

# *The* **Herbal Collective**

*Better living with herbs and natural health*

*Oct, 2016*

**Do You Have Parasites?**

**Elderberry Remedy for Colds/Flu**

**Immune Support with Medicinal Mushrooms**

**A New Lease on Life with Water**

**Pumpkin Black Bean Soup**



**[www.herbalcollective.ca](http://www.herbalcollective.ca)**





*Publisher's Note*

# The Joy of Fall

I'm sad that summer is over but I'm also excited about the change of seasons and new possi-

bilities for fall.

It's the time to embrace warm woolly knits, scarves, pumpkin spice, apples and the crunch of leaves underfoot while walking in the crisp fall air.

But the change of seasons can also bring illness – viral infections like colds and flu. Getting a virus can also mean harboring parasites, yuck.

That can lead to more serious conditions like Irritable Bowel Syndrome or Candidiasis. Or your body can become weakened which can lead to these conditions occurring. You can also take a short test to see if you have symptoms that indicate there are parasites. Did you know in days gone by people actually consumed tapeworms to lose weight?

Crazy, I know.

Keep in mind that you should get an accurate diagnosis for parasites as some of these symptoms may mimic other conditions.

This is why we're looking at herbs and medicinal mushrooms to build the immune system along with herbs and homeopathic remedies for parasites. Oil of

oregano is a great herb

Elderberry is the herb of the month as it is a great herb for building the immune system while also helping for conditions like sinusitis, hay fever, bronchitis, eczema, boils, dermatitis and coups or croup. Oil of oregano is another herb that is great for killing parasites and boosting the immune system. You'll discover more about its wonderful qualities in the article on page 5.

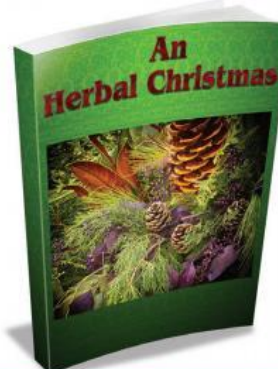
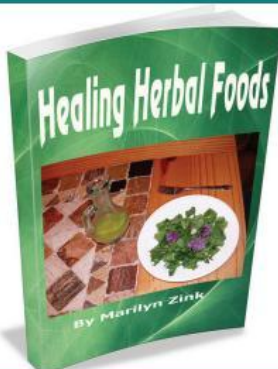
You'll also discover how powerful medicinal mushrooms are for building the immune system. But it's not all seriousness, we want to embrace the best parts of fall and have articles on pumpkin spice blend and apple spice blend as well as some yummy recipes.

You'll discover how to nourish yourself with Ayurvedic rituals for the fall and learn about a new book on the healing qualities of water and its frequencies called New Lease on Life.

We have a little quiz for fun and to test your knowledge on page 17.

As always, if you have any questions, please email us at [herbalcollectivemagazine@gmail.com](mailto:herbalcollectivemagazine@gmail.com)

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## *The Herbal Collective*

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# The Seen and the Unseen

One of my favourite meditations is to gaze into the rays of the setting sun, or through the canopy of the forest as the sun shines through the leaves. How is this a meditation? Because it opens my awareness to the millions of Little Points of Consciousness that are all around me and yet just outside of my normal vision and awareness.

## Motes in a Sun Beam.

Recently, as I was walking in the forest, searching for wild mushrooms (I found almost 20 pounds! It was a glorious day) I noticed that the air around felt hazy, almost heavy. As I looked up through the canopy of trees and into the filtered rays of the sun I saw the most amazing and magical sight.



The air was thick with Fern spores, soft, yellow powder, floating gently on the breeze and coating everything in the forest. The little bugs were covered in it, glowing and sparkling in the light as they flew about. A string of spider web was gently carried past me by the breath of the forest, glistening like a thousand diamonds as the light caught each spore.

When I looked down at the ferns growing on the forest floor around me I witnessed each exhale as they pushed their spores out and into the world. I felt as though I was under the ocean, watching the phosphorescence as they move up and down the water column. It was humbling and awe-inspiring. I felt filled-up with the beauty and majesty of it.

I love having these sorts of experiences, where I feel invited into the reality of other processes usually Unseen. I love taking a moment to appreciate another Point of Consciousness. It serves as a reminder for me to stop, and smell the roses; to stop, and look

around, closer than I normally do, or farther away than I think possible.

This is the perfect time of year to take your observations deeper. After the dew falls on a foggy day, walk outside and ask to be shown the millions of spider webs that are on every surface. Marvel at the crystal drops of water that lace each blade of grass and fallen leaf. See the rainbows in the tiniest dew drop as the sun shines through it.

Feel into the complexity of the ground beneath your feet and the vastness of the sky and universe above you. Notice the way the little fall mushrooms push up through the wet soil and cover your lawn and garden overnight, magically appearing and then disappearing back into the damp depth of the ground beneath your feet. Look around you, below you and above. Experience the pulses all around you and within you.

Whenever you are feeling overwhelmed or disconnected, shift your View Point for a moment. You will find that your perspective of circumstances has changed, and so have you.

*Megan Edge runs Psy-chick Healing Studio and is a Master Healer, Intuitive Counsellor, Educator and Author of the "The Heart's Journey: Healing Hearts Oracle Cards and Guide Book" and the forthcoming book "Falling into Being Human: Tools and Techniques for Staying Grounded in this Energetic World"*





# Oil of Oregano Kills Parasites and more

**Y**ou probably are aware by now of the multitude of health challenges that may be successfully treated using Wild Oregano Oil. Many people are searching for information on how to successfully and safely incorporate Oregano oil into their treatment program.

As individuals we are all very different so there is no one regimen that can possibly address all issues. We will cover some basic guidelines and encourage informed and cautious experimentation. Wild Oregano oil, properly diluted 1:4 with a fresh certified organic olive oil, may be safely used topically and internally, although sensitive skin areas should be avoided in topical application due to the heat sensation that may cause discomfort. Dosage recommendations below are based on a 1:4 dilution ratio of Oregano oil to olive oil.

The state of our immune system is the best place to start as it is the foundation of our well being. If we are constantly suffering various maladies we can be sure that our immune system is compromised.

## How to Start

If you have never taken Oregano oil it is wise to start with just one drop under the tongue. The taste can be overpowering on the first try but your body soon learns to love it for what it does. If you have allergies to the mint family or suspect that you may be sensitive, rub a drop of the Oregano oil into the crook of your arm and cover with a bandage. Undo the bandage the next morning. If no redness or swelling is apparent you may safely ingest it.

Gradually increase your dosage of Oregano oil until you are doing 3 drops under the tongue 3 times daily. This is generally sufficient to keep the immune system strong. People with weak immune systems should experiment with higher and more frequent dosages. It is better, for example, to take 3 drops 6 times daily than 6 drops 3 times daily because your body eliminates the Oregano oil every 3-4 hours. You may use Oregano oil on a daily basis, if desired.

## Drink Water!

When using Oregano oil it is recommended that you drink lots of water. Pure spring water is the best. This will help flush your system of any toxins that may result when Oregano oil kills off bacteria, parasites, fungi and other pathogens. If you forget the water and use heavy doses of Oregano oil you may experience headache, fatigue or

flu-like symptoms. This is termed a "healing crisis" or Herxheimer reaction. Should this occur, decrease or stop your intake of Oregano oil and drink lots of pure spring water.

## Parasites

We all have parasites so it is a good idea to go on a cleanse at least a couple of times a year. Oregano oil is a powerful anti-parasitic. You want to hit them hard on an empty stomach so take 10 drops on rising and 10 drops before bed. If you want to send an even more effective message you can add raw garlic, a tsp. of food grade diatomaceous earth and cayenne pepper to the mix. Mix together in tomato juice with the oregano oil and drink quickly. A month of treatment will be effective. You will notice an improvement in skin, hair, eyes, energy and well being.

## Viral attacks and Hepatitis

If you feel the onset of a cold, flu, herpes, shingles etc. you should immediately increase your dosage to 3 drops every 1-2 hours. Your body eliminates the Oregano oil every 3-4 hours so you want to keep the levels high while fighting a viral attack. You may also apply the oil topically when necessary.

Often this kind of treatment will stop a viral attack and the following day you will feel fine again. Be sure to drink lots of water while doing this. Hep C and other forms of Hepatitis respond well to Oregano oil. Start with low dosages and slowly build up to higher dosages such as 5 drops 6 times daily. Your liver will thank you and you can be confident that at these dosages there is no way you can hurt your liver. Eating a steak would cause your liver much more stress than medicinal amounts of Oregano oil so reduce your intake of red meats.

## Stomach problems

Oregano has served us for millennia as a cure for upset stomach, whether it be food poisoning, parasites, ulcers or bacterial infection. Take 3-6 drops with or after meals. Food poisoning may require more aggressive dosages.

## To Be Continued Next Month....

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# 7 Herbs that Kill Parasites

## Parasites!

The very word conjures up images of nasty creatures feasting on our insides, leaving us drained and weak with a host of health problems. Are parasites common in our modern society where we have access to healthy food and clean water?

They may not be that common but more common than one would think, due to recalls in factories, tainted food and toxins in the environment.

Internally people tend to harbor more parasites than people realize.

A compromised immune system is more likely to encourage the growth of parasites, especially candida albicans, the fungus that causes the candidiasis overgrowth.

Herbal detox programs often contain herbs that kill parasites and their eggs. It's a good idea to follow up with a natural laxatives like triphala to expel the worms. Following are some herbs to consider for killing parasites.

## Garlic

This well known herb is anti-virus, anti-fungi, anti-bacteria which makes it effective for killing internal parasites. Garlic also keeps away the external blood sucking parasites such as mosquitoes, ticks and fleas. For those who don't want the bad breath associated with eating it, it can be taken in capsule form.

## Pumpkin Seeds

Pumpkin seeds have traditionally been used to expel intestinal parasites. That's because they contain a compound known as cucurbitins to paralyze the worms.

## Black Walnut-Nuts & Hull

The nuts and green hulls of this herb (*Juglans nigra*) are great for cleansing blood and the intestines. The hull of black walnut is helpful for healing from fungal infections. Interestingly, the green hulls are juiced to kill parasites. Black walnut is an herb often used in herbal formulations for cleansing the body.

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## Wormwood

Wormwood (*Artemisia absinthium*) is a perennial herb that can grow quite tall. The leaves and flowers are used to treat stomach problems and as a powerful remedy for intestinal worms. Wormwood is a powerful anti-microbial herb so it is useful for other infections as well but should be avoided by women who are nursing.

## Cloves

Clove essential oil is well known for numbing toothache pain but did you know it is also used to dissolve eggs found in the intestines that have been left behind by worms?

It's also believed to be the only herb that actually does destroy almost all parasite eggs. Clove used along with black walnut and wormwood are a trio that break the parasite's life-cycles. Clove is also antibacterial, antiviral, and antifungal. Clove oil has powerful broad-spectrum antimicrobial properties.

## Thyme

Most people don't think of using thyme for killing parasites. Thyme contains the compound thymol, which is effective for killing parasites, particularly hookworm. Thymol is an anthelmintic (kills worms) as well as anti-microbial. It works well with Echinacea to boost the ability of the immune system. Oil of thyme can eliminate the growth of many parasites by killing them in the intestinal tract.

A tea made of fresh thyme leaves makes a good gargle and mouthwash to kill bad breath and boost the body's immune system to fight off colds and flu.

## Oil of Oregano

Oil of oregano contains carvacrol, a compound that is anti-bacterial, anti-fungal, anti-viral make it an effective killer of parasites. See page 5 for more details.



# Do You Have Parasites?

## TAKE THE TEST!

Count how many of these apply to you:

1. Have you traveled internationally in the last five years?
2. Do you grind your teeth while you sleep?
3. Do you have soft bowel movements or even diarrhea?
4. Do you get constipated occasionally?
5. Do you experience gas or/and bloating?
6. Do you have any Inflammatory Bowel Disorders?
7. Do you experience anal itching?
8. Do you struggle to maintain proper levels of iron?
9. Do you get hungry shortly after eating?
10. Do you experience fatigue or exhaustion easily?
11. Do you have aches or pains in muscle or joints?
12. Do you have Arthritis, Gout or other joint disorders?
13. Do you experience depression, anxiety, or aggression?
14. Do you have any unexplained rashes or redness?

## RESULTS:

If any of the these symptoms are worse in the morning and get progressively better during the day: Double your total count.

0-5 – NOT LIKELY Stay on top of parasites by doing a preventive Parasite cleanse once per year, or focus on parasite fighting foods and intestinal cleansing.

6-12 – LIKELY: Better safe than sorry, if it has been awhile since you last did a Parasite Cleanse we recommend it is time for another one.

Consider seeking out a Functional Medicine Doctor and asking for a comprehensive Stool Analysis for parasites.

13-28 = VERY LIKELY: Start a Parasite Cleanse Program as soon as possible, remember life cycles are based on 90 days, so it is important to see it through for 90 days.

seek out a Functional Medicine Doctor and ask for a comprehensive Stool Analysis for parasites.

See ad below... 'Do You Have Parasites' Visit website to learn all about parasites... [www.IdealHealth4Life.info](http://www.IdealHealth4Life.info)

## Do You Have Parasites...?? TAPE WORMS KEPT ME THIN



Our educational health site...

Did you know historically people have deliberately consumed tape worms to help lose weight?

It was effective as they ate away the food the person was eating. This soon created a state of malnutrition where their bodies would waste away, resulting in lower numbers on the scale but loss of muscle tone as well.

This may sound ridiculous now but it was a marketing feature for over 100 years [www.IdealHealth4Life.info](http://www.IdealHealth4Life.info)

### DID YOU TAKE THE TEST?

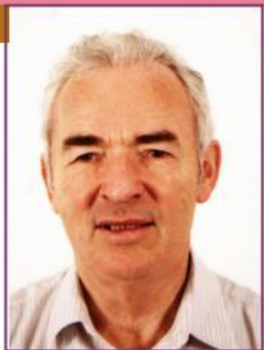
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*By Klaus Ferlow*

*By Klaus Ferlow*

**F**OR CENTURIES, the berry of the Elder bush (*Sambucus nigra*) has been a popular gypsy remedy for colds, flu, influenza and neuralgia. Finally, there is now solid evidence to back up the

folklore, thanks to Israeli researcher Dr. Madeleine Mumcuoglu, Ph.D. of Hadassah-Hebrew University Medical Center. In 1980 Dr. Mumcuoglu, intrigued by elderberry's reputation as a cure and preventative herbal remedy for colds and flu, did her thesis on its antiviral effects.

Dr. Mumcuoglu patented a procedure to isolate the potent disease-fighting compounds from elderberry, then tested her extract, Sambucol on patients of a flu outbreak at Kibbutz Aza in Israel. 20% of the flu sufferers who used it showed significant relief from fever, muscle aches, sore throat, inflammation, coughing and other symptoms within 24 hours, and another 73% felt better after the second day. In three days, 90% were reported completely cured!

### **Use of Sambucol**

Internally, can be used also for sinusitis, hay fever, bronchitis, eczema, boils, dermatitis, chronic nasal catarrh, and spasmodic croup. Clogged ears due to colds respond well to the flowers, and both have anti-inflammatory properties that fight arthritis and rheumatic pains. It is also used as an ointment for tumors, burns, cuts, chapping, skin eruptions, inflammations, night sweats, dropsy and syphilis.

Elderberry wine is an old European tradition. Elderberry is purifying to the lungs and skin, promotes perspiration to reduce fevers, soothes nerves, and works as laxative. In a similar group that received placebo, only 16% were improved in two days, and it took most of them six days or more to feel well again.

### **How Does Elderberries Fight Cold & Flu?**

Compounds in elderberry bind viruses before they can penetrate the walls of cells, thereby inhibiting their ability to spread. Since elderberry is nontoxic when cooked, it is safe for children.

The hot tea from the flowers and juice from the berries promotes sweating, preferable adding on lemon juice and honey which is soothing for upper respiratory infections. The tea is also considered to be anti-rheumatic, laxative and detoxifying.

### **Old Lore and Uses of Elderberry**

Our family has a large elderberry bush in our garden and we make our own elderberry juice each year. In ancient times, elderberry bushes were believed to have special mystical properties, and it was considered good luck to plant it near your house to protect against disease and evil spirits.

Elderberries are a good source of Vitamin A, B, C. Cooked berries can be used in pies and jams, also as a lemonade. Applied externally as a poultice, it's useful for burns, rashes, and minor skin problems. Sambucol stimulates the immune system and has shown activity in preliminary trials against viruses, such as Epstein-Barr (a member of the herpesvirus family and one of the most common human viruses), herpes, cold sores and even HIV.

In Canada elderberry syrup from the elderflowers is available from IKEA, can be also used in any herbal teas, a Wyldewood Cellars Elderberry concentrate to be used as drops from Regime Natural and a elderberry juice with Vitamin C and Echinacea, called Sambuguard from Flora in health food stores.

### **My Own Personal Experience**

As a child I frequently had fevers, since I played most outside all year round and very often did not dress properly in the fall and winter. My mother made pure elderberry juice from the ripe, black elderberries which we picked ourselves in late fall from the bushes that grew wild in the fields.

She heated the juice, and added lemon juice and honey. I had to drink two large cups before going to bed. She also put a wet poultice around my neck, and sometimes even on my chest and legs depending on how high the fever was.

During the night I sweated severely and next morning the fever would be completely gone. I never missed a day in school. The elderberry juice enhanced the healing power of my body and all the bad stuff was pushed out through the pores. We used



# Remedy for Colds and Flu



the formula also with our two boys when they were young and it worked all the time!

## The Legend of the Elder

The elder bush was reputed to be the favorite of witches, who supposedly resided in its branches. In the Middle Ages, nearly everyone knew cutting down an elder bush would incur the wrath of the witches who called it home. There were many tales of angry witches taking vengeance on babies whose unwitting parents put them in a cradle of elder wood.

## Old and Native Uses of Elder Bushes

American Native Indians use the leaves and flowers in antiseptic wash for skin diseases and the berries to dye their hair black and dye the strands of grass they use in their basket designs. Others have used the tea made from the leaves as a diaphoretic (an agent that promotes sweating), the inner bark as a cathartic (an agent for purging the bowels, especially a laxative), the flowers simmered in oil for sunburn, and steeped in water as a compress for headaches.

The flowers contain an oil that is used in perfume and cosmetics. Elderflower water can be used as a wash for dry skin or as a cooling wash for the eyes. According to an ancient recipe, washing your face with elderflower water in the morning and before retiring, leave it there to dry, will remove freckles and morpew (hardened) skin. American Indians used the leaves also for pain relief which promotes healing of injuries. Don't you agree that Elderberry is almost a miracle herb?

*Klaus Ferlow, HMH, HA, author, innovator, lecturer, researcher, writer, founder of Ferlow Botanicals and NEEM RESEARCH.ca, neemresearch1@gmail.com*

## THE JOYS OF AUTUMN

**Cooler days, jumping into piles of leaves, hot drinks, children back-to-school, bonfires, pumpkin spice-everything...**



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about a retailer near you  
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# Experience the Feeling of Fall with Herbs

The feeling of fall is here – crispy leaves underfoot, crunchy apples, cooler days, scarves, steaming cups of your favorite beverage and warming herbs.

What images of herbs does fall bring up?

It's often associated with pumpkin spice, cinnamon, ginger, nutmeg and cumin.

Pumpkin spice isn't actually a spice – it's a blend of cinnamon, ground nutmeg, ginger and cloves.

Many of these herbs are also used along with apples in favorite recipes. They make baked goods and beverages taste yummier as well as soups and stews.

## In the Kitchen

A pumpkin spice blend is a versatile addition to have on hand and can also be used on apple recipes with a few changes.

### Pumpkin Spice Blend

3 Tbsp. ground cinnamon  
2 tsp. ground ginger  
2 tsp. ground nutmeg  
1 ½ tsp. ground allspice  
1 ½ ground cloves

Mix the spices together and inhale the aroma.

Store the mixture in a clean small jar or spice container.

Use for pumpkin pie, pumpkin bars, pumpkin muffins, add a small amount to cappuccinos or hot chocolate.

### Apple Spice Blend

4 tbsp. ground cinnamon  
1 ½ tsp. ground nutmeg  
1 tsp. ground ginger  
1 ½ tsp. ground cardamom

Follow the same procedure as above and put in spice container. Or skip the ginger and use 1 tsp. of allspice instead. Use for apple pies, apple sauce, apple crisp, etc.

## In the Herb Garden

Fall is clean-up time in the herb garden. Rake up dead leaves, prune herbs of dead branches and leaves and pinch back to encourage new growth for fall. Herbs that grow well in cool weather include chervil, cilantro, chives, dill and parsley and mint. Some warm weather herbs like thyme, sage and rosemary will continue to grow over winter in the west coast climate.

Cool season herbs grow best in soil rich in aged compost as it retains moisture, is well-drained and contains the important nutrients necessary for cool season herbs to thrive. The cool weather herbs can be planted in early October. This will give them a chance to set roots and get established so they can flourish in the spring. There will still be a chance to harvest them in the fall.

Use herbs fresh from the garden or harvest to dry then upside down in bunches for later use.





## Pumpkin Black Bean Soup



- 2 tablespoons extra-virgin olive oil
- 1 can organic black beans, drained & rinsed
- 1 can pure pumpkin (not pumpkin pie filling)
- 2 red or green bell peppers, seeded & chopped
- 2 shallots, rough chopped
- 2 garlic cloves, minced
- 2 tablespoons cumin
- 1 tablespoon sea salt
- 5 cups organic vegetable broth
- 2 tablespoons organic agave or raw honey
- Optional garnishes: oregano, pepitas, tortilla chips

Heat the olive oil in a Dutch oven over medium heat until shimmering. Sauté peppers and onions over until fragrant; add garlic and cook another 5 minutes.

Stir in black beans, pumpkin, cumin, salt and broth. Bring mixture just to the boil, then reduce heat and simmer for 20 minutes.

Stir in agave or honey and remove from heat. Carefully blend the soup with an immersion blender until smooth (or blend in batches in a stand blender with the top vented). Serve with fresh or dried oregano, pepitas and/or crushed tortilla chips.

## Quinoa Shrimp Jambalaya

- 450 g Jumbo shrimp
- 1 tsp. coconut oil
- ½ cup organic quinoa
- ½ cup long whole grain or wild rice
- 1 yellow pepper
- 3 green hot peppers (small)
- 2 ribs celery
- one clove garlic
- 1 red or white onion
- 4 cups water or vegetable stock
- ½ cup to 1 cup coconut milk
- cilantro
- ginger
- 1 tbsp. turmeric

Add coconut oil and washed shrimp to a pan on medium-high. Let cook for 4-5 minutes, then add salt, ½ tsp. turmeric, cayenne, salt, ginger, onions and garlic. Mix and cover for 2 minutes. Add the coconut milk, stir and cover for 5-7 minutes. Remove from the stove.

### Rice and Quinoa

In a medium pot, add rinsed quinoa, rice, cinnamon, salt and water. Cover and cook on low for 45 minutes, stirring occasionally. Add quinoa to the pot of rice 15-20 minutes later, once the rice is starting to cook. Quinoa requires less cooking time and by adding it later to the mix, it does not overcook. Taste the grains to ensure they are well cooked.

Remove all water from the grains and mix with the shrimp mixture. Add remaining chopped vegetables, mix well, cover and let sit for 10 minutes and eat



# Homeopathy for Parasites

By Colin Gillies

**P**arasitic protozoa have evolved complex, highly specialized life cycles enabling them to enter and live in their hosts, which include vertebrates, invertebrates, and even plants. A protozoan has a single cell which, unlike a bacterium, includes a distinct nucleus enclosed by a membrane and containing DNA.

Intestinal worms and other parasites are all too easy to contract. Many people have the misconception that one must go traveling in a third world country to encounter these organisms, but there are plentiful sources of worms in our own region, especially in the food supply.

Pinworms are the most common infectious worm in the USA, with an estimated 40 million cases a year. Humans are the only carriers of this parasite, which tend to spread in close living quarters and are common among children between 5 and 10 years old. These parasites do not generally pose a serious health risk but rather are a nuisance. The chief symptom is an itchy rectal-anal area, especially at night when the worms crawl out of the intestine to deposit their eggs.

Intestinal tapeworm infections are caused by ingesting tapeworm larvae, which then develop into adult tapeworms inside the host's intestines. Contamination with tapeworm can occur through eating undercooked food (fish, beef, or pork) or from coming into contact with infected animal's feces through other channels such as soil on vegetables. Symptoms of tapeworm infection can include abdominal pains, nausea, appetite loss, and weight loss (from deriving insufficient nutrition from food). Other more serious symptoms can include blockages, cystic lumps causing organ malfunction, fevers, seizures, or other neurological effects.

Hookworm infection from a round worm is rare in Canada but infection is common in tropical and subtropical areas of the world. Infection can occur from coming into contact with soil or feces that contains their eggs or larvae. Symptoms can include a rash (if the worms penetrate the skin), coughing (if

the worms invade the lungs), and, ultimately, iron deficiency anemia when there is a bad infection in the host's intestines.

Some general symptoms of intestinal worms include:

Allergies, many allergies in humans are caused by worm infections. Tissue becomes inflamed when white blood cells are increased that may result in skin rashes, food allergies or sensitivities.

Anemia, worms in large numbers leach nutrients from the body.

Constipation, some worms can obstruct certain organs like the colon, liver and bile ducts.

Diarrhea, can be nature's way of removing toxins.

Fatigue, includes tiredness, flu-like symptoms apathy, depression and lack of concentration.

Gas and stomach bloating

Immune dysfunction, worms in humans can depress immunity.

Nervousness, parasitic waste products can irritate the nervous system.

Homeopathic remedies can be helpful in the treatment of parasitic infections. Some of these remedies include:

**Cina** – produces a perfect picture of the wormy child. The child is cross, irritable and sleep is restless with crying out. He or she picks or bores at the nose with the finger, there can be canine hunger. Cina and the remedy Cicutia are often indicated in convulsions from worms. Good for roundworms.

**Caladium** – can be useful when worms travel over

## HOMEOPATH

Natural Solutions for Health

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the perineum and get into the vagina in little girls.

**Teucrium** – when there is much irritation caused in the rectum. Good for pinworms.

**Spigelia** – for worms when the naval area is the most painful part and stool consist of mucus and worms.

**Sabadilla** – treats worm symptoms of nausea, vomiting, and pain in the abdomen. Good for tape-worms.

**Stannum** – is known to stupefy worms so that they are easily dislodged by purgatives. Abdominal pain is relieved by pressure to the abdomen.

From a homeopathic perspective, if there is a susceptibility to parasite infection (someone who is prone to re-infection), it is indicative of a disordered condition in the body that needs constitutional treatment to address the susceptibility. There is no use merely expelling the parasites while the body remains favorable for the development and support of the parasites.

Selecting the best constitutional remedy takes into account the individual symptoms of the person including physical, emotional and mental symptoms. In some cases the homeopathic remedy Sulphur followed by the remedy Calcarea Carbonica can eradicate the predisposition to parasitic infection.

*Colin Gillies is a homeopath in Qualicum, B.C.  
Contact him [www.colingillieshomeopath.com](http://www.colingillieshomeopath.com)*



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# Purica Provides Support for Immune and Inflammation

By Marilyn Zink

**W**hen it comes to building immune health, Purica is a company on the leading edge with medicinal mushroom products.

That's because the evidence is showing that medicinal mushrooms such as cordyceps, chaga, reishi and others for a total of 8 formulation that are effective with building immunity.

"All the studies are going to mushrooms," says Jason Watkin, CEO and Co-Founder of Purica.

He says medicinal mushrooms are considered by those in the Chinese medicine system to be the top of the heap for treating serious issues along with stress and building the immune system.

Watkins says the company initially gave the medicinal mushrooms away to friends and family.

"Then we went to market and we were way ahead of everybody."

"They are so popular," says Kurt Powers, VP of Business Operations. "They are probably our fastest growing product."

He says Purica was the first company to supply medicinal mushroom products in Canada.

"Our mushroom products are a lot different than other mushroom products. We send them to a place in California and they get micronized, which makes them more absorbable," says Powers.

Watkins says Purica does not compromise on the products they develop. The company follows a strict process for testing and manufacturing with composite samples of all products in case there is a recall.

The company started with its flag ship product Recovery, which is still popular today for people as well as dogs and horses.

"There's no placebo effect on animals," says Watkins. "It either works or it doesn't."

Watkins says it was never intended to be a product or company initially. He was working with ballet dancers in Europe and wanted to help them recover quicker.

When he came back to Canada, his brothers were in the horse industry and decided to try it on horses with remarkable results. They healed quicker and had less pain and inflammation.

Some of the newer products include Immune 7, which is formulated with 6 mushrooms, Provascin for the heart, Vitality for adrenal support and Rebalancer for menopause and reducing hot flashes.

"People get relief from hot flashes in like 5-7 days,"



CEO Jason Watkins, above, Purica headquarters in Duncan, says Powers.

He says one of the steps the company is taking is to provide different delivery systems other than capsules. These include powders and vegan gummies that can be easily consumed.

Capsules are a quick and convenient way to consume the products. One capsule machine the company has produces 1200 capsules a minute. Another multi-capsule machine produces as many as 2200 capsules a minute.

With company growth, there are plans to expand the state of the art facilities in Duncan, B.C..

The company, which started in 1998 and became incorporated in 1999, will be expanding to add either one large facility or two smaller facilities sometime in the near future. For more information, see [www.purica.com](http://www.purica.com)



# Are you all in?



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# Ayurveda Tips for Fall Harmony

**A**ccording to Ayurveda, the period from October to February is considered a Vata season. To prepare our bodies for the change in external weather conditions of cold and dry blowing winds, we need to strengthen our immune system with a fall cleanse.

Unlike the spring cleanse, meant for the removal of toxins accumulated with a heavier winter diet, the fall cleanse is designed to strengthen digestion and cellular metabolism. By following simple recommendations during the change of seasons from summer to fall, it is possible to start the new season with a clean slate and strong immunity.

## **Here are some tips to bring internal harmony with the external fall weather:**

Follow a Vata pacifying diet that is light, warm and well spiced. Strengthening the digestion is done through diet, lifestyle and often herbal support.

The spices that you may be most familiar with in your kitchen are the same ones used for igniting the digestive fire.

Fennel and ginger tea is excellent for enhancing digestion. Spices used commonly in fall cleansing include cardamom, fresh ginger, cinnamon, fennel, cumin, and turmeric. Including these spices with your food at each meal will enable you to better absorb all the nutrients of the foods you consume.

**Herbal support** may be used to strengthen the appetite and digestion and rejuvenate the liver to optimize the body's metabolic processes. One herbal formula that Vaidyas recommends is Triphala Plus.

The addition of Bhumi Amalaki and Yastimadhu assists in the tonification function of the liver and gall bladder. Triphala Plus cleanses and tones the digestive tract, promotes regular elimination and helps the assimilation of nutrients.

During the fall cleanse, it is essential that one exercises daily for 20-40 minutes depending on one's health history. Yoga Asanai practice is excellent for this, though one may find benefit from a walking



regimen or other types of full body, weight-bearing, sweat inducing exercises.

**Ayurvedic tradition recommends** a routine of morning and nighttime practices collectively known as Dinacharya. These rituals are designed to provide calm, focused and sustainable energy to support meditation, yoga and everything that we do in a day.

The practice of tongue scraping as an important part of the daily morning routine. There are many benefits to this daily practice in oral health, overall physical, mental, and spiritual health. Scraping the tongue daily removes any build-up on the tongue, which, if left untreated, can lead to bad breath and may house a significant number of bacteria.

**Establish a daily routine of Abhayanga** or self-massage. It helps to remove accumulated stress and toxins in the mind and the body, increases circulation to nerve endings and promotes stamina throughout the day. It increases mental alertness, tones muscles and lubricates the joints.

Apply warm Nourishing Vata oil lightly to the entire body. Wait for a few minutes, then apply even pressure using the whole palm and massage with circular motions over rounded areas such as head or joints and straight strokes on arms and legs, directed towards the heart to enhance lymphatic flow.



**Go to bed early** (well before 10:00 p.m.) and rise before 6:00 a.m. Extra rest during this time of seasonal change helps to keep the doshas in balance.

Practice deep breathing, meditate and be grateful for the abundance in our lives. We have a collection of Rudraksh and Tulsi mala to use during your meditation and yoga practice.

**Rudraksha beads** are regarded as the timeless jewels of the gods and find mention in ancient Hindu texts like Puranas and Upanishads as being the most powerful aid in the path of self-realization.

It is believed that the beads have been emanated from the tears of Lord Shiva and have been used by yogis and spiritual seekers for self-empowerment.

*Neelam Toprani runs Sewanti Herbs, [www.sewanti.com](http://www.sewanti.com)*



## Do You Know?

This column is for some insightful tips on herbs. You will find more details throughout this issue of the Herbal Collective

1. Do you know how many drops of oil of oregano you need to take to kill parasites?  
See page 5 for answer.

2. Do you know what compound pumpkin seeds contain to numb parasites?  
See page 6 for answer

3. Do you know what parasite people consumed in the past to lose weight?  
See page 7

4. Do you know what an Israeli researcher did with elderberry to make it more effective?  
See page 8

5. Do you know what 5 herbal ingredients make a pumpkin spice blend?  
See page 10 for answer

6. Do you know what homeopathic remedy is good for pinworms?  
See page 13 for answer

7. Do you know what process makes medicinal mushrooms more absorbable?  
See page 14 for answer.

Got Questions? Email [herbalcollectivemagazine@gmail.com](mailto:herbalcollectivemagazine@gmail.com)

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# A New Lease on Life with Water

*Crafted from the life and work of Gunnar V. Espedal, who has personally treated over 100,000 people, 'New Lease of Life' empowers readers to embrace the holistic healing powers of vital water, ionized air, food, fitness fun and faith.*

*Proof that the age-old methods will always prevail, Espedal's ground-breaking discoveries have previously brought the dead back to life, and given sight to the blind.*

While it may sound like a ridiculously-bold claim, it's true – Gunnar V. Espedal has used water, its frequencies and healing qualities to bring the dead back to life.

In fact, using water and its associated therapeutic/healing qualities, Espedal has helped treat over 100,000 people worldwide.

Now for the first time, Espedal is compiling his methods and wisdom into a game-changing new book. **'New Lease of Life'** is a fun and engrossing healing self-help guide that has readers utilizing and thriving using nothing but the world's oldest and most abundant resource.

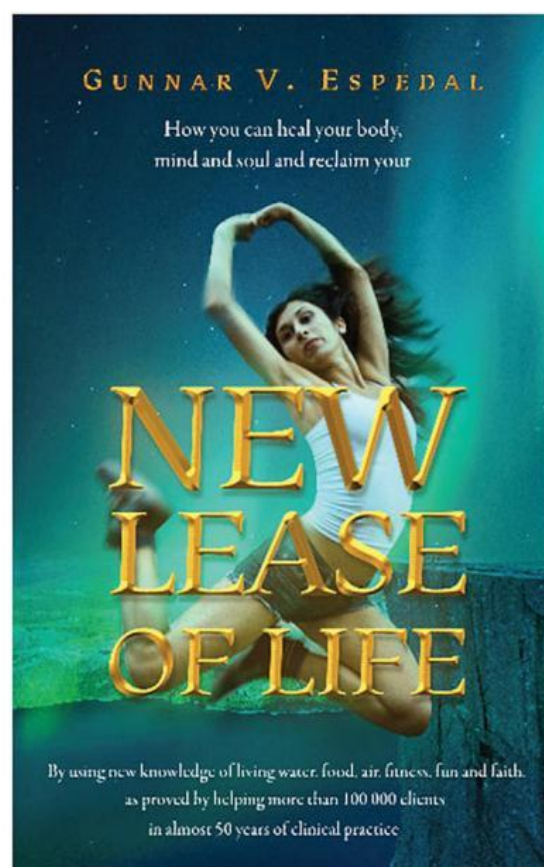
## Synopsis:

The book is about an original and unusual approach on the holistic prevention, care and cure for all disease, using time tested and scientifically proven methods in the fields of vital water, ionized air, food, fitness, fun and faith.

The concepts are clearly laid out in an informative manner, drawing on the extensive experience of the author from diverse fields such as physiotherapy, training, nutrition, acupuncture, reflexology, Bowen therapy, electro-medicine etc.

"I want humanity to once again take responsibility for its vitality, and this book is geared towards helping people actually take tangible action," explains the author, a regular contributor to Norwegian media. "Put quite simply, water is the mother matrix of all life, hence why it features hugely in this book."

From healing wells to saunas, spas, dancing water molecules and even the London Eye – it all has a



part to play in life and a boundless ability to heal. We even prove how regular chemical-laden tap water can be restored and the water molecules restructured with energy and oxygen, using a new water frequency generator invented by my brother and I."

Espedal continues, "The target audience for this book is huge, spanning both those looking for immediate healing as well as those in good health who are interesting in maintaining their vitality and zest.

To that end, there's also no limit in the geographical catchment of this book. In fact, I've recently had it translated into French due to the huge demand from France and other countries using the language."

The author is a researcher, inventor and radio presenter on health shows in Norwegian with almost 50 years of clinical practice. He is a marathon runner and father of seven.

'New Lease of Life' was reeased on September 9th.



# 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.

## Health Food Stores

**Lynn's Vitamin Gallery**.....tel 250-748-4421  
4-180 Central Ave, Duncan,  
[www.lynnsvitamingallery.ca](http://www.lynnsvitamingallery.ca)

## Herbal Products

[www.herbalcollective.ca/directory-herbal-products.html](http://www.herbalcollective.ca/directory-herbal-products.html)  
AnneMarie Gianni Skin Care - natural, organic ingredients free of chemicals and preservatives

**Ferlow Botanicals**, [www.ferlowbotanicals.com](http://www.ferlowbotanicals.com),  
[info@ferlowbotanicals.com](mailto:info@ferlowbotanicals.com).....604-322-4080

**Laughing Lichen Wildcrafted Herb & Tea**  
[www.laughinglichen.ca](http://www.laughinglichen.ca),  
[laughinglichen@gmail.com](mailto:laughinglichen@gmail.com).....1-778-884-2371

**Find medicinal mushrooms at [www.Purica.com](http://www.Purica.com)**

**Wild Oil of Oregano**, [www.wildoilforegano.com](http://www.wildoilforegano.com)  
[www.wildtamanuoil.com](http://www.wildtamanuoil.com)

.....250-331-3228

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

## To Get Listed;

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## Hypnotherapy

**Nanaimo Hypnotherapy Center**.....250-739-4609  
[www.nanaimohypnotherapycenter.com](http://www.nanaimohypnotherapycenter.com)

## Natural Foods and Supplements

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

## Canadian Bio Supplements

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## Naturopathic Doctors

[www.herbalcollective.ca/directory-naturopathic-doctors.html](http://www.herbalcollective.ca/directory-naturopathic-doctors.html)  
**Pacific Holistic Center, Dr Doug Kuramoto.**  
In Parksville..... 250-954-1955

## Reflexology

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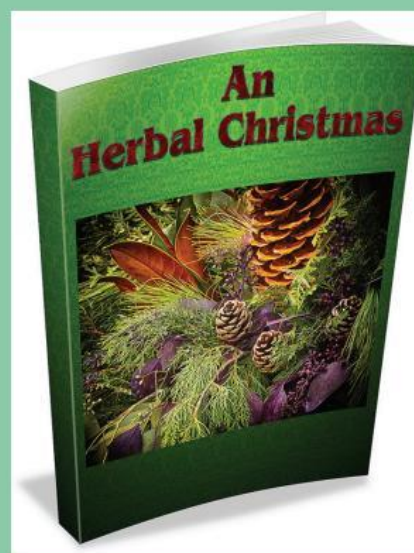
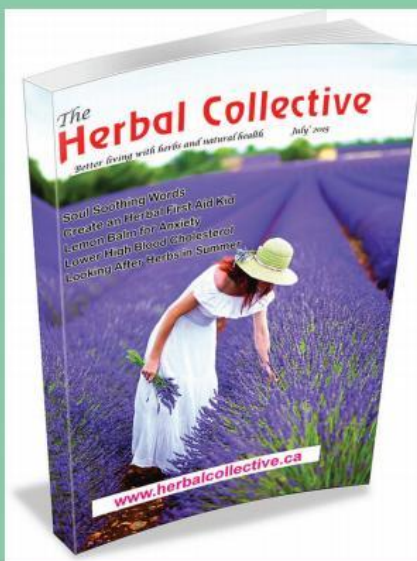
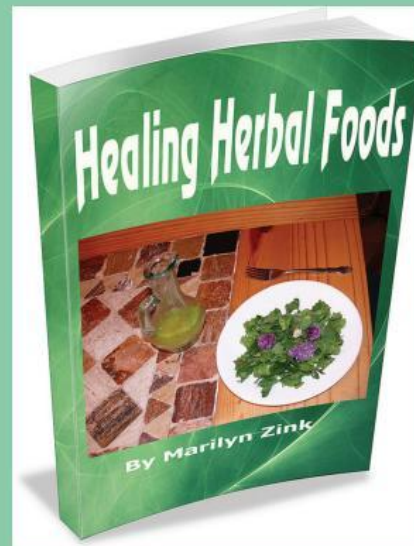
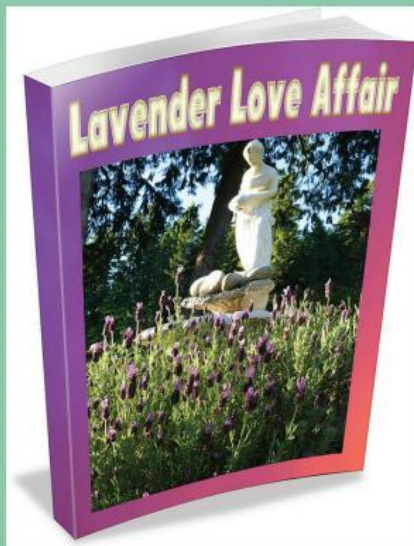
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