

The

Herbal Collective

Better living with herbs and natural health

Oct 2018

Migraines and Food
Removing Boxes
What is Worrying You?
Benefits of Aloe Vera for Stress
Healing Rheumatoid Arthritis

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Publisher's Note

Be Free from Headaches and Give Thanks

Summer went by in a blur and we're well into fall now with cozy sweaters, slow cooker soups and stews, pumpkin spice and viruses.

In this issue we focus on headaches and some of the reasons for their cause as well as solutions. The trouble with headaches is that many things can contribute to the cause – allergies, inflammation, stress, fatigue, foods, viruses or a combination of these.

We are not separate beings, everything in our bodies work together holistically. So it's important to determine the cause before deciding the treatment.

Once you've done that, then you will often find that headaches become less of an issue when you treat your body holistically and look after all the other things that can contribute to the breakdown of a properly functioning unit.

But let's say you suffer from migraines – a persistent debilitating type of headache. Food can have

a huge impact on migraines, as can stress. You can learn about that and methods to use to ease suffering from headaches and migraines in this issue.

So the first step to better health starts with what we put in our mouths every day. Then reduce allergies and inflammation, exercise and look at emotional health as well. This is an important part of stress and the Bach flower remedies can significantly help with that.

Worrying and feeling overwhelmed with everything we have to do can paralyze us to the point where we can't cope. The article on dealing with boxes in the closet in this issue is an excellent way to deal with that.

I also want to mention hormones and hormonal balance, particularly for us women as imbalanced hormones can have a huge impact on our health. The article by Dr. Laurie Steelsmith shows the remedies women can use to promote better hormone balance.

As it is also Canadian Thanksgiving on Oct. 8, I want to wish all our Canadian readers a Happy Thanksgiving!

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The Herbal Collective

published by Pro Write Publishing

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

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Healing Rheumatoid Arthritis Naturally

People living with Rheumatoid Arthritis (RA) compare the pain and inflammation to a fire raging out of control. RA is a chronic, systemic autoimmune disease causing swelling, stiffness, and pain in the joints. It can result in joint deformity and damage to other organs, including the nerves, heart, and lungs.

Approximately 1.5 million people have Rheumatoid Arthritis: most are adults over age 40; about 12,000 children under age 16 have juvenile-onset RA.

Symptoms of RA (aggravated by stress and lack of sleep)

Swollen, painful, hot and disfigured joints on both sides of the body

Pain, stiffness and limited movement making daily activities difficult

Fatigue, muscle aches, and fevers

The prevailing, conventional theory is that inflammation results from an "over-reaction" of the immune system that may include genetic factors. Doctors of natural medicine believe there is a deeper, root cause for this haywire immune system response. They theorize immune dysregulation originates in imbalances that involve a person's genetics, lifestyle choices, nutritional status, gut health, stress, environmental triggers and emotional wellbeing.



Treatment of Rheumatoid Arthritis

Conventional treatment includes physical therapy and prescription medicines (steroids, painkillers, and immune suppressors) to treat pain and swelling. While these drugs may be necessary for some people, they have side effects including hair loss, liver damage, stress on the kidneys and heart, and risk for addiction, without correcting the underlying imbalance.

Natural medicine emphasizes identification and treatment of root causes. Holistic doctors use safe, natural therapies and interventions that stimulate the restoration of health without side effects. Here's a sampling of holistic interventions that can make a huge impact in healing the root causes of RA.

Diet

In my office I discuss dietary changes on a constant basis. There is research to now show that a whole foods diet which includes: organic fruits and veggies; healthy fats such as olive, avocado, and coconut oils; whole grains; bone broth; wild-caught fish; and nuts/seeds, can make a positive impact on

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RA symptoms. These foods provide natural antioxidants - cellular superheroes that gobble up the free radical cells that contribute to development of RA. There are many foods that are considered healthy in general, but may cause inflammation for some people, leading to immune dysregulation. Naturopathic Doctors will test for food sensitivities, such as gluten, dairy, egg, or others, and work with a patient to create a diet with healthy alternatives when needed.

Keep Moving

Movement is important for managing symptoms (including pain) and enhancing psychological well-being. Low impact exercise, such as cycling, walking, water aerobics and Tai Chi, are ideal. Symptoms can improve with strength training.

R & R: Rest, Relaxation, Pain Reduction

I treat many patients with arthritis challenges in my clinic. Acupuncture and Low Level Cold Laser Light Therapy often becomes part of the multi-pronged treatment approaches. Massage therapy, yoga, deep breathing, and guided imagery can also provide protection against painful bouts of RA by helping improve body awareness, reduce muscle tension, enhance sleep, and decrease stress hormones.

Manage Symptoms, Naturally

Nutritional and herbal supplements can help reduce pain and inflammation. Extracts of ginger and turmeric, Omega-3 fish oil and digestive enzymes are some nutrients that help tame the fire of inflammation.

A natural medicine approach to healing RA will be unique to each person. Consult with your Naturopathic Physician for diagnosis, testing, interventions, and customized treatment plans that will work best for you.

Dr. Olena Gill is a Naturopathic Physician and Acupuncturist practicing in Parksville and Gabriola, B.C. She can be reached at 778-762-3099 or www.indigomedicine.com. Disclaimer: Information in this article should not be construed or used as a substitute for medical evaluation or personal advice.

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What is Worrying You?

Worry is thoughts, images and emotions of a negative nature in which mental attempts are made to avoid anticipated potential threats.

As an emotion it is experienced as anxiety or concern about a real or imagined issue, usually personal issues such as health or finances.

According to a survey done by Nelsons men find it easier than women to switch off and think of nothing (their top answer was 25.8% compared to 12.8% of women) whilst women tend to think about everything. Here are the top three concerns keeping men and women awake at night:

Men

Not thinking about anything (25.85%)

The next day (22.3%)

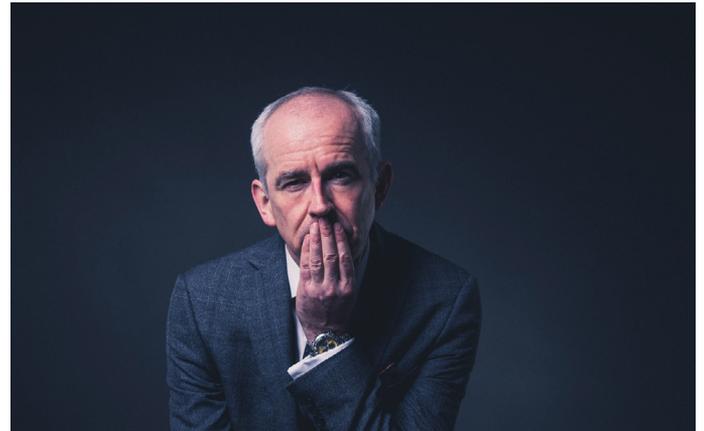
Partner (17.7%)

Women

The next day (26.7%)

Money (24.3%)

Children (22.1%)



Worrying can be helpful when it spurs you to take action and solve a problem. But if you're preoccupied with "what ifs" and worst-case scenarios, worry becomes a problem.

To help ease your worries the Bach Flowers can assist.

Known causes - health, finances etc. - Mimulus - liberates us from fear and anxiety, so we are able to respond through bravery and courage.

Unknown causes - Aspen - gives us the strength to face and trust in the unknown.

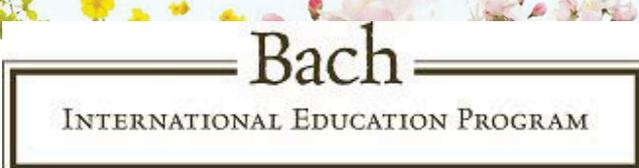
General causes- White Chestnut - helps us to switch off from everyday worries, and find peace and contentment within ourselves.

Welfare of others - Red Chestnut - assists us to become more sensitive to the real fears and concerns for our loved ones so that we can offer appropriate support.

Overwhelmed -Elm – gives us the ability to put things into perspective, and to take up our tasks with renewed confidence.

Life's direction -Wild Oat - provides purposefulness and decisive direction in life.

Sarah Brune has her practise in the Comox Valley and is available for consultations, and teaches certified courses. For more information: BachFlowersCanada.com or 250 331 3228.



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Benefits of Aloe Vera for Stress

At one time or another we all can encounter stress in our lives and it can show up in many different ways.

Stress is linked to: headaches; infectious illness (e.g. 'flu); cardiovascular disease; diabetes, asthma and gastric ulcers. When we're stressed, the immune system's ability to fight off antigens is reduced.

That is why we are more susceptible to infections. So what does this mean for you and me as we go about our daily walk in life and how can we improve the outcome.

Preventative Care

If we all took just one little action, how different would be the outcome. Let me tell you why I believe drinking a minimum of 4 oz a day of Optimum Health Aloe Vera could be the answer you're looking for.

You've heard it before; Aloe Juice has astounding health benefits for you and your family and Aloe Vera plays a positive role in boosting our immune system, but not all aloe vera is the same.

So what's the difference between Optimum Health's Inner Leaf Aloe Juice and the Aloe juice you see on the shelf at your local grocery store?

Yes, it might be easier to pick up a bottle while you are doing the rest of your grocery shopping, but what exactly are you compromising?

A study by nutritional journal 'Agro Food Industry Hi-Tech' analysed nine Aloe products and found only three had satisfactory amounts of Aloe Vera.

Optimum Health's Inner Leaf Aloe Juice micro pulp is 99% pure organically grown inner leaf Aloe, meaning you get a highly concentrated dose of Aloe Vera goodness. Every bottle of Inner Leaf Aloe Vera Juice is bottled under strict TGA, (Therapeutic Goods Administration), requirements, in our TGA licensed facility.

Immune Support

Active aloe vera contains polysaccharides, (biological sugars), and saccharides, (naturally occurring sugars). Active aloe vera has a wide range in the size



of its biological sugar molecules.

A growing body of research now exists demonstrating the role of these active compounds and indicates that these plant sugar complexes may be closely linked to the healthy functioning of the body's systems. In short, supporting, maintaining and boosting our immune systems.

Active aloe vera juice, when regularly consumed, will help give a greater feeling of health and well-being, as well as increased energy and balanced weight management through improved gastrointestinal function.

This ability to normalize and balance the body's system allows a more active, energised lifestyle. Active aloe vera juice may assist with symptoms of many common ailments – helping relieve the body of pain associated with them.

Some of the more common conditions include ulcers, psoriasis, dermatitis, acne, constipation, mild burns, eczema, mild digestive complaints, mild gastric conditions, sunburn and immune system complaints.

For thousands of years people have been using inner leaf aloe vera externally for its anti-inflammatory, antibacterial and anti-fungal properties. With these external benefits being so widely documented, it stands to reason that aloe vera juice would be extremely beneficial when taken internally.

Contact Maureen Glowasky for more information at 250-338-7105, www.maureenglowasky.com

Gratitude, Headaches and Stress

Stress kills. This is not new and we have heard it all before so many times that we have become apathetic to the message.

Stress headaches are a real, painful consequence of our out of control stress levels. We continue to live lives crippled by stress and we consider it 'normal'. Stress is the modern day pandemic plague. We give lip service to decreasing our stress and yet we as a society are more stressed than ever, we take more antidepressants and anti-anxiety meds than ever before, we have more violent personal relationships, less happiness, less meaningful social interaction and more

dissatisfaction with our lives. Stress = muscle tension = headaches.

Stress can destroy much more than just our physical health. Too often, it eats away at our hope, belief and faith. Charles F. Glassman

I am convinced that we need to incorporate gratitude into our lives before we can ever 'get a handle' on our stress. What is gratitude? Gratitude is having humility to be truly grateful for what you have in life. We can not truly live 'out loud' if we are not genuinely grateful. In today's society the word humility is shunned as backward and inappropriate. I believe that we must change that attitude. What does humility mean? The urban dictionary states 'true

humility is to recognize your value and others value while looking up. To be humble is to serve others and be for their good as well as your own.' Being humble enough to be grateful does not require anyone to humiliate themselves or others. Quite the opposite.

I believe forgiveness is also a part of being grateful. Forgiveness is for you. You do it for you, not the person who hurt you. Forgiveness is healing and freeing. And it takes strength. So be brave and let go of old hurts. We all have old hurts and resentments. Holding onto those feelings is corrosive and damaging.

Everyone has had hard times. Life has brought all of us to our knees at some point. Failure of many kinds, is part of being human but our victory lays in how we get up. Gratitude transforms failures into victorious life lessons that catapults us into living our lives at higher and more meaningful levels. Gratitude is what changes negative circumstances into the fuel that lights the fire of our destiny, creativity and purpose.

Look around you and with intention acknowledge how many blessings you have and be grateful for them. Say Thank you for your eyes that see, other are not so blessed, say thank you for your ears that hear, others are so blessed, say thank you for the health that you do have, others are not so blessed, say thank you that I woke up this morning, others are not so blessed. Say Thank you.....

We can only every be who we are and at some point that has to be enough. Panache Desai

Be grateful for your life, be grateful for who you are, be grateful for your value and that you ARE enough. Enjoy your life to the fullest. Live with humility, forgiveness and gratefulness regardless of circumstance.

Get away from the noise of the world and say Thank you.

Ginny Gossen runs New Hope Wellness in Qualicum, B.C.



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The Link Between Migraines and Food



Migraines are a debilitating and chronic neurological condition that affects between 12 - 20% of the world's population. Each year 1 in 5 Americans experience some kind of migraine attack. Up to 1 in 25 can have headaches lasting 15 days per month!

Migraines are responsible for more lost years in the U.S. than multiple sclerosis, ovarian cancer, tuberculosis and epilepsy combined.

These disabling attacks are usually one sided, have a strong throbbing sensation and come with sensitivity to sound and light. They also usually come with nasal congestion, cloudy thinking and nausea.

More than half of people who seek medical help, stop seeking care for their headaches because of the side effects associated with drugs. Amitriptyline is a commonly prescribed drug for migraines and here are just some of the associated side effects:

- Confusion
- Hallucinations
- Convulsions
- Painful or difficult urination
- Severe constipation
- Chest pain
- Nausea
- Sweating

Some side effects can be more debilitating than the migraines!

So what causes migraines? This is still really poorly understood, but some things are clear. Common foods such as wheat, eggs, caffeinated tea, coffee, chocolate, milk, cheese and alcohol are very common triggers. But without question the most significant element of migraine attacks is The Sugar Connection.

When blood sugar levels gets too low, the brain is unable to function properly. The result, blood flow to the brain increases and nerve tissues become more sensitive to the dilated blood vessels, triggering a migraine.

So stabilizing blood sugar is hugely important. If you have clear migraine patterns, being aware of this sugar connection is huge!! Dehydration is another big cause of migraines because the flow of toxins out of the body slows right down with a lack of water.

Magnesium deficiency is also linked with migraines. Supplementing or eating foods like whole grains, nuts, seed and green leafy vegetables can keep magnesium levels up.

Magnesium is needed to relax muscles and dilate blood vessels. For women, during menstruation, having a lack of magnesium can trigger an attack.

For chronic migraine sufferers a Vitamin B2 supplement is well documented in studies to reduce the frequency of migraine attacks.

Ginger has been shown to have equal effectiveness and be safer than Sumatriptan (Imitrex), which works by constricting blood vessels as well as blocking pain towards the brain.

Sumatriptan bring almost immediate relief, but recurring pain returns within 24 hours for 40% of patients. Common food additives such as Monosodium Glutamate (MSG), the artificial sweetener Aspartame and exposure to heavy metals have all shown to cause migraines.

Drugs offer limited relief from migraines, but a combination of avoiding your triggers and using natural therapies is the proven key. Other proven therapies include melatonin, that in a randomized, double-blind, placebo-controlled protocol showed to be better than placebo for migraine prevention, more tolerable and as effective as amitriptyline.

Exercise, B-Vitamin supplementation, lavender oil, acupuncture, chiropractic manipulation, Co-Q10 supplementation, Ginkgo Biloba, Cannabis and gluten free diets all have evidence for migraine prevention and relief.

Simon Brazier is a British Holistic Nutritionist and Habitual Transformation Specialist who lives in Victoria, BC. What sets him apart from other practitioners is his unique focus on Bio-Individuality, Microbiome Optimization and Habitual Transformation. Follow him on Instagram & YouTube: @sib_nutrition, www.sibnutrition.com



Apple Almond Souffle

This is another very light and fluffy treat for dessert lovers out there. You'll notice that almonds have been included for some heart-healthy fat.

- 3 medium baking apples, peeled, cored, and cut into bite-size pieces
- 1/4 cup water
- 3 tablespoons sugar substitute
- 1/2 teaspoon almond extract
- 5 egg whites
- 1/4 cup sliced almonds, toasted (optional)

In a 2-quart saucepan, combine the apples and water. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer, stirring occasionally, for 10 minutes, or until the apples are tender. Stir in the sugar substitute and almond extract. Remove from the heat and place in the refrigerator for 10 minutes. (Place a hot pad underneath the pot in the refrigerator.)

Preheat the oven to 425°F.

In a large bowl, with an electric mixer on high speed, beat the egg whites until stiff peaks form. With a rubber spatula, gently fold into the cooled apple mixture. Spoon the mixture into a 1 1/2-quart soufflé dish.

Bake for 15 minutes, or until the soufflé is puffed and browned. Sprinkle with the almonds before serving, if using. Serve warm.

Kelp Noodles with Creamy Mushroom Sauce

- 2 large Portobello mushrooms, sliced
- 1 cup extra virgin olive oil (with 1 tbsp. flax seed oil, op.)
- 2 tsp. cumin powder
- 2 tsp. 2 tsp. cardamom powder (or tarragon flakes)
- 2 tsp. garlic powder
- 1 Ume plum (Japanese salt plum) seeded and mashed

Vegetables

- 1 red or yellow bell pepper, sliced thin
- 1 cup broccoli, chopped small (or peas, zucchini, carrots, cauliflower)
- 1/2 cup scallions, finely chopped
- 1 clove pressed garlic

Cheese

- 1 cup soaked pine nuts
- 2-3 tablespoons lemon juice
- 1/2 cup filtered water

Instructions:

For the Mushroom Steak: Mix oil, Nama Shoyu, cardamom, garlic, Ume plum in a bowl and blend well. Slice the mushrooms into thin slices and dip each mushroom slice into the sauce, covering both sides. Let marinate 20 minutes while you prepare the rest of the recipe.

For the Veggies: Mix all the vegetables in a bowl. Drain the marinade from the mushrooms and toss it with the vegetables.

For the Cheese: Blend all Cheese ingredients in a blender until creamy. Put together your Herb-Encrusted Mushroom Steak by first placing some marinated mushrooms on a plate, top with the vegetables and then spread a few spoons of the Cheese on top.

MENU

Best Spanish Omelette

2 pounds potatoes
8 large eggs
1 onion
2 cloves garlic
1 tsp. cumin
1 tsp. dried basil

Peel the potatoes and rinse them under cold water. Slice the potatoes into thin slices, about ½ cm. Pat the potatoes slices dry and put them into a large bowl. Sprinkle with salt and mix well.

Heat a ½ inch of high quality extra virgin olive oil in a large frying pan on medium low heat. When the oil is hot, add the potatoes and add more oil if necessary until all are covered. Cook the potatoes for 20 minutes at a low heat (it's ok if they break apart).

While the potatoes are cooking, beat the eggs in a large bowl and season with some salt and pepper. Slice the onion as thin as possible (julienne style), dice garlic and fry in a separate frying pan for about 10 minutes until the onions begin to caramelize. Sprinkle with cumin and basil. Stir again.

When the onions are caramelized, drain off any excess oil and add to the egg mixture. When the potatoes have been frying 20 minutes, remove them with a slotted spoon into a strainer and allow to cool off while any excess oil drips away.



After a few minutes, add the potatoes to the egg mixture and stir well. Let the egg mixture sit for about 20 minutes.

In the same pan where you fried the potatoes, remove all the oil (you can reuse it) and over a medium low heat add the egg mixture. Cook the eggs over low heat for about 6-8 minutes per side.

When you are sure that the bottom is cooked and you want to flip the tortilla, take a large plate and put it over the pan and flip quickly! Some egg will likely slip out but that's ok. Slide out of the pan onto a serving plate and let cool a little before eating.

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Headaches can appear out of nowhere, they are sometimes debilitating and can cause cravings for immediate relief.

Essential oils can be a valuable tool for headache sufferers and will usually work quicker than conventional headache medications without taking a toll on your body.

Pure tested and therapeutic grade essential oils are readily absorbed and processed, acting quickly, and effectively communicating with our cells. Be sure to use CPTG certified Pure Tested Grade Oils and follow dilution guidelines for children, seniors and those with skin sensitivity.

As oils are often adulterated, I recommend using DōTERRA essential oils. They have the most complete distillation processes and commit to the highest standard. Their oils must pass 12 quality tests before reaching us, ensuring purity, potency and safety in every bottle.

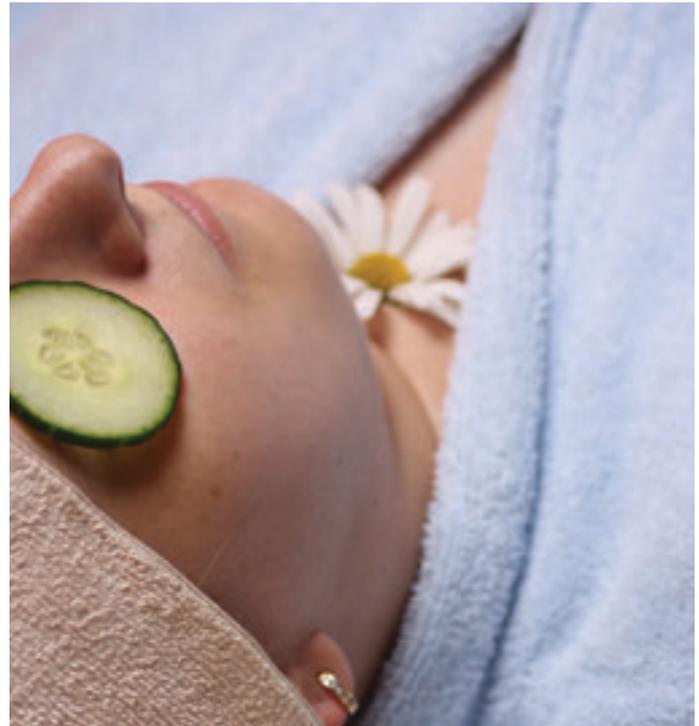
Peppermint essential oil is one of the most commonly used essential oils to treat headaches or migraines. It contains menthol, which can help muscles relax and ease pain. But as all essential oils aren't created equal, the same can be declared for headaches.

Depending on the type of headache you have, Peppermint may not necessarily be the most effective and better blended with another oil. Frankincense, Marjoram, Lavender, Copaiba, Eucalyptus and Rosemary should all be considered as options.

For sinus headaches, where pain is generally located behind the forehead, sinuses and cheekbones. You can try Peppermint and/or Eucalyptus topically massaged into bridge of nose and temples and inhaled from cupped hands.

For Cluster headaches, which generally occur on one side of the face or behind one eye, try Frankincense inhaled from cupped hands and applied topically to back of the neck.

For a Migraine headache, where the pain is generally recurring and accompanied by vision changes and dizziness or nausea. Try a blend of Peppermint,



Frankincense and Lavender inhaled and consider a daily regimen of Frankincense and Copaiba to rebalance and support healthy cellular function.

For Tension headaches where pain can feel like an extremely tight hat or band squeezing around the head, try Peppermint and Marjoram applied to temples and back of the neck.

For Sugar headaches, which are caused by overly low or high blood sugar levels, try cassia oil applied to bottoms of feet and inhaled. And consider using a metabolic blend daily for a gentle way to balance the metabolism.

No matter how you decide to tackle the next headache that comes your way, know that having an arsenal of essential oils on hand can be empowering and give you the tools you need to gently and naturally support our bodies ability to heal itself! Not to mention that the scents of quality essential oils are also great for our emotions too!

Breanne Hope is a mother of one from Parksville, BC. Graduate of the College of the Rockies certified herbal practitioner program and Aromatherapy student with the Essence of Thyme College of Holistic Studies. She is founder of Essentially Balanced Life. Breanne.hope@gmail.com .

Rolling Cranberries



Ted Girard, tour guide at Yellow Point Cranberry Farm, B.C., watches as berries roll into the bin. The farm produces from 130,000 to 180,000 pounds of cranberries a year, with much of it for Ocean Spray for Thanksgiving dinners.

The farm provides more than 40 specialty preserves from cranberry salsa to jams and chutneys. There are many herbs and spices that go well with cranberries, which grows in boggy fields. Ginger is the most commonly used herb often used in muffins or other baked goods.

For cranberry sauce, the most popular dish served at Thanksgiving, herbs used are sage, rosemary, parsley, and thyme or nutmeg and cardamom. Cranberry juice, cocktails or smoothies are good ways to use them in beverages.

For a simple spice mix, use 1 2/3 cup very dry cranberries with 2 tsp. ginger, 1 tsp. granulated garlic, 1 tsp. cracked black pepper, 1/3 cup sugar and 1/4 cup dry onion flakes. Rub on meats.



neem tree

Ancient Medicine for a Modern World



Ayurvedic medicine and the Indian subcontinent have long been using the amazing healing powers of the Neem Tree. Oil is extracted from the kernels of the seeds and an extract is derived from the leaves.

Neem is traditionally used in Ayurvedic medicine to help temporarily relieve the minor skin irritations such as itching associated with eczema or minor wounds. The tincture and skin cream are Health Canada registered.



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11 Natural Remedies for Youthful Hormone Balance

By Dr. Laurie Steelsmith

Fatigue, frustration, fogginess—and that’s just looking at the center of the alphabet. Many women experience these and other physical and emotional symptoms for weeks, months, even years, symptoms that drastically affect their mental outlook, emotional equilibrium, sexuality, sleep habits, energy, and drive.

Seemingly mysterious, these issues often cause sheer bewilderment: What’s the real reason behind them?

A common cause may be at the root of it all: hormone imbalance. Think of it this way. The natural hormone balance women typically enjoy in their 20s often begins to shift in their 30s with gradually changing hormones, and this can continue through their 40s and beyond.

These changes—sometimes subtle, sometimes flagrant—can engender low libido, insomnia, irritability, premature aging, weight gain, sleep issues, and mood swings. Yet many conventionally-trained physicians overlook key hormone imbalances, or have little to offer except drugs and synthetic hormones.

If you, too, are wrestling with imbalanced hormones, you can take control, turn your life around, and recreate balance—starting right now.

Indeed, being proactive about balancing your hormones is perhaps the single most important measure you can take to enhance your health, boost your energy, elevate your passion for life, and feel (and look) younger every day.

The best part? You can do so naturally. In addition to a comprehensive hormone test—which can help you and your doctor determine if you’re deficient in one hormone or excessive in another—you may want to consider the potential benefits of the following 11 nutritional supplement, herbs, and botanical remedies.

Just be sure to consult with a physician or naturopath first, as they can aid you in deciding which one(s) may be right for you.

1. Saint John’s Wort

If you suffer from PMS with extreme mood swings, including depression and weepiness, you may want to

consider adding Saint John’s Wort to your list of supplements. Why? As your estrogen level dips near the end of your cycle, your level of serotonin—a “feel good” neurotransmitter—does as well, rendering you vulnerable to depression, anger, and other mood shifts before your period.

2. Vitamin C

This go-to supplement is not only important for immune health—it’s also critical for your body’s adrenal hormone production. You might already eat a diet that’s rich in Vitamin C foods—and take a daily supplement—but do know that stress can increase loss of Vitamin C through your urine.

If you have adrenal fatigue or low adrenal function from stress—both can be determined by your doctor, and both interfere with happy hormone balance—you can support your overall health by increasing your dosage of this essential vitamin.

3. Pantothenic Acid

Central to your body’s adrenal hormone production, pantothenic acid—also known as Vitamin B5—may support your overall health by aiding in protection against stress-induced anxiety.

4. Zinc

A crucial mineral for thyroid health and overall well-being, zinc is required for your body’s production of thyroid hormone, and, in turn, adequate thyroid hormone is needed for zinc absorption.

5. Arginine

An amino acid that your body needs to function optimally, arginine is found in beans, chicken, fish, nuts, and many other foods. Taken as a supplement and it can enhance both your libido and your sexual pleasure through its ability to increase nitric oxide and support blood flow to your sexual organs.

6. Chinese ginseng

This nurturing herbal aphrodisiac—also known as Korean ginseng—is touted for its capacity to encourage sexual energy and foster well-being. Paradoxically (but



wonderfully), it can heighten your sex drive when you're tired but help you calm down you feel tense (and, perhaps, less than desirable).

7. Vitamin E

Feeling on fire—but not in a good way? Consider supplementing your diet with Vitamin E—it may alleviate hot flashes associated with menopause.

8. Black Cohosh

Likewise, Black Cohosh may be a boon for women enduring menopausal symptoms. Traditionally used to treat not only hot flashes but also night sweats, vaginal atrophy and dryness, and depression,

Black Cohosh may offer relief without actually increasing the level of estrogen in your body, making it an ideal option for any woman with a personal or familial history of estrogen-related cancer.

9. DIM

A cruciferous vegetable extract derived from indole-3-carbinol, DIM (or diindolylmethane) may provide even greater benefits than consuming Brussel sprouts, kale, cabbage, and other friendly-estrogen-boosting veggies, thereby supporting proper estrogen metabolism.

10. Chaste Tree Berry

If your progesterone is low and you want to avoid taking hormones, Chaste Tree Berry can be especially helpful for treating PMS. Classified as a phyto-progesterone on account of its ability to support your body's natural production of progesterone, this herb can bolster both healthy hormone balance and fertility.

11. Maca

This potent herb, which contains compounds that support your entire hormonal system, can be effective for relieving hot flashes, night sweats, and insomnia during menopause.

Maca is particularly valuable as an alternative to hormone replacement therapy because of its ability to stimulate your hormonal system, thereby improving production of estrogen and other hormones.

Maca also supports your adrenal glands, may reduce your level of stress hormone, and can stimulate your sex drive. Combined with a lifestyle that embraces exercise, nutrition, and rest, and those symptoms listed at the start might just become a thing of the past.

Adapted from *Growing Younger Every Day: The Three Essentials Steps for Creating Youthful Hormone Balance At Any Age*

*Laurie Steelsmith, ND, Lac, is a naturopathic physician, acupuncturist, and passionate spokesperson for educating and empowering women to transform their lives with natural medicines and practices that work with the body's own healing processes. She is the Naturopathic Medical Advisor to Daily Wellness Company, and the coauthor of three books: the bestselling *Natural Choices for Women's Health*, the critically-acclaimed *Great Sex, Naturally*, and her latest, *Growing Younger Every Day*. A leading advocate for natural medicine, Dr. Steelsmith is the medical director of Steelsmith Natural Health Center in Honolulu, where she has a busy private practice, and is an associate clinical professor at Bastyr University, America's leading center for the study of natural medicine. www.DrSteelsmith.com.*

Removing Boxes from the Closet



Worrying is experiencing feelings of being uneasy or overly concerned about situations or problems. With constant worrying, your mind and body will go into the anxiety

stage, as you constantly focusing on "what if's", or second-guessing yourself all the time. This might lead to high anxiety, perhaps panic attacks or hospitalization.

How can we stop the worrying before it becomes a serious mental health problem?

A while ago, I was going through this sequence myself, even though I was a life coach, had various skills to deal with this, however at that particular time, I did not have a pen and paper, could not sit down behind my computer or text it into my phone.

My fellow coach said to me, 'John why don't you have a seat.'

I sat down and he asked me to put all my issues, the struggles of my life, like family, friends, work, school and health situations, into boxes or suitcases and stack them into an imaginary closet. He said to me, once they are packed into that room, close the door.

And I did, it took me a little while, but all the boxes were in that imaginary closet. Then he asked me to open up the door and look around and ask me what do you see?

I said ,I see boxes from floor to ceiling, the closet is full.

Then he said to me, look for the smallest box, and describe it to me, which I did, then he said to take it out and open it up and tell him what was inside. I told him that it was a small issue, and then he asked me 'What might you do about that?'

I thought about it for a little while and said I know what to do! I can do this! And a weight came off my shoulder, and I was able to think again, I felt free like a bird! Then he said to me, put the box outside of the imaginary closet and take the problem out and shred the box. This made me not to have to think about it again, and there was no need to hang on to it, which would have put me right back in the cycle of worrying and panic attacks.



Then he asked me to look into the closet again and look for the smallest box, and we repeated this process till there were a few large boxes left, and he said let's look inside each one and define what sort of issues they were, family, work, relationships issues or problems.

Then because the smaller issues were dealt with, the larger boxes seemed not that large anymore. My issues became so big and worrisome over time, that I put all the issues into one mega supersized box, which caused for me no room to think, this created high stress, high anxieties and stress headaches. I could not think straight, I could not decide on what was important enough to work on and I started to panic due to time restraints and deadlines. Time management skills went out the door.

The de-cluttering process helped me understand that life can be overwhelming at times. It reminded of a saying that my mom used to say, Take care of the little things in life, then the larger issues will take care of themselves.

My fellow coach also said, that the larger boxes that are left and defined what they are, are often issues where we have little or no control over, as it is multi-faceted and there are other people involved that need to get it resolved. The little to medium

5 Key Markers for Better Health

The road to having a better life with natural health strategies has several key markers to follow.

Master Herbalist Don Ollsin talked about 5 key markers to follow during a recent webinar with Herbal Collective publisher Marilyn Zink.

These key markers that affect a person are; inflammation, infection, wellbeing, circulation and probiotics. Along with them are several key herbs that have the greatest impact on health.

Ollsin, who operates Grassroots Herbalism, says inflammation and infection can treat 25% of the population in allopathic medicine but 75% have chronic conditions.

Everyone needs to have good wellbeing, the energy that is known as Chi in Traditional Chinese Medicine, TCM.

“If people don’t have Chi, they’re not going to be able to move the energy and get things to happen,” says Ollsin.

The Chi is an important part of having good circulation and Ollsin says it’s important for herbalists to have a knowledge of TCM and the concept of Chi.

The fifth marker is probiotics which help improve our digestion and overall health.

“The catch word is bionomes. The bionome is our internal environment. That’s where we have our probiotics, our naturally occurring bacteria,” says Ollsin.

“In Ayurveda it is called Agni, the digestive fire. That fire is our circulation too. Digestion and circulation are key. Digestion breaks things down and

circulation carries away the waste products.”

The herbs that make the biggest impact in inflammation are turmeric, Devil’s Claw, Boswellia (Frankincense) and White Willow Bark.

“For a lot of people, willow is the go to herb. It gives its properties up to water so you can cut a small branch off willow, some leaves, pour some boiling water over it and drink 3 cups a day. You will be surprised how well it works.

Another favorite is Devil’s Claw. It doesn’t work for everybody but when it does, it works like a hot damn.”

Another herb that is good for inflammation is the mushroom Reishi, also known as ganoderma.

“Reishi is a cumulative anti-inflammatory but it is good to take breaks from it so your body doesn’t get used to it,” says Ollsin.

Hawthorne and Ginkgo are herbs that are good for circulation, “these are herbs that are vital to our wellbeing,” says Ollsin.

Some herbs like ginger cross over with anti-inflammatory and circulation benefits.

“Ginger opens up all the meridians in TCM, which increases the flow of Chi,” says Ollsin.

He says herbs can be taken together for a more powerful effect. Ginger can be combined with Devil’s Claw and Ginkgo, for example.

Ollsin is teaching a course on herbs called Grassroots Herbalism that is open until Oct. 7. For more details see; <https://grassrootsherbalism.com/full-online-herbal-course-hc>.

Disclosure: Herbal Collective may earn money as affiliate

sized boxes is where we have full control over, where we can decide to work out the solutions or to change our ways of doing things. After all, we cannot expect a different outcome when we don’t change anything.

Here is what I would like you to do, grab a pen and paper, sit down with a cup of coffee or a tea and stuff all your problems, anxieties and issues of your life in a separate box, your personal, health, family, relationships, work, school, friends, hobbies, interests and spirituality. Then pack all boxes, big and small, into that imaginary closet, close the door.

Listen to some relaxing music, enjoy your tea or coffee, and then open the closet and look for the smallest box, describe it to yourself, take it out of the closet and open it up, then write it down on paper or type it in your tablet/phone, what is in the box, and then ask yourself the following questions, “Can I fix this problem on my own?”, if the answer is YES, then ask yourself, “What might I do about this issue, if you have tried to tackle this issue before, then ask yourself, “What might I do differently?”, and repeat the process, till you end up with the larger boxes.

John Cazander runs stress management programs in BC.

Reflexology and Aromatherapy Relieves Cancer Treatment Pain

New research reveals aromatherapy and reflexology can effectively reduce pain and anxiety in cancer patients receiving brachytherapy

Brachytherapy is an effective form of treatment for several types of cancer that delivers radiation straight to the tumor inside of the body, limiting the need for pills or procedures.

The source of the radiation is placed next to the tumor itself and avoids radiation exposure to adjacent normal tissues.

In an ongoing clinical study underway at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James), cervical cancer patients undergoing brachytherapy received essential oil aromatherapy

and 30 minutes of foot reflexology prior to their treatment sessions.

Previously reported data suggests that 40 percent of women undergoing cervical radiation therapy experience such significant pain and anxiety that they develop post-traumatic stress disorder (PTSD).

Preliminary results show : Patient-reported pain levels were reduced by 60% and anxiety decreased by 20%. Patients required about 40% less pain medication during the procedure than those who didn't receive these therapies.

“We have this very effective (radiation) treatment approach available, but in reality these therapy sessions cause such extreme discomfort and anxiety that tolerating treatment becomes both mentally and physically stressful for patients,” says Lisa

Blackburn, a clinical oncology nurse specialist and principal investigator of the study.

“Our preliminary work shows that we can reduce our patients’ pain and anxiety through integrative medicine techniques, without introducing another pill or invasive procedure into their treatment regimen.

During therapy, professional reflexologists use pressure points in the foot to target specific symptoms and to generally relax the patient. Blackburn notes that these therapies are simple to implement and have significant positive clinical effects.

“It’s nice to have something that really helps these patients that’s not another medication,” she adds.

“Not only do these integrative therapy sessions have virtually no side effects, but patients required about 40 percent less pain medication than those who didn’t receive these therapies.”

Blackburn hopes aromatherapy and reflexology will become a standard of care, not just for brachytherapy patients, but for any patient who may experience pain or anxiety.

This ongoing study is supported by the OSUCCC – James. Initial study results were presented at the Oncology Nursing Society’s 43rd Annual Congress on May 18.



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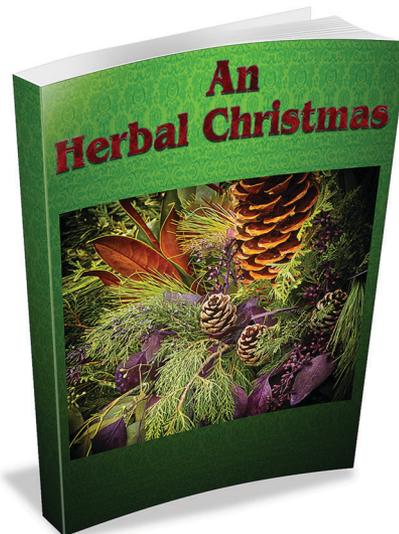
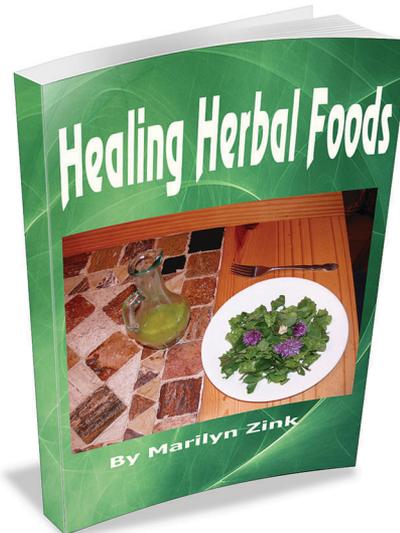
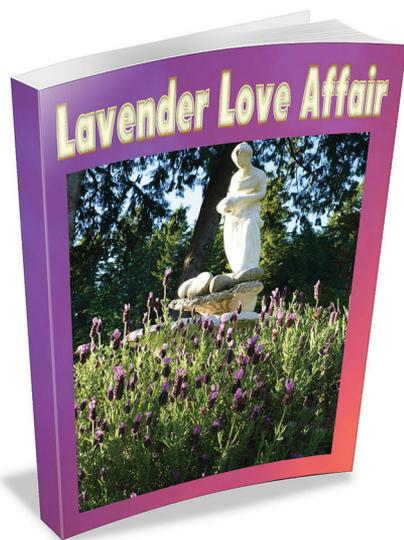
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