-cooker or a large pot over low heat, combine apple cider, orange juice and lemon juice. Season with cloves, ginger and nutmeg. Bring to a simmer. If using a slow cooker, allow to simmer all day. Serve hot.

Simmering Herbs

- 1 cup rosemary needles
- 1/2 cup pine needles
- 1 tsp. cloves
- 1-2 cinnamon sticks
- 4-5 drops rosemary oil
- 2-3 cups water

Put all ingredients in a small pot and bring to boil. Reduce heat and simmer for 15-20 minutes. Mixture can be reused several times adding more water.

Slow Cooker Sweet Potato, Chicken & Quinoa Soup

- 1 and 1/2 pounds boneless skinless chicken breasts
- 1 cup quinoa (I used a black bean quinoa package)
- 2 large sweet potatoes (1 pound or ~3-1/2 cups)
- 1 can (15.25 ounces) black beans
- 1 can (14.5 ounces) petite diced tomatoes
- 1 teaspoon minced garlic
- 1 packet (1.25 ounces) chili seasoning mix
- 5 cups chicken broth*

Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.

(I found a black beans seasoned quinoa package which I used and loved, but regular quinoa will work as well, just make sure to rinse it well.)

Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.

Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.

Place on high for 3-5 hours (It took 4 hours on high for my crockpot.)

Using two forks, shred the chicken and stir all the ingredients together. Add salt and pepper and if desired fresh parsley. Serve immediately.

Recipe courtesy of Edible Island, edibleisland.ca

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How to Choose Effective Treatments

By Marilyn Zink

Getting a massage can be a great way to de-stress from a hectic lifestyle. Having natural health products like oil blends and body care can be a further way to continue that de-stressing at home.

These are the elements of natural healthy living that Lisa Meikle of Bodacious by Lisa does in her boutique health spa located on central Vancouver Island.

While her spa may not be accessible to people who live far away, it's what people can learn from it that will benefit them. She also plans to have her products available online in early 2017.

The spa offers treatments like facials and pedicures and a variety of massages. What makes her facials unique is that she custom designs a treatment using plant extracts and essential oil designed to support the your skin's needs and concerns.

Lomi Lomi Massage, which is of Hawaiian origin, is a combination of massage and energy work that aligns the body, mind and spirit. Benefits are increased vitality, clearer mind and ability to focus, relief from stress and deep peaceful sleep.

Another type of massage that is becoming popular for busy people is Indian Head Massage, as it is offered in 15 minute, 30 minute and 45 minute time frames. This massage is great for people who carry tension in the shoulders, neck and head region through a variety of invigorating strokes and gentle pressure. (see sidebar next page)

"I have a couple clients with fibromyalgia and they're saying it helps with pain," says Meikle. "It also helps people who sing, it helps open up their throat chakras. It helps them to perform."

For those who really want a long-lasting whole body effect, it is worth having a Raindrop Therapy Massage. This massage uses 10 different essential oils that are applied to the feet and spine that gently and effectively seep into the nervous system for long lasting effects to heal the body and boost the immune system.

Meikle first applies the oils to the soles of the feet and then drops them onto the spine when the client is lying face down.

"After I drop them in I do different massage movements along the side of the spine to help facilitate absorption and help the body be open to receive," she says.

The essential oils used – oregano, thyme, sweet basil, marjoram, wintergreen, cypress, peppermint and valor blend have a lasting effect on the body. The Vita-Flex technique used in this treatment is an ancient Tibetan healing modality using gentle pressure along points of the body to create balance and assist the body to heal itself.

My Personal Testimony

I was the happy beneficiary of a Raindrop Therapy Massage a few years ago and just recently shared with Meikle what that meant to me. What it meant for me with the essential oils used was that the massage had a lasting effect for days. I felt calm, grounded and at peace with an overall sense of wellbeing. Generally the effects of a massage do not last very long with me as I am soon caught up in the busyness of life again. But this massage was different. I highly recommend it for anyone who wants to experience the healing effects of essential oils combined into an effective massage.

Spa clients also have enjoyed using the natural health products Meikle provides so they can continue their health care at home. Here's a few to sample and think about.

Tuscan Sunshine bath and body oil is an uplifting blend of bergamot, grapefruit and sweet orange. Muscle Ease relaxes tight sore muscles with the combination of rosemary, lemon, lavender and spruce.

Lavender and neroli is another nice relaxing blend while a Hathor love oil contains cinnamon, ginger, ylang ylang and cedarwood.

An aphrodisiac blend of patchouli, geranium, ylang, ylang, rosewood and tangerine helps awaken the senses. For more visit www.bodaciousbylisa.com

Indian Head Massage Proves Relaxing

By Marilyn Zink

The simple act of giving one an Indian Head Massage provides deeper benefit than one might think.

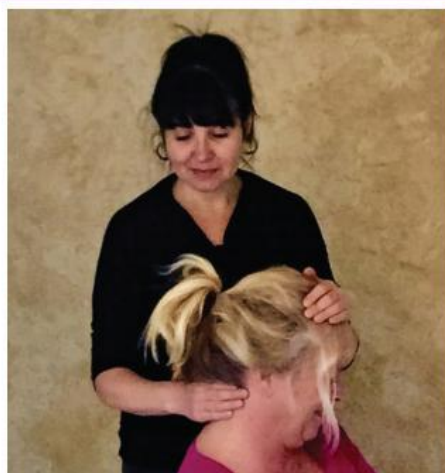
I was treated to an Indian Head Massage under the adept hands of Lisa Meikle, who operates Bodacious by Lisa.

I suspected the massage would relieve kinks and knots in my head and the neck area, but what I didn't realize was how deeply relaxing the massage turned out to be.

One of the great appeals of this massage is that it can be done anytime, anywhere as it is done on a person who is fully clothed sitting in a chair. No special equipment is needed.

Meikle started by massaging my shoulders with a kind of gentle squeezing pressure. This was done along the shoulders and close to the neck.

Then she pressed against equal sides of my spine, working up the spine towards the bottom of the



neck. Next was a kind of rolling of the forearms at the sides of the neck and then outwards toward the shoulder.

Then circular motions were done up the back of the neck ending just below the hairline, the spot where the neck connects to the head.

The massage continued back down the neck and then she started on the head.

A little word of warning – an Indian Head Massage is not for someone who is concerned about keeping their hair style in place.

This is the part where Meikle worked her fingers into my head, working through the hair almost like someone who doing a vigorous shampoo.

I didn't mind it one bit. The strokes next the top of the forehead were quite enjoyable and relaxing as well.

I felt deeply relaxed after and this continued well into the evening.

This type of massage is also known as 'champissage', the Indian word for massage in many dialects. It is based on the Ayurvedic form of healing that dates back almost 4,000 years.

It works the upper three chakras: vishuddha, ajna and sahasrara.

It can be used for healing, harmony, vitality and relaxing. It's good for the respiratory system, insomnia, better immune system, more energy, relief from TMJ, eye strain, nasal congestion, tension, headaches and stiffness in the neck and shoulders.



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Did you know that it is very likely that we were robbed today? That our pancreas is enlarged - perhaps two to three times the size it ought to be? That our immune system is expending some of its resources to help us complete the digestion of our food in our blood stream?

How do we know this is likely to be true of us? We know because almost all of us have a diet comprised primarily of cooked foods. Food cooked above 118 degrees Fahrenheit is devoid of enzymes.

If our diet is primarily comprised of cooked foods, our pancreas is producing enzymes necessary to digest our food. But our pancreas was never intended to supply all the digestive enzymes we need. It is over taxed and usually two or three times the



size it ought to be.

Dr. Edward Howell, (go to: www.IdealHealth4Life.info for his book on enzymes) the father of modern day enzyme therapy, advanced the theory that we each have a limited capacity to produce a certain number of enzymes in our lifetime. When we are no longer able to produce certain enzymes, that is when life can no longer be sustained.

"We have over 5000 enzymes in the human body that create perhaps 25,000 different reactions. Every action in our body is controlled by enzymes, but we know very little about them. I believe we create these different enzymes out of a base or source enzyme, which is more or less finite in our body. If we exhaust these source enzymes, they are not available in sufficient numbers to properly repair cells, so, over time, cancer and other degenerative diseases develop. This, in a nutshell, is the enzyme factor." Dr. Hiromi Shinya, MD "The Enzyme Factor"

It is as though we are born with a bank account filled with enzymes and, much like a bank account filled with money, if we have no source of income during our lifetime, the bank account will not last as long. If we supplement with powerful concentrated, active plant enzymes, our pancreas' capacity to produce enzymes will last much longer. We will extend the quantity and quality of our life.

If we are eating cooked, processed, commercial foods today, we can be assured that our bank account of enzymes was robbed today. To prevent this, it is necessary that we supplement with powerful plant enzymes.

When we eat, the food resides in the upper part of our stomach for about 30 minutes. If we eat raw fruits and vegetables that contain digestive enzymes, by the time this food reaches the acids in the lower part of your stomach, it is substantially digested.

Since we eat cooked foods, it begins to putrify in the upper part of our stomach and it calls upon the pancreas to supply all the enzymes necessary to digest it in the lower part of our stomach.

When this food reaches our small intestines and begins to make its way into our blood stream, it is not digested as well as it ought to be. It has a particulate size that is too large. Our immune system does not recognize it as food and begins to respond to it as a foreign invader ... a pathogen.

The immune system begins to produce antigens to combat it.

Continued page 17

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Wellness Tips for the Holidays



By: Gregg Turner PhD, CHT, CNLT

I believe, along with many other professionals, that we are seeing a shift in attitudes and priorities, for individuals, families, companies and even countries.

What, for some, used to be important is no longer “that” important. We are in a time of reassessing values and what’s important, to you and your families. A Wellness Home, Wellness Office and even Wellness Hotel rooms are becoming more important then ever.

What has changed? Family, Friends, Loved ones, Health, Prevention and Wellness are becoming more and more important. Just ask someone who is not feeling so good. How important is it for them to regain or add to their quality of health or what do you think they would say if you asked them about the importance of prevention?

The “toys” and “superficial items” are not as important or even the benchmark some thought they were. Real and on going value are more important then ever before.

I encourage you to consider what’s important to you and yours. Especially with the Holiday season approaching. The rush and usual stress of present buying can and is changing for many this year.

What types of gifts have deep, long lasting value and impact? The ones that still sit in a drawer/shelf, or is there something more.

The fact that we are starting to think differently is an indicator of changing times. More people than ever before are starting to take personal responsibility for their health and well being. Are you going to rely on an unhealthy “health care system”, also known as the “sick care system”? I am very ap-

preciative that we have a system that is available for folks with serious issues and would rather be healthy and avoid using the system.

We can be thankful if our values and priorities are becoming stronger and clearer.

I am suggesting to my friends, clients, associates and you, to look into a gift of wellness, prevention or health this year. Maybe it’s in the form of products or technologies.... Or perhaps it’s in the form of something else unique and special from your heart.

What gifts can you offer yourself every day? Maybe it is a walk around the block or eating balanced meals or even just smiling more!

How would it be to know, hear and see a difference you made for someone’s life? Maybe help someone eliminate or decrease his or her agony levels? Added more quality of life to a sick friend? Or perhaps help some avoid and prevent some “disease”? Or a gift to help them feel better, live longer, look better, with more energy, less stress and with more freedom!

Wow, what a gift! What a positive impact, that keeps giving!

We can offer you a variety of Free recommendations for your wellness gift giving. From complete wellness homes, specific items to assist with specific health interests, something for every pocket book to free references for books, even free reports or invites for a wellness home tour and seminar!

As we wrap up 2016, it has been my honour to of shared a variety of tidbits for you this year. I am dedicated to the Health and Wellness for all peoples world wide and I am excited to see what advancements and opportunities 2017 will provide for us all!

Many of you have contacted me about the value you found in the articles, some have asked great questions, some have explored proven and positive ways to add to their worlds, some have recommended information to friends and families. I thank you and appreciate your efforts.

Gregg Turner is the Founder and President of Solution Innovators. Your Active Wellness and Self Care provider! Discover It! Live It!

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Raw Enzymes, from page 14

These are white blood cells, sometimes called leukocytes. To some extent, all of us who eat cooked foods have some measure of leukocytosis, an over abundance of white blood cells. You can avoid this by supplementing with enzymes.

For the average person, the body expends 70% of its energy digesting food. By supplementing with digestive enzymes, we will lower this percentage and provide our body with a lot more energy to do other things.

In addition, due to our cooked food diet, our pancreas has to produce too many digestive enzymes and does not have the resources to produce adequate systemic enzymes.

Systemic enzymes, sometimes called metabolic or proteolytic enzymes, are produced by the pancreas to repair the body ... to build and restore tissues. In fact, they are a necessary component of all other functions in the body besides digestion, and our body is unable to produce enough of them because we eat cooked foods.

If we supplement with enzymes, 80% of the enzymes our body produces will be systemic enzymes instead of digestive. In addition, the considerable resources of the immune system will be freed up to keep us safe from real threats.

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FREE e-book... "Healthy" Foods that Smother Your Metabolism... go to: www.Provenhealth.info

Child Activist Highlights Show

There's a new kid on the block now... and he packs a serious punch by showing other kids how to eat healthy and take charge!

Meet 11-year old Daniel Bissonnette, international speaker and author who is live on stage at the Victoria Health Show Jan. 21-22.

"Healthy eating is not a hobby, it's a survival skill, more important than swimming and self-defence" says Daniel. "You see, today, 1 in every 3 children ages 5-17 in the US & Canada is overweight or obese...By 2050, 80% of children in North America are predicted to have type 2 diabetes! For the first time in history, this generation of kids is predicted to have a shorter life expectancy than their parents! I say it's time for Massive Change!"

Since he was 9, Daniel has given over 100 presentations and appeared on the stages of major health events in the US & Canada among leading health experts. He is now touring with Western Canada's Health Shows as one of their signature speakers and promoting his new book "*Daniel's Breakfast Burst*," a compilation of his carefully designed meals using specific combinations of nutritious foods & superfoods for optimal health and brain power. "Any child given the right information and choices would pick health over disease every time without exception!" says Daniel. "And I've seen it with my own eyes, kids trashing their junk and going home asking their parents for wholesome organic food after attending my talks or watching my YouTube Videos!" Visit www.healthshows.com

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W. Gregg
Turner
PhD, CHT, CNLT

**Ask me about
Holiday
Specials!**

Saliva Test May Predict Alzheimer's

A simple saliva test may be the key to predicting Alzheimer's disease.

A Vancouver, B.C. based company, Aurin Biotech (aurinbiotech.com), has developed a simple saliva test that can diagnose Alzheimer's disease and predict its future onset, allowing individuals to take preventive measures before the disease takes hold.

The disease, which affects an estimated 35 million people worldwide, is predicted to double in 20 years if progress is not made. In addition, the current cost of caring for Alzheimer's patients is estimated at more than \$500 billion per year.

An early online report of the scientific paper reporting on this test has been published in the *Journal of Alzheimers Disease* (<http://content.iospress.com/articles/journal-of-alzheimers-disease/jad160748>). The test is based on measuring the concentration of amyloid beta protein 42 (Abeta42) secreted in saliva. Abeta42 is the material which accumulates in the brain of Alzheimer disease cases and causes neuroinflammation which kills brain neurons.

"The number of cases studied is small, but our results are so remarkable, we felt they should be made widely available," explained Dr Pat McGeer, President and CEO of Aurin Biotech. "If individuals know they are destined to develop Alzheimer's disease, they can initiate preventive measures. These include taking over-the-counter non-steroidal anti-inflammatory drugs such as ibuprofen, drinking coffee, and sticking to a Mediterranean diet.

"Such a regimen can dramatically spare individual's from Alzheimer disease if commenced well before the age of onset. It is remarkable that while Abeta42 is made at a constant rate by every organ of the body, it is the brain, and only the brain, which decompensates late in life. This allows ABeta42 to precipitate with consequent development of Alzheimer disease."

The Aurin Biotech study featured 25 subjects ranging in age from 15 to 92 years who had Abeta 42 levels in their saliva averaging 23.34 picograms per ml (mean \pm SEM: 23.34 \pm 1.50). Six Alzhe-



imer's disease cases had values more than twice as high, ranging from 41.58 to 75.20 picograms per ml (mean \pm SEM: 57.89 \pm 6.53). A 51 year old pre-senilin 1 mutation case, who was cognitively normal but destined to develop Alzheimer disease had a value of 60.90, slightly higher than the average for Alzheimer disease cases. Two other cases, aged 52 and 60, who were also cognitively normal but were known from their family histories to be at high risk for Alzheimer's disease, had values of 47.96 and 59.57 picograms per ml.

The Aurin Biotech study appears to show that nature tightly controls Abeta42 production in every organ of the body and keeps it at the same production rate throughout life. In normal individuals, this rate is almost exactly the same regardless of sex or age. However, for those destined to develop Alzheimer's disease the rate varies, but is two to three times higher.

"We believe that a teaspoon of saliva can predict an individual's chances of getting Alzheimer's disease, and that once you know your chances you can take early preventive measures," added Dr McGeer.

"Knowing is the key, and that's what this simple test is all about. It's taken years of research to get to this point, but I really think we're there."

Aurin Biotech is a private, early stage Vancouver company which is developing agents for the treatment of Alzheimer disease and other chronic degenerative diseases.

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 that particular business.

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laughinglichen@gmail.com.....1-778-884-2371

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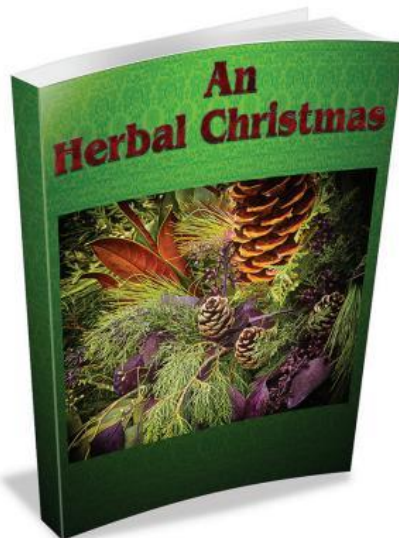
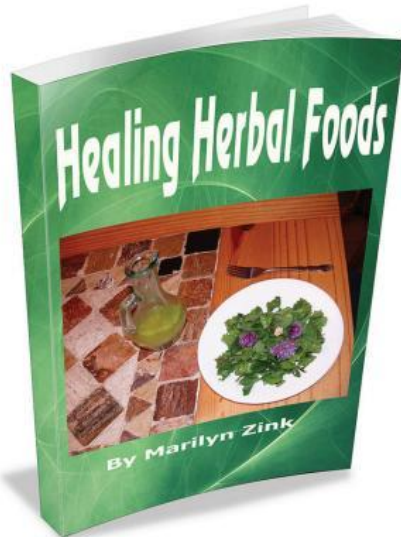
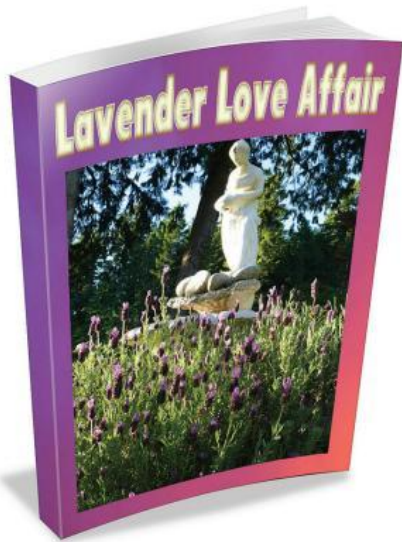
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