

The **Herbal Collective**

Better living with herbs and natural health

March 2017

Top Detox Herbs

Spring Cleansing

Autistic Children Studied for Probiotics

Steps to Follow for a Cleanse

Benefits of Eating Barley Grass

The ABZzzz of a Good Night's Sleep

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Publisher's Note

What a Cleanse Can Do

This issue of the Herbal Collective is all about cleansing the body and it's a great way to prepare for spring.

Maybe you have done a cleanse or detox before or heard about it and are curious.

So I wanted to give you an inside look at what happens but more importantly what it does for the body.

The first time I did a cleanse I knew a bit about it as I had been researching herbal options for the asthma and Irritable Bowel Syndrome I was dealing with at the time.

I felt like my body wasn't performing as well as it should be, the digestive system wasn't working well, my lungs would get clogged and I didn't have the energy level or focus that I knew I should be having.

I went to a health food store and inquired about the different cleansing products.

The one I decided to use did a whole body with herbs to cleanse the liver, colon, kidneys and blood. Part of this also included herbs to kill parasites and laxative herbs to remove wastes from the body.

I decided to start it on a Friday so I wouldn't have anything demanding to deal with during the weekend.

I took two capsules before each meal and drank lots of fluid. I remember the next day that I first felt a bit like a flu was coming on, headache, tired.

This continued over the rest of the weekend but then the wastes were coming out of my body. So this is the question many people want to know – do you need to be

near a washroom?

This depends on the type of cleansing one is doing and if herbal laxatives are used.

But I wouldn't suggest going on a sailing trip, that's for sure! In my case I did frequent a washroom quite a bit for that first cleanse.

The cleanse I used did have some powerful laxative herbs such as senna and cascara sagrada.

These herbs are not used as much as they were in the past. The cleanse I did lasted 10 days and had a powerful effect on my body.

When it was completed my digestive system worked so much better, I had 10 times the energy and enthusiasm and even lost some weight in the process. Losing weight can be a nice side effect of a cleanse as people often can't lose weight when their organs are not working efficiently.

Over the years I continued to do herbal cleanses and discovered that my body is now working more efficiently and effectively that it did in the past. Health concerns of the past are no longer an issue.

Being aware of eating healthy and exercising has made a big difference as well.

It's the long term effects for better health that make cleansing so important and effective for people.

If you are struggling with health concerns, I highly recommend cleansing but first get the green light from your doctor or health practitioner.

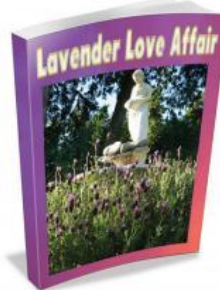
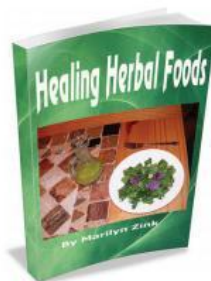
Cleansing puts you on the path to better health!

Sincerely

Marilyn Zink

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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.

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>



The Herbal Collective

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What is a Functional Detox?

Two different patients came to see me in my office. “Tracey” is a 28 year old yoga teacher – physically active, eating clean, occasional alcohol and sugar indulgences during the week, sporadic flare-ups of eczema, but otherwise no major health concerns as her latest lab tests had shown.

Her goal in coming to see me was to make some tweaks to her eating plan in order to increase her energy levels and to take her health to the next level. “Bob”, is a 58 year old male with a history of heart attack, high cholesterol, high blood pressure, increased weight gain, sedentary job and lifestyle, a SAD (Standard American Diet) and on multi-pharmaceuticals to manage his health concerns.

His goal was to eventually reduce his blood pressure and cholesterol medication, and to lose some weight. In both cases, I thoroughly evaluated the patients, via physical exams, appropriate lab testing, and assessment. Both were placed on my 21 day Functional Detox program.

So how do I become Toxic in the first place?

Our overall health is a reflection of how healthy our cells are and their ability to function well in order to remain in balance. Our cells require a constant supply of oxygen and nutrients to perform their functions, and release waste products. Difficulties occur when we also absorb toxins in other ways – poor food choices, dental materials, air and water pollution, even drugs and medications. Add on a malfunctioning intestinal tract and an imbalanced gut microbiome due to parasites or infections, and you have a big internal mess.

How does Toxicity affect me?

The majority of toxins that manage to get into the body eventually end up getting stored in fat. However, a certain amount will eventually leech out and circulate in our bloodstream. This can affect us with symptoms such as: fatigue, headaches, joint pain, depression, muscle pain and/or weakness, lethargy,

memory ‘fog’ or loss; or show up as a specific pathology such as: Chronic Fatigue Syndrome, Fibromyalgia, Auto-immune disease, Cancer, Eczema/Psoriasis, Nutritional Deficiencies, or Atherosclerosis. Excess toxicity is often seen as a great disease mimicker, so it’s something to think about when getting tested or even diagnosed with a specific condition.

What are the Signs that I need to Detoxify?

The major organs of elimination are the skin, liver, kidney, lungs, and intestines. When any of these are overburdened, they will show signs of distress – gas, diarrhea or constipation with intestinal stress, and rashes or specific body odours with lung, liver and/or skin stress. Our symptoms of stress vary depending on our individual weaknesses, and like the examples above, can be minor or severe.

What is the Best way to Detoxify?

There is no ‘one size fits all approach’ where detoxification is concerned – despite claims made to the contrary by “detox kits”. The ultimate goal is to reduce toxic load and detoxify the body of its stressors. In my clinic, I will often prescribe a specific Functional Detoxification program, customized to the individual based on their health concerns. The first step is to open up and support the elimination pathways in the body.

Much like plumbing in your house, if your elimination routes are blocked or compromised, no amounts of changes will help. The liver, kidneys

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Top Detox Herbs

and intestines are usually the main organs of focus at this point in Phase 1 of the program, and tackled through nutritional and herbal supplementation, and diet alterations.

Once Phase 1 is complete, we move to Phase 2 – this is where the meat of this lies – more specific lifestyle and diet protocols, physical medicine modalities such as castor oil packs, massage, hydrotherapy, infrared sauna, exercise protocols, lymphatic cleansing, dry skin brushing, and behavioural modifications.


So what happened with my two cases above? Within 1 month of being on a prescribed program, ‘Tracey’ was feeling better overall, had increased energy, slept more soundly, and eliminated those alcohol and sugar indulgences. ‘Bob’ lost 8 lbs, has more energy to get up off the couch and engage in exercise, and had a refreshing sleep. I expect continued improvement in the months to come.

Dr. Olena Gill is a Naturopathic Physician and Acupuncturist practicing in Parksville, BC. She can be reached at 778-762-3099 or www.indigomedicine.com
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Herbs are effective at cleansing the body yet it's important to know which ones to use and the role they play.

Herbs kill parasites, remove wastes, clean the blood, support the immune system, support the body's energy levels and also relax and calm the mind.

Here is a list of the top herbs used in cleansing.

Dandelion, Burdock and Milk thistle (primarily cleanse and support the liver) Fenugreek, Rhubarb, Ginger and Fennel Seed – (primarily for the digestive system and colon) while Astragalus, Ginseng, Dang Qui are primarily for the endocrine system to support hormonal balance.

Other herbs used include nettle, chamomile, cat's claw bark, barley grass.

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Herbal Collective, March, '17

Steps to Follow for a Cleanse

By Rowan Hamilton

Detoxification is a foundation of your life. Your body does this all the time. When we think of doing a cleanse, it is to enhance the systems already existing within us. Traditionally we turn to a cleanse as Spring beckons to remove the sluggishness of the winter months when we have moved less and eaten more.

Detoxification is a way of lightening the load we carry both in our bodies and our minds. It is a way of transformation from one state to another. It allows reprogramming and new patterns to be established. It brings with it the same ease as a good clean up does in our homes, or even a new coat of paint and redecoration. For our body is our home for a lifetime and needs, at very least, the same care. In this light, cleansing is not to be seen as an arduous, painful or shameful process. It is a vital part of the process of releasing stagnant and unrevealed life forces within us. The difficulties come from cleansing with inexperienced guides or inappropriate methods. Done with wisdom and gentleness, cleansing is a delightful and exciting process.

Supporting the Body

The goal is to support the body in letting go of what is blocking its best function. This can be a letting go of many different things. There are the accumulated wastes of our own cellular processes, sluggish lymphatic drainage, inflammation that has built up in the extra cellular fluids, unprocessed food accumulation, over acidity, any amount of which will lead to stagnation and disease over

time. We must also consider the thousands of chemicals that have come into existence in our modern world and by air, water and food accumulate in our body and act as triggers for future disease. These can range from known carcinogens to heavy metals, herbicides, pesticides, aluminum from anti-perspirants and many other sources including mercury vapour from dental amalgam.

Planning a Cleanse

To plan a cleanse process it is worth considering two factors; the degree of vitality and the degree of accumulation. To do this involves the skill of a professional Natural Health Care provider. Learning to judge the vitality of a person is an art that comes from both experience and sophisticated testing to discover how key elements of the body are working and its reserves. The degree of accumulation is judged by understanding the signs, symptoms and nature of the customer and by continued analysis.

Once the state of the body's need for cleaning has been established the preparation can begin. In our need for immediate results the preparatory stages are easily overlooked and usually are. But the success and ease of the process depends on these stages. This diagram will explain better.

Most toxins are held in the cells, extra-cellular fluids and fat tissue. The normal removal of waste is by the skin, liver or kidney pathways. However in detoxification programs these systems can become overloaded. The appropriate cleanse program not only aids the body in removing toxins it also soothes and protects the channels of elimination as the residues pass through. Without that protection there can be irritation and emotional upset.

Cleansing Requires Energy

Approach a cleanse program with a strong, vigorous body in good health and the energy load is easily met. However frequently the person undertaking a cleanse is in less than ideal health. There will be many reasons for their weakness and many reasons for them feeling that a cleanse will help their condition. But if the cleansing is a drain on their body the result may be unsatisfactory and ultimately debilitating. We know that the state of our bodies and how we feel are intimately linked. If cleansing is exhausting we will experience a negative emotional state. With proper planning and formulation this need not occur.



Cleansing benefits from relaxation. As a body begins to process and release waste and toxic matter at a higher than normal rate, as in a cleanse there is a tendency to un-relax, to experience a degree of strain. This is mostly taken by the nervous system, especially the autonomic. Our digestive tract, which is deeply involved in a cleanse, works best when relaxed. This is true for many of our physiological systems. This need for relaxation at a metabolic as well as mental level while cleansing is so important. It is the difference between forcing a cleanse process and aiding the body in letting go of what it no longer needs and what might be harming it. Support and intention rather than force and control.

What Herbs Do in a Cleanse

While there are many cleanse products available not all meet the full scope that this author has applied over many years for the benefit of others. A cleanse formula can have four criteria.

- Herbs that support the body's energy levels
- Herbs that relax the body and calm the mind
- Herbs that activate the cleansing process itself
- Herbs that protect the channels of elimination during the cleanse

This last; protecting the channels of elimination involves herbs that help the membranes and tissues to remain unaffected by toxins and waste passing through.

I should mention here that my three continent background as a herbalist along with thirty odd years of practice leads me to make therapeutic choices that are often running contrary to current thinking and may be confusing if I am not there to explain them. I like Bruce Lee's comment: "Study everything, achieve mastery, then forget it." Something to live up to.

So here is an example of what I am talking about.

I favour a two part formulation to be taken simultaneously:

The first part can be in the form of dried herbs as a decoction or, as I often do for myself, added to a smoothie and blended with clean fruits, fresh ginger, turmeric and other favourites.

When considering creating this I began not at the cell but at the bathroom and worked back up from there. This was to ensure that at no stage was the exiting load exceeding the capacity to remove it. That is what causes most of the problems with a cleanse.

- 10 % Psyllium (ground)
- 10% Bentonite clay
- 10% Marshmallow root powder
- 10% Fenugreek
- 10% Rhubarb root powder

- 10% Echinacea root powdered
- 5% Milk Thistle (seed powdered)
- 10% Fennel seed (powdered)
- 5% Fresh Ginger root (Rhizome really!)
- 10% Burdock root powdered
- 10% Dandelion leaf

200gms of the mix will do for a start. Do the powdering yourself if you have the time. Coffee grinders do good service. This is my best:

Mix the herbs and add a tablespoon to your morning smoothie.

The second part is focused on supporting the body's energy and increasing the all-important levels of minerals and nutrients:

- 15% Kelp powder
 - 10% Nettle leaf (fresh nettles will be appearing in the wild soon. Great food as well as tea).
 - 40% Astragalus root chopped
 - 10% Ginseng root chopped
 - 20% Dang Qui root (Chinese angelica) chopped
 - 5% Chamomile flowers
- Another 200gms for this mix.

These herbs can be decocted at the rate of 2 table-spoon per liter of water. Bring to heat and simmer for 45 minutes. The Chamomile added just 5 minutes before the end. Strain. Make enough for 2-3days, which you can store in the fridge, at 2 cups a day. You can add honey to this.

You might want to take this process gently. There is really no need to hurry. Two weeks for the process is a good guide.

Make Time to Rest

Make time to sleep perhaps more than usual, going to bed earlier. Drink water freely. Avoid coffee and alcohol. Eat well but lightly. Lots of vegetables, fruit and very few, if any, simple, refined carbohydrates. Good quality protein in moderate amounts. Plenty of vitamin C too.

The above formulae are for general use. When helping individuals I design a cleanse specifically for their individual needs and unique condition. Also please feel free to add or subtract herbs according to your knowledge and experience.

Two good places to buy herbs on Vancouver Island are:

The Community Farm Store, Duncan. <http://www.communityfarmstore.ca/> and Self-Heal Herbs in Victoria. <http://www.selfhealherbs.ca/>. Above all be gentle with yourself.

Rowan Hamilton is a Medical Herbalist in Duncan 250 510 0062

Spring Cleansing...



By Klaus Ferlow

The spring and fall is the perfect time for cleansing and detoxifying your body to get back in shape.

Detoxifying medicine is an ancient concept that appears as part of many health care systems around the world.

As a treatment detoxifying and cleansing yourself is more important today than ever before because in addition to the health problems humans been experiencing for thousands of years, we are now exposed to a huge variety of environmental poisons.

Polluted air (our airplanes and chemtrails play a major part), rivers, lakes, oceans, synthetic artificial food enhancer (MSG), car exhaust, rubber from tires (has anybody ever thought what happened to the "old" tires when your car needs new tires?), forest and house fires, chemicals in household and garden goods, poison herbicides and pesticides in the agriculture business and the list goes on....!

Disease from toxicity is caused by the presence of bio-chemicals that poison the blood and spread via the circulation system. As a result, cells and tissues are literally "swimming" in a contaminated environment.

Detoxification is a treatment regimen that cleanses the blood and removes toxin from the body. One of the body's natural means of staying healthy is its ability to detoxify itself.

The major organs of detoxification are the liver (TCM doctors of Traditional Chinese Medicine treat the liver as our work horse!), kidneys, bowels, lungs and skin. Avoiding harmful substances such as fast junk food, pop drinks with artificial sweeteners, refined sugar and table salt, drugs, smoking and excess alcohol, as well as supporting the organs in their detoxifying action is vital in maintaining and restoring health. Sufficient fluid intake supports the elimination function of the kidneys, the bowels and the skin.

Did you know for example that a blood test of our former Canadian Minister of Health Tony Clement had 55 toxic chemicals in his body?

We often forget the skin's function as a detoxifying organ, and yet many therapies rest on this ability, including the ever more becoming popular infrared sauna that promotes sweating and the elimination of toxins. Fever is a natural means of getting rid of toxins from the body

during sickness. The heat triggers chemical reactions, so don't repress it, that enhances the immune system, and destroys bacteria and viruses. As a young child I had often fever and my mother gave me always pure elderberry juice, heated it up and added lemon juice and honey to it. I had to drink two cups and it increased my own healing power and overnight I sweat it all out and the fever was gone the next morning!

What about mercury amalgam fillings in your teeth?

Most people have mercury amalgam fillings in their teeth and ecosystem, anaerobic bacteria in their root canals, abnormal bacteria flora in the guts from overuse of antibiotics, lead in their bones from years when leaded gasoline fueled our cars and machines, and drugs in their bloodstream that throw liver metabolism out of balance. Smart people caring for their health asked their dentist to remove the mercury amalgam fillings!

Toxins damage the cells of the body and are invisible and insidious. They break-down the "in-viroment" of all body systems at a cellular level. This happens slowly day-by-day, year after year and it is difficult to detect until the actual onset of disease. There are many detoxifying programs offered and here is another way to cleanse and detoxify your body with the Milk Thistle tincture, one of the best detoxifying herbs, also available in capsules.

Milk Thistle:

The Milk Thistle seeds regenerate liver cells, stimulates the flow of bile, protects the liver from damage of hepatitis, has been known to reverse damage caused by excess consume of alcohol and drug abuse, helps repair and reverse cirrhosis of the liver.

Dandelion Root:

Aids the formation of bile, is a diuretic with natural high potassium level, acts to remove poisons from the body and is a blood purifier. Early spring we are using the fresh young leaves and mix it into our green salad.

Stinging Nettle:

The nettle leaf cleanses the blood, expels gravel from the bladder, excellent for kidney ailments, high in essential minerals, nutrients and vitamins and improves mucus conditions in the lungs. We drink in the spring 6-8 weeks daily in the morning nettle tea.

Cat's Claw bark:

An anti-inflammatory therapy, has been shown diminishing the mutagenic substances of tobacco found in the

...and Detoxifying

urine of smokers, helps inhibit the growth of cancer cells, boosts the immune system and works against crohn's disease, ulcers, asthma and fibromyalgia.

Herbal tinctures are a great way to get the herbs you need without unnecessary fillers and other synthetics that make up pressed tablets, gel caps or capsules. The tinctures are instantly absorbed into your bloodstream and is very effective.

Another suggestion is the Seneca Indian Cleansing Diet, that is easy on your body from the book "*Ageless Remedies* from Mother's Kitchen" by Hanna Kroeger, the grandmother of health.

Detoxifying Diet

First day:

Eat only fruits and all you want, try apples, berries, watermelon, pears, peaches, cherries, whole citrus fruits, but no bananas.

Second day:

Drink all the herb teas such as raspberrie, hyssop, chamomile, peppermint, elderbery, rosehip, etc., you may want to sweeten slightly with honey, maple syrup or stevia

Third day:

Eat all vegetables you want, have them raw, steamed or both.

Fourth day:

Make a big pot of vegetable broth by boiling cauliflower, cabbage, onion, green pepper, parsley, or whatever is available. Season with Himalayan salt, sea salt or vegetable broth cubes. Drink only yhis rich mineral broth all day long

This diet has the following effect on your body:

The first day the colon, your waste basket is cleansed.

The second day you release toxins, salt and excessive calcium deposits in the muscles, tissues and organs.

The third day the digestive tract is supplied with healthful mineral rich bulk

The fourth day the blood, lymph and inner organs are mineralized. Try it and you might be surprised how you feel after!

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MENU

Curried Butternut Squash Soup

1 Tbsp coconut or grape seed oil
2 onions, thinly diced
2 cloves garlic, minced
6 cups - 1 small butternut squash
Pinch each sea salt + black pepper, to taste
1 1/2 Tbsp curry powder
1/4 tsp ground cinnamon
1 14-ounce can light coconut milk
2 cups vegetable broth
2-3 Tbsp maple syrup or coconut sugar



Heat a large pot over medium heat, add oil, onions, and garlic. Sauté for 2 minutes, stirring frequently.

Add butternut squash and season with a pinch each salt and pepper, curry powder, and ground cinnamon. Stir to coat, then cover and cook for 4 minutes, stirring occasionally.

Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional - for heat).

Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes,

or until butternut squash is fork tender.

Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.

Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.

Serve as is or with garnishes of choice (options above). Store leftovers covered in the refrigerator for 3-4 days, or in the freezer up to 1 month. Best when fresh.

Serve with toasted pumpkin seeds if desired.

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8 Simple Steps to Retrain Your Body

By Dr. John
Douillard

In a recent report, 70-80 percent of people experience some form of digestive distress, while over one-quarter are obese and more than 5.7 million Canadian adults are pre-diabetic and don't know it. While many like to blame all of this on wheat, many food scientists do not agree.



While the standard diet, which includes processed wheat, is likely responsible for these health concerns, there is also plenty of science that links a diet rich in whole grains including whole wheat to weight loss, better digestion and lower blood sugar.

The Mediterranean Diet is still revered as one of the healthiest diets on the planet, and is replete with whole grains and wheat. The centenarians (folks over 100) who live in the Blue Zones eat a non-processed whole food diet, once again, rich in whole grains and wheat.

So, why are so many Canadians having trouble digesting wheat? That's just it... They are not digesting it!

Many who are gluten sensitive today digested wheat fine when they were young, but are currently having trouble. Somewhere along the line, our ability to digest foods that are a bit harder to digest, like wheat and dairy, became compromised.

REMOVE ALL PROCESSED FOODS

The first step in re-booting digestive strength is removing all the processed foods. A processed food diet has been linked to a 141 percent increase in belly fat, high blood sugar and high cholesterol. In the same study, a diet of whole grains including wheat reduced the risk of these health concerns by 38 percent.

Fitness pioneer Jack LaLanne once told me the best way to eat is to never eat anything out of a package. The reason why processed foods are processed in the first place is so they can sit on a shelf for extended periods of time. Whole foods, as we all know, go bad quickly and it is not always possible to eat freshly cooked food. So, here are simple ingredient label navigation tips to avoid highly processed foods.

1. Avoid all added sugars or artificial sweeteners. Allow nothing over 6 grams of naturally-occurring sugar per serving.
2. Avoid refined, cooked oils. (Anything baked with oils or fried, i.e., bread, baked goods, chips, etc.)
3. Avoid all chemicals. Don't eat it if you don't recognize the name in the ingredients.

RE-BOOT LIVER AND GALLBLADDER FUNCTION

In the 1960's, when cholesterol was put on the nutrient concern list, food manufacturers started boiling, bleaching, deodorizing and refining vegetable oils. They were used as preservatives to keep bread squishy and "fresh" for weeks.

After almost 60 years of blindly consuming these indigestible oils, they remain the number one reason for the great digestive breakdown. The processed oils both congested the liver and gallbladder, rendering the liver's bile unable to break down both good and bad fats and insufficient to buffer stomach acids.

Without adequate bile production to neutralize stomach acid, the stomach will not produce the needed acid to digest proteins like gluten and the casein in dairy. This has resulted in a huge spike in gallbladder surgeries and epidemic levels of obesity, high blood sugar and food intolerances. It is natural to blame the hard-to-digest foods, but removing them only addresses the symptoms and leaves the cause – weak digestion left untreated only to haunt your health down the road.

BOOST BILE FLOW

The first step in strengthening the stomach's digestive acid is to make sure there is plenty of bile flow from the liver and gallbladder. Boost bile flow, enjoy these daily:

4. Eat one red beet and one apple a day. They can be raw, cooked, juiced or blended.
5. Add 1 teaspoon of coconut oil and one teaspoon of high quality olive oil.
6. Eat more artichokes, celery and leafy greens.
7. Drink fennel and fenugreek tea with meals.

Digest Wheat Again

STRENGTHEN STOMACH FIRE

Once the liver is making adequate bile and the bile ducts and gallbladder are less congested, then you can stimulate the stomach to make the stomach acid needed to break down hard-to-digest so-called “allergenic” foods. Instead of taking digestive enzymes or a HCl stomach acid pill, I prefer to stimulate the stomach to make its own acid, and the small intestine and pancreas to make their own digestive enzymes.

This is best done with the following five spices:

8. Ginger, cumin, coriander, cardamom and fennel. Studies suggest that when these five spices are used together, they act as a total upper digestive re-boot. They can be taken as a supplement, in cooking or used to flavor food. **These five star spices:**

- ~Increase bile flow (no need for bile salts)
- ~Increase pancreatic enzyme activity (no need for digestive enzymes)
- ~Increase small intestine enzyme activity (no need for digestive enzyme supplements)
- ~Decrease gas and bloating (no need for HCl supplements)
- ~Increase fat and sugar metabolism
- ~Are powerful free radical scavengers
- ~Support optimal weight
- ~Support microbiology health (especially ginger)
- ~Improve gut health
- ~Support a healthy growth rate of good bacteria (especially ginger)
- ~Decrease H. pylori from adhering to stomach
- ~Are digestive stimulants
- ~Quicken the transit time in the intestines – supporting better elimination

Following these eight simple steps of nutritional navigation, boosting bile flow and stomach strengthening will set you on the right path to retrain your body to digest (and enjoy!) wheat again.

Dr. John Douillard, DC, CAP, is a globally recognized leader in the fields of natural health, Ayurveda and sports medicine.

He is the creator of LifeSpa.com, former NBA director of player development and nutrition advisor and author of the book, *Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back into Your Diet*. www.eatwheatbook.com and connect with Dr. Douillard on Twitter, @johndouillard.

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learn a few skills to help cleanse our tissues, organs and mind. This is the art of Ayurveda.

Sebastia Pole

Klaus Ferlow, HMH, HA, author, innovator, lecturer, researcher, writer, founder of Ferlow Botanicals and Neem Research, Honorary Master Herbalist (HMH) Dominion Herbal College, Professional Herbal Advocate (HA) Canadian Herbalist's Association, member of the National Health Federation, International Herb Association, Plant Savers, Neem Foundation, Bombay (Mumbai), India., International Herb Association, Co-author of the book “7stepstodentalhealth” and author of the book “Neem: Nature's Healing Gift to Humanity” to be published end of 2016.

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The A-B-Zzz's of a Good Night's Sleep

By Arrow Gonsalves

Do you toss and turn instead of getting the rest you need? If so, you are not alone. These days sleep disorders including insomnia are common symptoms of modern day overwhelm and stress, with increasing numbers of young people joining the ranks.

Left unchecked, not getting the sleep your body requires undermines your immune system, and can rapidly domino into declining physical, mental and spiritual health. It has a huge impact on performance, relationships and quality of life. Over time this generally compounds into more serious disease and an increased dependency on medicines, which have other side effects and also negatively impact the internal organs and immune system.

The Western view of health focuses largely on things we should do to maintain health—eating right, exercising, sleeping well, etc.—and less on the feeling of good health. In this respect, the Eastern principle, “Water Up, Fire Down,” offers us an important balancing perspective.

According to this principle, when the body is in balance the cool water energy produced in the kidneys travels upward to the head through an energy channel along the spine. Warm fire energy, produced in the chest, travels down to the abdomen. Thus, good health is characterized by a warm belly, which is good for the digestion and abdominal organs, and a cool head, equated with a clear mind.

Negative health consequences come with reversed energy circulation. When the energy center in our lower abdomen is weak, it's hard to hold fire energy in the abdomen. Poor stress management constricts the chest and forces fire energy back up toward the head. Symptoms of this reversed energy flow include a warm head, a cloudy mind, headaches, irregular digestion, anxious thoughts, tight muscles, aching joints, constipation, etcetera which all contribute to sleeplessness, insomnia and eventually more serious conditions such as arthritis, heart disease and diabetes.

Depending on the underlying issue of your sleeplessness, simple steps can be taken to reverse direction and restore harmony and balance by managing the brain and the body's ideal temperature settings.



1. Incorporating exercises designed specifically for drawing energy down from the head into the body, such as the ancient Korean techniques of “Belly Drumming” and “Intestine Exercise”. Both exercises quickly center your energy through the day in minutes. Another technique is “Toe Tapping” which you can do at bedtime. This is the number one sleeping exercise. It has an added benefit of restoring energy flow through the stomach and spleen meridians, which are associated with trust and worry.

2. Practicing Yoga and Qigong and Meditation: These integrated practices, calm the mind and deepen the breath to warm the intestines, physically drawing the heat that has gathered in the head down to the lower body, thus allowing the water energy from the kidneys to rise - cooling the brain. This process helps you manage your body, mind and spirit more effectively.

3. Chewing thoroughly: Masticating your food by chewing well and mixing it with your saliva will aid your digestive process and help the intestines warm – essentially composting your food to quickly convert it into energy. This also serves the function of warming the body and cooling the brain.

4. Dietary changes: Reducing or eliminating “simple sugar” and caffeine intake either completely or starting with after 3 pm. Incorporate a nutritious diet, rich in fibre.

5. Changing ingrained habits: Not eating 3 hours before bedtime. This allows the stomach to rest, rather than trying to work while the body should be resting. Not drinking liquids at bedtime. This reduces waking up for trips to the bathroom through the night.

Continued on page 18

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Benefits of Eating Barley Grass

By: W. Gregg Turner PhD, CHT, CNLT

Organic barley is highly alkaline and is rich in enzymes, especially Superoxide Dismutase (SOD). According to recent research, the life span of humans and many mammals is directly proportional to the SOD content in the heart, brain and liver.

Barley contains potassium, calcium and magnesium in large amounts and has abundant beta-carotene and chlorophyll. It is seven times richer in vitamin C than the equivalent weight of oranges, and five times richer in iron than spinach. It also has a purifying effect that enables the body to eliminate many toxins that would otherwise accumulate.

Some Practical Facts about Barley

- It is the first grain to ripen in the Spring; wheat is next and takes 4 to 6 weeks longer to mature.
- Because it is hardy and thrives in high altitudes and northern climatic conditions it is not attacked by bugs, molds, fungi or worms which abound later and in warmer climates.
- Barley is 67 percent carbohydrate and 12.8 percent protein - a "perfect" ratio of the two as claimed by modern scientists.
- Barley brought rejuvenation and renewal to the health of the ancient people whose winter diets were meager. It will do the same for us today.

Q. What are Jade GreenZymes?

A. It's a supercharged proprietary barley grass formula made with concentrated PiMag water essence. It's nutrition for the way we were designed to live

Q. What are the benefits of Jade GreenZymes?

A. They help support all of your body's nutritional needs, help correct food imbalances and help offset the effects of a poor diet.

Q. How do Jade GreenZymes work?

A. Jade GreenZymes contain ingredients associated with immune system support, to prevent illness. These ingredients also aid and promote detoxifying (for circulatory and colon health) and improved complexion, as well as skin elasticity, to help prevent the appearance of aging and wrinkles.

Jade GreenZymes ingredients are also associated natural pH regulation (to influence the body's acid/alkaline

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stability) and metabolic management, for weight control.

Q. What's inside Jade GreenZymes?

A. In concentrated form, Jade GreenZymes contains a complete supply of all-natural vitamins and minerals, antioxidants, amino acids, proteins and enzymes. Ingredients that all together do what nothing else can.

Q. How is Nikken Jade GreenZymes different?

A. Jade GreenZymes is more than green barley. Dr. Yoshihide Hagiwara investigated and succeeded in identifying the optimum blend of nutrients, vitamins and minerals essential for good health. These ingredients are in the formulation of Jade GreenZymes: Young barley grass juice, kombu extract, pearl barley seed extract, maltodextrin and galactomannan guar gum and cyamopsis tetragonolobus.

Here are some of the exciting aspects and benefits of nature's perfect food.

1. Increased energy and stamina and youthful vigor.
2. Alertness and clarity of mind; improvement of mild depression.
3. Decreased craving for junk foods and also reduces food intake.
4. Improved breath and body odor.
5. More rapid healing of injuries and infections.
6. Increased tolerance to alcohol. Minimal or no hangovers.
7. Improvement of nasal allergies, asthma and emphysema.
8. Improvement of hair, skin and nails.
9. Relief of tendonitis, bursitis and arthritis pains.
10. Diuretic effect for excess water retention, reduction of blood pressure.
11. Alleviation of discomforts of gastritis, peptic ulcer and pancreatitis.
12. Improves digestion and regular bowel movements. (Increased fluid intake recommended.)
13. Improvement of gum disease.
14. Improvement of diabetes and hypoglycemia.
15. Lessening of menopausal symptoms and premenstrual syndrome.
16. Decrease of toxic symptoms of chemotherapy.

17. Studies have shown barley grass inhibits the growth of cancer cells.
18. High alkalizing effect.
19. Supports a healthy cardiovascular system.

Dr. Hagiwara referred to Jade GreenZymes as "A powerful weapon. It is not a nuclear or biological weapon, but one to promote good health, love, peace and prosperity," he said. "We can achieve this goal with a food supplement. Not an artificial drug, nor the product of modern science, but a natural food!"

It is my dream to utilize Nikken Jade GreenZymes to heal this unhealthy and unstable

Society. Jade GreenZymes is not only a safe, healthy food, but also a very powerful weapon.

The power of the young barley grass juice will be extremely effective for nurturing healthy bodies and minds, which in turn will produce a healthy society!"

Ask about a special 25% discount on our Nikken Barley JadeGreenZymes.

W. Gregg Turner PhD, CHT, CNLT 250- 380-0702, toll free 877-654-2371, solutioninnovators@shaw.ca or www.Nikken.com/holistic

I would like to thank the colleagues who contributed to this article profiling Barley grass.

We are expanding and invite local, national and international business interest.

Interested in regular health and wellness information? If so send an email to solutioninnovators@shaw.ca, simply indicate "Free Newsletter" and you will start to receive this extra bonus!

Probiotics Study with Autistic Children

One in four children with autism may also suffer from gastro internal problems, like stomach pains and constipation.

Following their gut, researchers at The Ohio State University Wexner Medical Center are launching a study to see if giving probiotics to children with autism spectrum disorder could ease their symptoms.

Doctors say those with GI issues have more anxiety and are overly responsive to sensory stimuli. They believe a gut-brain connection is at the heart of the matter. For example, we know that our gut reacts to the emotions in our brain. If we are nervous, stressed or even angry, we often describe having "butterflies."

Probiotics produce neurotransmitters in the gut which interact with the brain. Researchers want to see if altering those signals with a probiotic called Visbiome can not only ease GI symptoms in kids with autism, but perhaps help control their anxiety and sensory over-responsivity.

Ultimately, Dr. Eugene Arnold and his team of researchers at Ohio State hope to follow 60 children at 3 institutions to see what kind of difference, if any, probiotics can make. Those who are interested in enrolling may contact Abbey Driscoll at 614-366-3276 or email Abigail.Driscoll@osumc.edu and mention probiotics.

Detox this Spring for Your Best Health of 2017

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W. Gregg
Turner
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To Sleep, perchance to Dream

Continued from page 14

6. **Turning the TV or computer off** an hour before bedtime. Lit screens stimulate and energize the brain, it's better to read a book, journal or write a letter.

7. Organizing your day into categories of focus. This helps you train your brain to turn on and off as you address different tasks, problems and projects and become more productive, objective and proactive – relaxing the mind and alleviating the helplessness of racing thoughts when you need to rest.

Identifying the main culprit underlying your sleeplessness will help you focus and determine how take the necessary steps to take back the night. Gradually incorporate one or 2 changes per week for best results.

One of my online students is an emergency room Nurse who's been doing shift work for over 30 years. Although she leads a healthy and active life with an emphasis on nutrition and exercise, she has struggled with stress related insomnia for much of that. Immediately on incorporating toe tapping into her bedtime routine she reported relief and deeper sleeps. Six years later, she still finds toe tapping the key component to quickly relaxing into a good night's sleep.

About Toe Tapping:

Toe tapping restores a state of water up, fire down in your body by bringing fire energy down from your upper body into your lower body and core, so that your mind becomes calm and your body relaxed. This exercise stimulates the acupressure points in your feet, which connect to your entire body, making your whole body refreshed and rejuvenated. Toe tapping improves blood, oxygen, and energy circulation throughout the body, adds a healthy glow to your skin and more smoothness in your joints.

If you have poor energy circulation, the exercise will be tougher than it looks at first. Once you get used to it, the smooth rhythmic movement will loosen your joints and

open your energy channels, it will be very relaxing.

Initially you may feel a lot of burning, especially along the inside of the legs, as you push through sensations of stale energy being stuck in your body. If you feel too much pain, go a little slower, but keep going until you feel better and begin trying to move your feet rhythmically as fast as you comfortably can. Soon, muscles and joints will open and relax and you can continue without too much effort.

It usually takes about 10 minutes to do 1000 repetitions (500 count: every second tap counts as 1, count in 10's). If you take just 10 minutes every night to do toe tapping before you go to sleep, you'll sleep deeply, have better rest, and wake up energised and ready to go.

A whole new world of health and vitality can be only a few simple choices away. In my experience, when individuals have a challenging time changing ingrained lifestyle habits such as adjusting their diet, computer or television patterns, they tend to have better results finding another approach, such as exercises or meditations which help to fortify their focus and resolve - motivating them into further action by centering and strengthening their core.

Belly drumming is also a quick and effective way to stimulate water up/fire down energy condition.

I hope you found this article helpful. If you are ready to "Make Sleeping Well your first priority in 2017", I'll be holding an Online Webinar on March 30th, and offering a live workshop at my studio in Courtenay on March 28th. You can register for your free ticket on my website, heartdrumbeat.com

Stay tuned for next month's article: "The Sacred is Everywhere – If Your Eyes Can See"

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 and online - classes, workshops and retreats.

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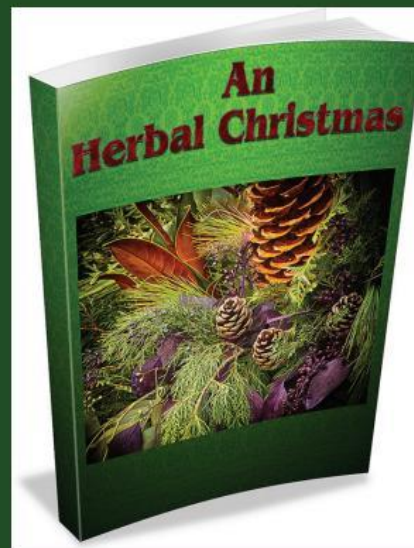
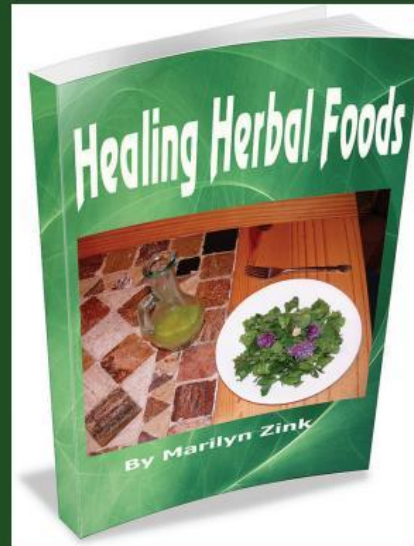
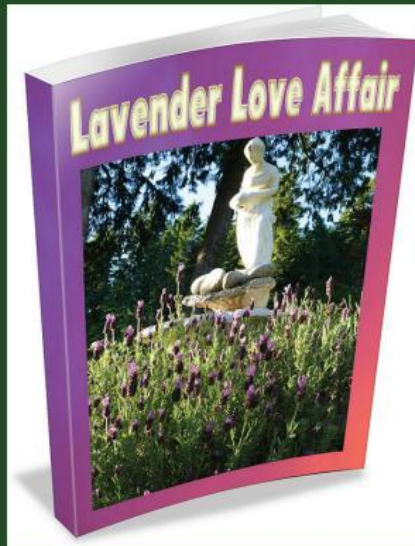
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