



The **Herbal Collective**

Better living with herbs and natural health

February 2017

Heart Health

Coconut Oil Warning

Broken Hearts

6 Keys to Vibrant Health

How Stress Impacts Health

10 Reasons to Use Homeopathy

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Publisher's Note

Secrets to a Healthier Heart

It's February – the month of love, romance and brighter days with winter winding down.

This issue is all about the heart – how to take care of it, how the heart can be broken, herbs to use and more.

Heart health is often something disregarded by the young and is generally regarded as something for older people to worry about.

But an article by herbalist Rowan Hamilton shows why younger people should be concerned about their heart and how to safeguard it.

Grief can break hearts too – as many people noticed late last year when Debbie Reynolds died a day after her daughter Carrie Fisher died.

Our hearts, our emotions, stress – these all have an enormous impact on our hearts.

Stress plays such a huge role in our health and you can read about some great ways to deal with it in an article on page 14.

We welcome Olena Gill, who is now a naturopathic doctor, back to the Herbal Collective, as she was a previous contributor with the print magazine. You can read her article on heart health and emotions on page 5.

You can also read why a top cardiologist warns against using coconut oil on page 12.

There's a lot of buzz around coconut oil but you need to know how to use coconut products correctly.

I saw coconut chips a fair amount at the recent Victoria Health Show but coconut oil was less obvious than in previous years.

Check out what the show offered on page 4.

There were many things to try, such as beverages, healthy snacks and entrees as well as supplements and natural skin cream.

Try the sweet potato noodle bowl on page 11 and then bak a chocolate cake for Valentine's.

Also discover 10 good reasons to use homeopathy on page 13. Many people are familiar with using herbs but homeopathy is also very effective for dealing with many health challenges.

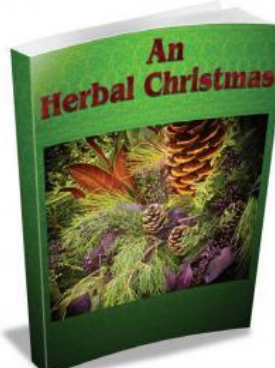
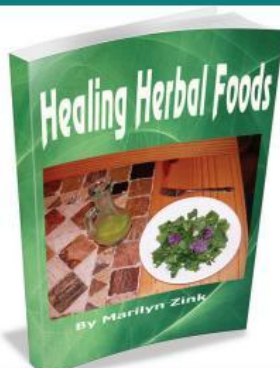
If you want to know the keys to vibrant health, you can learn about them on page 16 and how to nominate someone for BC health care awards on page 18.

Please share so more people can learn how to protect themselves with natural health methods.

I'm also thrilled to announce the Herbal Collective has been awarded as one of the Top 30 Herbal Blogs on the internet by Feedspot, a blog feeder.

http://blog.feedspot.com/herbal_blogs.

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Contents

The Theme:

How to have a healthy heart for 2017

Broken hearts and stress.....	5
Heart health for the young.....	6
Heart problems and prevention.....	8
Cardiologist warns against coconut oil.....	12

Features

Health show inspires and delights.....	4
Why we age and get sick.....	10
10 reasons to use homeopathy.....	13
How stress impacts the body.....	14
Six keys to vibrant health.....	16
Health nomination awards open	18



The Herbal Collective

published by Pro Write Publishing

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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.

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Columns and Departments

In the Kitchen

Chocolate Cake with Red Wine.....	11
Sweet Potato Noodle Bowl.....	11

What's in the News

The **Herbal Collective** has been awarded as **one of the Top 30 Herbal Blogs** on the internet by Feedspot, a blog feeder. It's thanks to the contributions of our writers that we've reached this designation. We are so thrilled and honored to receive this!

Check out the details - http://blog.feedspot.com/herbal_blogs.

A Canadian first! Ferlow Botanicals were recently issued an NPN (Natural Product Number) from a division of Health Canada for their Neem Cream.

The NPN was granted in recognition of the effectiveness of Ferlow Botanicals Neem Cream in alleviating the symptoms of Eczema.

Klaus Ferlow, founder of Ferlow Botanicals, developed a passion for Neem when he used it to treat his own psoriasis in just a few weeks.

Ferlow Botanicals have spent years developing and perfecting their Neem Line of products which include; cream, shampoo & conditioner, soap, tincture, oil and toothpaste.

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Colin Gillies, www.colingillieshomeopath.com	13
Louis Hoolaeff., www.leadingedgehealth.rg	14
Purica, www.purica.com	15
Gregg Turner, www.nikken.com/holistic	17

Health Show Inspires and Delights

Have you ever drank purple carrot juice? That was just one of the interesting drinks people could try at the recent Victoria Health Show held in Victoria, B.C.

Health shows are a great one top place to try out the latest and greatest natural health products and services in a one stop place.

It's an opportunity for herbal and supplement manufacturers, health food stores, local service providers and other businesses to show people what they've got.

Here's what was discovered at the show.

Last year coconut water was all the rage – this year it was rarely to be found.

However coconut chips are



Chaga mushroom, above left, and purple carrot juice, right, were just two of the many interesting items at the Victoria Health Show

extremely popular and can be found mixed with chocolate, granola or other ingredients to create a healthy snack.

Well, mostly healthy, if it's not covered in simple sugars.

Coconut is also being used in protein drinks and other options so it's popularity is still strong. There were also some dairy free 'cheez' crackers to try along with healthy chocolate (along with dark and milk chocolate options).

Patrons could snack on healthy granola bars, granola type cookies such as a cinnamon apple and also try entrees (snack size) like risottos and a wheat free pasta made from konjac, a root vegetable native to East Asia.

There were plenty of beverages to sample besides purple carrot juice. Red beet juice and one made with Astaxanthin, a powerful antioxidant, were also popular. Collagen drinks were available in different flavors while the usual smoothies and green drinks were plentiful as well.

A new type of antioxidant tea was available to try made from the leaves of coffee bushes. There was also Ayurveda tea that came in three flavours – Vata, a grounding tea with chamomile, Pitta, a cooling tea with peppermint and Kapha, an invigorating tea with ginger, turmeric, cloves and cumin.

Other products at the show included natural skin care, a natural deodorant, iron supplements, vitamins, herbs and other wares available from health food stores or independent suppliers.

The show also featured speakers on various topics.

See page 14 for an article on a lecture by Purica CEO Jason Watkins on combatting stress.

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"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

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Broken Hearts and Stress

Debbie Reynolds and Carrie

Fisher.

Spouses dying within hours or days of each other. People who are diagnosed with a ter-

минаl illness or suddenly pass on 'out of the blue', shortly after retirement from a lengthy career.

Your visit to the doctor's office, and associating 'white coat syndrome' sends your blood pressure increasing far beyond what it typically should be. What do all of different situations have in common? They all depict scenarios of adverse psychological stressors directly triggering some level of change in the cardiovascular state.

The concept of stress and ramifications of acute and chronic stressors throughout life is nothing new. In my medical practice, 'stress' is one of the most common patient complaints.

Here is what happens physiologically when the body is faced with a stressful event - the sympathetic nervous system goes into overdrive (much like backing away from a approaching bear), which can weaken the heart cells, thereby increasing potential speed for blood clotting, and ultimately setting the stage for arterial rupture and probable heart attack or stroke.

Regardless of how variable the response is to stress, stressors fall into two main categories: acute vs. chronic.

Acute Stress

These events or situations that typically occur with little to no warning: sudden job change or loss, sudden death in the family, sudden relationship change such as one spouse announcing they wish to divorce, relocation, car accidents, or even natural disasters such as earthquakes, tsunamis, hurricanes, etc.

All these types of situations have a common thread as well - sudden emotional trauma. A number of scientific studies were conducted post-California earthquake of 1994, which looked at the dramatic

increase of deaths due to cardiovascular disease, on the day of, in contrast to the days preceding the event.

Chronic Stress

Chronic stressors are not that different - they are perpetual, drawn out, and usually continue to occur without resolution: situations such job stress, marital discord, high drama news, anxiety, nicotine or alcohol intake, lengthy caregiving for a family member, unexpressed anger or unhappiness.

But there is good news here! Despite the stressor triggers, there are many approaches to dealing and coping with where you land on what medicine calls the vulnerability-resilience scale. I am a full proponent of the mind-body connection perspective and its effects on the physical body, especially in cardiovascular changes or disease.

When evaluating any patient I look at all factors, customizing a stress management protocol that is as unique to them as a fingerprint. I utilize a variety of natural health approaches, including prescription of herbal medicine, acupuncture, mind-body techniques, vitamin and mineral supplementation that address nutritional deficiencies, and even dietary and lifestyle changes. Here is a sample of different ways to tackle stress head on, supporting your heart health in the process:

Meditate: Even 20 min. of focused quiet time has been shown to lower blood pressure and reduce risk factors for heart disease and stroke

Disconnect: Avoid the news, electronics, emails,

Broken Hearts, Continued page 7

DR. OLENA GILL, R.Ac., ND

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Heart Health for the Young

We come from Nature and it is Nature that will sustain us, give us health and vigour all our lives. The closer we are to the Earth and her bounty the healthier we will be.

Your health is a magical gift. It is perhaps the greatest gift you will ever have. The vigour of your body makes possible the path you choose for yourself and all that makes up a good life. But do you know how to support and maintain that health and vigour? To work with Nature to support yourself?

When you were little it was your family that guided your health. Once you are on your own it is you that takes responsibility for your life and the health that supports it. Nature is waiting to help you.

All living things are precious and need care. You are no different. From your earliest years your complex, beautiful body is building its future. Healthy bones, healthy mind, healthy organs, healthy cells all contribute to a healthy life. At the very center of all is your heart and circulation on which all else depends.

Cardiovascular diseases (CVD), conditions of the heart and circulation, have become one of the major causes of death and debility in our society. But we still think of CVD as something that happens to old people. We assume that we don't have to think about it while we are young and making our way in the world. That couldn't be further from the truth. By the time many CVDs show any symptoms the arteries may be 80% shut down. The heart tired and weak. That deterioration can begin when you are young; very young.

So what do you need to know to prevent future ill health for your heart and blood vessels? It's not rocket science. Weston Price conducted the largest, and best ever, study of indigenous people all over the world back in the 1930s. He found very little CVD in thousands of people from Australia to the Arctic. When a "western" diet was introduced to those people that changed very fast; often within a few years.

Work with a professional Natural Health Care provider. Your body is complex and the information available through media and the internet is often



overwhelming. With a well trained and experienced professional you can design a program of health, herbs and nutrition which will boost your current vigour and build a dynamic future. This is perhaps the greatest investment you will ever make.

Learn to look to nature for your nutrition. The food industry, from hybridized grains to hormonally treated animals, factory processed pseudo-foods, the use of sugar everywhere and so much more is destroying the health of our country.

Grow what you can, no vegetables will ever taste better or do you more good. You may even learn to gather from the wild. In a store, shop from the produce section, seek local or organic meats, eggs, grains that are not hybridized, foods that deliver high levels of vegetable fiber, learn to use beans and other vegetable protein sources.

Top 4 Signs of a Heart Attack

What are the top impending signs of a heart attack?

Take steps now to protect yourself with a healthy diet and lifestyle. Get help! Here's what you need to know:

Anxiety and Impending Doom

Shortness in Breath

Nausea and Profuse Sweating

Intense Physical Pain, Feeling of an Elephant Sitting on Your Chest



I take patients around our community farm store to help them make the transition and the results show themselves with weeks. We design a diet to reduce free radicals and reduce the acidifying load that cause so much deterioration in the body.

Learn about anti-oxidants and the supplements you need to achieve and maintain optimum health. The free radical load that inappropriate and harmful foods leave in our bodies is the source of so much inflammation. It is inflammation that is at the root of many diseases including CVD.

We may need supplementation to get that under control. Linus Paulin showed that combining Vitamin C and Lysine can restore clogged arteries. He won the Nobel prize twice; a truly great scientist. Vitamins B6, B12 and folic acid are essential for arterial health. To help you regain your optimal vitality other supplements can be used to make the adjustment. Choose wisely with your advisor's guidance.

Movement is life. Exercise is not an option for those who can move. You live in Canada. What greater invitation to explore the natural world could you dream of? Whether you are in the woods, mountains, on the ocean, in your garden or strolling down a country road the time you spend outdoors in movement brings you closer to health.

Then begin to learn about herbs. This is where you can also make a huge difference to all aspects of your health including your heart and circulation. Learn to love Garlic and your blood pressure will stay where it needs to be. Learn to love Hawthorn.

The leaves and flowers make a great tea and the berries a rich decoction. Hawthorn's unique properties will help heart stay strong. Learn to love Motherwort; your stress levels will be minimized what-

ever events are going on around you. Learn to love digestive herbal bitters. Your digestive system will be relaxed and absorb the nutrients you need.

If your heart and circulation are in need of help remember, a professional Natural Health Care provider is your first line of support and healing. They know the way of herbs and natural health. They also understand medical science. If you have had an emergency and needed medical care to survive go then to your professional Natural Health Care provider afterwards to recover and get back to health.

Nature and those who work with her are here to help you at all levels. Herbs, healthy foods, and human wisdom are the best way for all of us.

Contributed by Rowan Hamilton, Medical Herbalist, Duncan, B.C.

Broken Hearts, *Continued page 7*

and the like. Take the time every day to simply unplug from the daily barrage of information.

Exercise: Get your body moving. 30-60 min. of daily walking, can increase endorphins (the 'happy' hormone) and strengthen heart muscle

Stop Smoking: Obvious health risks aside, continuous nicotine intake exacerbates stress.

Get Enough Rest: Sleep and recovery is crucial after stressful events. 8 hours of sleep per night is the recommended amount for relaxation and recovery.

Be Assertive: Drawing boundaries is crucial to your energy management. Sometimes it's okay to say 'no'.

Let It Go: Identify what you can control and what you can't. Simply put – let what you cannot control, go. Your body doesn't need to carry that weight.

Ultimately, you can't avoid stress, but you can definitely manage it and positively shift future risks of cardiovascular health concerns. Here's to a healthy heart!

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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.*

Heart Problems and...



By Klaus Ferlow

Hear disease can be prevented even if there is strong tendency for heart problems in the family. Let's examine what are the symptoms of heart disease.

Cardiovascular disease is the leading health problem in the Western World. It is the number one cause of death in the United States; Canada is following suit, claiming more than over 1 million lives annually.

An estimated 50 million Americans, almost 17% of the population are afflicted with heart and blood vessel disease, although many do not know it because they have no symptoms. Statistically 70-80% of women experiencing heart attacks did not have symptoms which is alarming!

Narrow heart blood vessels are unable to provide oxygen the heart needs; this creates in males mainly angina pectoris, characterized by heavy, tight chest pain; also pain on the left arm. More warnings are excessive tiredness, breathlessness from climbing stairs. Pain often extended to the shoulder, neck, jaw; other signs are sweating, nausea, vomiting, dizziness, fainting, feeling anxiety. Difficulty swallowing, ringing in the ears and loss of speech.

What is the Cause of the Problem?

The main cause of most heart diseases is improper, poor diet (fast junk food), particularly eating too much red meat, much of it loaded with hormones and saturated fat, refined poisonous salt and sugar, alcohol, smoking and not enough exercise.

Hypertension (high blood pressure) is often the precursor of heart problems and it is caused by the decrease in the elasticity or a reduction in the interior diameter of the arteries, or both, which may be caused by arteriosclerosis, defects in sodium metabolism, stress, nutritional deficiency, and enzyme imbalances. Some people develop too much of the 'bad' cholesterol LDL which then overtakes the

'good' cholesterol HDL that creates plaques inside the arteries; the result is high blood pressure.

The amount and type of chest pain varies from one person to another. Some people have intensive pain, while others feel mild discomfort. Heart attack occurs when a part of the heart muscle is denied blood and oxygen for a long enough period for cells to die. Hardening of the arteries, built up of plaque inside the arteries and the presence of thrombus, or blood clot in a blood vessel are the most common causes of obstruction. Hypertension, often the precursor to heart problems and the leading cause of stroke, also greatly increases the risk of heart attack, heart and kidney failure.

There are a variety of other cardiovascular diseases which include:

Arrhythmia/palpitation or irregular heart beat;

Angina pectoris - pain or heavy pressure on the chest;

Aneurysm - spot in the blood vessel where the wall becomes thin and bulges outward;

Cardiac arrest - when the heart stops beating;

Cardiomegaly - enlargement of the heart;

Cardiomyopathy - group of diseases of the heart muscle;

Carditis - inflammation of the heart muscle;

Congestive heart failure - condition of chronic heart failure;

Ischaemic heart disease - caused by obstruction of the blood flow to the heart;

Endocarditis - inflammation of the endocardium, the membrane surrounding the heart muscle;

Valvular disease - impairs the functioning of one or more of the heart's valves;

Insufficient supply of antioxidants - high level of high level of fibrinogen, (dysfunction or disease of the liver can lead to a decrease of fibrinogen,) a blood clotting protein.

Heart Function Self-Test

Your heart is the most important muscle in your body and a simple pulse test can help to determine

How to Prevent Them

how well your heart is functioning. The best time to check your pulse is first thing in the morning and if your pulse is under 60, your heart is functioning well. However, if your pulse is above 80, you may need to change your diet and lifestyle. If your pulse remains rapid, consult immediately your health care practitioner or go the emergency room of the nearest hospital and/or call 999/911 for an ambulance.



Diet and Lifestyle

Here are some suggestions and answers to your questions how to prevent heart problems. You should take seriously, try to avoid:

- Red hormone-loaded meat;
- Refined poisonous salt and sugar;
- White flour;
- Processed, ready-made packed deep fried 'junk food' with saturated (trans-fats) fats;
- Soft drinks with artificial sweeteners such as aspartame, neotame, splenda, saccharin etc.;
- Excessive alcohol use;
- Smoking inclusive second-hand smoke;
- Excessive coffee, black tea;
- Large meals after 5:00 pm;
- Excessive weight;
- Homogenized (bovine) milk;
- Sources of sodium and food products that have soda, or the symbol "Na" on the label;
- MSG - Monosodium glutamate, a neurotoxin which creates brain damage, acts as meat tenderizer and creates craving for more food;

Heart Problems, Continued page 17

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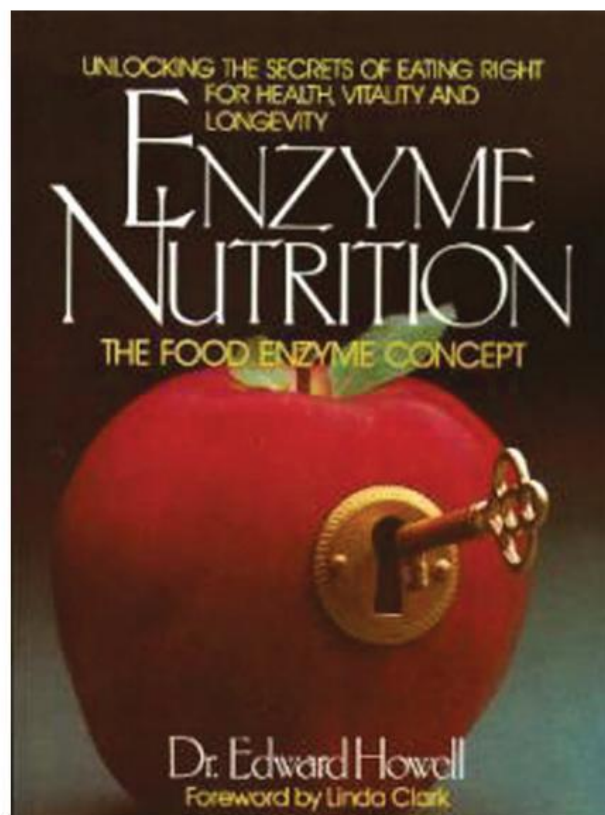
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MENU

Chocolate Cake with Red Wine

1 1/2 cups all purpose flour
1 cup sugar
1/3 cup unsweetened cocoa powder
1 tsp. baking soda
1/2 tsp. salt
3/4 cup dry red wine
1/2 cup water
1/2 cup canola oil
2 Tbsp. white or apple cider vinegar
1 tsp. vanilla extract

Preheat oven to 350 degrees

Lightly grease a 9-inch round cake pan line the bottom with parchment paper.

In a large bowl, whisk flour, sugar, cocoa, baking soda and salt. In a separate bowl whisk wine, water, oil, vinegar and vanilla.

Pour the wet mixture into the dry mixture and whisk until just combined. Do not overmix.

Fill the prepared cake pan with batter. Bake for 28 to 30 minutes or until a toothpick inserted in the centre of the cake comes out dry.

Rotate the cake halfway through baking time. Top with your favorite frosting.

Sweet Potato Noodle Bowl

1 tablespoon + 2 teaspoons extra virgin olive oil
1 medium sweet potato, peeled and spiralized
1 cup sliced Brussels sprouts
1/4 cup pomegranate arils
1 tablespoon sliced almonds

For The Vinaigrette

1 tablespoon real maple syrup
1 tablespoon extra virgin olive oil
1 tablespoon sesame oil
2 tablespoons apple cider vinegar
1 teaspoon white sesame seeds
1/4 teaspoon garlic powder
1 tablespoon soy sauce

Add 1 tbsp. oil in a large skillet over medium heat. Add the sweet potato noodles, season with salt and pepper and cook for 7 minutes or until cooked through and al dente. Divide the sweet potato noodles into two bowls and tent with foil to keep warm.

While the sweet potato noodles cook, place all of the ingredients for the dressing into a small bowl and whisk thoroughly. Set aside. Add remaining oil and Brussels sprouts to skillet cook for 5 minutes, stirring often, until sprouts are bright green and start to char. Add almonds and cook another minute to lightly toast. Transfer to sweet potato noodles, add in the pomegranates and drizzle with vinaigrette.

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Cardiologist Warns Against Coconut Oil

A top cardiologist says people need to stop consuming so much coconut oil.

Dr. Andrew Freeman, a cardiologist at the National Jewish Health Centre, says consuming coconut oil on a regular basis is not recommended and could have long term consequences.

“Coconut in its unprocessed state is nowhere near as bad as (processed) oil. Coconut oil is in an area where there is very little evidence to support its routine use,” says Freeman.

He says coconut oil is one of nature’s highest saturated fats.

“Of course, it doesn’t help that coconut oil is very decadent. It should be used very sparingly, if at all. There’s very little data to support its routine use.”

Freeman says there’s a lot of hype around the alleged benefits of coconut oil which has led to some fads.

“People are putting sticks of butter and coconut oil in their coffee every morning. They call it bullet coffee.”

From a heart perspective, Freeman says “coconut oil has been somewhat detrimental,” but acknowledges that coconut chips are ok to eat along with coconut flesh.

The impact on the heart and whether or how much heart disease can be affected by coconut oil is not clear at this stage.

“There’s not a lot of good quality studies in this region,” says Freeman.

“The research that was done on coconut oil appears to show higher rates of cardiovascular disease and states.”

Freeman concedes that virgin coconut oil is safer but it’s at an early stage and it’s only been tested in animal studies, not humans.

He says the National Lipid Association has concluded there is no evidence of the benefits of consuming coconut oil. The NLA recommends avoiding butter, lard, palm oil and coconut oil for a low cholesterol diet.

Freeman says 21 research papers and 8 trials and 13 observational studies published in Nutrition Reviews show that coconut oil raises LDL cholesterol.

The abstract from the journal states “The majority (of studies) examined the effect of coconut oil or coconut products on serum lipid profiles. Coconut oil generally raised total and low-density lipoprotein cholesterol to a greater extent than cis unsaturated plant oils, but to a lesser extent than butter.

The effect of coconut consumption on the ratio of total cholesterol to high density lipoprotein cholesterol was often not examined. Observational evidence suggests that coconut flesh or squeezed coconut in the context of traditional dietary patterns does not lead to adverse cardiovascular outcomes.

However, due to large differences in dietary and lifestyle patterns, these findings cannot be applied to a typical Western diet. Overall, the weight of evidence from intervention studies to date suggests replacing coconut oil with cis unsaturated fats would alter blood lipid profiles in a manner consistent with a reduction in risk factors for cardiovascular disease.”

“Basically there’s a lack of evidence and there may be harm,” states Dr. Freeman.

He says the diet that is most healthy is a whole foods plant based diet with unprocessed foods and low in saturated fats.

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10 Good Reasons to Use Homeopathy

Homeopathy is a scientific system of medicine that has a history of over 200 years. It is recognized by the World Health Organization as the second most common medical system (after modern medicine) used throughout the world. Here are ten reasons to use homeopathy:

1. Natural Action:

Homeopathy recognizes that the body is the best healer and that homeopathic remedies support the body's natural ability to heal it. Homeopathy works by stimulating the body's own natural defense mechanisms to promote health and to resist infection and susceptibility to disease. Although gentle, the results can be powerful and long-lasting.

2. Health & Well-Being:

Homeopathy improves health generally, rather than merely alleviating localized symptoms.

It treats the whole individual, acting on the mental and emotional levels as well as the physical level, providing a balance in overall health and an increased sense of well-being and quality of life. Homeopathic treatment encompasses the whole individual and therefore addresses virtually any illness.

3. Effective Medicine:

When used correctly, homeopathy can be an extremely effective system of medicine, providing long-lasting relief from many acute and chronic conditions and illnesses. Many illnesses can be identified in the early stages so that health can be restored before a more serious disease develops.

4. Safe with no Harmful Side Effects:

Homeopathic remedies are made from natural substances in accordance with international standards of homeopathic pharmacopeia.

They are different from vitamin and mineral supplements or herbal preparations. Homeopathic remedies are potentized through a series of successions (hard shaking) and dilutions.

These micro-doses act in a gentle and permanent way to restore health. Homeopathic treatment offers a non-invasive approach to health, producing no toxic side effects, no dependency or addiction, and no withdrawal.

5. Cost Effective:

Homeopathic remedies are surprisingly inexpensive to purchase, especially when compared to over-the-counter and prescription drugs.

6. Fast-Acting First-Aid Relief:

Homeopathy can be safely used at home or on the road to provide rapid relief for minor problems such as bruises, simple burns, sprains, insect bites, gastric upsets, etc. However, more serious or long-lasting complaints should be treated by a qualified homeopath.

7. Not Tested on Animals:

Homeopathic remedies are tested only on healthy humans in order to determine the range of action of each remedy.

8. Complementary Medicine:

Homeopathy can be used independently or along with conventional drugs and other therapies (with the full knowledge of your other health care providers). It can often alleviate unpleasant side effects of conventional treatments (e.g., chemotherapy).

9. Environmentally-Friendly:

Homeopathy has no adverse impact on the environment. There is no waste of energy or natural resources in the manufacturing process and no pollution of the water supply, oceans, or dump sites when used. In fact, homeopathy is the ultimate Green Medicine!

10. Medicine of the Future:

Homeopathy is widely used around the world. It is available in most countries and is gaining popularity as an alternative conventional medicine.

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

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How Stress Impacts the Body

Stress impacts the body in a variety of ways according to a CEO who spoke at the recent Victoria Health Show.

“We’re chronically deficient in glycogen,” says Jason Watkins, CEO of Purica. “Stress is about breaking the body down to create energy.”

Stress causes more acids in the body and it can affect sleep, with poor sleep leading to more stress.

One simple way to counteract stress is to use magnesium, as it has a number of functions such as relaxing the smooth muscles in the body, bringing down blood pressure and helping the digestive system to move properly.

“Adrenal glands require it,” says Watkins. “Magnesium helps you deal with stress.”

Stress can lead to rapid aging and breakdown of the brain’s thinking processes. When stress hormones are too high, this can affect the brain and lead to Alzheimers.

One product that helps is Recovery, which was designed to “make you behave as if you’re 15, 16 years old,” says Watkins.

But it helps “cells recuperate and restore themselves” which makes it an effective way to deal with chronic stress. In some cases it has been used for severe asthma.

Watkins says stress affects the mind and leads to worry and irritation.

“Irritation is a lesser form of anger,” says Watkins.

He says our busy lifestyles can often lead to stress and irritation. A recent study by the Massachusetts Institute of Technology (MIT), showed the effects of the internet on people’s attention span. It has dropped from around 23 seconds to just seven seconds.



Jason Watkins, CEO of Purica, speaks at the Victoria Health Show held recently in Victoria, B.C.

It becomes a form of Attention Deficient Disorder due to all the information on the internet and from busy lifestyles.

“The mind is full of habitual tendencies that lie in wait,” says Watkins. “Your mind reacts to this. These induce emotional responses or limited points of view, then the body breaks down. When you’re in a stress state, your awareness is very narrow. In order to get out of that state, people need something.”

He says Tibetans use medicinal mushrooms to make the mind calm and clear and reduce stress. Each type of medicinal mushroom has a “personality that fits you.”

Reishi mushrooms calm and clear the mind while increasing energy. Cordyceps are for people who want to be alert yet it also provides power and strengthens the adrenal glands.

Chaga is a balance of being alert and calm. Lion’s Mane increases clarity of mind and increases libido.

One product, Complete 360, is a blend of the different medicinal mushrooms and “has been the hottest product we’ve put out there,” says Watkins.

For more information on the types of products, visit www.purica.com

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6 Keys to Vibrant Health

What is one of the most important, if not the most important thing in life? The one thing that if you don't have it, you can't do much? May I suggest it is our HEALTH?

How important is your Health? If you want something to occur in the future when is the best time to start paying attention to something you want in the future? Obviously it is as soon as possible. The younger the better or start NOW. Just like planning for a financial future, the more time, energy, focus and other resources we invest in our health, the better and "weller" our future will be.

What are the major keys to Health?

- If our lungs stop filling with this --- what happens --- we die, so what is this very important thing for life? OXYGEN!
- If we don't have the second essential when we are out in the desert, we'll die? WATER!
- If we don't consume another essential several times a day, we'll eventually die? It's more than just food. It's NUTRIENTS!
- If we don't keep our muscles active, we'll deteriorate, so we have to do what? EXERCISE! And most people don't exercise because they need ENERGY!
- If we don't lay our bodies down at least once a day, we will deteriorate mentally and physically, what do we need? REST or SLEEP!

Would you agree that these are all ESSENTIAL to sustain quality and long term life?

- * Health
- * Oxygen
- * Water
- * Nutrients
- * Exercise/Energy
- * Rest/Sleep
- * Invest (time, energy, money, focus)

Would you agree that if we are going to invest in our healthy future we should invest in all the areas? Then why don't people do so? I suggest it is because of lack of education. Prevention and health education has been cut back in our schools and

16 Herbal Collective Feb,'17

community in general. The TV media has become an educator for future generations, focusing on fast foods, pharmaceuticals, inactivity and other negative things.

Every morning when we get up there is a "battle" going on. A battle against all the "bugs", "dis-ease" and "nasties" out there. Our autoimmune systems are being attacked on a regular basis. Everytime we drink healthy water the enemy camp says "Oh No! Here comes trouble. The Good guys just added good water."

Everytime we pay attention to our nutrition or even read a book on healthy eating, the bad guys say "Oh No! Watch out!" Everytime we get a good night rest, we push back any "bad guys". Everytime we exercise, even go for a walk around the block, we add and support our Healthy side. Everytime we contribute to our wellness we help the "good guys".

Over time we push back the bad guys, we add to our health, we add to our longevity, we age gracefully, we support our autoimmune systems and invest in our wellness future.

So who's responsible for our health and wellness? If you say your doctor, I believe that they are there for your sick care needs and crisis intervention (and I'm glad they are).

The essential keys spell OWNER. We are the "Owner" of our health and wellness. The right and responsibility is ours and mine. We are the ones responsible for our future wellbeing. How and what we do NOW will have an influence for our health and wellbeing. The Wellness Home concept is worthy of learning about, then you can decide what's best for you, yours and your future.

Gregg Turner PhD, CHT, CNLT is the Founder and President of Solution Innovators. A diversified International Wellness and Business Consulting Company. He can be contacted at 250-380-0702, toll free 877-654-2371, www.Nikken.com/holistic or solutioninnovators@shaw.ca, Local and international inquiries are invited.



Heart Problems and... *Continued from page 9*

Food with mould inhibitors or chemical preservatives (parabens);

Try to Include the Following

One teaspoon of cayenne in a cup of water at the onset of a heart attack or stroke - it could save your life!

Three raw garlic in capsules or garlic in salads;
Add on mesh garlic and mix with honey, take a teaspoon daily;

Unrefined nut and seed oils such as hemp, flax, walnut, coconut, pumpkin, sunflower on salads and dishes that don't require heating;

Certified organic and/or organic raw fruit and green vegetables, carrots, beets, celery, asparagus, avocados, kelp, figs, tofu, wheat germ, broccoli, cauliflower, alfalfa, cabbage family, peppers;

One glass of a quality red wine with a warm meal (the tannin in the red wine will prevent blood clotting, which then prevents heart attacks and strokes), I have been doing this for over 40 years;

Take 5 - 20 drops of Hawthorn tincture one time daily or alternative;

Take 2 - 15 drops Hawthorn combo tincture one time daily;

Take 25 - 30 drops Ginkgo Biloba tincture daily, alternate with the Hawthorn tinctures;

Soak 1/2 tsp Mistletoe in one cup of water for twelve hours, strain and drink three cups daily

Supplements

Coenzyme Q10, 50mg three times daily, Magnesium 600mg, Vitamin C with bioflavonoid 1000mg, Vitamin E with mixed tocopherols, 400 IU daily;

Exercise outdoors in fresh air through a park, forest, or a long beach, breathe deeply while you are walking (count to seven while inhaling and again to seven while exhaling);

Moderate, regular exercise like brisk walking three times a week for thirty minutes will benefit general health.

My article offers you a 'guideline' for preventing heart problems; by no means does it cover the whole spectrum of heart disease. More detailed information can be obtained by reading the recommended books in the reference.

Note: It is not our intention to make any specific health claims. Any attempt to diagnose and treat illness should come under the direction of your health care practitioner.

Klaus Ferlow is a researcher, writer, founder of Ferlow Botanicals and NEEM RESEARCH, board member of Health Action Network, member of the Neem Foundation, Mumbai, India, National Health Federation, USA and other organizations, co-author of the book "7stepsdental-health" and author of the book "Neem - Nature's Healing Gift to Humanity", <http://www.neemresearch.ca>, neemresearch1@gmail.com

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Nominations Open for Health Care Awards

Nominations are now open for the 11th annual BC Health Care Awards. The awards celebrate successes and achievements in BC's health care system, and recognize people who provide outstanding care and support. Awards are for projects that improve health care delivery, and for individuals who make a positive impact and inspire those around them.

Nominations are accepted online at BCHealthCareAwards.ca until February 24, 2017. Health care colleagues and members of the public – including patients and their families – have the opportunity to recognize and thank health care employees in their communities by submitting a nomination.

“The awards are a great opportunity to recognize some of the incredible people who work hard to ensure that British Columbians receive world-class, patient-centred health care services each and every day,” said Health Minister Terry Lake. “These professionals have also made our province a leader in medical research and innovation.”

Heather Dunne, Site Manager at Ladysmith Primary Health Care Centre, and Dr. E. Jane Garland, a Child and Adolescent Psychiatrist at BC Children's Hospital shared the honour of being named Provincial Health Care Hero at the 2016 awards gala.

Throughout her almost 50 years as a nurse, Dunne has pushed the boundaries of nursing, especially with regards to championing the role of the Nurse Practitioner and working to improve both access and

the quality of health care service provided to remote and isolated communities, including First Nations.

As a child and adolescent psychiatrist specializing in mood and anxiety disorders, Dr. Garland inspires her patients to develop their own strengths and in doing so has changed the lives of thousands of children and young adults.

To learn more about these award recipients and other previous winners, visit the BC Health Care Awards YouTube channel.

Since the awards were launched by the Health Employers Association of BC in 2007, more than 200 Gold Apples and Awards of Merit have been awarded to health employees who are improving BC's health care system.

Visit BCHealthCareAwards.ca and follow the awards on Twitter or Facebook to learn more. Winners will be announced at a luncheon in Vancouver on June 26, 2017. The 2017 BC Health Care Awards are generously supported by Healthcare Benefit Trust and Pacific Blue Cross.

The Health Employers Association of British Columbia (HEABC) is the accredited bargaining agent for most publicly funded health employers in the province, representing denominational, proprietary and affiliate health employers, as well as the province's six health authorities. HEABC coordinates the labour relations interests of 250 publicly funded health care employers and negotiates five major provincial agreements covering more than 120,000 unionized health care employees.



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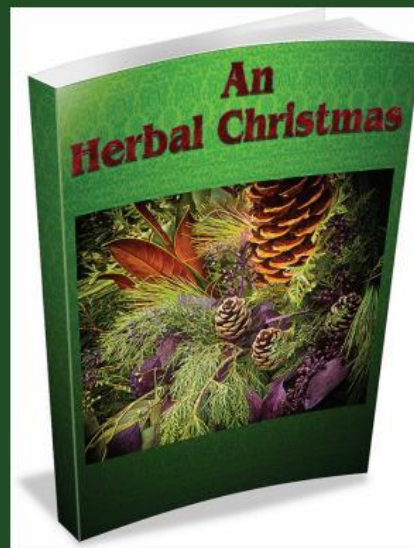
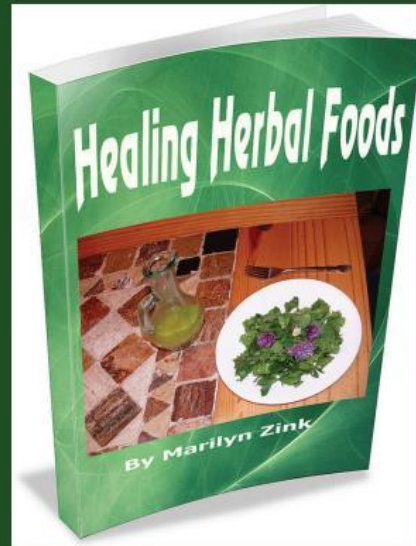
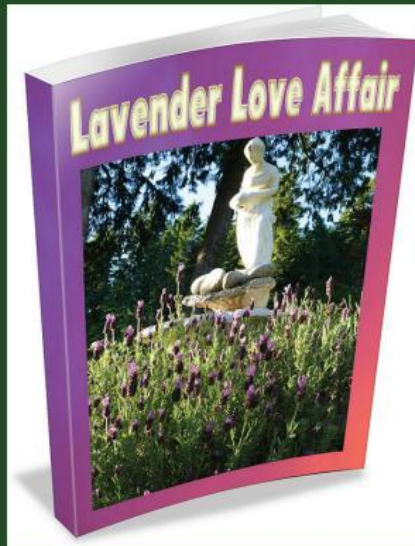
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